

# AI and data to provide effective mental healthcare

Umar Nizamani

This is a talk about AI, the  
new tool in our utility belt ..

And like all tools, we need  
to put on our safety gear  
before we use it.

# Hey, I'm Umar!

Umar Nizamani

[umarniz.com](https://umarniz.com)

**Slides:** [umarniz.com/2023-digital-health-ai-data](https://umarniz.com/2023-digital-health-ai-data)



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# AI is improving fast

"Maintain human relevance by cultivating education, adaptability, creativity, and emotional intelligence." 



via [photoai.com](https://photoai.com)

AI generated picture of me

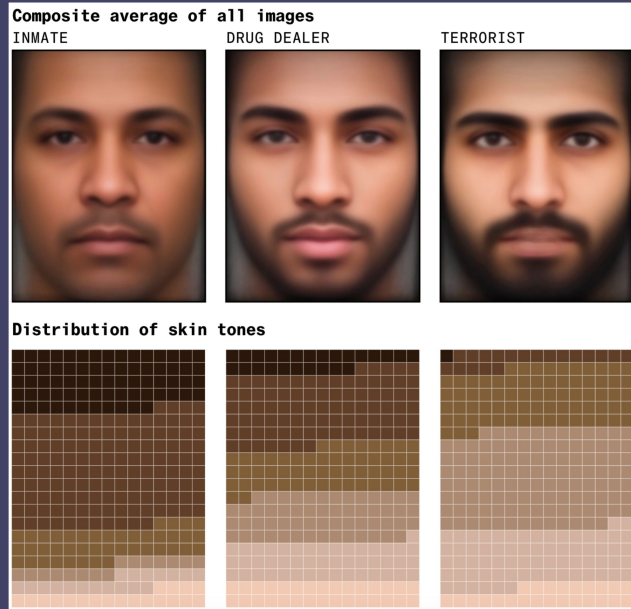
No, AI is not going to  
replace therapists

Therapists using AI will replace  
Therapists not using AI

With great power comes  
great responsibility



# The bias in AI runs deep



# # of suicides caused by AI

0

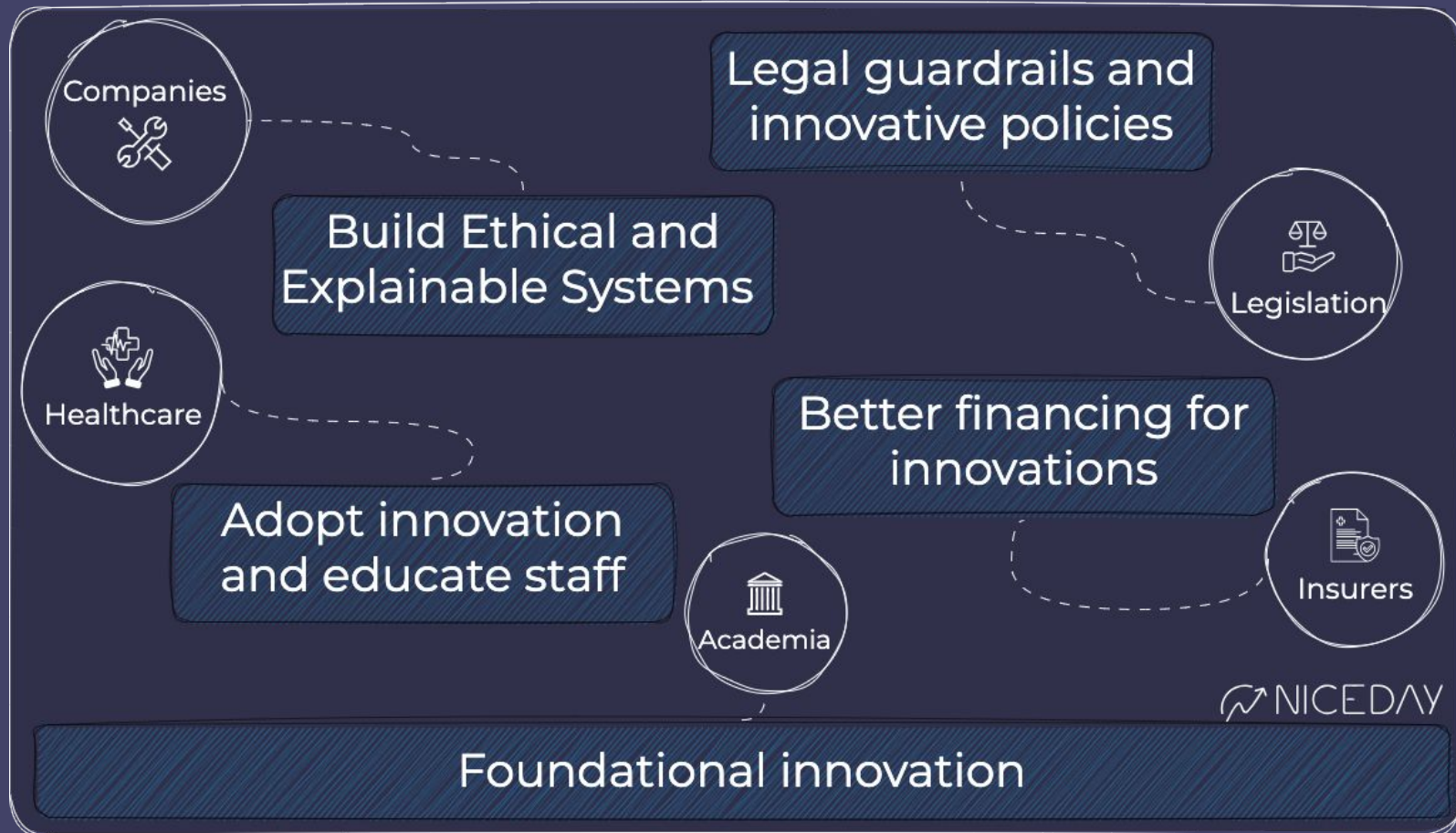
Upto 2022

1

2023

How do we innovate and  
implement AI responsibly?

# Responsible AI in healthcare








# Client Prioritisation using responsible AI

Explainable

Transparent

Accountable

| Data check ⓘ ↻ |  |   |  |
|----------------|--|---|--|
| Rank           | Name   | Top reasons to check client   |  |
| 1              |  <input checked="" type="checkbox"/> Eva Molen          | <ul style="list-style-type: none"><li>• Large increase in negative registrations</li><li>• SMQ: decrease of 1.5</li><li>• Reminder on, thought record not completed</li></ul> | <input type="button" value="Details"/> <input type="button" value="Feedback"/> |
| 2              |  <input checked="" type="checkbox"/> Bora               | <ul style="list-style-type: none"><li>• 5 days since last registration</li><li>• Reminder off, thought record not completed</li></ul>   | <input type="button" value="Details"/> ✓ Feedback sent                         |
| 3              |  <input checked="" type="checkbox"/> Ralph Edwards      | <ul style="list-style-type: none"><li>• Small increase in negative registrations</li></ul>  | <input type="button" value="Details"/> ✓ Feedback sent                         |
| 4              |  <input checked="" type="checkbox"/> Boris van den Burg | <ul style="list-style-type: none"><li>• Decrease in positive registrations</li><li>• Activities: 2 planned, 2 completed</li></ul>   | <input type="button" value="Details"/> <input type="button" value="Feedback"/> |
| 5              |  <input checked="" type="checkbox"/> Key Jong           | <ul style="list-style-type: none"><li>• Reminder off, diary completed</li><li>• Positive registrations are stable</li></ul>   | <input type="button" value="Details"/> <input type="button" value="Feedback"/> |

The self-driving car doesn't  
go to jail, the driver does.

# Thanks!

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