

Responsible AI for mental health

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!

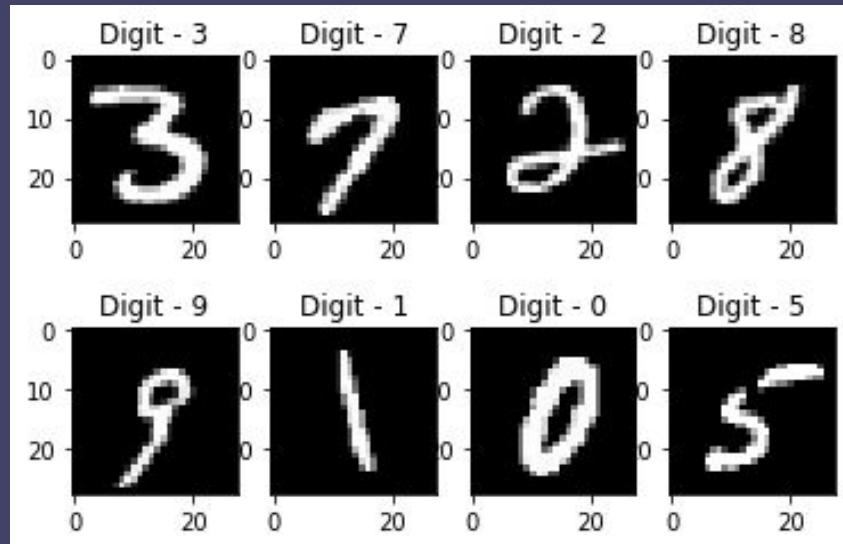


Umar Nizamani
umarniz.com

 NICE DAY
nicedaytherapy.com

AI is having a growth spur,
but it's not new

1980 - 2010



Recognizing handwritten numbers

2010 - 2020s



Behind the scenes of a self driving car

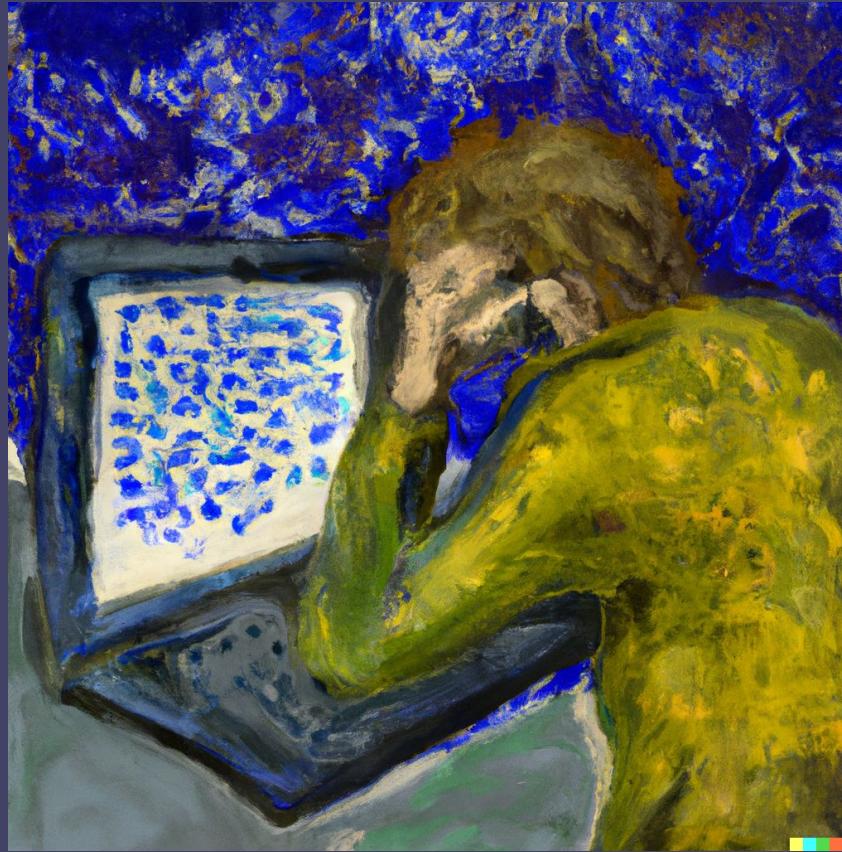
Today

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



via photoai.com

AI generated picture of me



AI anxiety in the style of van gogh

No, AI is not going to
replace the therapist

Therapists using AI will replace
Therapists not using AI

Responsible AI in healthcare

Companies



Legal guardrails and innovative policies

Build Ethical and Explainable Systems

Healthcare



Adopt innovation and educate staff

Legislation



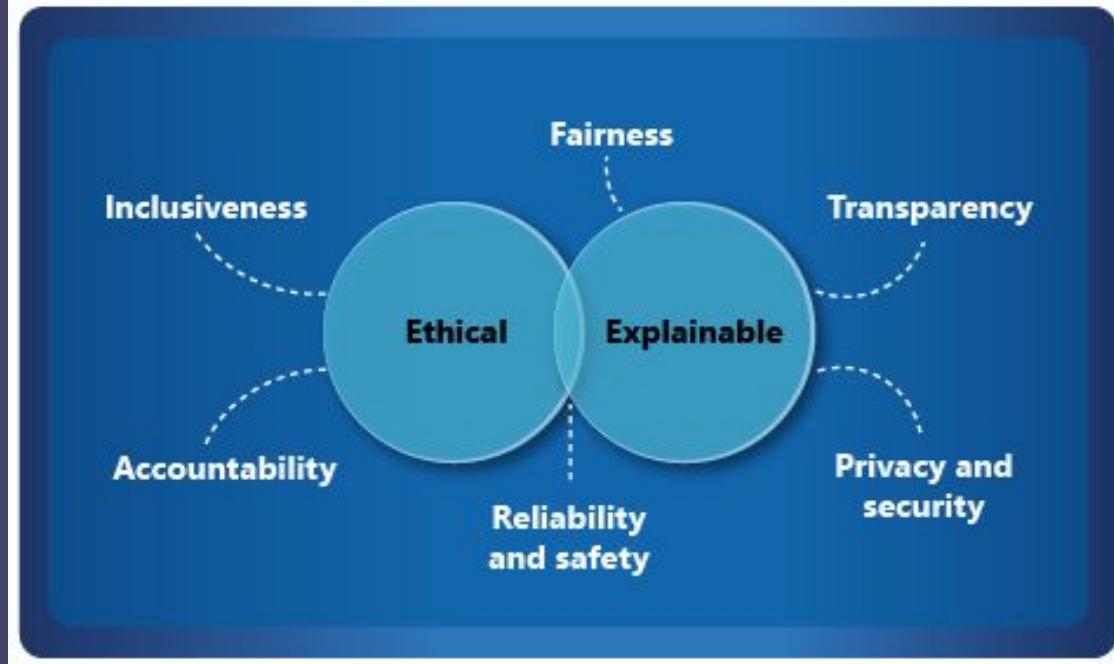
Better financing for innovations

Insurers





The principles of responsible AI



Source: Microsoft Azure

Data check ⓘ ⏺

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

Explainable AI in NiceDay

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



Let's start building
responsible AI tools!

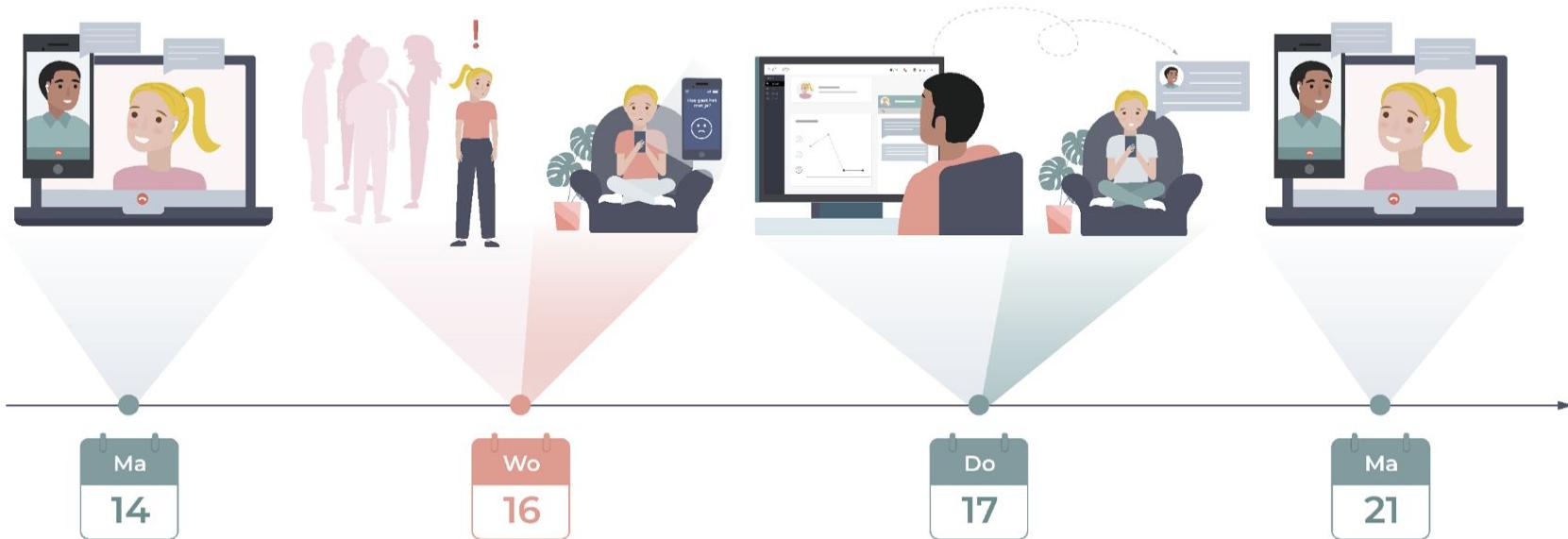
Not so fast..

It's not only the tools, it's
the whole process!

Traditional Care



Data Supported Care



Validation Results (N=10.249)



24% shorter lead time



8% less direct minutes spent by therapists



High client satisfaction **(8.9 / 10)**



As effective as traditional therapy

“If I had asked people what they wanted, they would have said faster horses”

Henry Ford

On being asked about the first car

Lets reimagine care
beyond just faster horses.

Thanks!

Umar Nizamani

umarniz.com

Slides: umarniz.com/2023-dmh-responsible-ai



 NICE DAY
nicedaytherapy.com