

# 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](http://umarniz.com)

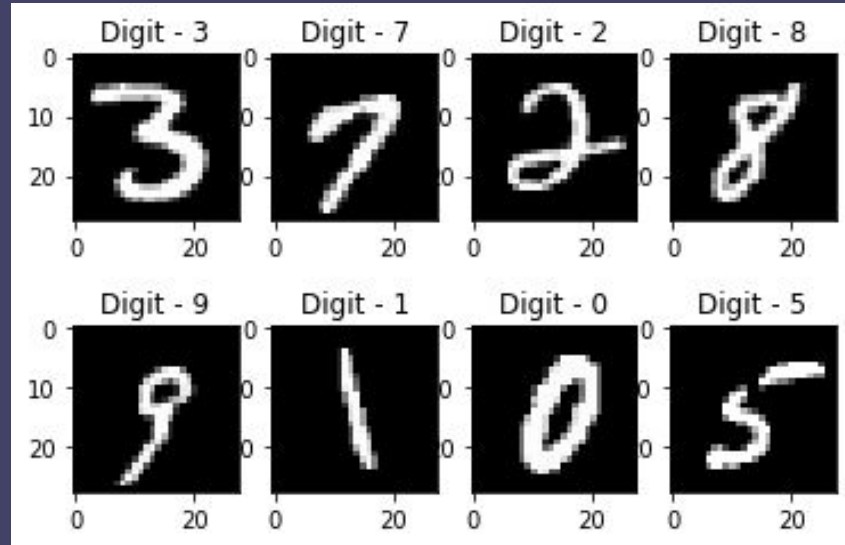


 Niceday

[nicedaytherapy.com](http://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

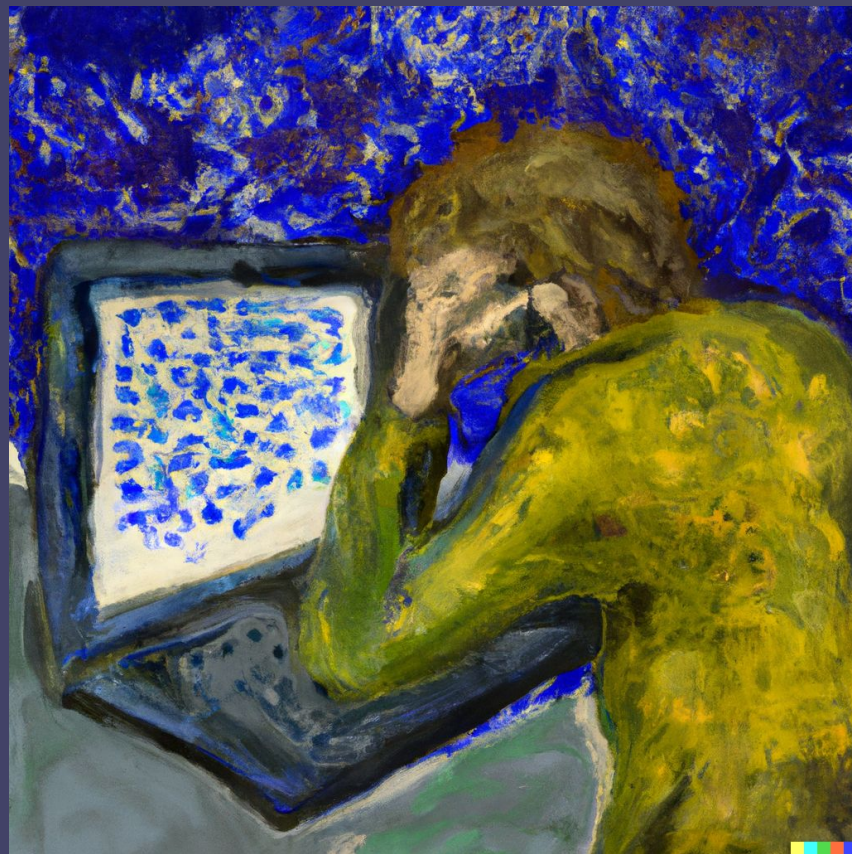
"Maintain human relevance by cultivating education, adaptability, creativity, and emotional intelligence." 



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

AI generated picture of me





AI anxiety in the style of van gogh

No, AI is not going to  
replace the therapist

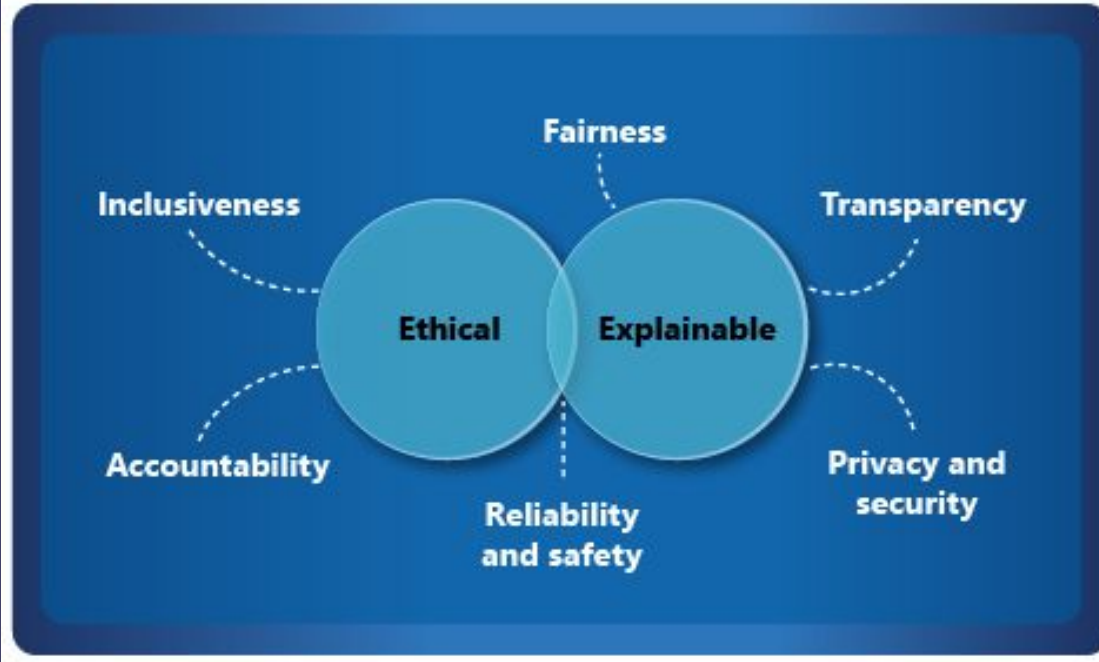
Therapists using AI will replace  
Therapists not using AI

# Responsible AI in healthcare



























## The principles of responsible AI



Source: Microsoft Azure

## Data check

Rank	Name	Top reasons to check client	
1	  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>	 
2	  Bora	<ul style="list-style-type: none"><li>• 5 days since last registration</li><li>• Reminder off, thought record not completed</li></ul>	 ✓ Feedback sent
3	  Ralph Edwards	<ul style="list-style-type: none"><li>• Small increase in negative registrations</li></ul>	 ✓ Feedback sent
4	  Boris van den Burg	<ul style="list-style-type: none"><li>• Decrease in positive registrations</li><li>• Activities: 2 planned, 2 completed</li></ul>	 
5	  Key Jong	<ul style="list-style-type: none"><li>• Reminder off, diary completed</li><li>• Positive registrations are stable</li></ul>	 
6	  Dianne	<ul style="list-style-type: none"><li>• SMQ: increase of 3</li></ul>	 

Explainable AI in NiceDay

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



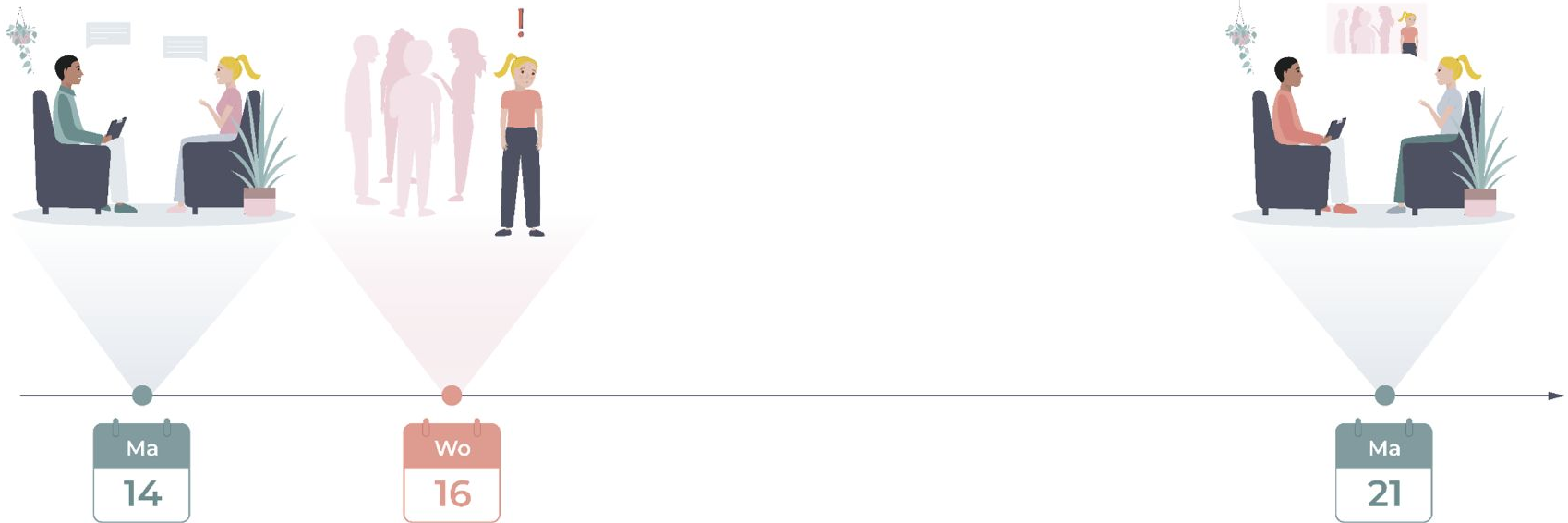
Let's start building  
responsible AI tools!



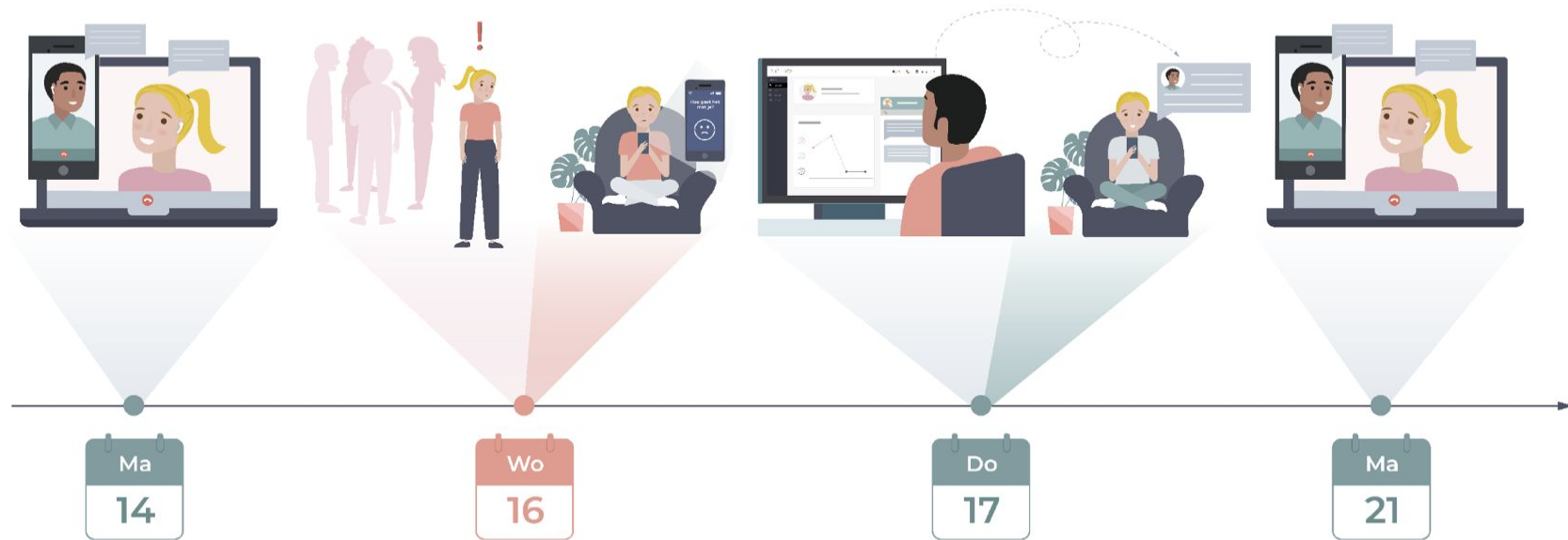
Not so fast..

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](https://umarniz.com)

**Slides:** [umarniz.com/2023-dmh-responsible-ai](https://umarniz.com/2023-dmh-responsible-ai)



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