



Short Note on the Promise of Modern Acculturation Psychology Critiques

Noraziah ChePa*

Department of Data Science, University of Malaysia Kelantan, Malaysia

INTRODUCTION

Recent years have seen an increase in the use of artificial intelligence (AI) in psychotherapy. While these technologies are still prevalent in psychotherapy, the circumstances surrounding the adoption of artificial tools during psychotherapy need to be explored in order to improve effective AI tools in sensitive therapeutic settings. In this study, factors influencing preferences for AI-based psychotherapy were investigated. 872 highly educated adults aged 18 and over participated in this cross-sectional study. The Attitudes toward Seeking Professional Psychological Help Scale-Short Form and the Stigma Scale for Receiving Psychological Help were used to examine factors influencing participants' preferences for AI-based psychotherapy. However, three significant benefits of AI-based psychotherapy have been identified: To be able to comfortably talk about embarrassing experiences, to have access at any time and to have access to remote communication. Importantly, preferences for AI-based psychotherapy were linked to the idea that AI-based psychotherapy systems can improve themselves based on previous therapeutic experience. Gender and occupations related to psychology and technical/engineering were also associated with the use of AI-based psychotherapy.

DESCRIPTION

The findings suggest that increasing awareness of the benefits and effectiveness of psychotherapy, as well as trust in AI tools, may improve preference rates for AI-based psychotherapy. During the COVID-19 pandemic, many researchers have focused on how physical segregation, other containment strategies, and the consequences of the economic collapse have increased the risk of psychological and mental health problems. Recently, the efficacy of remote therapy for pandemic availability has been debated. Although the need for remote access to psychotherapy has been reported, there is insufficient literature on the preference for using AI-based psychotherapy. As a result, we in-

tend to explore the factors influencing preferences for AI-based psychotherapy. Although various factors may influence individuals' participation in psychotherapy, several researchers have found that many people fail psychotherapy because of fear of stigma. It has been observed that the stigma surrounding mental health services often increases negative feelings in people with schizophrenia. This stigma could be associated with an exacerbation of individuals' mental health symptoms. Dishonest acts involving mental illness are often subject to social stigma. In addition, people may have unrealistic views of mental health issues. As a result, the stigma associated with mental health problems, as well as reluctance to seek psychological help, can prevent people from participating in support services. In order to increase individuals' participation in therapeutic support, it is essential to reduce and eliminate such stigma.

CONCLUSION

However, no study has been conducted to examine individuals' perceptions of AI-based psychotherapy while focusing on their help-seeking behavior and social stigma. Consequently, the purpose of this study is to empirically examine the relationship between others' perceptions of help-seeking stigma and intention to use AI-based psychotherapy. Consequently, we review the literature and theories regarding how AI-based psychographics can assist people who attend therapeutic processes without human interaction, potentially reducing their stress from discussing sensitive experiences by addressing stigma-seeking behaviours.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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Corresponding author Noraziah ChePa, Department of Data Science, University of Malaysia Kelantan, Malaysia, E-mail: azi-ah@um.edu.my

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