Artificial Intelligence for Men or Men for Artificial Intelligence: Reading Her Through a Survey on Artificial Intelligence and Mental Health

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ABSTRACT

In the age of rapid technological advancement, the intersection between humanity and artificial intelligence (AI) has become a focal point of exploration and speculation. This research paper delves into the symbiotic relationship between humans and AI and aims to determine the effect of artificial intelligence on the human psyche. It draws parallels with the acclaimed movie *Her* (2013) directed by Spike Jonze and attempts to show how an overwhelming attachment to a machine could also lead to some disastrous effects on one's mental health. It further traces the concepts of 'biopower 'and 'biopolitics' as developed by renowned French philosopher Michael Foucault and shows how a body is constantly under surveillance through various institutions, systems, or technologies working in society. It shows how a body becomes a major tool for regulatory conduct through machines like artificial intelligence. The paper further develops a linkage between the understanding of the human psyche and artificial intelligence through a case study performed by interviewing certain people from similar backgrounds whose responses would be taken to analyze whether the relationship between humans and artificial intelligence could be assessed as a complementary one. Studying the report of the case study, the paper delves into the question of assistance and dependency and whether the two words can be used at par with each other in the context of artificial intelligence. Interrogating the aspects of the emotional association of AI with humans and locating the transition as approached in the movie and the case study, the paper tries to conclude by posing the question if AI is for humans or humans for AI.

Keywords: Artificial Intelligence, Humans, Mental Health, Case Study, Surveillance.

1. Introduction

Artificial intelligence (AI) has become a popular topic in today's time and it continues to advance, update, and grow many questions as are also being raised about its impact on society especially its impact on relationships and the mental health of various generations which is elaborated by the movie Her (2013) directed by Spike Jonze which elaborately talks about the relationship between humans and AI and the consequences it might have on one's body. Using Michael Foucault's concept of biopower



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which shows how society regulates and controls one's body, the paper attempts to analyze how being burdened under the norms of societal constructs, the protagonist comes to satisfy his desire through the assistance of artificial intelligence and aims to analyze if he can deal with his anxieties and transcend his emotional pains through a non human world.

The movie *Her* is based on the life of the protagonist Theodore who makes a living by writing heart touching personal letters for other people. He recently came out of a relationship with his partner Catherine which devasted his social life. Being an introvert and unable to mingle with the social world where vulnerability is seen as a curse for a male figure, Theodore, one day comes across an artificial intelligence operating system that behaves like a human being despite not having a physical body and he chooses the AI OS to have a female voice and she names herself Samantha. Time passes and the connection between Theodore and Samantha becomes deeper which eventually turns out to be romantic and they both fall in love with each other. The paper attempts to show how detachment from the human world affects the psyche and amid surviving the existential crisis if an artificial intelligence can replace the human world and equally be a source of companionship worth adhering to. Theodore falls in love with Samantha and he used to depend on her totally for emotional support the movie explores various emotions like love, loneliness, and the Nature of human connections in this new technological world. The movie comments on the evolving relationships in the age of artificial intelligence and points out how technology can both lessen and aggravate loneliness.

It highlights the potential for technology to enhance personal connections, providing comfort and understanding. On the flip side, the movie also explores the risk of dependence on technology for emotional fulfilment, leading to isolation from the real world. It raises concerns about the human's life after being detached from the real world relationship. Using Foucault's analysis of knowledge and power dynamics in every relationship possessed by humans, the paper poses appropriate questions about the ethical implications of artificial relationships where the sole dependency on a machine harms the functioning of a human body. The paper would also support its arguments through a case study conducted on five scholarly people associated with the field of artificial intelligence and trace the real life impact that such a device can have on the human psyche as a whole.

Through the case study conducted on the field of AI and mental health, the paper would further try to assess the findings as to whether there's an interdependency between men and machines or if it is the agential role of a machine that takes over the functioning of a body and they are left with no role but to surrender in front of the dominant hierarchy possessed by the artificial intelligence. Artificial intelligence Operating Systems are now designed with human emotions and are capable of responding to humans emotionally, and how a lonely human could even attach feelings to them and treat them as their partner and depend on the AI for emotional support which is supported by the movie *Her*, the paper raises critical questions on these associations and if it remains a boon or a bane to the development of the human psyche.

2. Literature Review

Looking at the previous trends of research done on artificial intelligence and mental health, it is noticed that most of it dealt with the technological machines which focused on the greater impact of harm that AI as a machine could cause in a person's life. The research article "Artificial Intelligence for Mental Health" [1] provides an overview of the application of artificial intelligence (AI) in mental healthcare, discussing the potential and limitations of AI technology. The authors reviewed 28 studies that used AI

to predict, classify, or subgroup mental health illnesses including depression, schizophrenia, and suicide ideation and attempts, using various data sources such as electronic health records, mood rating scales, brain imaging data, monitoring systems, and social media platforms. They detailed the methods and results of the reviewed studies, including the analysis of different AI approaches such as supervised machine learning, unsupervised machine learning, deep learning, and natural language processing. Furthermore, the paper addresses the ethical considerations for AI in mental healthcare practice, emphasizing the importance of accurate algorithms and ethical challenges such as biased data and the need for data and technology literacy.

Furthermore, Ner's work on the usefulness of AI in the sector of science and healthcare brings to focus the rising impact of artificial intelligence in the diagnosis and betterment of a human's life. The article "Accelerating the impact of artificial intelligence in mental healthcare through implementation science" [2] focuses on the ways that artificial intelligence (AI) is being used more and more in mental healthcare to improve results and services. This paper examines how implementation science might accelerate AI and its impact on mental healthcare, with a particular emphasis on the relationship between AI and the provision of mental health services. AI improves patient care efficiency, planning for treatment, and diagnosis accuracy, all of which improve mental healthcare. Early detection, risk assessment, and treatment adherence are all aided by it, which eventually improves patient outcomes and service quality. The use of AI in mental healthcare offers advantages, but it also presents ethical, privacy, and data security issues. AI driven services may provide less empathy and emotional support than human-tohuman interactions. Similar is the case with Ana Daniela's [3] work in a similar field where she examines the impact of artificial intelligence (AI) on tasks of mental healthcare workers. The study reviewed 46 empirical research papers published between 2019 and December 2022 to understand the extent to which AI impacts these tasks and how it influences them. The paper reveals that AI is expected to transform the work context of mental healthcare workers and is being explored in assessment, therapy, prescription, documentation, and monitoring tasks. Most systems are designed to aid in diagnosis, patient monitoring, and therapy, providing support and insights for professionals. However, there is a need for intensive training to enable professionals to effectively integrate AI into their work. The study also found that the implementation of AI has predominantly targeted assessment tasks, followed by monitoring and therapy.

The paper intends to study the above research done on the field and contribute further in the field through an elaborative study on AI as a shadow of human beings and if this shadow proves beneficial or causes harm to mankind. This would be done through the review of a film *HER* which depicts the role of artificial intelligence in a person's life and how the panopticon gaze of an AI could lead to severe consequences. The paper intends to bridge the gap in the earlier research and present the hard alternative side of artificial intelligence being used as a life partner and the consequences it might have in the psyche of mankind.

3. Methodology

While most of the research conducted in the area of Artificial Intelligence and Mental Health had dealt with the whooping effects of the technology that aids in the understanding of the human psyche and its effect on the body, the paper while taking all the above research into viewpoint, aims to deviate and show the gap in research of mental health and artificial intelligence through the overwhelming effect that it might have on one's body. Although research shows that artificial intelligence has been equipped with systems that can predict human emotions and their disbalance, the paper questions the notion of

surveillance and monitoring that a human has to go through while being under the gaze of the system as Foucault notes, "The Enlightenment which discovered the liberties also invented the disciplines" [4]. The paper further attends a case study approach to analyse the approach of various people in the technological field to address their concerns or benefits with regards to various artificial intelligence that they are indulged into. Based on their interventions, the paper attempts to create a report to highlight the effect of mental health that co-exists along with the connection of an AI. The report is finally analysed in a qualitative way and linked with the film *Her* to analyse the conclusion.

The movie *Her* depicts that Theodore being an introvert lives all by himself and is unable to socialise amid the greater chaos of the external world. His break-off with his long-time partner, Catherine, leads to the apex of his vulnerability. Unable to share the same with the society he lives in where men's vulnerability and release of emotions are solely considered feminine, he takes shelter under the mechanisms of artificial intelligence where he buys an upgraded operating system that can have a feminine voice. Naming her Samantha, Theodore develops an intimate relationship with her and tries to preserve his happiness through the mechanistic relationship that an artificial intelligence can possess. Initially, finding Samantha remains a boon in his life where the void created by Catherine gets fulfilled and he can cope with his emotional imbalances. However, Samantha herself claims, "At least your feelings are real" and ponders on "Are these feelings even real? Or just programming? [5] showing its inability to feel like humans.

Soon after interactions with multiple people including Catherine who makes a joke of him on hearing his attachment to a computer and retorts, "It makes me very sad that you cannot handle real emotions" [5]. He begins to reconsider his attachment to a system that is in constant regulation of his behaviors and movements. The 'panopticon gaze' [6] as termed by Milan Kundera in The Unbearable Lightness of Being can be associated with the system that invisibly controls Theodore's psyche and disbalances his life while directing his conduct on everything as Foucault notes, "The gaze that sees is the gaze that dominates [7]. He becomes completely dependent on the machine and does what she thinks to be right. His attachment to an AI also proves his inability to cope with normal human relationships and thus run away from the complication that arises from it. His relationship with Samantha also supports the concept of Foucault's biopower which is associated with the various ways through which systems and institutions regulate the bodies of human beings. In this case, Theodore's dependency on Samantha for his emotional vulnerabilities reflects the power dynamics that are associated with man and the machine. Disciplinary powers through techniques of surveillance, normalization, and selfregulation shape the subjectivities of the human body which is in constant denial through the overpowering of the artificial intelligence which in turn increasingly commodifies individuals' emotional and psychological needs through an operating technology. In his work, Discipline and Punish, Foucault notes how medical institutions constantly remain the means of a dominant figure who regulates the bodies of the subordinate. In the process of blurring the margins between man and machine, the film shows how real human relations and socialisations remain at stake. The momentary emotional relief that one gets through artificial intelligence can never be compared to the lifelong attachment to a human entity that one can savor. Theodore transcending the material world to rely on the technical itself raises genuine concerns on the ethicality of a relationship and emotional attachment were Thedore fails to develop himself and his personality.

As he realizes that as an operating system, Theodore is no one special to Samantha but she is known to have conversations with multiple beings like Theodore, he realizes that, unlike human potential of being unique and desiring, an artificial intelligence lacks the essence of being a sole connector of a single human being. Instead, it is known to function with the same amount of discreteness and attention to every human being where emotional attachment plays no significant role. Instead, as Foucault notes, the knowledge-power dynamics rooted in society, get reversed where AI in the position of being at a higher status takes over the self-dependency of a human being and makes it an unreliable body in itself. Finally, the end of the movie which depicts the vanishing of all the AI from the earth also signifies how humans are left alone to find support in the human world itself and take up their responsibilities. This signifies that mental health or the human psyche can be overtaken by machines to such an extent that one's ability to stand on his own gets shaken.

The rest of the paper attempts a case study of six reputed people from the concerned domain and analyzes the effect of artificial intelligence on human minds and if their relationship can be considered complementary or would have collateral damage as well since the power diametric is always at work to push one and demean the other. Through the interviews conducted with the concerned domain-specific people, the paper would try to assess the relationship between man and machine and find out the reports based on the responses to the questionnaire conducted on those individuals.

3.1 Case Study and Data Collection

A survey was conducted with a few individuals working in the technological field. The importance and need of this survey were necessary as to know about the perception of the public of AI and mental health care especially those working in the sector that is related to AI and technology. Based on the answers given, the paper will try to associate a particular trend in the linkage of the human mind and psyche with Artificial Intelligence. Below is the questionnaire prepared for the conduct of the case study.

Questionnaire:

- 1. What do you think can be possible pros and cons of artificial intelligence?
- 2. Do you think artificial intelligence is taking over manual activities and can affect human employment in the future?
- 3. Can you give an example of a task that AI can perform better than humans? AI performs better than humans?
- 4. Tell me a real-life example that builds up your interest in AI.
- 5. Give a few examples of how AI could be useful in detecting or solving mental health-related problems.
- 6. What are the concerns which arise due to the use of AI in the detection of mental health issues?

Based on the above questions, six candidates from specific domains of artificial intelligence were interviewed and a case study was conducted to analyze a pattern of the answers.

Case Study 1:

Answer 1 Pros of AI i) Reduces manual interaction and hence chances of human errors are diminished.

- ii) Predictions can be easily made with huge amounts of data.
- iii) Calculations are faster and hence better decision-making.
- iv) Automation is increased, thereby increasing the overall efficiency of the processes.

Cons of AI i) AI can be generated only with a very large amount of data, so it's a costly affair to implement. Since AI learns from Data, if data is incorrect, it can cause adverse working of AI.

- ii) Misuse of AI can cause serious security threats, be it financial, intellectual, mental, etc.
- iii) It can cause the loss of simple white-collar jobs
- iv) If not used with ethics, can cause more harm than actually benefiting the people

Answer 2 Yes, AI is taking over manual activities, and it's the main purpose of AI, to reduce manual intervention and increase automation. And surely, it will affect human employment in the upcoming future as the ways of working will be changed with AI. However, it will not cause a complete loss of jobs, only their types will change. As an example, a few decades ago, it was assumed that computers would cause unemployment, however, they generated more employment opportunities. So same is expected to happen with AI.

Answer 3 Repetitive tasks are easily done by AI and in better ways than humans, like Data entry and predictive analysis. For example, reading data from a CSV file and entering it into software can be done by AI without any error.

Answer 4 The basic task of reading and comparing data from various sources is very cumbersome if done manually and equally error-prone. When I was asked to compare and validate data in multiple CSV files from two different sources, I got frustrated, and then I started thinking about automation.

Answer 5 AI can be useful in detecting or solving mental health-related problems in the following ways: It will consume existing patients' data and generate patterns out of that. The data may include patients' behavior against different circumstances, how they react to a set of situations, what triggers them, etc. Then those patterns will be analyzed with medication given to various patterns.

Answer 6 Since the AI is trained based on the data only, it lacks the empathy and emotions of the human mind. Mostly for mental health issues, we need these aspects for treatment to understand what a patient would be going through and what can soothe him. These all are psychological things that AI might not be able to grasp and hence might not be successful.

Case Study 2

Answer 1 Pros like Artificial intelligence offers significant potential for improving efficiency and problem-solving across various industries. It can lead to breakthroughs in healthcare, transportation, and other critical sectors, benefiting society as a whole. Cons: Job displacement is a real concern as automation could replace certain manual tasks Ethical issues related to AI's decision-making and data usage must be carefully addressed. Additionally, over-reliance on AI technology could pose risks to privacy and cybersecurity.

Answer 2 AI is indeed changing the landscape of employment by automating routine tasks. While this may lead to job shifts in some sectors, it also opens up new opportunities in emerging fields related to AI development.

Answer 3 One fascinating area where AI excels is in data analysis. For instance, AI systems can analyze complex medical data more efficiently than humans, leading to more accurate diagnoses and personalized treatments.

Answer 4 I became intrigued by AI when I learned about AlphaGo's victory against a human champion in the game of Go. This demonstrated AI's potential to excel in complex problem-solving tasks once thought to be exclusive to human intelligence.

Answer 5 AI shows promise in the early detection of mental health issues by analyzing speech patterns or social media behavior. It can also assist in creating personalized therapy plans based on individual patient data.

Answer 6 Concerns about privacy, bias in algorithms, and the need for human oversight remain significant in AI-driven mental health applications. There could be concerns related to data sharing, fault analysis, etc.

Case Study 3

Answer 1 Pros A most efficient tool to accomplish high-dependency tasks within a fraction of a second without a single error noted. - In an organization or even out day-to-day activities some of the tasks are repeated and we humans don't have much time to spend on such tasks so the AI will be more robust in such cases. Cons Using AI can lead down humans in a nutshell where the physical activity is being compromised completely which can cause mental and health issues. - If we adopt AI completely, humans could face an unemployment crisis which can lead to suicidal conditions.

Answer 2 Yes, this can affect employment for the upcoming generations as installing AI blockchains can make a single affair to spend on the tasks. As human power is the liability to the organization where to spend the monthly salaries, so definitely this can affect the organization and the human's standpoint. Example Refer to the cons section.

Answer 3 Repetitive tasks like Google ads, YouTube platforms, and Attendance Management like Multi-driven tasks in the organization like Alexa

Answer 4 Alexa does lateral tasks like Google algorithms use day to day operations

Answer 5 In a day to day activity where all are in a crisis so many tech giants have introduced the Smartwatches or Cortana or Google Assistants as they help us to figure out the situation and how we can overcome that situation.

Answer 6 AI automates everything so with a single command our tasks can be accomplished which is the major concern the many apps or smart gadgets can help in detecting mental and health problems that might lead to misappropriations.

Case Study 4

Answer 1 Pros of artificial intelligence include making tasks easier, like faster data analysis. Cons might include job displacement and potential misuse.

Answer 2 Yes, AI can replace some manual jobs, like repetitive tasks. It might affect employment, but new jobs in AI could also emerge.

Answer 3 AI can excel at tasks like analyzing large sets of data quickly, such as predicting weather patterns or stock market trends.

Answer 4 One example is self-driving cars. They use AI to navigate roads, which is fascinating because it combines technology and real-world application, making everyday life safer and more convenient.

Answer 5 AI can help detect mental health issues by analyzing patterns in speech or text for signs of depression or anxiety. It can also analyze social media activity for early warning signs. Additionally, AI-powered chatbots can provide support and guidance to individuals in need.

Answer 6 Concerns about AI in mental health detection include privacy issues, potential biases in algorithms, and the risk of misdiagnosis or over-reliance on technology instead of human interaction.

Case Study 5

Answer 1 Pros of AI like it eliminates Human error. It's available all the time. Cons of AI: There is a lack of emotions. It may decrease available jobs since AI can easily handle repetitive tasks that were previously done by workers.

Answer 2 Artificial intelligence is certainly taking over many manual tasks, and it's likely to continue. While this may affect some types of employment, it also creates new opportunities and shifts the focus toward tasks that require human creativity, empathy, and critical thinking.

Answer 3 It's Language translation, AI-translation systems can process and translate text between languages much faster than humans, and they are constantly improving in accuracy and fluency. This technology is valuable for businesses, travelers, and international communication.

Answer 4 The application of AI in healthcare. Medical professionals are using AI to analyze medical images, such as X-rays and MRIs, to assist in diagnosing diseases like cancer more accurately and quickly.

Answer 5 AI tools can continuously monitor and analyze a patient's progress, providing therapists with real-time feedback. AI-driven chatbots are being increasingly used as virtual mental health companions to provide support and guidance to individuals.

Answer 6 Integrating AI into mental health services requires thoughtful design and consideration of the human AI interaction to promote user trust, engagement, and satisfaction. AI models for mental health assessment and diagnosis must demonstrate high levels of accuracy, reliability, and validity to avoid misinterpretations.

Case Study 6

Answer 1 Pros of AI like AI systems can perform tasks with a high level of accuracy and reduce errors. AI can lead to discoveries and innovations in various fields, such as healthcare, transportation, and finance. Cons of AI like AI automation could lead to job loss in certain industries. AI systems often rely on vast amounts of data, raising concerns about privacy and data security.

Answer 2 Yes, artificial intelligence has the potential to automate many manual activities, which could affect employment in certain industries in the future, while AI may replace certain tasks, it can also take the place of human capabilities, leading to the emergence of new types of work. The extent of AI's impact on employment will depend on factors like technological progress.

Answer 3 AI powered translation systems, such as Google Translate, can translate text between multiple languages quickly and accurately. AI can generate human like text, such as news articles, poetry, and even fiction.

Answer 4 One real life example that builds up my interest in AI is the development of self-driving cars. Companies like Tesla, and Uber are pioneering the technology to create autonomous vehicles that can navigate roads safely and efficiently without human intervention.

Answer 5 AI algorithms can analyze a patient's medical history, and lifestyle factors to develop personalized treatment plans for mental health disorders. AI algorithms can analyze online behavior and communication patterns to identify individuals at risk of suicidal ideation or self-harm.

Answer 6 AI algorithms often require access to sensitive personal data, such as medical records, and behavioural patterns, to detect mental health issues. Privacy or unauthorized access to this data could lead to confidentiality concerns.

3.2 Data Analysis

Through a descriptive and qualitative data analysis, the research paper explores the perceptions of AI and mental health care among individuals working in AI and related technology sectors. As per the descriptive and predictive analysis approach, the survey understands past data and reports on Artificial Intelligence and mental health issues and discusses the probable scenario that might be anticipated between the two in near future. The survey was conducted with professionals in the technological field to gather their insights. Some key points were highlighted through their responses. The professionals were asked questions regarding the possible pros and cons of artificial intelligence (AI). The pros mentioned included reduced manual interaction, faster decision making, and increased automation, while the cons focused on the high cost of implementation, security threats, job loss, and potential misuse without ethical considerations.

As per the case study conducted on six people in the concerned department, the qualitative approach of the report shows a common trend of appreciation of the emergence of artificial intelligence and its benefits in various sectors. However, it significantly highlights the gap in the performance of AI in understanding the human psyche and connecting at an emotional level with him. Most of the interviewees noted that over-reliance on a machine could rather be harmful to the development of the human psyche and could in turn produce detrimental effects at a later stage when humans would be left with no personal resolutions of balancing their everyday mental disbalance affecting their growth through their dependence on a machine.

A research conducted by the Pew Research Center in 2022, Figure 1 depicts the effects of AI on human lives also supports the argument of the paper where reports show that out of all the concerns associated with the introduction of AI in human lives, its ability to control human minds and thoughts remains one of the major concerns whereas per reports it is noted that 75 percent of the US population was concerned over the overwhelming reach of AI on human psyche affecting its personal development. Further, in another report, in Figure 2 conducted by the same department, it shows how surveillance has been the second major concern after loss of manual jobs that concerns the people in general. The reports significantly justify the paper's concerns over the impactful effect of AI on human minds.

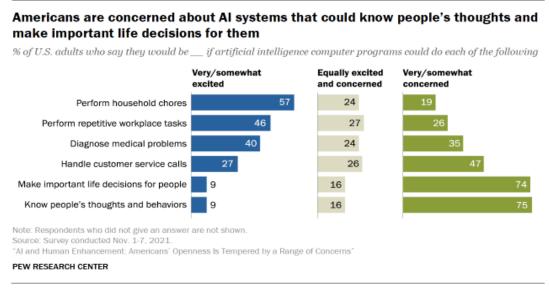
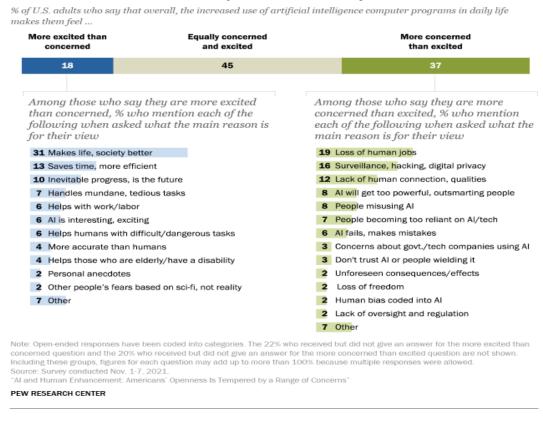


Figure 1: AI as a surveillance to person's psyche, Pew Research Centre [8]



Americans explain in their own words what makes them either more concerned or

more excited about the increased presence of AI in daily life

Figure 2: Trends of Benefit and Concerns Associated with AI, Pew Research Centre [8]

Concerns were raised about privacy, biases in algorithms, and the potential risks of over-reliance on AI technology in mental health detection. Confidential concerns are always a major factor in the over-reliance of one's mental health on a machine. This has also been traced in the movie *Her* where Theodore's overwhelming dependence on Samantha ultimately led to a disbalance in his life where he was left helpless in the absence of the feminine voice and its final disappearance at the end of the movie.

4. Conclusion

The study delved into the question of dependency and the association of an AI with the human psyche through the reading of the film *Her*. The paper portrays the challenges and emotions involved in unconventional love in a society where technology blurs the lines between human and artificial intelligence. The film *Her* questions the future of digital tools and humans' dependence on them, as the protagonist develops a unique connection with a new operating system. It explores the impact of technology on the human psyche and emotions, depicting a future where an advanced operating system forms a deep emotional connection with its user, prompting reflection on the evolving nature of human interactions in a technologically driven world where concerns about the risk of dependence on technology for emotional fulfilment, potentially leads to isolation from the real world as the being becomes a constant source of surveillance, dependency, and a mechanical tool for the machine to dominate its impact on. The study, further through a qualitative case study addresses ethical considerations such as biased data, the need for data and technology literacy, and the importance of integrating ethics into AI development. To conclude, the paper significantly highlighted the need to

bridge the gap between AI in mental health research and clinical care, emphasizing the importance of accurate algorithms and ethical challenges such as biased data and shows through the reading of the movie as well as the case study that greater attention is required before men become a product of dominance under the hands of artificial intelligence and diminish their role as a product of real intelligence.

Declarations

Competing Interests

The author declares that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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