

AI in Psychiatric Practice: What Psychiatrists Report

AI in Practice Today

Many psychiatrists do not currently use AI in their practice - but when used, it's mostly for workflow support - not direct clinical care.

20%
Clinical Note-taking

12%
Administrative Tasks

40%
Have not used AI in their practice

AI Knowledge

How Informed Do Psychiatrists Feel About AI?

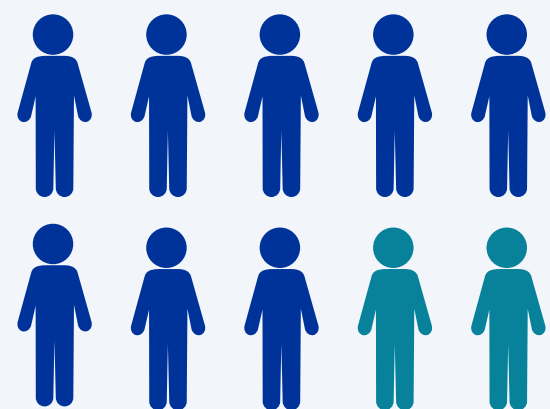
65%
Somewhat Informed

18%
Very Informed

17%
Less Informed

Training & Readiness

Training Concern



80% are very or moderately concerned that mental health professionals don't have adequate training in AI

Benefits vs. Risks

Expectations for AI-assisted therapy and treatment are divided.

40%
Say AI-assisted treatment is RISKIER than traditional strategies

38%
Say AI would make professionals MORE EFFECTIVE

23%
Are UNCERTAIN about risks vs. benefits

Psychiatrists see promise in AI for some conditions...

But Not For All.

59% Anxiety Disorders
54% Depression
51% Addiction / Substance Use

59% say AI would NOT be useful for treating eating disorders.

“One thing is certain: this technology is moving fast, and it could offer great benefits. While there is great potential in the use of AI, human connections are and will always be a central part of providing psychiatric care.”

Theresa Miskimen Rivera, M.D.
APA President

Regulation, Safeguards & Oversight

Strong majority support for evidence-based, privacy-forward regulation:

86%
Support evidence-based standards for AI mental health apps

83%
Support stronger data privacy protections

78%
Support age restrictions for AI chatbots

77%
Support FDA clearance for AI mental health /therapy apps