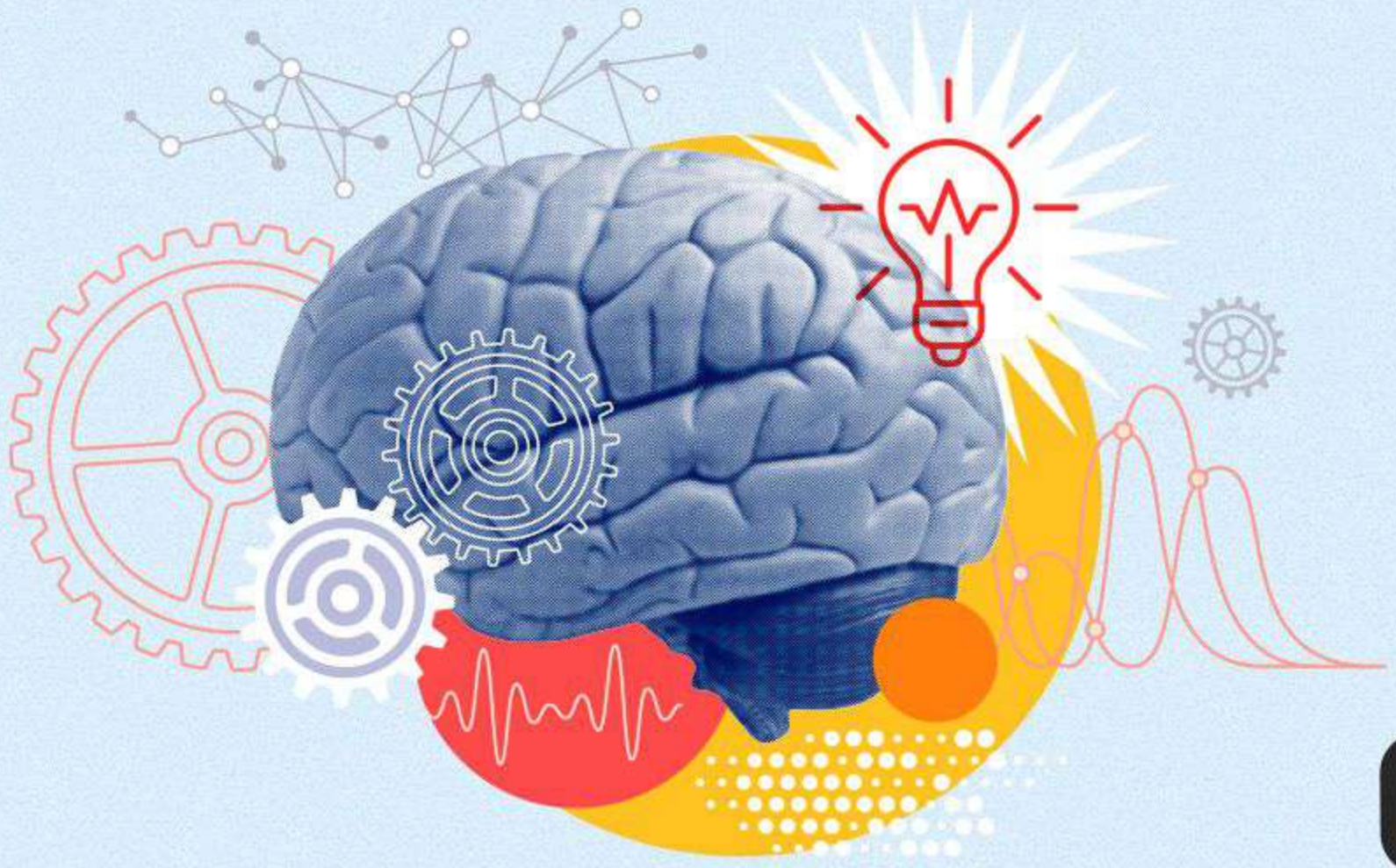
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Technology & Mental Health

A powerful relationship reshaping Modern psychology

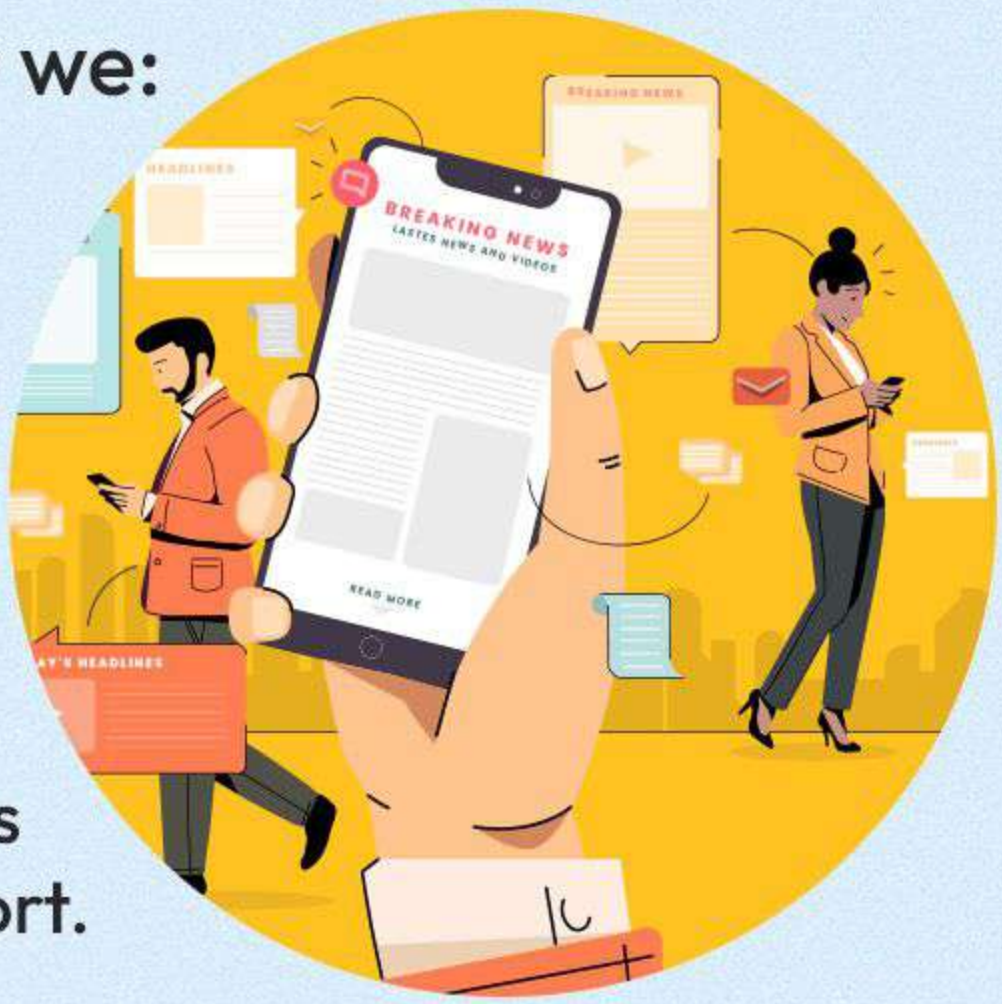
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Digital Interventions Are Rising

Tech is changing how we:

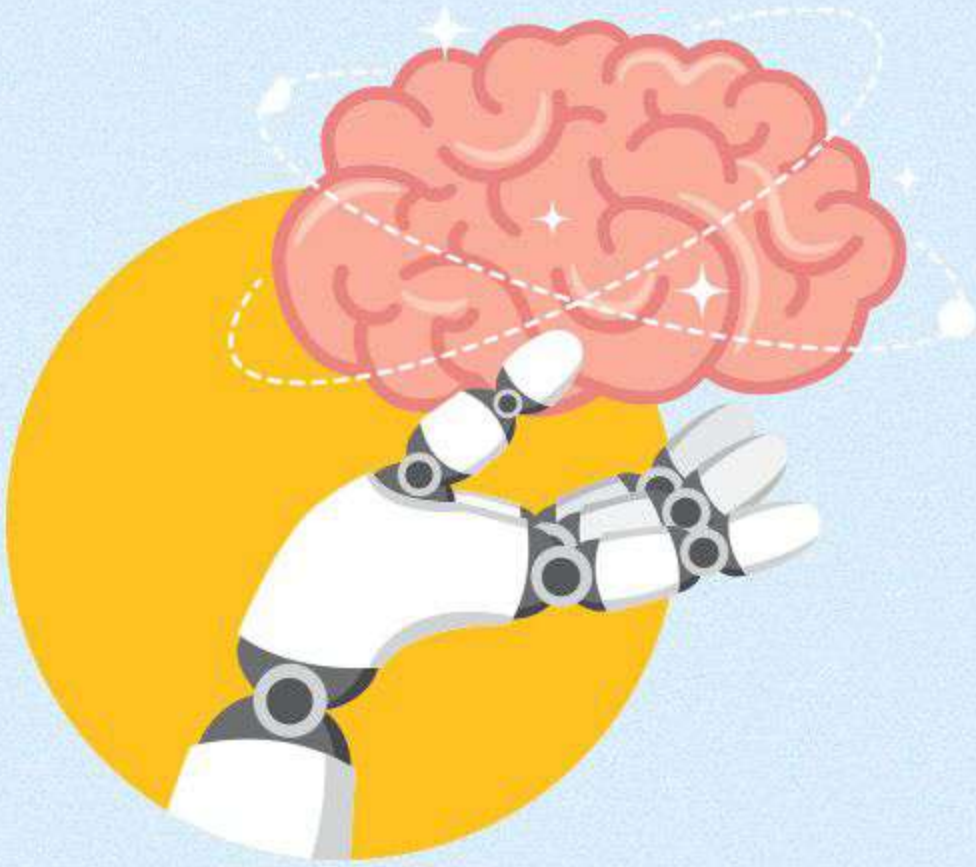
+ Diagnose disorders
+ Deliver therapy
+ Bridge the mental health access gap



AI-based tools can now detect emotional patterns and offer real-time support.

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AI in Clinical Settings

AI in mental health care is being used for:

+ Early diagnosis (e.g. schizophrenia, PTSD)
+ Chatbot-based CBT & support
+ Monitoring emotional patterns via data

Making care more scalable & accessible

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But There's an Ethical Flip Side

Ethical frameworks are still catching up



+ Who's responsible if AI makes a mistake?



+ Can a bot truly understand your pain?



+ Are you safe with your data?

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The Trap of Digital Addiction

Swipe. Click. Scroll. Repeat.

Modern platforms are designed to:

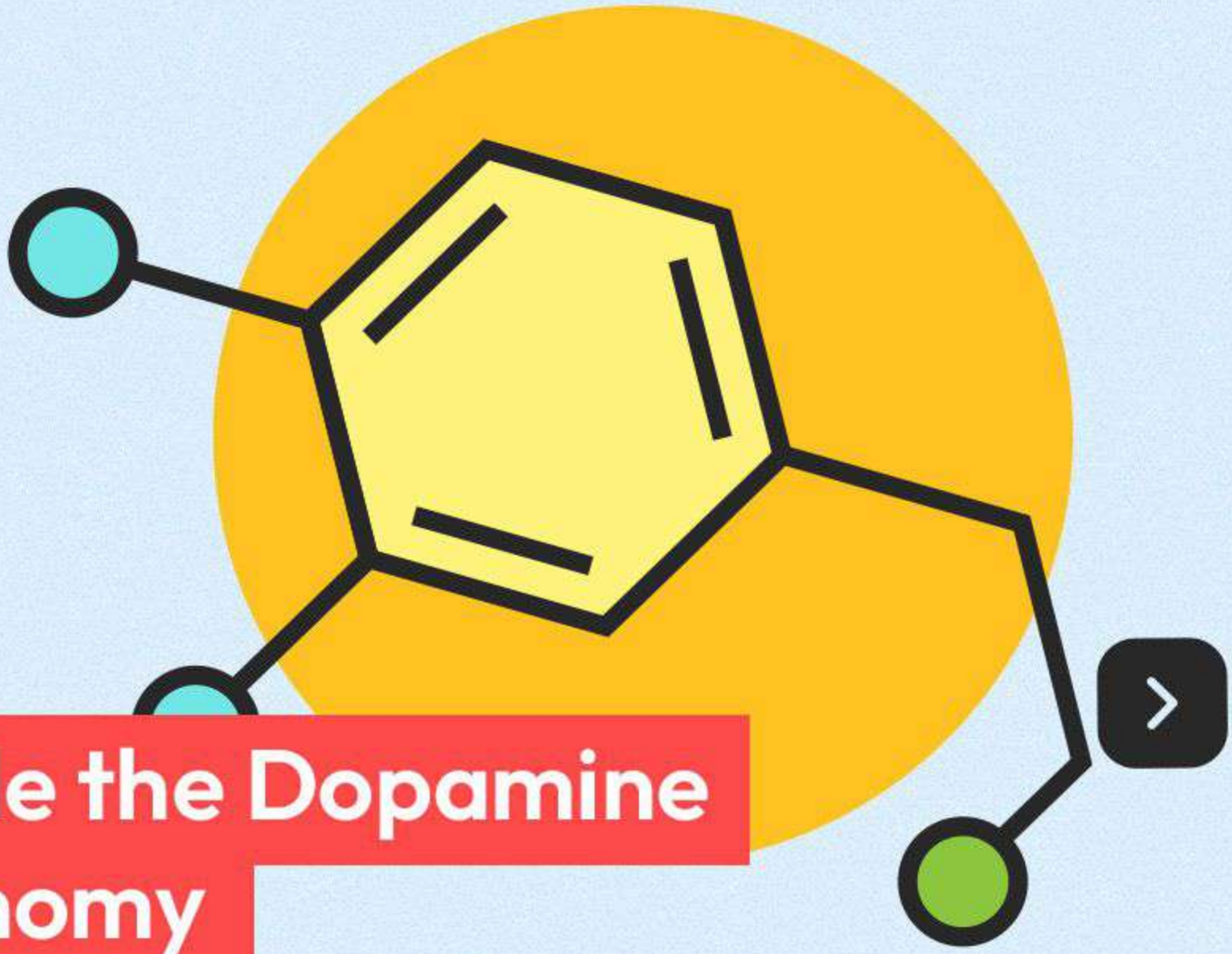
+  Keep us hooked

+  Trigger constant dopamine bursts

+  Disrupt focus, sleep, and real-life joy

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Inside the Dopamine Economy

+ Every like, ping, and reel = tiny dopamine hits
+ Brain learns to chase these quick rewards
+ Real-world joy feels… dull in comparison

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Mental Health Effects



Burnout

Tech overload takes a toll on emotional bala-nce



Poor attention span



Loneliness & emo-tional dysregulation

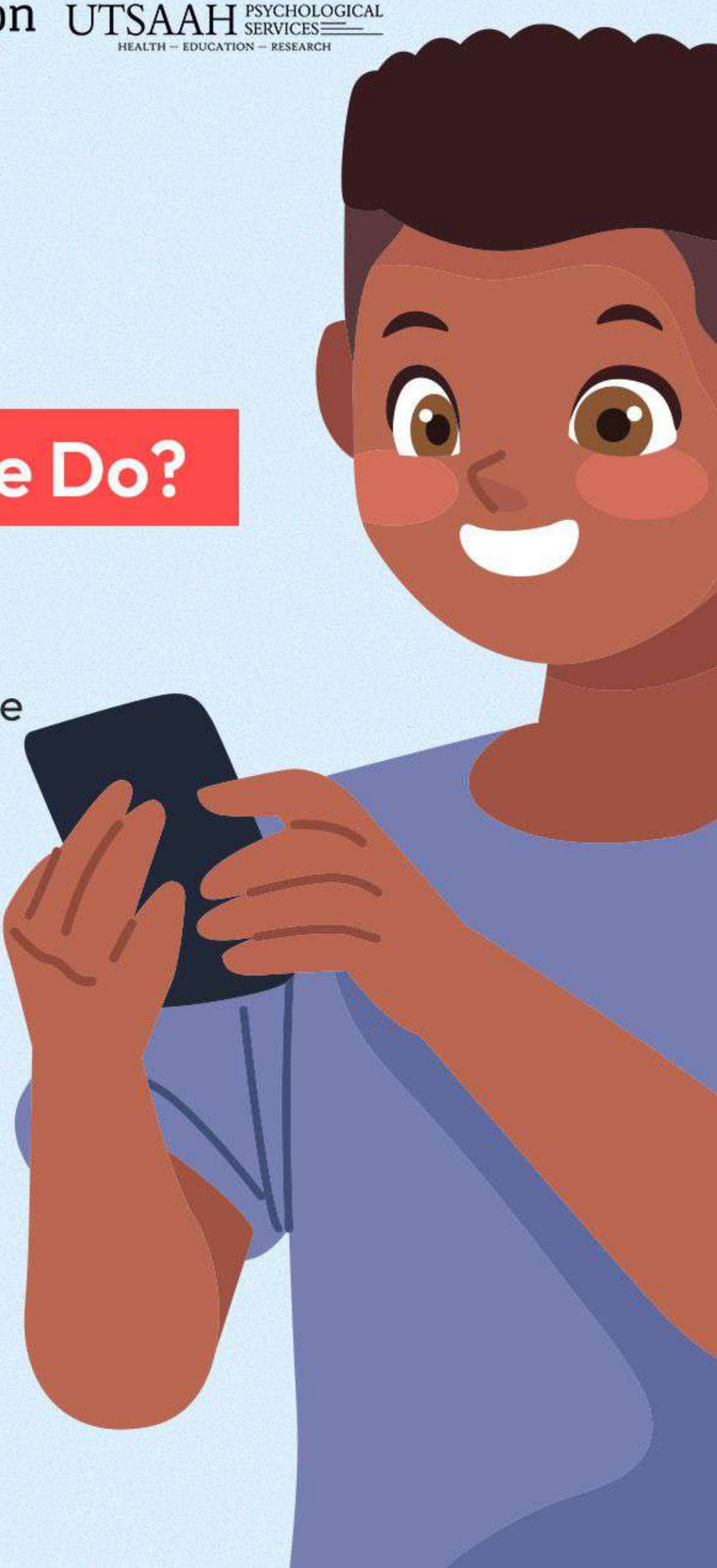
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What Can We Do?

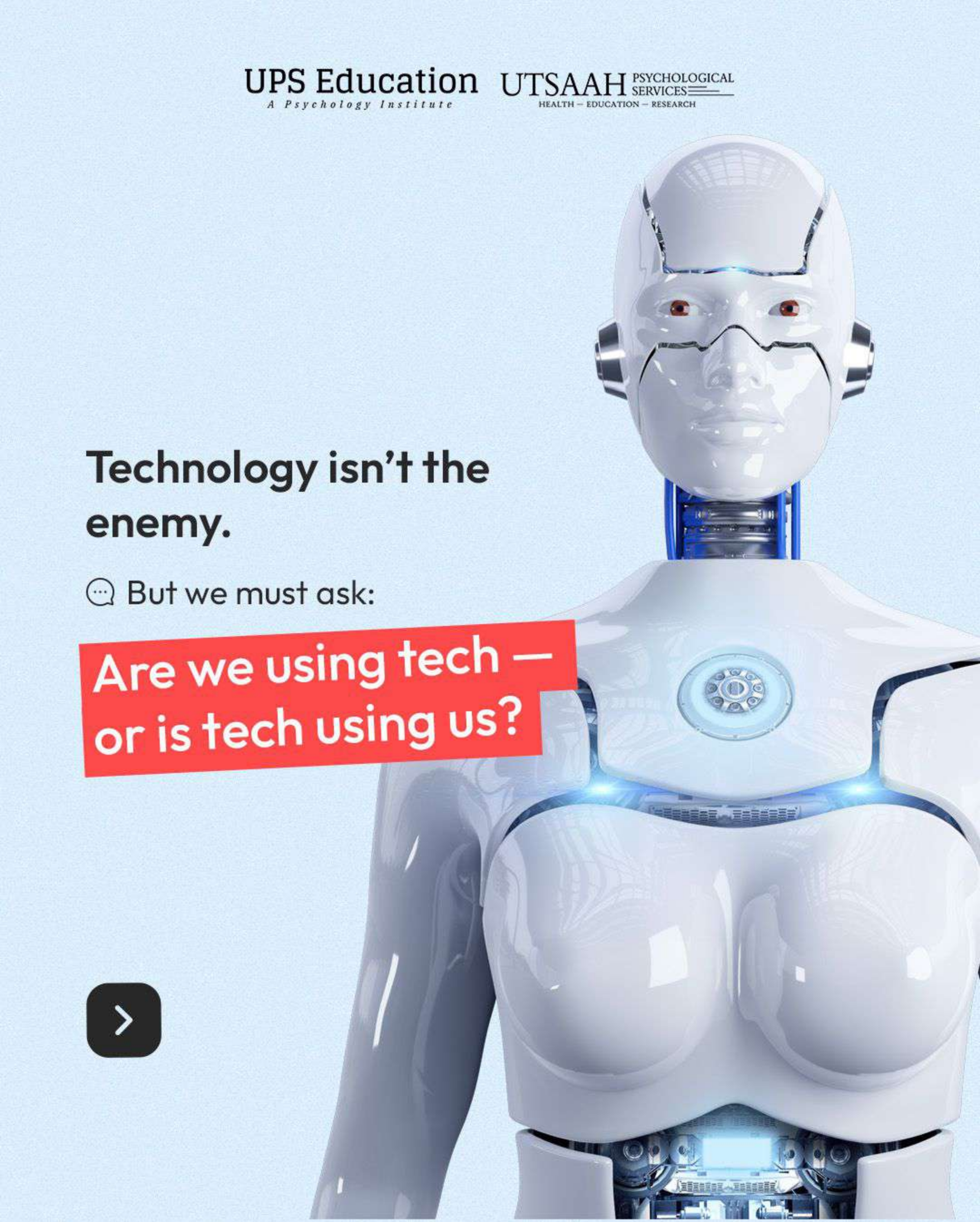
+ Use tech consciously
+ Practice digital hygiene (set screen time limits, avoid doomscrolling)
+ Advocate for ethical AI in therapy

Human connection still matters.



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Technology isn't the enemy.

But we must ask:

Are we using tech — or is tech using us?

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