

U.S. FDA's Digital Health Advisory Committee Meeting

Bethany R. Russell, Ph.D., LMHC, RPT, NCC

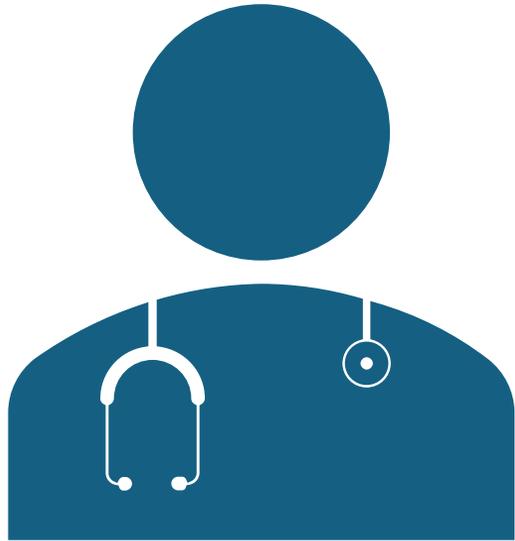


Dr. Bethany R. Russell

- Assistant Professor at Florida Gulf Coast University
 - Clinical Mental Health Counseling, Education and Supervision
- Owner of a Private Practice
- Registered Play Therapist
 - Background both academically (University of Missouri) and Clinically working with children and adolescents.
- Creator of Mental Health Apps & AI Tools
- Researcher on AI use in Mental Health

Needed Guardrails

- AI misuse potential for:
 - Diagnosing & Assessing
 - 55 symptoms that overlap and show up more than 1,000 times in the DSM-VTR
 - Bipolar matches 100% of symptomology for other diagnoses
 - Support
 - Suicide risks
 - AI Psychosis
 - Obsessive Counting of Calories/Steps
 - Essential need for Human-In-The-Loop
 - Bias in training the models



Subject Matter Experts

- Many instances of AI technology being created by Computer Scientists
- This results in a limited understanding of the impact the technology may have upon patients (e.g. Patients/Users experiencing mental health symptomology).
- Using effective medical oversight together with technology, we can better predict potential harm, especially to vulnerable populations such as Children & Teens.

Risks of Technology being Human-Like

- Patients who have fallen in love with AI
- Patients who struggle to differentiate between fantasy and reality
 - Needed time constraints when using technology
- Patients who have used AI to change the medication regiment without informing their physician.
 - What information can be provided and how does the created technology ensure the necessary Human-In-The-Loop.

A hand in a blue sleeve points at a tablet screen displaying a bar chart with five white-outlined bars of increasing height. The background is a blurred blue.

The Future needs AI

As technology improves hopefully the cost will continue to decrease for the government, insurance companies and most importantly the patients while also increasing access and accuracy.

However, the AI should augment and not supplement qualified professionals.