

APA's 2026 Chatbots and Mental Health Survey

Introduction

Thank you for your willingness to participate. Your responses will help us understand the extent to which AI is impacting the work of mental health professionals.

BASE: ALL RESPONDENTS

Please select the option that best describes your current work status.

- ☐ Working full-time, including self-employed, consulting, and practice (at least 35 hours per week)
- ☐ Working part-time (less than 35 hours per week)
- ☐ Postdoctoral training
- ☐ Not working but seeking work
- ☐ Not working and not seeking work
- ☐ Retired and not working
- ☐ Retired but still working
- ☐ Not applicable

BASE: ALL RESPONDENTS

Are you currently licensed to practice in at least one U.S. state?

- ☐ No
- ☐ Yes

BASE: ALL RESPONDENTS

Do you currently provide direct patient/client care?

- ☐ No
- ☐ Yes

BASE: ALL RESPONDENTS

Please select your highest degree earned. If you have not earned a degree, please select not applicable (N/A).

- ☐ PhD
- ☐ PsyD
- ☐ EdD
- ☐ Other doctoral degree: please specify
-

- ☐ Master's degree
- ☐ Other degree: please specify
-

☐ N/A

BASE: ALL RESPONDENTS

Please select the year in which you earned your highest degree.
1925 to 2025

BASE: ALL QUALIFIED RESPONDENTS

How knowledgeable are you about artificial intelligence?

- ☐ Not knowledgeable at all
- ☐ Slightly knowledgeable
- ☐ Very knowledgeable
- ☐ Extremely knowledgeable

BASE: ALL QUALIFIED RESPONDENTS

In the last 12 months, how often have you intentionally used artificial intelligence **in your personal life (e.g., vacation planning, writing a personal email, etc.)?**

- ☐ Never
- ☐ Once
- ☐ Several Times
- ☐ Monthly
- ☐ Weekly
- ☐ Daily

BASE: ALL QUALIFIED RESPONDENTS

In the last 12 months, how often have you intentionally used artificial intelligence **for work (e.g., scheduling, writing emails, billing, etc.)?**

- ☐ Never
- ☐ Once
- ☐ Several Times
- ☐ Monthly
- ☐ Weekly
- ☐ Daily

BASE: Who intentionally used AI for work frequently (several times, monthly, weekly, daily in the last 12 months)

Please check all the ways you intentionally use AI **for work**.

- ☐ Schedule appointments
- ☐ Assist with billing
- ☐ Writing emails
- ☐ Assist with patient diagnosis
- ☐ Clinical decision support
- ☐ Take clinical notes
- ☐ Summarize notes about a patient
- ☐ Generate treatment plans
- ☐ Provide therapy
- ☐ Help screen patients
- ☐ Monitor adherence to a treatment plan
- ☐ Something else _____

BASE: ALL QUALIFIED RESPONDENTS

I have patients who have spoken with me about using AI to... (check all that apply):

- ☐ Self-diagnose
- ☐ Assist in therapy/treatment
- ☐ Help with self-discipline, affirmations, or behavioral reminders
- ☐ Engage in conversations (chatbot) for fun
- ☐ Engage in conversations (chatbot) for friendship
- ☐ Engage in conversations (chatbot) for an intimate relationship
- ☐ Act as an additional mental health professional
- ☐ Something else _____
- ☒ **None of these**

BASE: Respondents who has patients use AI to engage in conversations for fun, friendship, an intimate relationship, or act as additional mental health professional

For those patients engaging chatbots, have they talked about or have you noticed them (check all that apply):

- ☐ Developing a level of dependency on a chatbot
- ☐ Developing distorted thinking or delusions related a chatbot
- ☐ Having unhealthy communication with a chatbot
- ☐ Having positive communication with a chatbot
- ☐ Using a chatbot to reinforce healthy coping skills
- ☐ Feeling supports/validated by a chatbot
- ☐ Talking about their mental health with their chatbot
- ☐ Something else _____
- ☒ **None of these**

Please rate your level of agreement with the following two statements.

BASE: ALL QUALIFIED RESPONDENTS

I am comfortable with some patients engaging chatbots.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

I have concerns about some patients engaging chatbots.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

You "[\\${comfortable_chatbots/ChoiceGroup/SelectedChoices}](#)" some patients can engage chatbots, and also "[\\${concern_chatbots/ChoiceGroup/SelectedChoices}](#)", there might be concerns for some patients. Please explain your answers here. (Note: Please do not include patient names, client identifiers, employer names, or any other personal identifying information in your response.)

Please rate your level of agreement with the following statements.

BASE: ALL QUALIFIED RESPONDENTS

Chatbots may inadvertently reinforce negative behaviors or delusional beliefs.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

The use of chatbots has the potential to reduce loneliness.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

The use of AI to perform practical tasks could lead to reduced critical thinking skills.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

Chatbots may inadvertently encourage self-harm

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

Patients will one day prefer therapy chatbots to human mental health professionals.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

Using AI to provide companionship could negatively impact users' social engagement.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

AI will likely make mental health professionals more effective in treating patients.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

AI-assisted therapy will introduce more risks to patients than traditional treatments.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

Today's chatbots cannot treat conditions with an appropriate amount of nuance.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

I am optimistic that chatbots will be able to help patients when a mental health professional is not available.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

I worry about chatbots posing as licensed therapists.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

I trust tech companies to protect patients' private mental health data.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

APA should play a leadership role in establishing ethical guidelines for the development and use of AI in mental health practice.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

The field of psychology has a role to play in shaping public policy and industry standards related to AI technologies that impact mental health care.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

APA should collaborate with technology companies to ensure AI tools are safe, effective, and aligned with psychological best practices.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree

BASE: ALL QUALIFIED RESPONDENTS

What, if anything, have we not asked you about AI and its application in professional practice in psychology that you think is important for us to know or inquire about in the future? (Note: Please do not include patient names, client identifiers, employer names, or other personal identifying information in your response.)

Last two questions Please tell us just a few things about yourself to help us organize our data.

BASE: ALL QUALIFIED RESPONDENTS

How do you describe your current gender identity?

- ☐ Female/Woman
- ☐ Male/Man
- ☐ Nonbinary
- ☐ Two-spirit
- ☐ Prefer to self-describe: _____
- ☐ Prefer not to answer

BASE: ALL QUALIFIED RESPONDENTS

How do you identify?

- ☐ American Indian, Alaska Native, and/or Indigenous
- ☐ Arab American, Middle Eastern, or North African
- ☐ Asian or Asian American
- ☐ Bi/Multi-racial: please specify _____
- ☐ Black or African American
- ☐ Latino/a/x or Spanish Origin: please specify _____
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ Southeast Asian
- ☐ White/European American
- ☐ Another race or ethnicity not listed above: please specify _____
- ☐ Prefer not to answer