Topline Data Tables for APA's 2026 Chatbots and Mental Health Survey

BASE: ALL RESPONDENTS

Q1. Please select the option that best describes your current work status.

	Percentage	Count
Working full-time, including self-employed, consulting, and practice (at least 35 hours per week)	63%	999
Working part-time (less than 35 hours per week)	25%	391
Postdoctoral training	0%	4
Not working but seeking work	0%	3
Not working and not seeking work	0%	3
Retired and not working	3%	41
Retired but still working	8%	131
Not applicable	0%	4
Total	**100%**	**1576**

BASE: ALL RESPONDENTS

Q2. Are you currently licensed to practice in at least one U.S. state?

	Percentage	Count
Yes	97%	1526
No	3%	50
Total	**100%**	**1576**

BASE: ALL RESPONDENTS

Q3. Do you currently provide direct patient/client care?

	Percentage	Count
Yes	87%	1360
No	13%	201
Total	**100%**	**1561**

BASE: ALL RESPONDENTS

Q4. Please select your highest degree earned. If you have not earned a degree, please select not applicable (N/A).

	Percentage	Count
PhD	64%	1,002
PsyD	34%	530
EdD	1%	12
Other doctoral degree: please specify	0%	5
Master's degree	1%	9
Other degree: please specify	1%	15
N/A	0%	1
Total	**100%**	**1574**

BASE: ALL RESPONDENTS

Q5. Please select the year in which you earned your highest degree.

Degree year	Count
1960s	5
1970s	96
1980s	200
1990s	327
2000s	414
2010s	434
2020s	91
Total	**1567**

BASE: ALL QUALIFIED RESPONDENTS

Q6. How knowledgeable are you about artificial intelligence?

know_AI - How knowledgeable are you about artificial intelligence? (n=1242)	Percentage	Count
Not knowledgeable at all	3%	32
Slightly knowledgeable	72%	890
Very knowledgeable	23%	287
Extremely knowledgeable	3%	33
Total	**100%**	**1242**

BASE: ALL QUALIFIED RESPONDENTS

Q7. 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.)?

	Percentage	Count
Never	21%	265
Once	7%	89
Several Times	32%	396
Monthly	7%	90
Weekly	18%	226
Daily	14%	175
Total	**100%**	**1241**

BASE: ALL QUALIFIED RESPONDENTS

Q8. In the last 12 months, how often have you intentionally used artificial intelligence for work (e.g., scheduling, writing emails, billing, etc.)?

	Percentage	Count
Never	44%	542
Once	6%	72
Several Times	20%	247
Monthly	6%	70
Weekly	14%	174
Daily	10%	127
Total	**100%**	**1232**

BASE: RESPONDENTS WHO USED AI FOR WORK SEVERAL TIMES, MONTHLY, WEEKLY, OR DAILY

Q9. Please check all the ways you intentionally use AI for work.

	Percentage	Count
Writing emails	52%	318
Something else	48%	295
Summarize notes about a patient	35%	215
Take clinical notes	21%	128
Generate treatment plans	21%	128
Clinical decision support	18%	113
Assist with patient diagnosis	13%	82
Assist with billing	5%	33
Schedule appointments	4%	25
Provide therapy	1%	9

Monitor adherence to a treatment plan	1%	7
Help screen patients	1%	4
Base	**--**	**616**

BASE: ALL QUALIFIED RESPONDENTS

Q10. I have patients who have spoken with me about using AI to... (check all that apply):

	Percentage	Count
Self-diagnose	39%	478
Act as an additional mental health professional	35%	440
Help with self-discipline, affirmations, or behavioral reminders	34%	421
Engage in conversations (chatbot) for fun	33%	413
Assist in therapy/treatment	33%	411
None of these	23%	288
Engage in conversations (chatbot) for friendship	22%	268
Something else	21%	264
Engage in conversations (chatbot) for an intimate relationship	13%	163
Total	**--**	**1241**

BASE: RESPONDENTS WHO HAVE PATIENTS WHO USE AI TO ENGAGE IN CONVERSATIONS FOR FUN, FRIENDSHIP, AN INTIMATE RELATIONSHIP, OR TO ACT AS AN ADDITIONAL MENTAL HEALTH PROFESSIONAL

Q11. For those patients engaging chatbots, have they talked about or have you noticed them (check all that apply):

	Percentage	Count
Talking about their mental health with their chatbot	71%	480
Feeling supported/validated by a chatbot	68%	460
Having positive communication with a chatbot	49%	330
Using a chatbot to reinforce healthy coping skills	41%	277
Developing a level of dependency on a chatbot	36%	244
Having unhealthy communication with a chatbot	25%	166
Developing distorted thinking or delusions related a chatbot	15%	102
Something else	9%	58
None of these	8%	53
Base	**--**	**673**

BASE: ALL QUALIFIED RESPONDENTS

Q12. I am comfortable with some patients engaging chatbots.

	Percentage	Count
Strongly disagree	17%	210
Somewhat disagree	30%	366
Somewhat agree	45%	557
Strongly agree	9%	107
Total	**100%**	**1240**

BASE: ALL QUALIFIED RESPONDENTS

Q13. I have concerns about some patients engaging chatbots.

	Percentage	Count
Strongly disagree	2%	20
Somewhat disagree	5%	59
Somewhat agree	39%	478
Strongly agree	55%	684
Total	**100%**	**1241**

BASE: ALL QUALIFIED RESPONDENTS

Q15. Chatbots may inadvertently reinforce negative behaviors or delusional beliefs.

	Percentage	Count
Strongly disagree	1%	10
Somewhat disagree	3%	33
Somewhat agree	37%	455
Strongly agree	60%	738
Total	**100%**	**1236**

BASE: ALL QUALIFIED RESPONDENTS

Q16. The use of chatbots has the potential to reduce loneliness.

	Percentage	Count
Strongly disagree	20%	244
Somewhat disagree	26%	320
Somewhat agree	51%	626
Strongly agree	4%	48
Total	**100%**	**1238**

BASE: ALL QUALIFIED RESPONDENTS

Q17. The use of AI to perform practical tasks could lead to reduced critical thinking skills.

	Percentage	Count
Strongly disagree	3%	43
Somewhat disagree	14%	167
Somewhat agree	39%	483
Strongly agree	44%	542
Total	**100%**	**1235**

BASE: ALL QUALIFIED RESPONDENTS

Q18. Chatbots may inadvertently encourage self-harm.

	Percentage	Count
Strongly disagree	2%	20
Somewhat disagree	9%	111
Somewhat agree	46%	572
Strongly agree	43%	528
Total	**100%**	**1231**

BASE: ALL QUALIFIED RESPONDENTS

Q19. Patients will one day prefer therapy chatbots to human mental health professionals.

	Percentage	Count
Strongly disagree	36%	446
Somewhat disagree	40%	493
Somewhat agree	21%	259
Strongly agree	3%	35
Total	**100%**	**1233**

BASE: ALL QUALIFIED RESPONDENTS

Q20. Using AI to provide companionship could negatively impact users' social engagement.

	Percentage	Count
Strongly disagree	1%	12
Somewhat disagree	6%	77
Somewhat agree	39%	483
Strongly agree	54%	662
Total	**100%**	**1234**

BASE: ALL QUALIFIED RESPONDENTS

Q21. AI will likely make mental health professionals more effective in treating patients.

	Percentage	Count
Strongly disagree	19%	230
Somewhat disagree	34%	420
Somewhat agree	40%	498
Strongly agree	7%	86
Total	**100%**	**1234**

BASE: ALL QUALIFIED RESPONDENTS

Q22. AI-assisted therapy will introduce more risks to patients than traditional treatments.

	Percentage	Count
Strongly disagree	2%	25
Somewhat disagree	18%	222
Somewhat agree	46%	563
Strongly agree	34%	417
Total	**100%**	**1227**

BASE: ALL QUALIFIED RESPONDENTS

Q23. Today's chatbots cannot treat conditions with an appropriate amount of nuance.

	Percentage	Count
Strongly disagree	2%	27
Somewhat disagree	3%	40
Somewhat agree	14%	177
Strongly agree	80%	988
Total	**100%**	**1232**

BASE: ALL QUALIFIED RESPONDENTS

Q24. I am optimistic that chatbots will be able to help patients when a mental health professional is not available.

	Percentage	Count
Strongly disagree	24%	294
Somewhat disagree	36%	441
Somewhat agree	37%	455
Strongly agree	3%	43
Total	**100%**	**1233**

BASE: ALL QUALIFIED RESPONDENTS

Q25. I worry about chatbots posing as licensed therapists.

	Percentage	Count
Strongly disagree	3%	43
Somewhat disagree	12%	145
Somewhat agree	30%	367
Strongly agree	55%	679
Total	**100%**	**1234**

BASE: ALL QUALIFIED RESPONDENTS

Q26. I trust tech companies to protect patients' private mental health data.

	Percentage	Count
Strongly disagree	77%	959
Somewhat disagree	17%	211
Somewhat agree	5%	62
Strongly agree	1%	7
Total	**100%**	**1239**

BASE: ALL QUALIFIED RESPONDENTS

Q27. APA should play a leadership role in establishing ethical guidelines for the development and use of AI in mental health practice.

	Percentage	Count
Strongly disagree	2%	26
Somewhat disagree	1%	18
Somewhat agree	12%	145
Strongly agree	85%	1,047
Total	**100%**	**1236**

BASE: ALL QUALIFIED RESPONDENTS

Q28. 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.

	Percentage	Count
Strongly disagree	2%	24
Somewhat disagree	0%	5
Somewhat agree	11%	136
Strongly agree	87%	1,075
Total	**100%**	**1240**

BASE: ALL QUALIFIED RESPONDENTS

Q29. APA should collaborate with technology companies to ensure AI tools are safe, effective, and aligned with psychological best practices.

	Percentage	Count
Strongly disagree	3%	42
Somewhat disagree	5%	56
Somewhat agree	21%	258
Strongly agree	71%	886
Total	**100%**	**1242**

BASE: ALL QUALIFIED RESPONDENTS

Q31. How do you describe your current gender identity?

	Percentage	Count
Female/Woman	72%	884
Male/Man	26%	317
Nonbinary	1%	10
Prefer to self-describe	0%	6
Prefer not to answer	1%	16
Total	**100%**	**1233**

BASE: ALL QUALIFIED RESPONDENTS

Q32. How do you identify?

	Percentage	Count
American Indian, Alaska Native, and/or Indigenous	0%	2
Arab American, Middle Eastern, or North African	0%	4
Asian or Asian American	3%	36
Bi/Multi-racial	2%	24
Black or African American	4%	46
Latino/a/x or Spanish Origin	4%	55
Southeast Asian	1%	8
White/European American	81%	998
Another race or ethnicity not listed above	2%	19
Prefer not to answer	3%	42
Total	**100%**	**1234**