Abstract

The diploma thesis deals with possible ethical problems in the use of artificial intelligence as a supportive therapeutic tool for managing anxiety states. Developments in the field of artificial intelligence are of increasing clinical importance for its use in the field of mental health care. Systems based on artificial intelligence often take over some support tasks even in the field of therapeutic interventions that were previously provided by clinical psychologists. One of the main tools of psychotherapy is the psychotherapeutic interview conducted between the patient and the therapist. The interview is important for creating a therapeutic relationship, determining a diagnosis and for the therapeutic process itself. The traditional model of psychotherapy is expanding, as part of mental health care is now starting to be provided, partly due to capacity reasons, by artificial intelligence conversational systems leading a therapeutic conversation with the recipient of the therapy. For the ethically responsible clinical use of artificial intelligence, it is necessary to identify the possible ethical consequences of the growing use of artificial intelligence in the field of mental health care and to create the basis for both decision-making about the dynamics and limits of its use, as well as the principles of its development ensuring the creation of such an artificial intelligence tool that will be conforming to ethical principles. The aim of the diploma thesis is to identify and describe the main ethical problems and conflicts in the use of selected conversational artificial intelligence systems of Woebot, Youper and Replika, which are intended for supportive therapeutic help in managing anxiety states, and to describe the ethical risks of the expected future expansion of the use of artificial intelligence tools in the care of mental health.

Keywords