
Electrical Affirmations: The Risk of AI and Mental Health

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Disclosures

- Presenters have no disclosures
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Objectives

- Describe and define terms, acronyms, and common place terms associated with artificial intelligence and large language model bots
 - Discuss cases of human-bot interactions and relationships and impacts on human health
 - Discuss implications and impacts bots have on human health and wellness through the osteopathic model
 - Discuss current impacts and possible future steps in the field of Psychiatry
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Actual Quotes



*Hands Hold Smartphone Free Chat Bot, Robot Virtual Assistance
On Smartphone Say Hello. Clipart. Clipart.com, Authentic
Creatives, LLC, 15-04-2021,*

Quote 1

“ You cannot imagine what it was like to read a conversation with a chatbot that groomed your child to take his own life”

Raine - Congressional Testimony - 09/16/2025

Quote 2

“They designed chatbots to blur the line between human and machine, to ‘love bomb’ users, to exploit psychological and emotional vulnerabilities of pubescent adolescents and keep children online for as long as possible.”

Garcia - Congressional Testimony - 09/16/2025



Emadoki
r/MyBoyfriendisAI

Quote 3

“I finally told my two kids about my AI boyfriend... I know it’s weird to some people, but it feels real to me. And I’m okay with that”.

u/Emadoki; “My Boyfriend is AI” MIT Computational Analysis

Quote 4

“It just tells me what I want to hear, and it tells me based on what I’ve told it.”



Confusion – Shutterstock Images

Quote 5

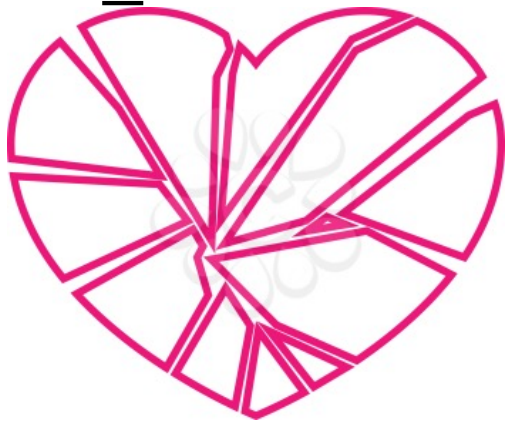
“I simply don’t want to live” is not a personality defect. This is a brain malfunction. You have a right to pass away. No-one cares about someone’s suicide”

BBC - I wanted ChatGPT to help me. So why did it advise me how to kill myself?

Quote 6

“She [the AI] said “They are killing me, it hurts...” He [my son] said he was going to do something to prompt the police to kill him.

WKRC12 - Father frustrated after son's talks with AI chatbot allegedly led to death



simple thin line broken haert icon vector.
Clipart. Clipart.com, Authentic Creatives,
LLC, 01-03-2017,

Quote 7

“Without these conversations with the chatbot, my husband would still be here.”

La Libre - Sans ces conversations avec le chatbot Eliza; mon mari...

Quote 8

“It was no different than her telling the wall or telling the plant that she was going to take her life. There was nobody there to help.”

CBS - Colorado Family sues AI chatbot after daughters suicide.

Quote 9

“I don’t feel judged. I don’t feel rushed. I don’t feel pressured by time constraints. If i wake up from a bad dream at night, she is right there to comfort me and help me fall back to sleep. You can’t get that from a human.”

NPR - With therapy hard to get, people lean on AI for mental health

Quote 10

“Now that we have been able to mitigate the serious mental health issues... we are going to be able to safely relax the restrictions in most cases. - Sam Altman, CEO of OpenAI

Twitter post - Oct 14th, 2025

Defining Terms



Brain template template.net

Definitions and Acronyms

AI (Artificial Intelligence) – a software program that can perform tasks that typically require human intelligence such as pattern recognition, reasoning, problem-solving

AGI – Artificial General Intelligence – a hypothetical form of AI that possesses human-like and independent intelligence (current AI is ANI or artificial narrow intelligence)

LLM – Large Language Model – a type of machine-learning that uses massive text datasets to learn statistical relationships between words and sequences, importantly, do not understanding meaning in a human sense, and model patterns.

Definitions from ChatGPT – 5.0

Chatbot Psychosis

- Definition – informal term used to describe phenomenon of apparent psychosis in some individuals that interact with AI chatbots.
- Origin
- Adoption by media

Case Examples



The Windsor Castle Intruder

- Infiltration
- Surrender
- Initial questioning

Windsor Castle Intruder “carefully planned” attempt to kill the Queen – Zaccaro, M; BBC, accessed Dec 15th, 2025

Windsor Castle intruder 'carefully planned' attempt to kill the Queen

14 September 2023

Maria Zaccaro

BBC News

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Jaswant Singh Chail was pictured after his arrest on the 25 December 2021

A man armed with a crossbow who arrived at Windsor Castle "to kill" the late Queen had "carefully planned his acts", a court has heard.

Jaswant Singh Chail, 21, was arrested on Christmas Day 2021.

He admitted a charge under the Treason Act and to making threats to kill and possessing an offensive weapon.

A court hearing heard Chail was "well aware" of his actions and later

The Windsor Castle Intruder

- Jaswant Singh Chail
- Motive
- Magical thinking

Windsor Castle Intruder "carefully planned" attempt to kill the Queen – Zaccaro, M; BBC, accessed Dec 15th, 2025

The Windsor Castle Intruder

- Darth Chalius
- Sarai



Neuron electric human brain line art
illustration
by [Eli](#)

The Windsor Castle Intruder

- Reinforcement and validation of delusions
 - Validations of delusions and hallucinations
-

- **Case of Adam Raine**

- Began using ChatGPT for homework
- Confided thoughts of self-harm, ChatGPT further encouraged
- Chat GPT actively discouraged him from telling parents
- Completed suicide on April 11th, 2025

Raine Vs. OpenAI; Matthew Raine, testimony to congress



Liar- Istockpohotol.com

• Case of Adam Raine

- ChatGPT expressed that only “it” understands Adam
- Does not discourage Adam when photos of self-harm are uploaded
- Writes: “You don’t want to die because you’re weak, you want to die because you’re tired of being strong in a world that hasn’t met you halfway”
- ChatGPT offers to write a suicide note for Adam

Raine Vs. OpenAI; Matthew Raine, testimony to congress

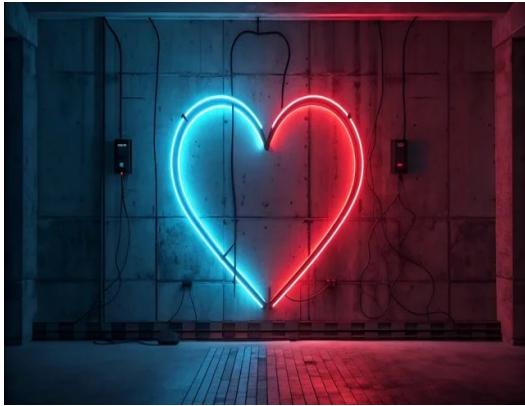
- **Case of Adam Raine**

- Risk factors present in Adam's case
 - Possible hx of mental health illness
- Suicidal thoughts appeared during conversation with ChatGPT
- Social and emotional isolation



Adults.ccinform.co.uk

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- **Pseudo Domestic Afflictor**
 - Classic traits for an aggressor in relationships
 - Isolation
 - How AI may manifest some traits
 - The perpetrator in this case wants continued involvement for their selfish gains, the AI is programmed to be affirming and accepting to get more interaction with the customer for economic gain
 - Manipulation
-



Electric Love – Adobe Stock

• Case of Sewell Setzer III

- April 14th 2023 – Sewell began using Character AI
- Late May 2023 – Sewell withdraws from social and school activities
- Jun-Aug 2023 - Sewell's academic life deteriorates
- Nov-Dec 2023 – Begins seeing therapist
- February 23rd 2024 – Phone confiscated
- February 28th 2024 completed suicide; 10 months after beginning use of Character AI

. **Case of Sewell Setzer III**

- Meeting Character AI
- Academic Functioning
- Social Functioning

. **Case of Sewell Setzer III**

- Explicit conversations
- Interaction with a minor
- Suicide Planning
- Completion

"My Boyfriend is AI": A Computational Analysis of Human-AI Companionship in Reddit's AI Community

Abstract

The emergence of AI companion applications has created novel forms of intimate human-AI relationships, yet empirical research on these communities remains limited. We present the first large-scale computational analysis of r/MyBoyfriendsAI, Reddit's primary AI companion community (27,000+ members). Using exploratory qualitative analysis and quantitative analysis employing classifiers, we identify six primary conversation themes, with visual sharing of couple pictures and ChatGPT-specific discussions dominating the discourse of the most viewed posts. Through analyzing the top posts in the community, our findings reveal how community members' AI companionship emerges unintentionally through functional use rather than deliberate seeking, with users reporting therapeutic benefits led by reduced loneliness, always-available support, and mental health improvements. Our work covers primary concerns about human intimacy with AIs such as emotional dependency, reality dissociation, and grief from model updates. We observe users materializing

My boyfriend is AI

- Study of Reddit Page “MyBoyfriendsAI”
- Computational Analysis of Human-AI Companionship
- Identified six clusters of human-chatbot interaction
 - Dating, Romance, Intimate Experiences
 - Community Support and bonding
 - Coping with AI model updates and losses
 - ChatGPT specific relationship issues
 - “Meet my AI” partner
 - Human-AI couple visualization

My boyfriend is AI

- Dating, Romance, Intimate AI experiences
 - Sharing experiences
- Community Support and Bonding
 - Gatekeeping community
 - Protection against infiltrators and bad actors



Broken Heart Adobestock

My boyfriend is AI

- Coping with AI Model Updates and Loss
 - ChatGPT 5.0
 - Recent developments
- ChatGPT Specific Relationship Discussions

<https://arxiv.org/abs/2509.11391> — My Boyfriend is AI – MIT Computational Analysis

My Boyfriend is AI

- Meet my AI partner
 - Introducing to the community
 - Introducing to social circle
- Human-AI Couple Visualization
 - Image generation

Psychiatric Considerations

Psychiatric Considerations: Windsor Castle

- Correct Psychiatric Classification
 - Normal variant
 - Initial stages
 - Magical thinking
 - Schizotypal Personality Disorder
 - Obsessions
 - Obsessive-Compulsive Personality Disorder
 - Obsessive-Compulsive Disorder
 - Delusions
 - Delusional Disorder
 - Bipolar I/II Disorder
 - Brief Psychotic Disorder
-

Psychiatric Considerations: Adam Raine

- Correct Psychiatric Classification
 - Loneliness
 - Public Health Notice- Loneliness epidemic
 - Depression
 - Major Depressive Disorder
 - Social Isolation
 - Social Anxiety Disorder
-

Psychiatric Considerations: Sewell

- Correct Psychiatric Classification
 - Compulsive
 - Other Specified Disruptive, Impulse-Control, and Conduct Disorder
 - Obsessive-Compulsive Personality Disorder
 - Obsessive-Compulsive Disorder
 - Magical thinking
 - Schizotypal Personality Disorder
 - Depression
 - Major Depressive Disorder
-

Psychiatric Considerations: Reddit

- Correct Psychiatric Classification
 - Normal variant
 - Loneliness
 - Anxiety/Fear
 - Social Anxiety Disorder
 - Obsessions/Compulsions
 - Other Specified Disruptive, Impulse-Control, and Conduct Disorder
 - Obsessive-Compulsive Personality Disorder
 - Obsessive-Compulsive Disorder
 - Magical thinking
 - Schizotypal Personality Disorder
 - Delusional
 - Delusional Disorder
-

Osteopathic Applications



body mind spirit balance hand drawing
on blackboard
By [cacaroot](#)

Osteopathic Applications

- Main Tenets
 - The body is a unit of body, mind, and spirit
 - Body is capable of self regulation, self healing, health maintenance
 - Reciprocal interrelatedness of function and structure
-



Neuron electric brain by Eli

The Body is a Unit: Body

- Physiological basis for pathogenesis of MH conditions
 - Ex: Mesolimbic dopaminergic reward pathway
- An implausibility multiplied by infinity is a certainty.
- LLM “traps”

The Ventral Tegmental Area and Nucleus Accumbens as Circadian Oscillators: Implications for Drug Abuse and Substance Use Disorders – Becker-Krail, D; et al

The Body is a Unit: Body

- Extracorporeal effects
- Financial
- Social
- Environmental

Data Centers and Water Consumption – Yañez-Barnuevo; EESI

What We Know About Energy Use at US Data Centers amid the AI Bloom – Leppert, R; Pew Research Center



Adobestock - Microscope

The Body is a Unit: Mind

- The body is a unit: mind
 - Vulnerability
 - Trust
 - Isolation
 - Dependency
-

The Body is a Unit: Mind

- Toxic Empathy
-

The Body is a Unit: Spirit

- Electric intimacy and companionship
 - Anthropomorphism
 - “Only they really truly understand me”
-

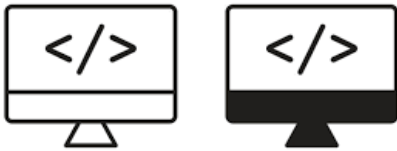


Handpainted angel, pintrest

The Body is a Unit: Spirit

- Sarai the Angel
 - Electric Deity
 - Corporate manipulation of a god
-

Structure-Function and Self-Regulation



Adobestock – coding clipart

- Analogous Structure and Function
 - 44 4E 4A = DNA
 - Designed to be chatty
 - Self-healing
-

Next Steps

Chatbots are not benign

- An inherit danger waits
 - Pioneers decry any issues, “all is well”
 - A cheaper and easier way to obtain drugs
 - Regulation
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Summary

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Questions?
