

Artificial Intelligence in Mental Health Management in India

Dr. Ambar Dutta ^{1*}

ABSTRACT

Mental health disorders have become a significant public health concern in India, affecting individuals across different socio-economic and demographic groups. According to national health surveys, a large proportion of the Indian population suffers from mental health conditions such as depression, anxiety disorders, stress-related illnesses, and substance abuse. However, the availability of mental health services in India remains limited due to a shortage of trained psychiatrists, psychologists, and mental health infrastructure, particularly in rural and semi-urban areas. Within this framework, AI has surfaced as a potential tech-based answer to the problem of mental health management, with the potential to enhance early identification, diagnosis, and individualised treatment plans. By analysing massive amounts of healthcare data, social media interactions, and electronic health records, artificial intelligence (AI) technologies like deep learning, machine learning, and natural language processing can spot patterns in behaviour and possible signs of mental disorders like stress, anxiety, and depression. This paper examines the role of AI in transforming mental health care in India by analyzing its applications in early detection, diagnosis, treatment, and continuous monitoring of mental health conditions. AI techniques such as machine learning, natural language processing, and deep learning are increasingly used to analyze clinical data, behavioral patterns, speech signals, and social media activities to identify symptoms of mental disorders. AI-powered mental health chatbots, mobile applications, and telepsychiatry platforms are also providing cost-effective psychological support and counseling services to individuals who may otherwise lack access to professional care. In rural and underdeveloped areas of India, where mental health services are in high demand but specialists are few, these technologies can assist fill the need. In addition, healthcare providers can receive assistance in identifying patients at risk of mental health crises and facilitating early intervention measures using predictive analytics models. Despite its promising benefits, the adoption of AI in mental healthcare faces several challenges, including concerns related to data privacy, ethical issues, algorithmic bias, and digital literacy barriers among users. The study highlights the need for responsible AI implementation, government policy support, and integration of AI technologies with existing healthcare systems. Overall, AI has the potential to significantly improve mental health services in India by enabling early intervention, personalized treatment, and broader accessibility to mental healthcare.

Keywords: *Artificial Intelligence, Mental Health Management, Machine Learning, Mental Healthcare in India, Predictive Analytics, Digital Health Technologies*

¹ Associate Professor, Amity Institute of Information Technology, Amity University, Kolkata
Email: ambardutta@gmail.com

*Corresponding Author

Received: January 8, 2026; Revision Received: March 10, 2026; Accepted: March 20, 2026

Artificial Intelligence in Mental Health Management in India

The prevalence of mental health disorders is a major issue in public health around the globe, including India. The prevalence of mental health issues including depression, anxiety disorders, bipolar disorder, and stress-related diseases has been on the rise due to factors like fast urbanisation, changing lifestyles, socio-economic pressures, and rising work-related stress. The World Health Organization (WHO) believes that one out of every eight persons on the planet suffer from a mental disorder, and India is a major contributor to this alarming number. Limited mental health infrastructure, a lack of qualified experts, and the pervasive societal stigma all contribute to the wide treatment gap that the nation experiences, even as the incidence of mental health disorders is on the rise. (WHO, 2025)

The number of mental health professionals in India is disproportionately low in comparison to the number of people who need their services. Mental health services are severely underfunded, and this is disproportionately felt in rural and undeveloped regions. People with mental health issues frequently face barriers in accessing prompt diagnosis, individualised treatment plans, and round-the-clock monitoring from conventional healthcare providers. In this light, new digital technologies have exciting prospects for enhancing mental healthcare systems and expanding access to treatment. (Understanding Mental Health, 2025)

Artificial intelligence (AI) has drawn a lot of interest as a game-changing technology that can enhance the provision of healthcare. Artificial intellect (AI) refers to computer programs created to carry out activities that normally require human intellect, such as learning from data, identifying patterns, forecasting, and assisting in decision-making. The use of artificial intelligence (AI) tools in mental health includes deep learning, machine learning, and natural language processing. These technologies can sift through mountains of clinical, psychological, and behavioural data in search of clues to potential mental health issues. The use of digital mental health platforms, chatbots, and prediction models driven by artificial intelligence is on the rise to augment diagnosis, treatment, and patient tracking.

Integrating digital technology into healthcare services has been emphasised in programs under India's National Health Mission and the Ministry of Health and Family Welfare. The scarcity of mental health experts and the difficulty in obtaining psychological assistance are two issues that are being tackled by the rise of AI-driven mental health apps, telepsychiatry platforms, and mobile-based counselling systems. Digital platforms can allow for continuous patient monitoring, personalised therapy suggestions, and early diagnosis with the use of these technologies. (Mahapatra & Seshadri, 2023)

This study aims to examine how mental health disorders in India may be managed via the use of Artificial Intelligence technology. For the purpose of diagnosing and treating mental health issues, this encompasses the use of AI-based prediction models, telepsychiatry systems, digital mental health platforms, natural language processing tools, and machine learning algorithms. Potential benefits and drawbacks of using AI in India's healthcare system are discussed in the research. Moreover, challenges and ethical issues associated with the implementation of AI in mental healthcare are also discussed.

This research adds to the expanding literature on digital mental health by illuminating the ways in which AI can fill in important gaps in the mental healthcare system in India. It describes possible approaches to incorporating AI technology into current healthcare frameworks, gives a thorough review of AI applications in mental health treatment, and addresses present difficulties. Researchers, healthcare providers, and policymakers in India can use this study's results to inform the creation of novel, replicable strategies to enhance mental health outcomes.

Overview of Artificial Intelligence in Healthcare

There has been an increasing trend in the application of AI methods in healthcare with the goal of improvements in healthcare management, patient monitoring, disease diagnosis, and treatment planning. By analysing enormous volumes of medical data, AI allows computers and technologies to help healthcare providers in making more accurate and quicker decisions. The use of artificial intelligence (AI) methods such as computer vision, expert systems, machine learning, deep learning, and natural language processing has become increasingly important in contemporary healthcare. (Cruz-Gonzalez et al, 2025) (Pawar et al, 2025)

Machine learning (ML) is prominent among artificial intelligence (AI) methods used in healthcare. The goal of using machine learning algorithms in the healthcare sector is to find relationships and patterns in medical data that may be used for illness prediction and treatment outcome analysis. In clinical decision support systems, risk assessment, and disease prediction, methods including logistic regression, decision trees, random forests, and support vector machines are extensively used. A subfield of machine learning known as "deep learning" processes complicated datasets by use of multi-layered artificial neural networks. Medical image analysis benefits greatly from deep learning. Radiographs, computed tomography scans, and magnetic resonance imaging (MRI) images often employ Convolutional Neural Networks (CNNs) for anomaly detection. Diseases including cancer, pneumonia, and brain tumours may be accurately identified with the use of these models. (Kim et al, 2023)

Natural Language Processing (NLP) is another significant approach that gives computers the ability to comprehend and evaluate human language. The healthcare industry makes use of natural language processing (NLP) to glean useful insights from medical records, clinical notes, and research articles—all of which contain unstructured data. The ability to swiftly obtain pertinent patient information helps in the improvement of clinical decision-making for healthcare practitioners. (Teferra, 2024)

The healthcare industry also makes use of expert systems to mimic the thinking and expertise of real doctors. To assist healthcare professionals in disease diagnosis and therapy recommendation, these systems employ rule-based methodologies. Computer vision methods are also used to analyze medical images and videos, supporting radiology, pathology, and surgical procedures.

In general, artificial intelligence approaches provide several benefits to the healthcare industry, including better diagnostic accuracy, early disease detection, personalised therapy, and system efficiency. The significance of artificial intelligence (AI) in improving healthcare research and patient care will only grow as technology advances. Similarly, AI can analyze behavioral and psychological data to detect mental health conditions such as depression, anxiety, and suicidal tendencies.

AI Applications in Mental Health Management

Artificial Intelligence (AI) has emerged as a transformative technology in the field of mental health management. Depression, anxiety, bipolar disorder, and stress-related illnesses are on the rise, and with them comes a greater need for creative solutions to aid in early identification, diagnosis, and treatment. Artificial intelligence technologies aid healthcare practitioners in making educated judgements and providing individualised mental healthcare by evaluating massive amounts of behavioural, psychological, and medical data. (Thakkar et al, 2024)

1 Early Detection and Diagnosis

Artificial Intelligence (AI) plays an important role in the early detection and diagnosis of mental disorders by analyzing large volumes of clinical, behavioral, and digital data. Early signs of mental health issues including bipolar disorder, depression, and anxiety can be detected by utilising machine learning and deep learning algorithms to uncover patterns in speech, facial expressions, electronic health data, and social media activity. Tools driven by AI can also evaluate psychological evaluations and patient surveys to aid doctors in establishing correct diagnosis. Timely intervention, individualised therapy, and ongoing monitoring are all made possible by early mental health issue diagnosis, which aids healthcare providers in preventing the deterioration of mental health diseases and improving patient outcomes. (Sharma, 2025)

2 AI-Based Mental Health Chatbots

Mental health chatbots, powered by artificial intelligence, are conversational agents and digital solutions created to aid people with mental health concerns emotionally and psychologically. These chatbots converse with humans via text or speech using AI methods like machine learning and natural language processing. Among their many abilities, they are able to provide moral support, monitor emotional trends, teach coping mechanisms, and provide fundamental therapeutic approaches like cognitive behavioural therapy (CBT). Chatbots powered by artificial intelligence make it easier for those who are nervous about seeking out conventional clinical treatment to get the mental health assistance they need. Because they offer low-cost, anonymous psychological care, chatbots for mental health are a great tool in the fight against the stigma that surrounds mental illness in India.

3 Telepsychiatry and Remote Mental Healthcare

The field of telepsychiatry focuses on providing mental health care via the use of electronic means of communication, such as smartphone apps and video consultations. Through the use of AI-powered telepsychiatry and remote mental healthcare platforms, patients are able to gain access to mental health treatments through digital mediums including smartphone apps and video chats. Psychiatrists can benefit from AI systems that analyse patient data, track behavioural trends, and detect signs of mental diseases. The mental health of an individual can be evaluated through the use of remote monitoring devices that record their activity levels, mood, and sleep patterns. Timely diagnosis, ongoing monitoring, and personalised therapy assistance are all made possible by these technologies, which increase access to mental healthcare overall and especially in underserved and rural regions.

4 Digital Phenotyping

Digital phenotyping with the use of AI is the ongoing gathering and processing of physiological and behavioural data linked to mental health from individual digital devices like smartphones and wearable sensors. Algorithms powered by artificial intelligence sift through a person's typing speed, phone use, sleep habits, exercise routine, and social interactions to spot changes in their mental health. These findings aid in the detection of precocious indications of mental health issues including depression and anxiety. Digital phenotyping allows for the personalised mental healthcare therapies and the continuous, real-time monitoring of mental well-being.

5 Personalized Treatment and Clinical Decision Support

In mental healthcare, artificial intelligence (AI) is useful for individualised treatment plans and to aid in clinical decision-making. In order to recommend the most effective treatments and medications for each patient, AI algorithms examine patient data, including genetic information, medical history, lifestyle factors and treatment responses. Through the use of machine learning models, doctors are able to better understand patient outcomes and make informed treatment decisions. In addition to identifying possible hazards or side effects, AI-powered decision support systems also help clinicians by offering suggestions based on research. More effective and patient-centered mental health care is possible with this method, which decreases the need for trial-and-error in psychiatric therapy. Psychiatrists can save time and effort when dealing with big patient populations by using AI-based decision support tools to prioritise high-risk situations.

AI Research and Initiatives in India

The prevalence of mental health issues, including depression, anxiety, stress disorders, and thoughts of suicide, is becoming an increasingly pressing issue in India's public health system. There is a severe lack of mental health experts and inadequate access to mental healthcare in India, especially in rural regions, despite the fact that these disorders are becoming more common. In light of these difficulties, researchers and policymakers are investigating how AI can improve mental health care services such as diagnosis, treatment, and management. (AI in Mental Health Opportunities Challenges Future Trends, 2025)

In order to better understand and anticipate mental health issues, several Indian research centers and universities are constructing AI-based models. Scientists at highly esteemed institutions like AIIMS, IITs, and IISc are analysing social media interactions, electronic health records, and behavioural data using machine learning and natural language processing methods. By seeing the warning symptoms of mental health issues early on, these technologies allow for better patient outcomes and faster intervention.

To further improve mental healthcare services, the Indian government has also introduced digital programs. A notable program that offers mental health help using telecommunication platforms is the National Tele Mental Health Programme (Tele-MANAS). The program's goal is to increase people's access to mental healthcare by linking them with qualified mental health specialists through digital and phone services. By evaluating patient replies, understanding emotional trends, and helping doctors in decision-making, AI systems can strengthen such initiatives.

Mood tracking, emotional support, and stress management advice are just a few of the mental health chatbots and apps that Indian researchers and entrepreneurs are working on. These online resources allow people to keep tabs on their mental health and get assistance when they need it. Additionally, digital phenotyping is being investigated by researchers. This method involves tracking behavioural patterns including sleep, exercise, and communication using data collected from smartphones and wearable devices. Machine learning systems sift through this data in search of patterns that could point to psychological disorders.

There is hope that AI-driven projects and research in India can lead to better mental health management, more widespread access to healthcare, and earlier diagnosis.

Benefits of AI in Mental Health Management

The prevalence of mental health disorders in India has grown to become a major public health concern, since they impact millions of individuals of all ages and across all demographics. There has been a disturbing upsurge in the reporting of mental health issues including melancholy, anxiety, stress disorders, and suicidal tendencies as a result of people's fast-paced lives, increased job demands, and societal difficulties. The societal stigma, inadequate healthcare infrastructure, and lack of mental health specialists in India contribute to a significant treatment gap. In this regard, Artificial Intelligence (AI) presents a number of promising solutions that have the potential to enhance the management of mental health in the country. (Abhasa, 2025)

1 Early detection and diagnosis of mental disorders

In order to detect the early signs of mental health issues, AI systems may sift through massive datasets including electronic health records, behavioural patterns, and internet activities. Complex mental health issues like anxiety and depression may be detected by machine learning models through small shifts in language use, facial expressions, and behavioural patterns. Healthcare providers can respond swiftly and administer the right treatment before the problem worsens when it is identified early.

2 Improved accessibility to mental healthcare services

In India, there is a shortage of mental health experts in many rural and remote areas around the country. Mobile health applications, virtual assistants, and chatbots powered by AI can guide people through mental health assessments and offer basic psychological assistance. By facilitating access to assistance at any time and from any location, these digital platforms contribute to closing the treatment gap.

3 Personalized treatment and clinical decision-making

Artificial intelligence systems can design personalised treatment plans by examining patient data including medical history, lifestyle choices, and treatment responses. This aids physicians in choosing the best course of therapy, whether that's pharmaceutical or psychological treatments, and ultimately improves patient results.

4 Continuous monitoring of mental health conditions

Integrating AI with smartphones and wearable electronic devices allows for the tracking of behavioural markers including sleep patterns, exercise levels, and social interactions. The use of these data assists in the identification of shifts in mental well-being and serves to notify healthcare providers when it may be necessary to intervene.

5 Reduce the stigma associated with mental health treatment

The fear of being judged by others is a factor that causes many people to be reluctant to seek professional assistance. Individuals might feel comfortable discussing their worries and receiving help via chatbots and other AI-based mental health services since they offer a private and anonymous platform. Overall, the use of AI in mental health management in India has the potential to improve early diagnosis, increase access to mental healthcare services, support personalized treatment, and enhance continuous monitoring of patients, ultimately strengthening the country's mental healthcare system.

Challenges and Ethical Concerns

With the use of AI, mental healthcare services in India might be greatly enhanced, including early diagnosis, individualised treatment plans, and remote access to professionals. Responsible, trustworthy, and safe use of AI in mental health comes with a number of problems and ethical considerations that must be thoroughly addressed. (Meadi et al., 2025)

Data security and privacy is one of the biggest challenges. Private and sensitive data pertaining to mental health issues, such as past medical records, current mood, and mental health diagnoses, is invaluable. Large datasets are frequently needed for AI systems to train machine learning models, which brings up questions around the collection, storage, and sharing of this data. The privacy of patients and the prevention of data exploitation are pressing issues in India's still-developing digital health infrastructure.

The dearth of representative datasets that are both high-quality and suitable for training AI models is an additional challenge. The cultural, social, and economic aspects that impact mental health issues differ substantially across the varied populations of India. Artificial intelligence algorithms run the risk of making erroneous predictions or missing signs of mental illness in certain populations if they are trained on biased or inadequate information. Due to this problem, which is called algorithmic bias, healthcare outcomes can be rather uneven.

Using AI systems for mental health diagnosis and therapy suggestion also raises ethical considerations pertaining to decision-making. Medical professionals can benefit from AI's predictive insights, but putting too much faith in machines could diminish the need for human discretion. Artificial intelligence systems aren't yet capable of providing the kind of human compassion, emotional intelligence, and individualised attention needed in mental health treatment. Accordingly, AI shouldn't be seen as a substitute for mental health experts but as an adjunct to their work. Another issue is that many regions of India have limited access to technology and digital literacy. Even if telepsychiatry platforms and applications for mental health driven by AI can make them more accessible, those in remote places or with less computer literacy may struggle to make good use of them. Because of this disparity in access to digital services, some communities may never get the mental health benefits of AI. Further, issues of transparency and consent raise ethical questions. It is imperative that patients are apprised of the decision-making and data-use processes involving AI systems. Because AI algorithms are not always open about their reasoning behind forecasts or suggestions, it can be confusing for both patients and doctors.

Finally, it is crucial to address concerns like data privacy, algorithmic bias, ethical decision-making, and digital accessibility when using AI to enhance mental health management in India. To guarantee the responsible use of artificial intelligence in mental healthcare, there has to be an appropriate legal framework, ethical standards, and cooperation between healthcare professionals and technology developers.

Future Prospects of Artificial Intelligence in Mental Health in India

Future mental health treatment in India is predicted to be greatly impacted by artificial intelligence (AI). The use of artificial intelligence (AI) has the ability to increase access to mental healthcare and close the treatment gap, which is particularly important given the rising incidence of mental health illnesses and the severe scarcity of mental health experts. Mental health diagnosis, treatment, and monitoring will become more efficient and accurate with the advancements in data analytics, natural language processing, and machine learning. (Jin et al,

Artificial Intelligence in Mental Health Management in India

2023) Improving diagnostic tools for mental diseases at an early stage is a promising area for artificial intelligence research in India's mental health system. In order to detect symptoms of mental health issues including depression, anxiety, and suicide ideation, AI systems will sift through data collected from many sources, including electronic health records, social media, and wearable devices. By identifying serious mental health issues at an early stage, healthcare practitioners can intervene to stop their worsening.

The growth of digital mental health resources and telepsychiatry systems driven by artificial intelligence is another exciting prospect. As smartphone and internet penetration continues to rise in India, people in rural and underserved areas will be able to obtain psychological help through chatbots and AI-driven mental health apps. These platforms can provide resources for self-evaluation, therapeutic direction, and ongoing emotional support.

Digital phenotyping and wearable tech integration will also improve mental health monitoring. The use of artificial intelligence algorithms will allow for the detection of changes in mental health by analysing behavioural markers including sleep patterns, physical activity levels, and communication habits. Because of this real-time monitoring, medical staff will be able to give prompt interventions and individualised treatment programs.

Artificial intelligence (AI) will also help researchers and policymakers in the field of mental health by sifting through massive datasets to reveal patterns in mental health across geographic areas and demographic groups. Public health initiatives can be better developed with the use of these findings by policymakers.

As a whole, artificial intelligence (AI) shows promise for the future of mental health management in India. It might help with early diagnosis, increase access to care, back personalised therapy, and fortify the country's mental healthcare system.

CONCLUSION

The prevalence of mental health illnesses is on the rise in India, impacting people of all ages, socioeconomic classes, and geographical locations. Due to fast urbanisation, changing lifestyles, social pressures, and economic uncertainty, there has been a noteworthy rise in conditions such as depression, anxiety, stress-related illnesses, and suicidal impulses. In spite of the increasing need for mental healthcare services, India is still grappling with several obstacles, including a dearth of qualified mental health practitioners, inadequate healthcare facilities, ignorance, and the societal stigma that surrounds mental illness. Within this framework, AI has emerged as a potential technological instrument that can revolutionise the administration of mental health services and increase accessibility to adequate mental healthcare.

A growing number of mental healthcare systems are relying on artificial intelligence (AI) technologies such as deep learning, machine learning, NLP, and predictive analytics. By investigating massive amounts of digital, behavioural, and medical data, these technologies allow for the early identification and diagnosis of mental health disorders. Assisting healthcare providers in offering appropriate intervention and preventative care, AI-based prediction models can identify persons at risk of mental illnesses. Furthermore, digital platforms, chatbots driven by artificial intelligence, and virtual mental health assistants have increased access to psychological care, especially for those who may be reluctant to seek out conventional mental health treatments because of stigma or a lack of availability.

Artificial Intelligence in Mental Health Management in India

Artificial intelligence's capacity to offer individualised care and constant patient monitoring is another significant advancement in mental health management. Artificial intelligence systems can enhance treatment results by improving the recommendation of personalised therapy approaches based on patient histories, behavioural patterns, and treatment responses. Mental healthcare services are becoming more accessible to people in rural and underserved regions because to technology like telepsychiatry, digital phenotyping, and wearable health gadgets, which enable remote mental health monitoring.

Nevertheless, there are a number of obstacles and ethical considerations with using AI into mental health therapy in India. To guarantee the ethical and responsible use of AI technology, serious concerns about data privacy, algorithmic bias, transparency, and digital literacy need to be addressed. Protecting sensitive health information, fostering cooperation among healthcare providers, academics, lawmakers, and technology developers, and establishing suitable regulatory frameworks are all critical. In conclusion, AI might tremendously improve early diagnosis, accessibility to mental healthcare services, and personalised treatment techniques, all of which would greatly increase mental health management in India. In order to alleviate the impact of mental health illnesses and improve the general welfare of the people, AI has the potential to make significant strides with more study, new technology developments, and ethical application. AI is a strong supplement to current systems, but it cannot replace human empathy or trained therapists. With responsible development and inclusive implementation, AI has the potential to revolutionise mental health treatment in India. It can make it more proactive, personalised, and accessible, leading to a society that is more psychologically robust and inclusive.

REFERENCES

- Abhasa. (2025, May 27). The Role of AI in Mental Healthcare: Digital Solutions Reshaping the Future of Mental Care. Abhasa; Abhasa Rehab and Wellness. <https://www.abhasa.in/articles/ai-in-mental-health/>
- AI in Mental Health Opportunities Challenges Future Trends. (2025). Mental Health First Aid India. <https://www.mhfaindia.com/blog/ai-mental-health-opportunities-challenges-trends>
- Cruz-Gonzalez, P., He, A. W., Lam, E. P., Ng, I. M. C., Li, M. W., Hou, R., Chan, J. N., Sahni, Y., Vinas Guasch, N., Miller, T., Lau, B. W., & Sánchez Vidaña, D. I. (2025). Artificial intelligence in mental health care: a systematic review of diagnosis, monitoring, and intervention applications. *Psychological medicine*, 55, e18. <https://doi.org/10.1017/S0033291724003295>
- Hameed, S., Nauman, M., Akhtar, N., Fayyaz, M. A. B., & Nawaz, R. (2025). Explainable AI-driven depression detection from social media using natural language processing and black box machine learning models. *Frontiers in artificial intelligence*, 8, 1627078. <https://doi.org/10.3389/frai.2025.1627078>
- Jin, K. W., Li, Q., Xie, Y., & Xiao, G. (2023). Artificial intelligence in mental healthcare: an overview and future perspectives. *The British journal of radiology*, 96(1150), 20230213. <https://doi.org/10.1259/bjr.20230213>
- Kim S-S, Gil M and Min EJ (2023) Machine learning models for predicting depression in Korean young employees. *Front. Public Health* 11:1201054. doi: 10.3389/fpubh.2023.1201054
- Mahapatra, P., & Seshadri, S. (2023). Mental health in India: evolving strategies, initiatives, and prospects. *The Lancet regional health. Southeast Asia*, 20, 100300. <https://doi.org/10.1016/j.lansea.2023.100300>

Artificial Intelligence in Mental Health Management in India

- Meady, M. R., Sillekens, T., Metselaar, S., Balkom, A. van, Bernstein, J., & Batelaan, N. (2025). Exploring the Ethical Challenges of Conversational AI in Mental Health Care: Scoping Review. *JMIR Mental Health*, 12, e60432–e60432. <https://doi.org/10.2196/60432>
- Pawar, B., Mahajan, S. & Kolhar, S. A comprehensive review on application of cognitive behavioral therapy in emotional AI solutions for mental well-being. *Discov Psychol* 5, 182 (2025). <https://doi.org/10.1007/s44202-025-00513-6>
- Sharma, Deepak; Goel, Naveen Krishan; Sidana, Ajeet Kumar. Screening for Mental Health Disorders among Adults Using the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire: A Community-based Study. *Annals of Indian Psychiatry* 8(2):p 137-141, Apr–Jun 2024. | DOI: 10.4103/aip.aip_139_22
- Sharma, S. K., Alutaibi, A. I., Khan, A. R., Tejani, G. G., Ahmad, F., & Mousavirad, S. J. (2025). Early detection of mental health disorders using machine learning models using behavioral and voice data analysis. *Scientific reports*, 15(1), 16518. <https://doi.org/10.1038/s41598-025-00386-8>
- Swaminathan, A., López, I., Mar, R. A. G., Heist, T., McClintock, T., Caoili, K., Grace, M., Rubashkin, M., Boggs, M. N., Chen, J. H., Gevaert, O., Mou, D., & Nock, M. K. (2023). Natural language processing system for rapid detection and intervention of mental health crisis chat messages. *NPJ digital medicine*, 6(1), 213. <https://doi.org/10.1038/s41746-023-00951-3>
- Teferra, B. G., Rueda, A., Pang, H., Valenzano, R., Samavi, R., Krishnan, S., & Bhat, V. (2024). Screening for Depression Using Natural Language Processing: Literature Review. *Interactive journal of medical research*, 13, e55067. <https://doi.org/10.2196/55067>
- Thakkar A, Gupta A and De Sousa A (2024) Artificial intelligence in positive mental health: a narrative review. *Front. Digit. Health* 6:1280235. doi: 10.3389/fdgth.2024.1280235
- Understanding Mental Health. (2025). Pib.gov.in. <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2188003®=3&lang=2>
- WHO. (2025). Mental health. [Www.who.int](https://www.who.int/india/health-topics/mental-health). <https://www.who.int/india/health-topics/mental-health>
- Zhang, T., Schoene, A.M., Ji, S. et al. Natural language processing applied to mental illness detection: a narrative review. *npj Digit. Med.* 5, 46 (2022). <https://doi.org/10.1038/s41746-022-00589-7>

Acknowledgement

Authors of Love Addiction Self-Assessment (LASA) and Nomophobia Questionnaire (NMP-Q) are duly acknowledged. The authors of the present study acknowledge the respondents for their active participation.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Dutta, A. (2026). Artificial Intelligence in Mental Health Management in India. *International Journal of Indian Psychology*, 14(1), 31-40. DIP:18.01.S05.20261401, DOI:10.25215/1304.S05