

Psych CE

Artificial Intelligence in Therapy: Applications and Ethical Considerations

1. What is AI?

- A. The simulation of human intelligence processes by machines.
 - B. A type of software used only for gaming.
 - C. A hardware device used for calculations.
 - D. An ancient philosophy concept.
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2. What were the key steps in the development of AI in the 1970s and 1980s?

- A. Deep learning
 - B. Expert Systems
 - C. Neural Networks
 - D. Quantam Computing
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3. What is an example of an AI-based chatbot used in therapy?

- A. Siri
 - B. Woebot
 - C. Alexa
 - D. Cortana
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4. According to the APA guidelines, what must psychologists ensure about AI tools?

- A. They are the most expensive
 - B. They maximize client welfare without causing harm
 - C. They replace human judgement
 - D. They decrease work for the clinician
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5. What is one responsibility of psychologists when using AI in therapy?

- A. To entertain clients
 - B. To ensure transparency and obtain informed consent
 - C. To develop new AI tools
 - D. To manage financial accounts
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6. What is a key principle of the APA Ethics Code in using AI

- A. Economic profitability
 - B. Beneficence and Nonmaleficence
 - C. Competitive Advantage
 - D. Political Influence
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7. Why is it important for AI tools to be fair and unbiased?

- A. To increase revenue
 - B. To ensure equitable treatment for all clients
 - C. To enhance entertainment value
 - D. To comply with advertising guidelines
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8. What helps in avoiding biases in AI algorithms?

- A. Using the cheapest data available
 - B. Using diverse datasets representing different ethnicities, genders, and socioeconomic backgrounds
 - C. Using only data from a specific region
 - D. Using only English speaking data
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9. Why is cultural competence important in AI systems?

- A. To increase marketing efficiency
 - B. To provide culturally relevant interventions
 - C. To make the system look more advanced
 - D. To reduce costs
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10. How can AI systems ensure accessibility for diverse populations?

- A. By being expensive
 - B. By being compatible with assistive technologies
 - C. By being fashionable
 - D. By being used only in urban areas
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