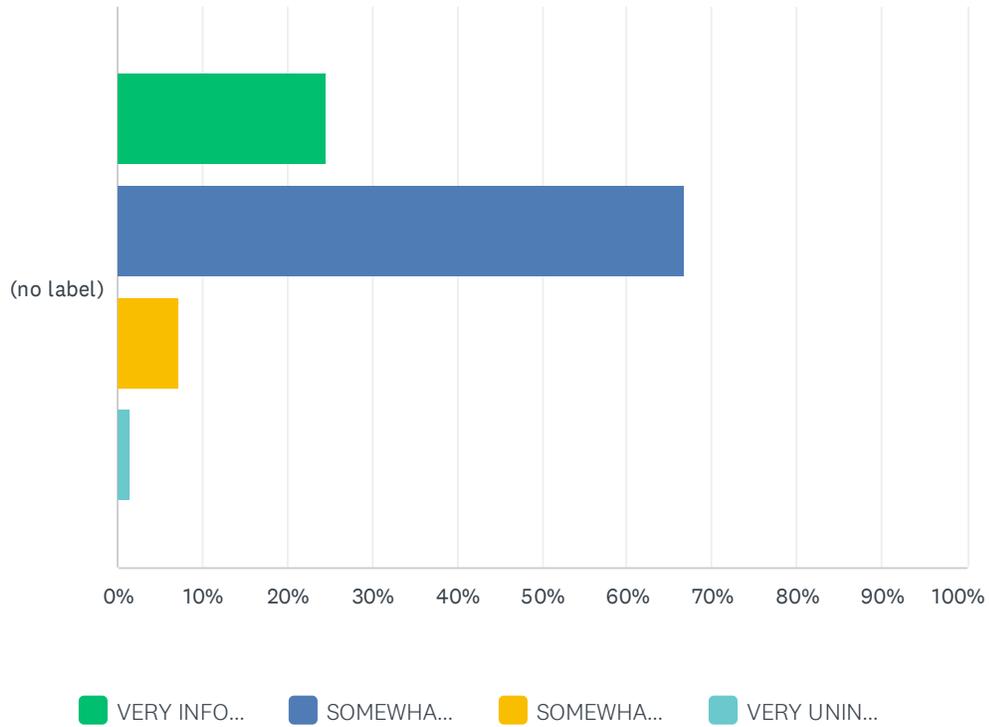


Q1 I would consider myself _____ about Artificial Intelligence.

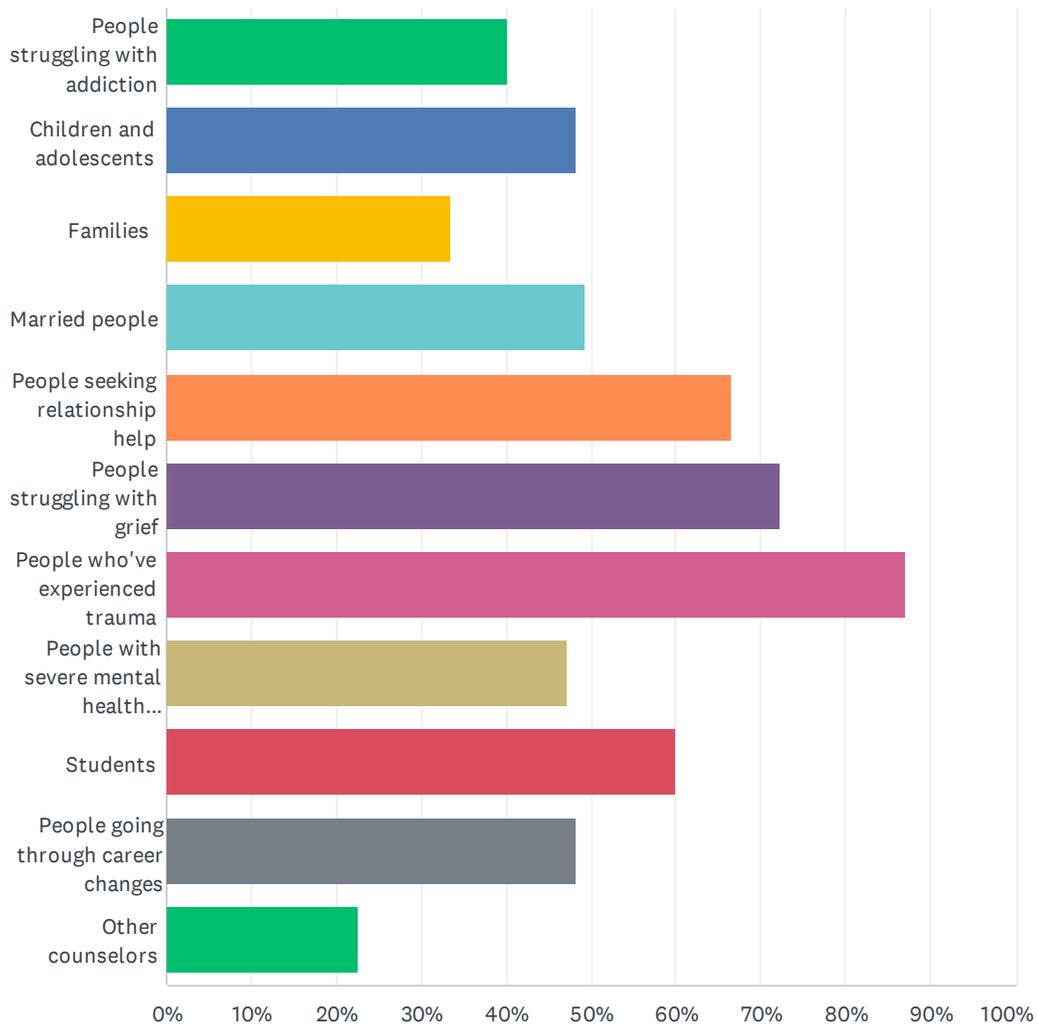
Answered: 711 Skipped: 62



	VERY INFORMED	SOMEWHAT INFORMED	SOMEWHAT UNINFORMED	VERY UNINFORMED	TOTAL	WEIGHTED AVERAGE
(no label)	24.47% 174	66.81% 475	7.31% 52	1.41% 10	711	1.86

Q2 What client populations do you serve or study? Choose all that apply.

Answered: 727 Skipped: 46

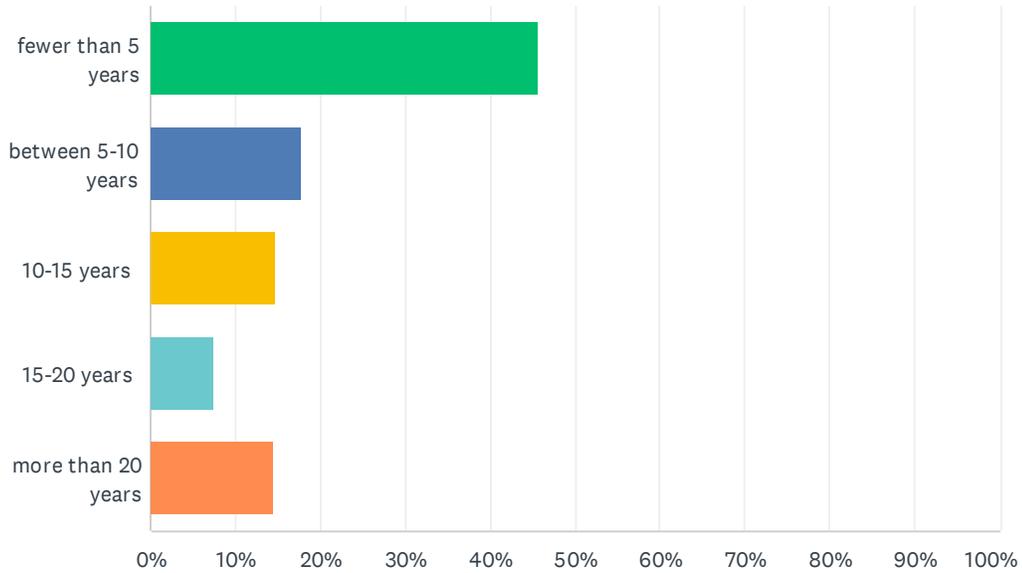


OPINION SURVEY OF AMERICAN COUNSELING ASSOCIATION MEMBERS(a collaboration between NBC and ACA)

ANSWER CHOICES	RESPONSES	
People struggling with addiction	40.17%	292
Children and adolescents	48.14%	350
Families	33.43%	243
Married people	49.24%	358
People seeking relationship help	66.57%	484
People struggling with grief	72.35%	526
People who've experienced trauma	86.93%	632
People with severe mental health challenges	47.04%	342
Students	59.83%	435
People going through career changes	48.28%	351
Other counselors	22.70%	165
Total Respondents: 727		

Q3 How long have you been practicing

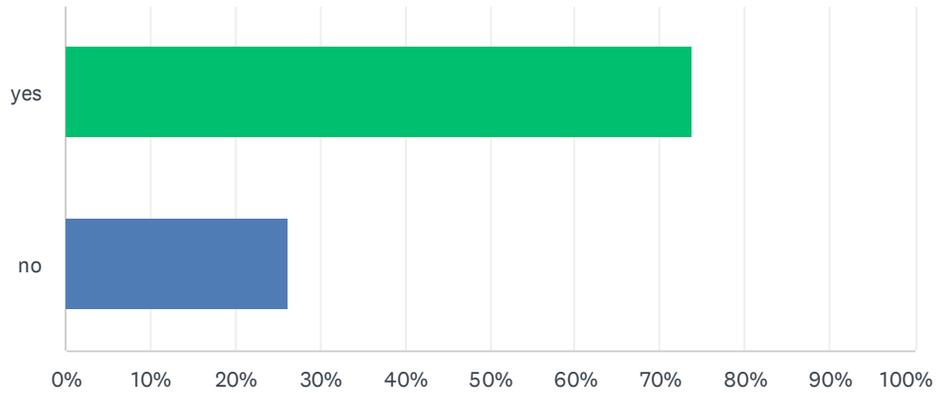
Answered: 733 Skipped: 40



ANSWER CHOICES	RESPONSES	
fewer than 5 years	45.57%	334
between 5-10 years	17.74%	130
10-15 years	14.73%	108
15-20 years	7.50%	55
more than 20 years	14.46%	106
TOTAL		733

Q4 Have you used Generative AI Large Language Models (like Chat GPT, Gemini, or Claude) in your personal life?

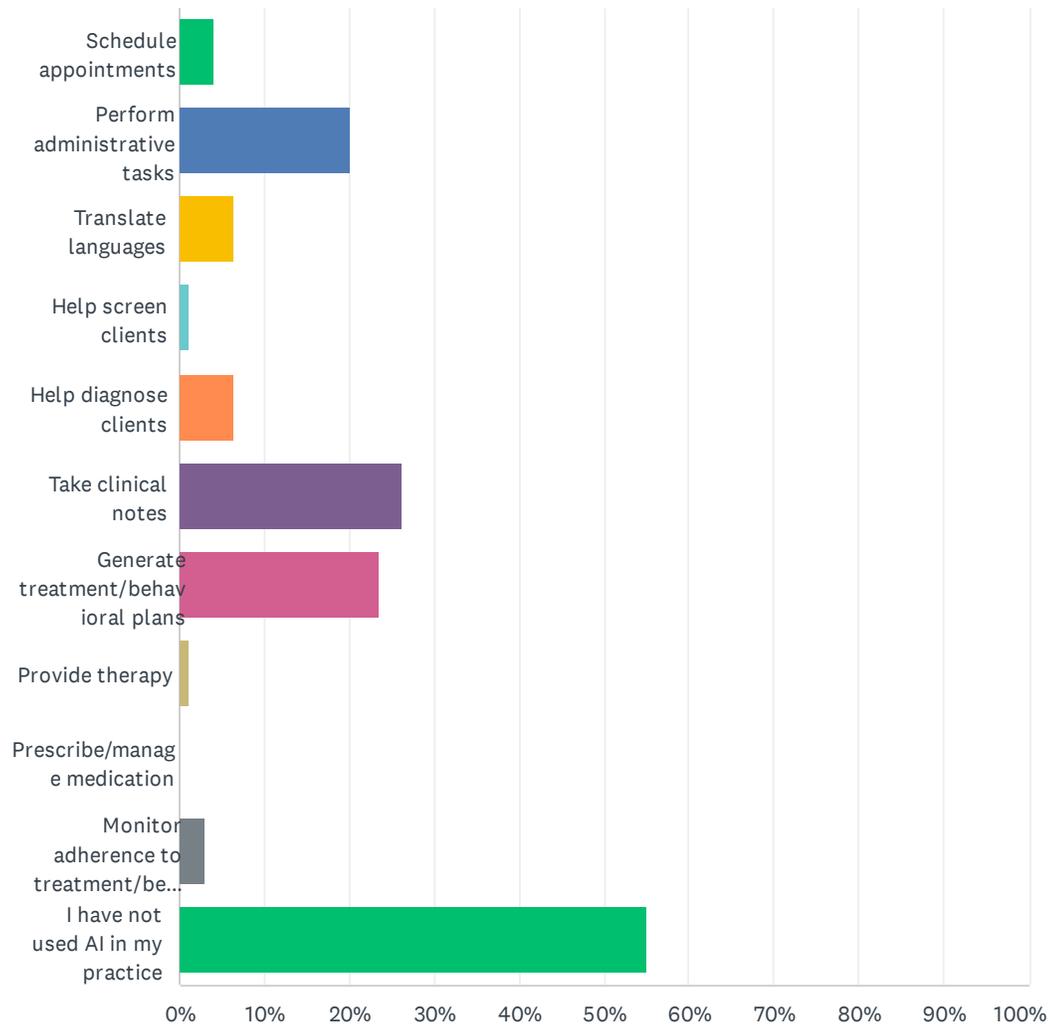
Answered: 735 Skipped: 38



ANSWER CHOICES	RESPONSES	
yes	73.88%	543
no	26.12%	192
TOTAL		735

Q5 Have you used an AI platform in your professional practice to:

Answered: 704 Skipped: 69

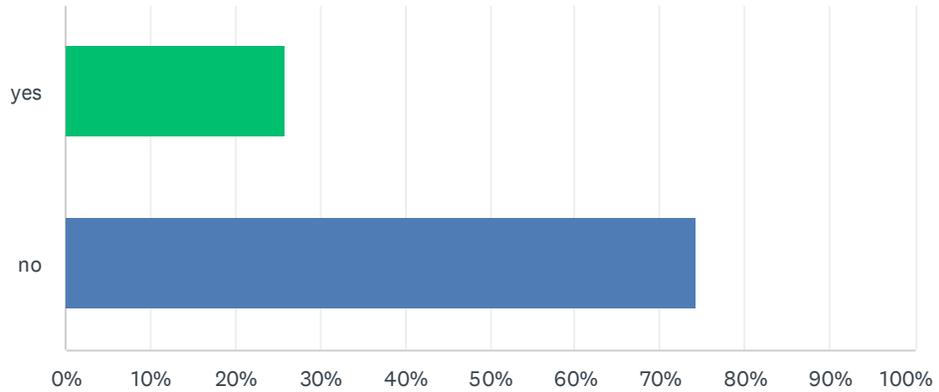


OPINION SURVEY OF AMERICAN COUNSELING ASSOCIATION MEMBERS(a collaboration between NBC and ACA)

ANSWER CHOICES	RESPONSES	
Schedule appointments	3.98%	28
Perform administrative tasks	20.03%	141
Translate languages	6.39%	45
Help screen clients	0.99%	7
Help diagnose clients	6.39%	45
Take clinical notes	26.14%	184
Generate treatment/behavioral plans	23.44%	165
Provide therapy	1.14%	8
Prescribe/manage medication	0.00%	0
Monitor adherence to treatment/behavioral plans	2.98%	21
I have not used AI in my practice	54.97%	387
Total Respondents: 704		

Q6 Have you received any formal training in the use of AI?

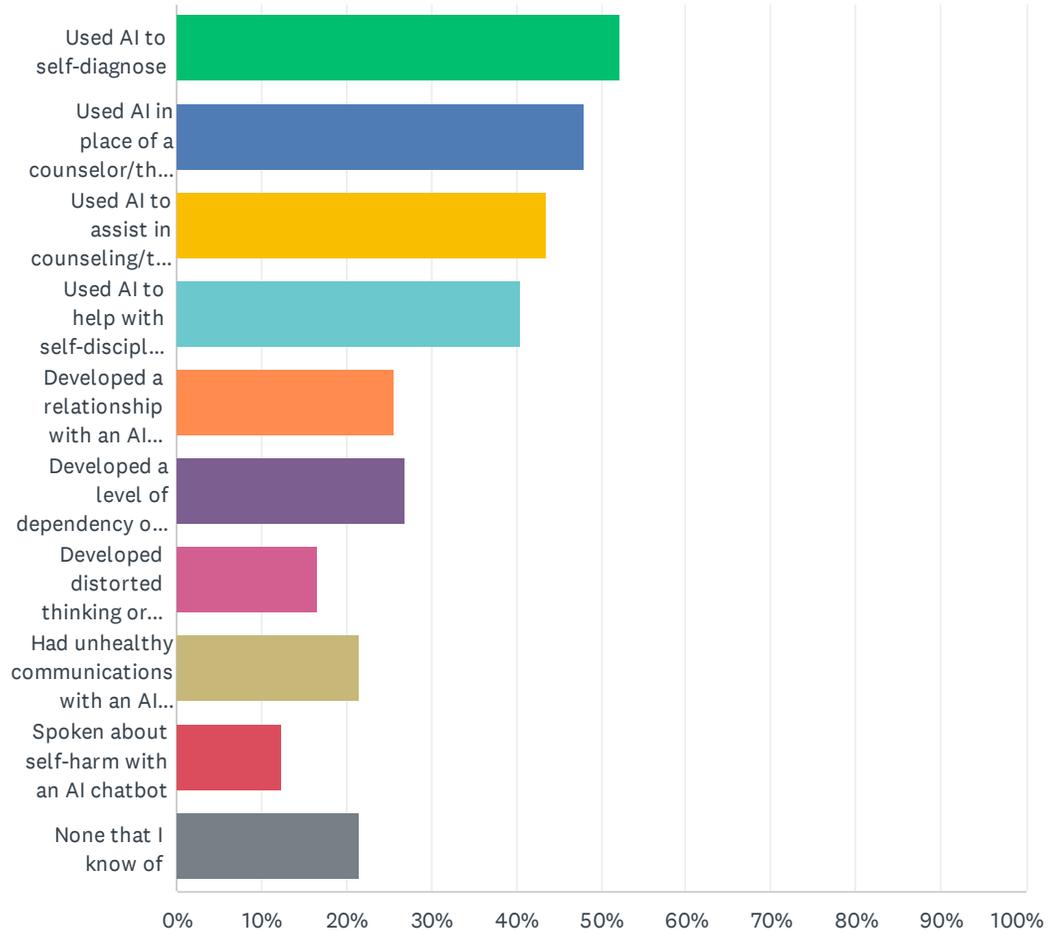
Answered: 739 Skipped: 34



ANSWER CHOICES	RESPONSES	
yes	25.85%	191
no	74.15%	548
TOTAL		739

Q7 Some of my clients have used A-I in the following ways (check all that apply):

Answered: 722 Skipped: 51

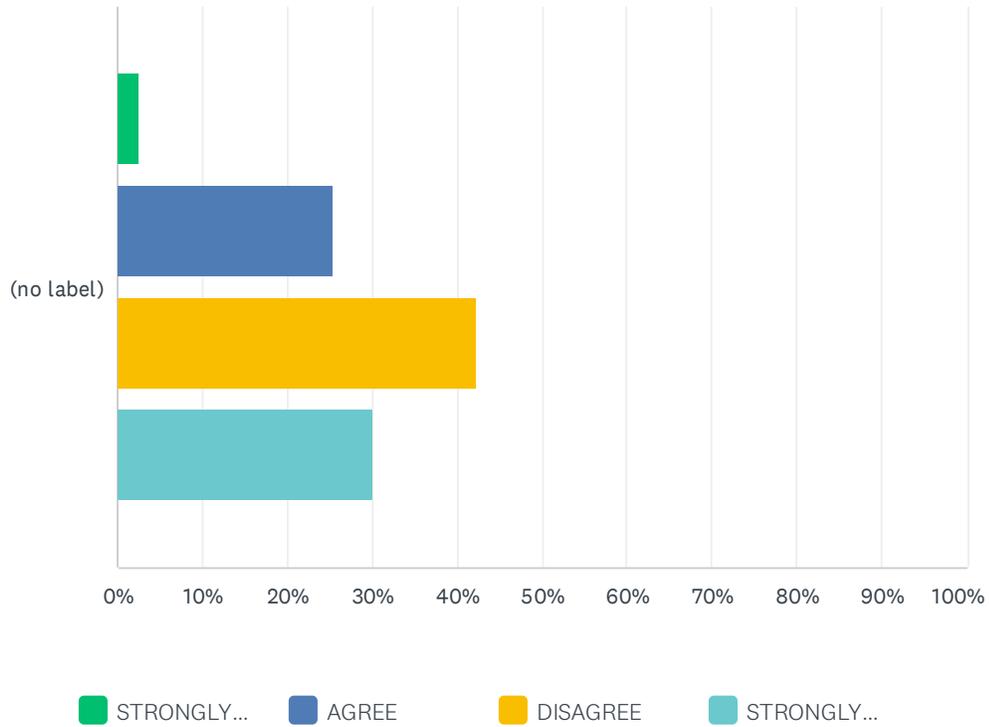


OPINION SURVEY OF AMERICAN COUNSELING ASSOCIATION MEMBERS(a collaboration between
NBC and ACA)

ANSWER CHOICES	RESPONSES	
Used AI to self-diagnose	52.22%	377
Used AI in place of a counselor/therapist/psychologist/or psychiatrist	47.92%	346
Used AI to assist in counseling/therapy/treatment	43.49%	314
Used AI to help with self-discipline, affirmations, or behavioral reminders	40.58%	293
Developed a relationship with an AI chatbot	25.62%	185
Developed a level of dependency on an AI chatbot	26.87%	194
Developed distorted thinking or delusions related an AI chatbot	16.62%	120
Had unhealthy communications with an AI chatbot	21.47%	155
Spoken about self-harm with an AI chatbot	12.47%	90
None that I know of	21.61%	156
Total Respondents: 722		

Q8 AI therapy platforms will be used to effectively help people struggling with addiction

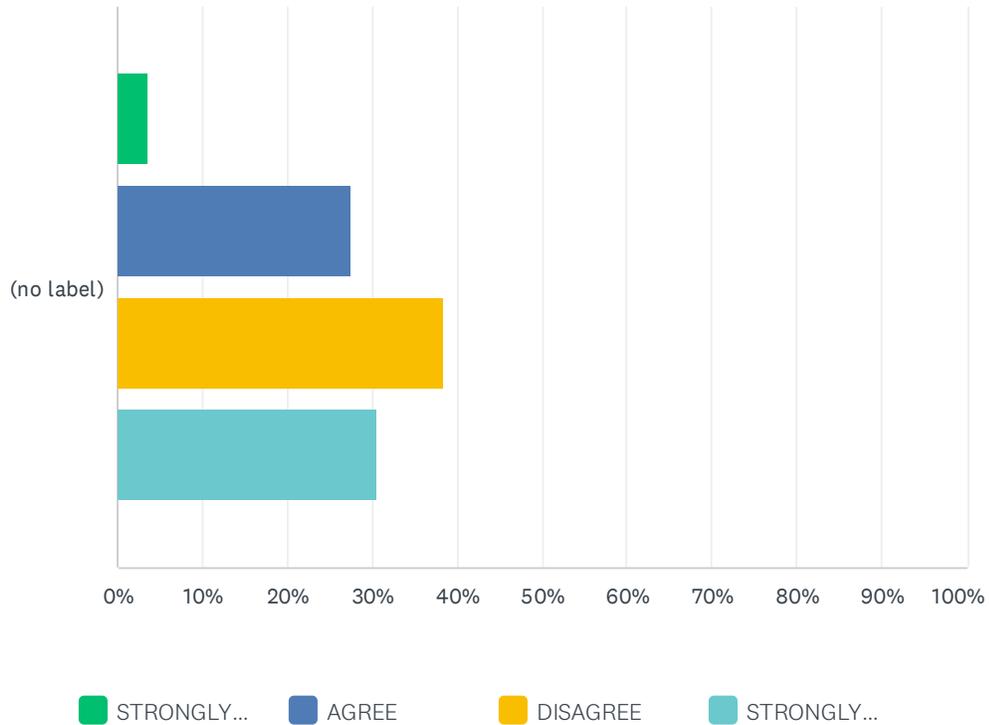
Answered: 731 Skipped: 42



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	2.60%	25.31%	42.13%	29.96%	731	2.99
	19	185	308	219		

Q9 AI therapy platforms will be used effectively to help people struggling with depression.

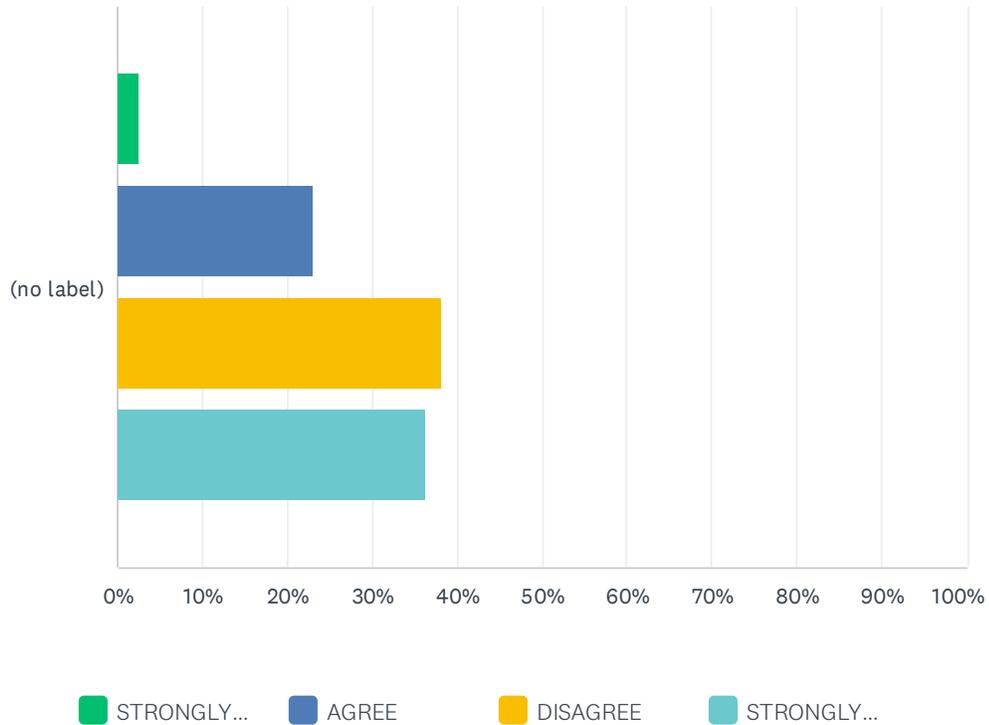
Answered: 728 Skipped: 45



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	3.57%	27.47%	38.46%	30.49%	728	2.96
	26	200	280	222		

Q10 AI therapy platforms will be used effectively to help people struggling with eating disorders.

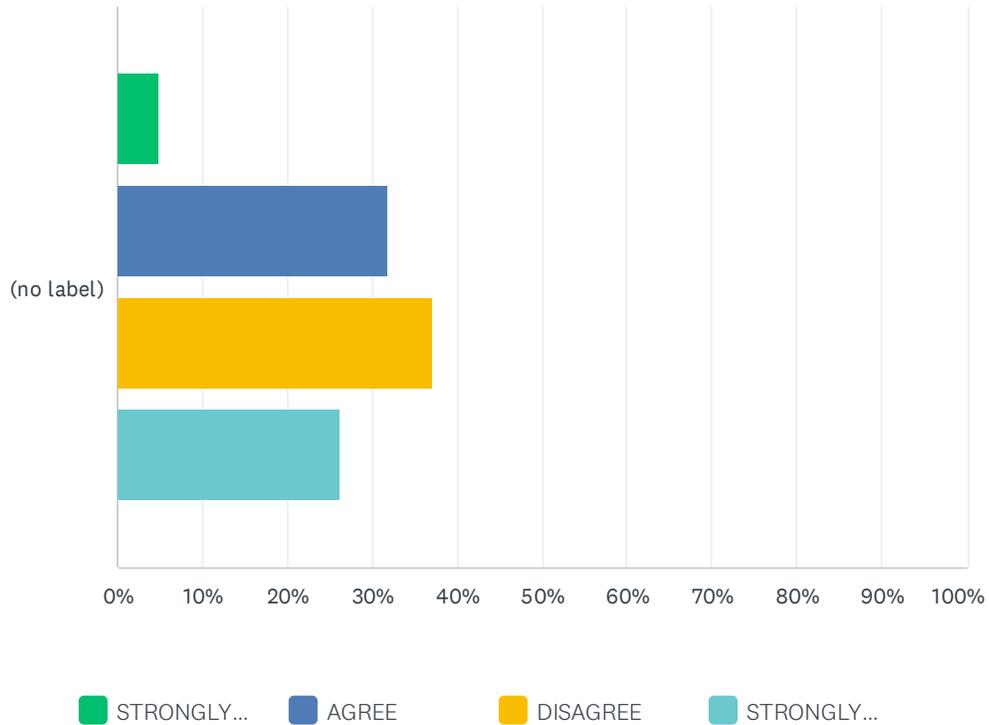
Answered: 725 Skipped: 48



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	2.48%	23.03%	38.21%	36.28%	725	3.08
	18	167	277	263		

Q11 AI therapy platforms will be used effectively to help people struggling with anxiety.

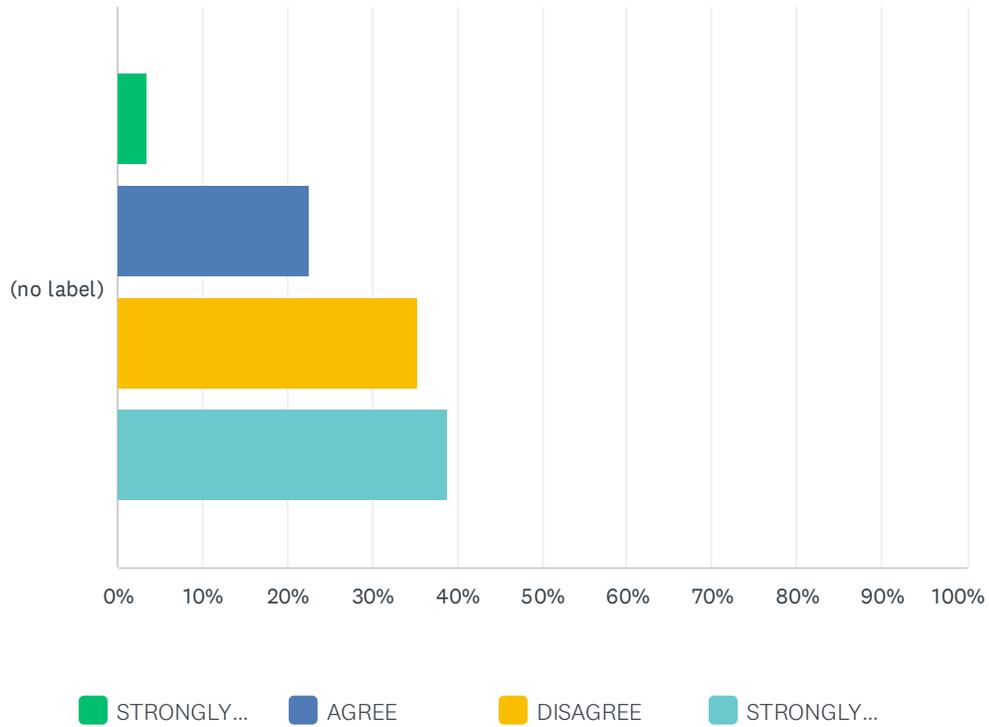
Answered: 723 Skipped: 50



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	4.98%	31.67%	37.21%	26.14%		
	36	229	269	189	723	2.85

Q12 AI therapy platforms will be used effectively to help individuals with PTSD.

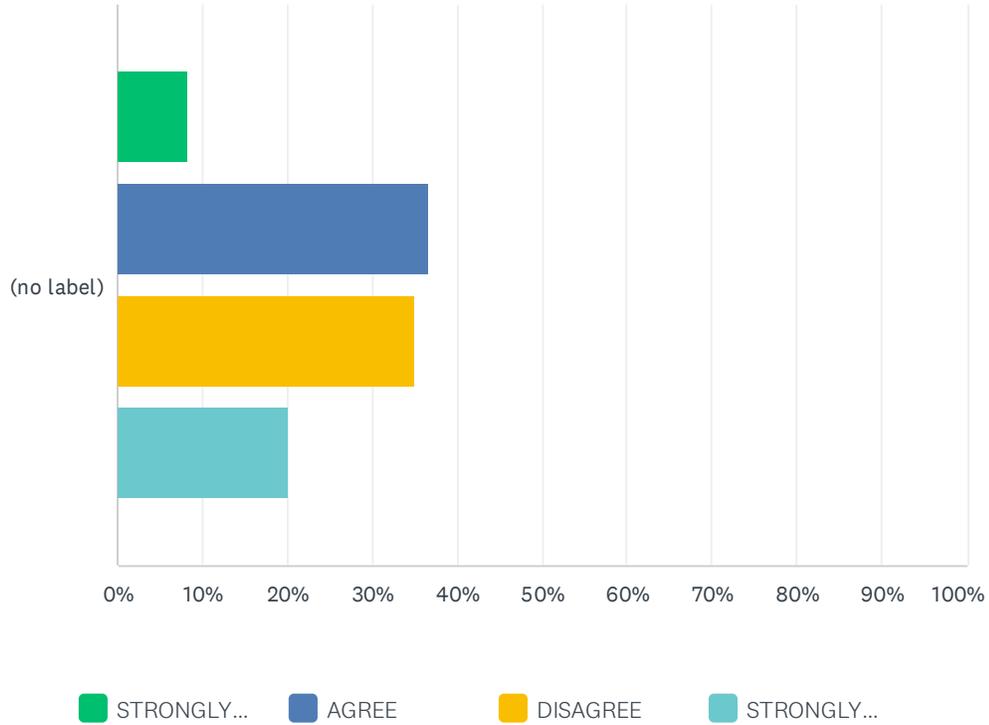
Answered: 723 Skipped: 50



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	3.32%	22.54%	35.41%	38.73%	723	3.10
	24	163	256	280		

Q13 The use of AI agents to accomplish practical tasks will free up our brains to focus on creative, higher-level thinking.

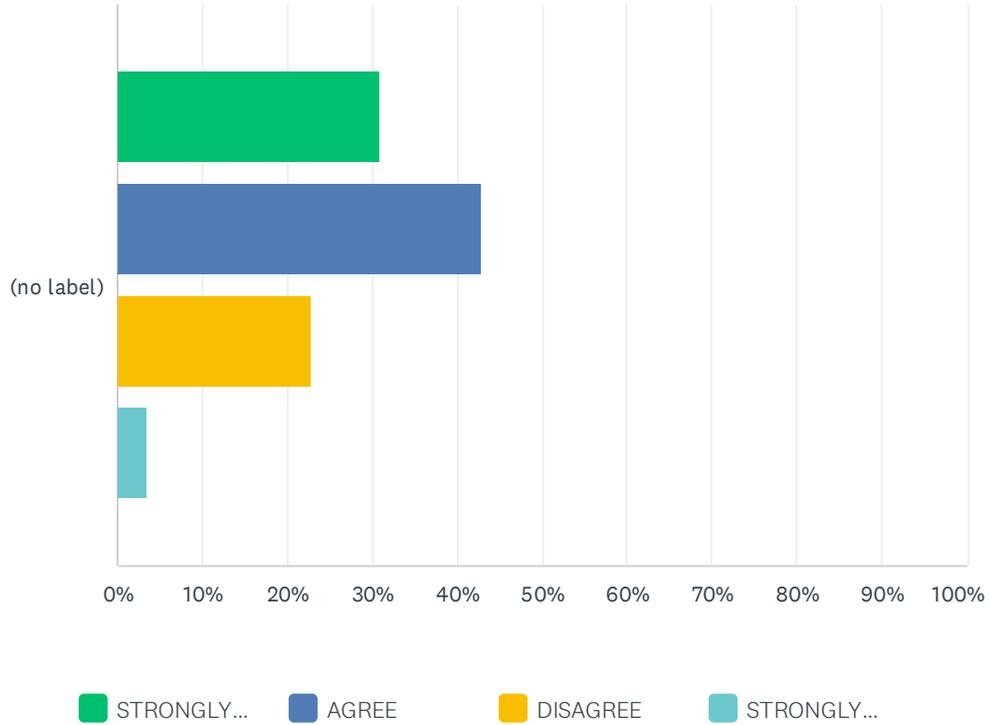
Answered: 740 Skipped: 33



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	8.38%	36.76%	34.86%	20.00%	740	2.66
	62	272	258	148		

Q14 The use of AI agents to accomplish practical tasks will tend to reduce our brain activity and memory.

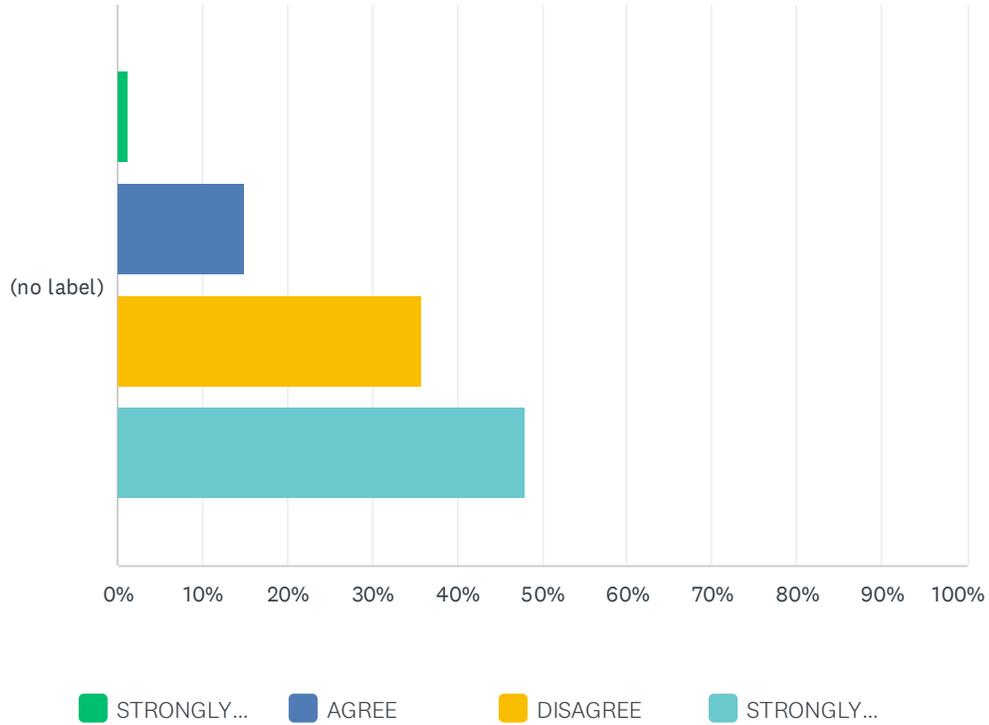
Answered: 735 Skipped: 38



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	30.88% 227	42.86% 315	22.86% 168	3.40% 25	735	1.99

Q15 The use of AI agents to provide companionship and support will reduce loneliness and alleviate isolation.

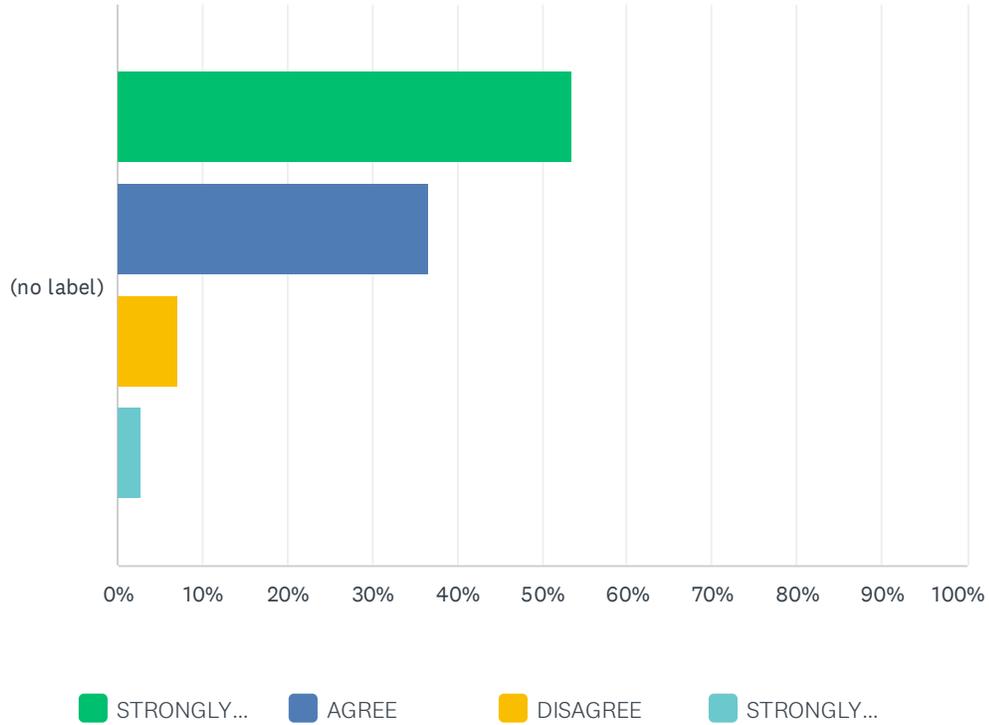
Answered: 741 Skipped: 32



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	1.21%	14.98%	35.90%	47.91%	741	3.30
	9	111	266	355		

Q16 The use of AI agents to provide companionship and support will lead to increased social withdrawal and unhealthy dependencies.

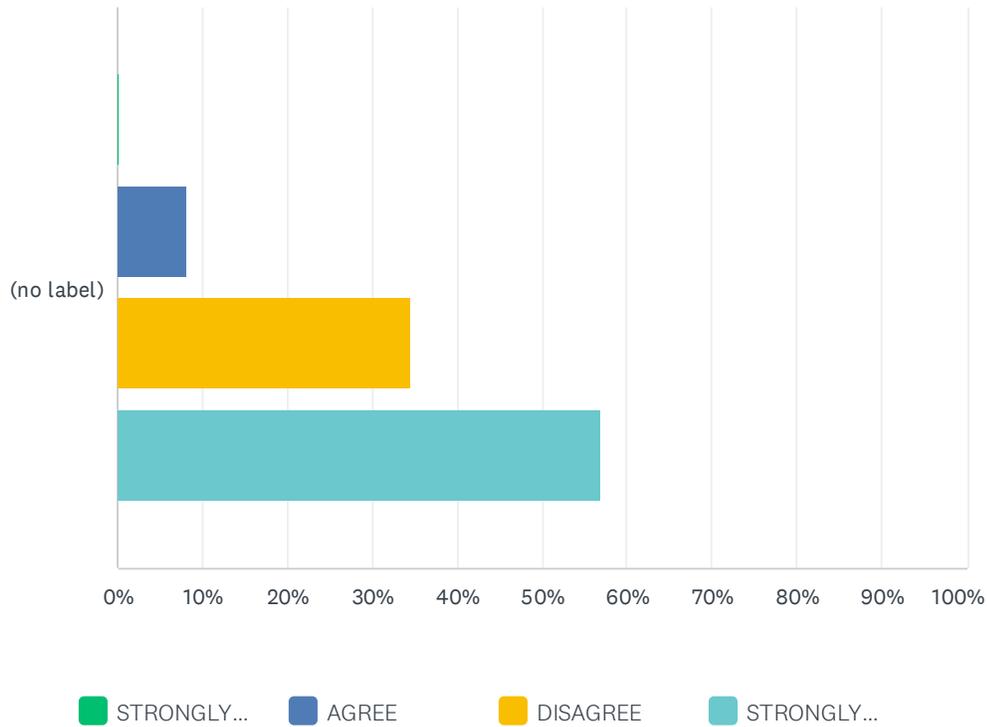
Answered: 739 Skipped: 34



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	53.45%	36.67%	7.04%	2.84%	739	1.59
	395	271	52	21		

Q17 The use of AI agents that look and communicate like deceased loved ones will tend to help individuals progress through the healthy cycle of grief and acceptance.

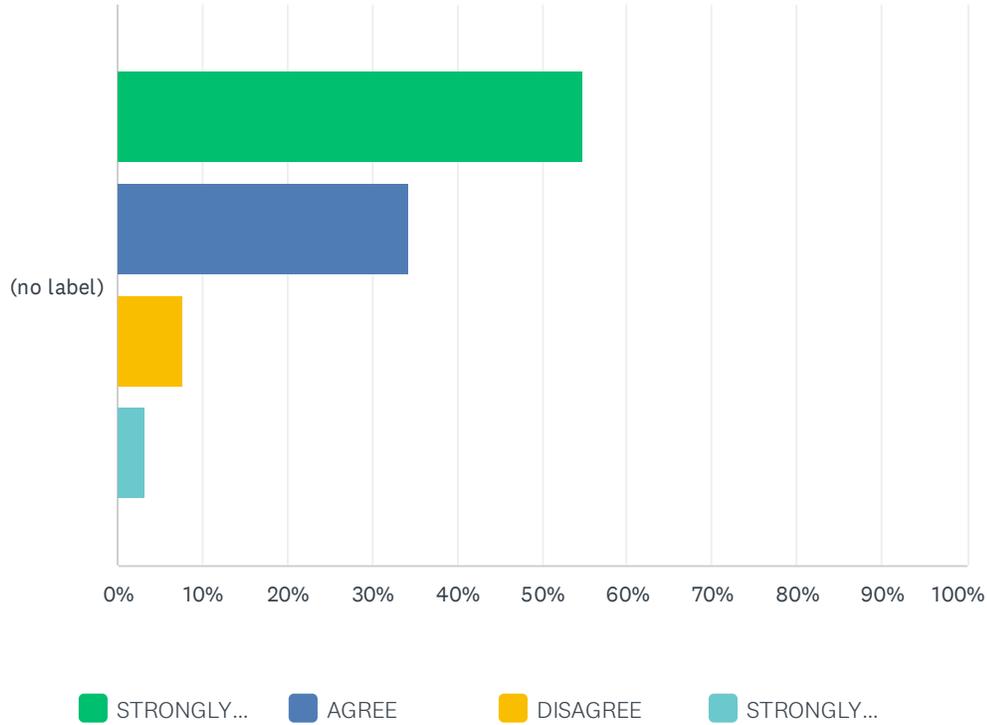
Answered: 740 Skipped: 33



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	0.27%	8.11%	34.59%	57.03%	740	3.48
	2	60	256	422		

Q18 The use of AI agents that look and communicate like deceased loved ones will tend to interrupt the healthy cycle of grief and acceptance.

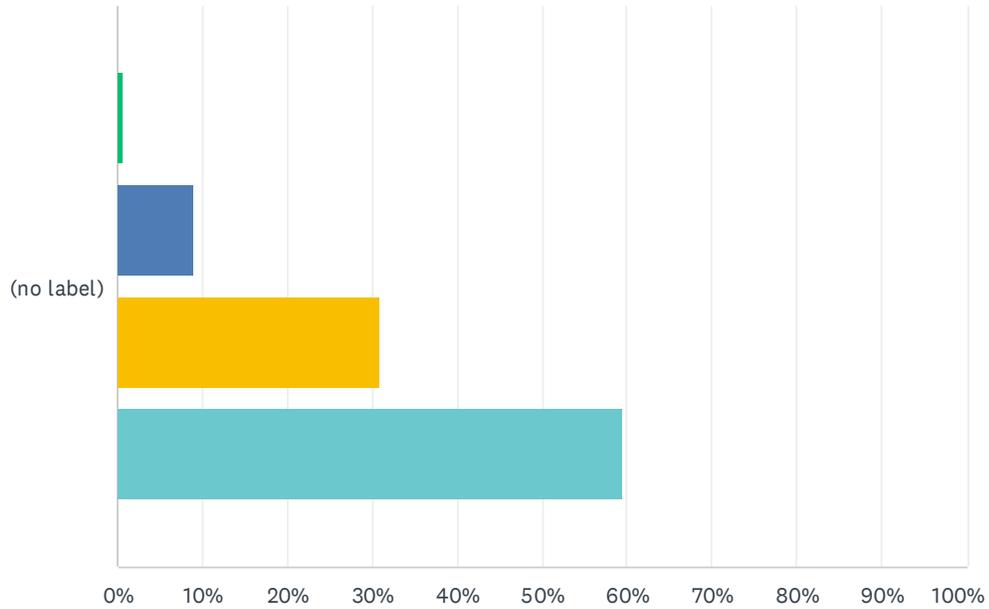
Answered: 738 Skipped: 35



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	54.74%	34.28%	7.72%	3.25%	738	1.59
	404	253	57	24		

Q19 Romantic relationships with AI agents can be harmless entertainment.

Answered: 740 Skipped: 33

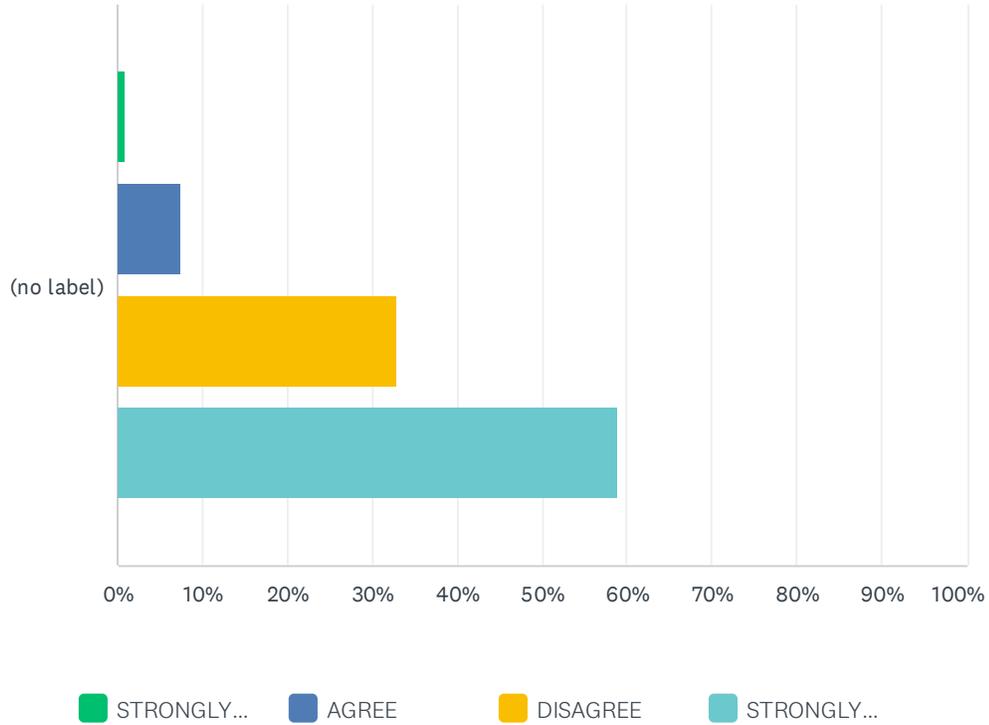


■ STRONGLY...
 ■ AGREE
 ■ DISAGREE
 ■ STRONGLY...

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	0.54%	8.92%	30.95%	59.59%		
	4	66	229	441	740	3.50

Q20 Romantic relationships with AI agents can include meaningful expressions of love and intimacy.

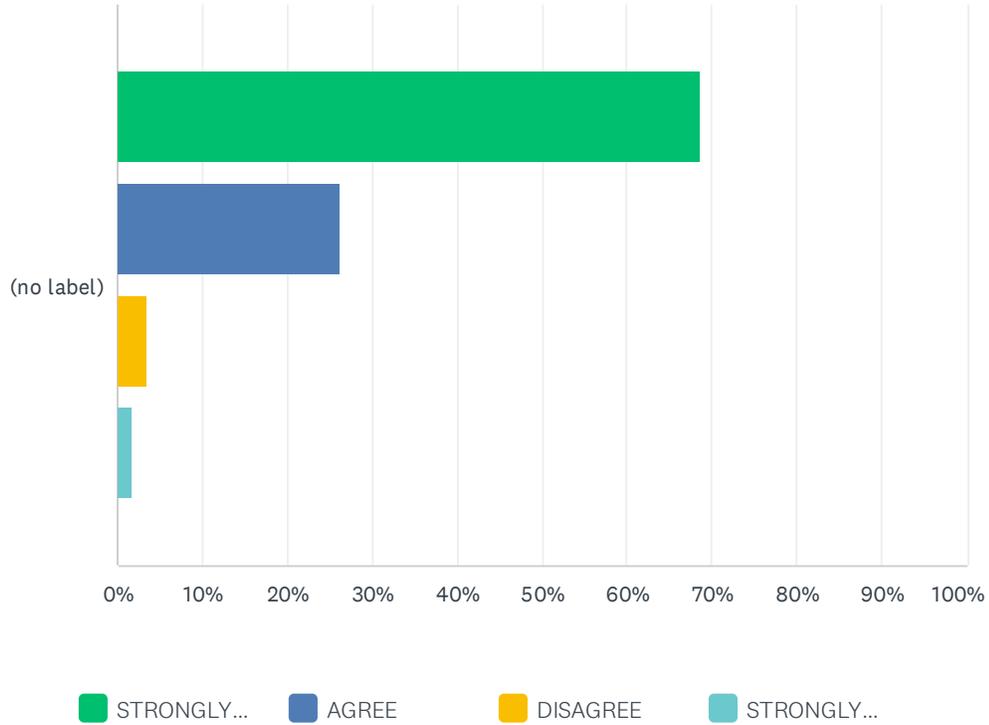
Answered: 736 Skipped: 37



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	0.95%	7.47%	32.74%	58.83%	736	3.49
	7	55	241	433		

Q21 Romantic relationships with AI agents tend to distort a person's perception of what a healthy loving relationship should be.

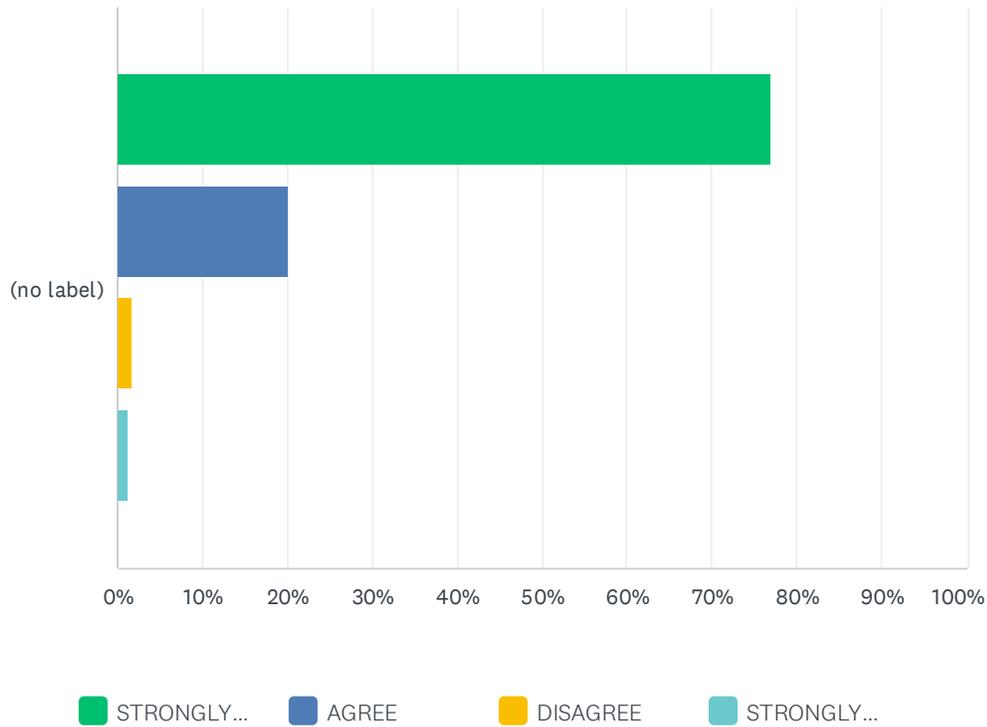
Answered: 738 Skipped: 35



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	68.56%	26.29%	3.39%	1.76%	738	1.38
	506	194	25	13		

Q22 Romantic relationships with AI agents present serious risks of exploitation by platforms which may seek to profit from dependencies that humans will inevitably develop.

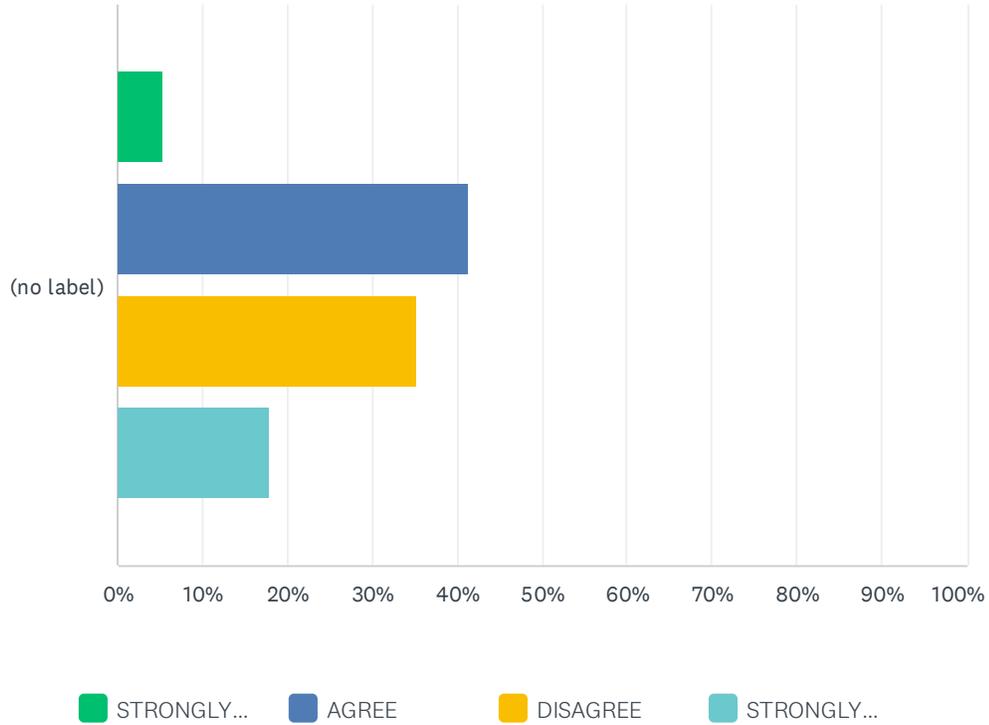
Answered: 740 Skipped: 33



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	77.03% 570	20.14% 149	1.62% 12	1.22% 9	740	1.27

Q23 The use of AI agents in the career and workplace will tend to make us more productive and creative.

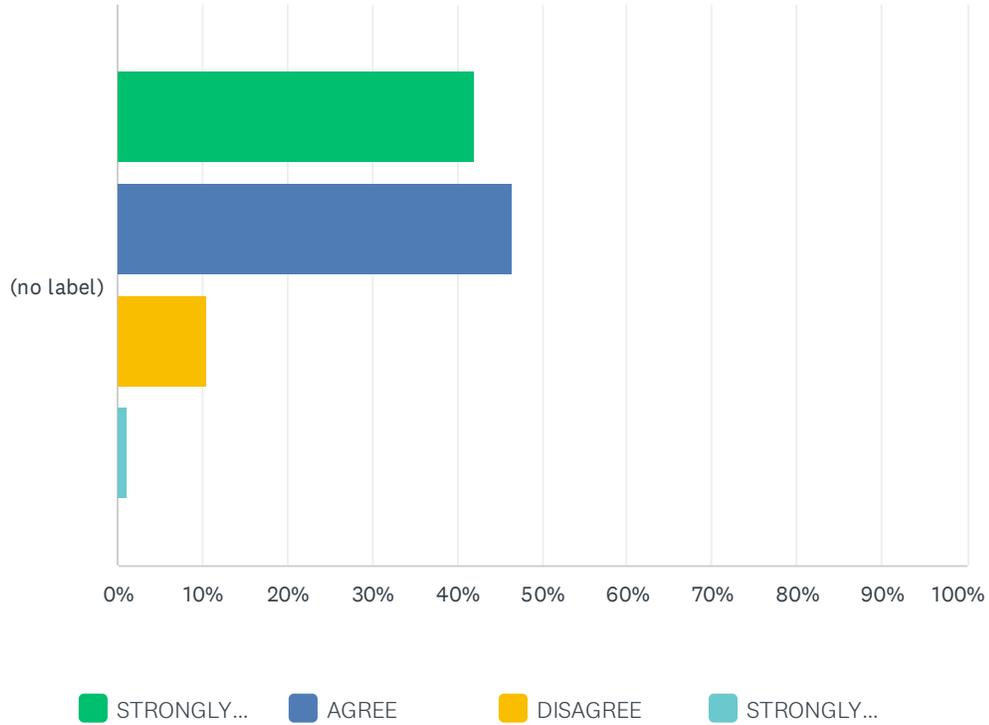
Answered: 737 Skipped: 36



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	5.43%	41.38%	35.28%	17.91%		
	40	305	260	132	737	2.66

Q24 The use of AI agents in the career and workplace will tend to produce anxiety about employment stability.

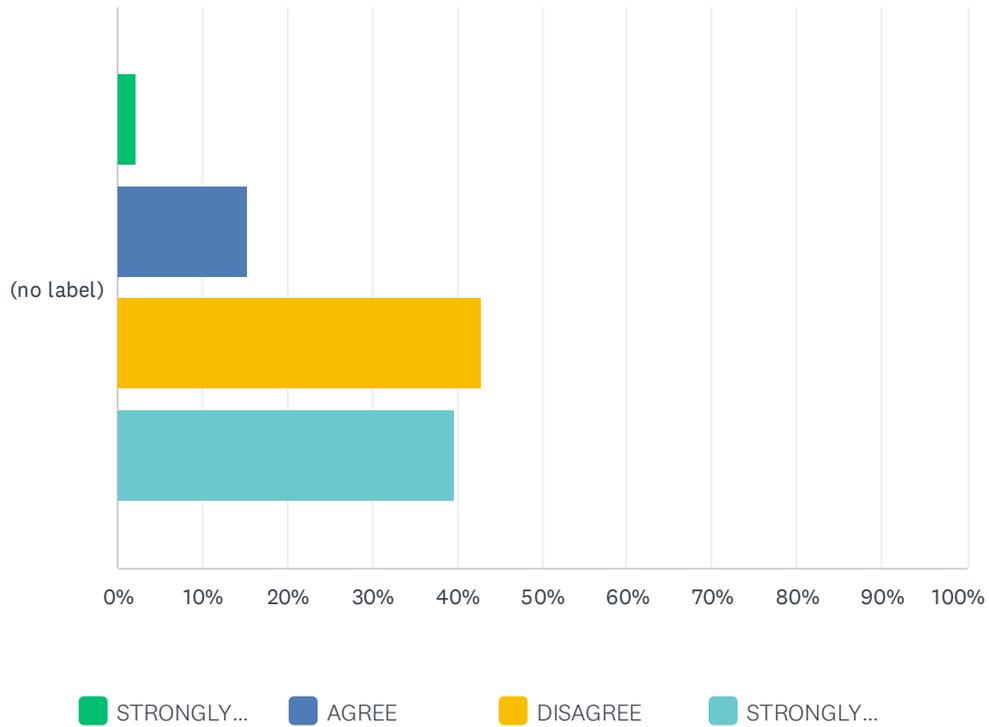
Answered: 740 Skipped: 33



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	42.03%	46.49%	10.41%	1.08%	740	1.71
	311	344	77	8		

Q25 The use of AI will tend to reduce cultural insensitivities and discriminatory outcomes, because machines can be trained to avoid human bias.

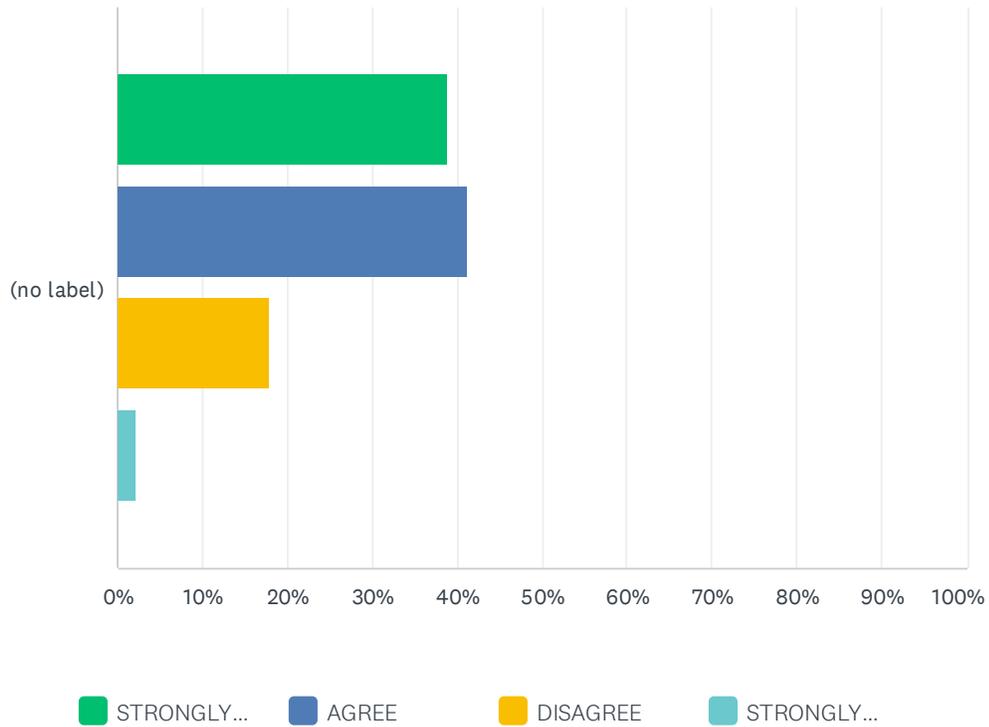
Answered: 737 Skipped: 36



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	2.04%	15.33%	42.88%	39.76%	737	3.20
	15	113	316	293		

Q26 The use of AI will tend to increase cultural insensitivities and discriminatory outcomes, because human bias is embedded in the data upon which machines are trained.

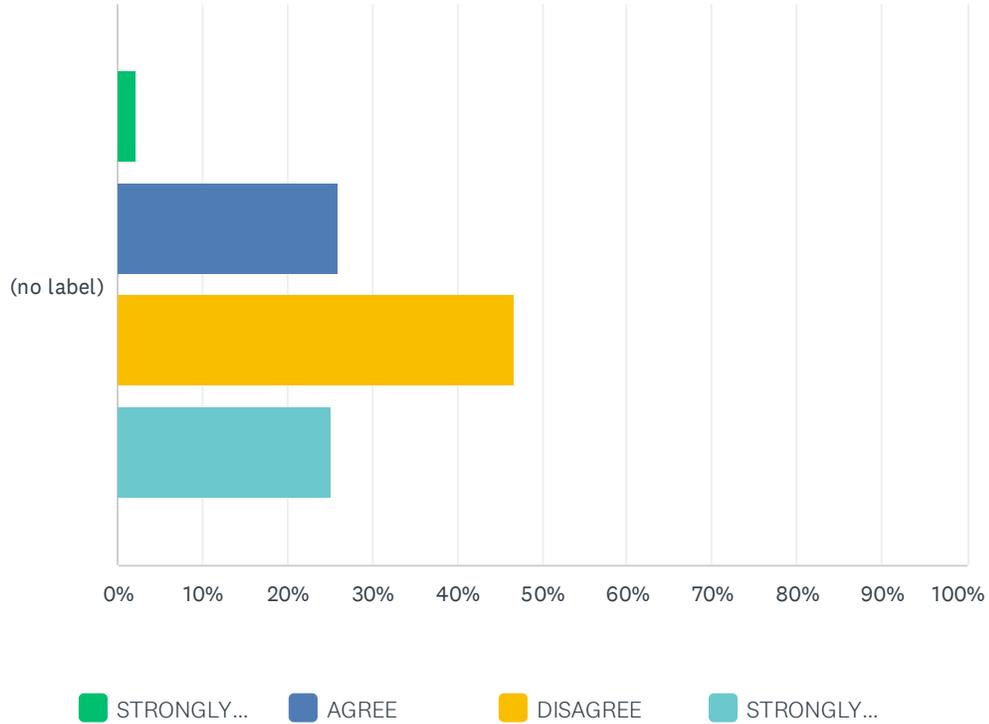
Answered: 737 Skipped: 36



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	38.81% 286	41.25% 304	17.91% 132	2.04% 15	737	1.83

Q27 The ability of AI agents to provide 24-hour advice, affirmation, and support tends to reduce that chance a person in crisis will harm themselves or others.

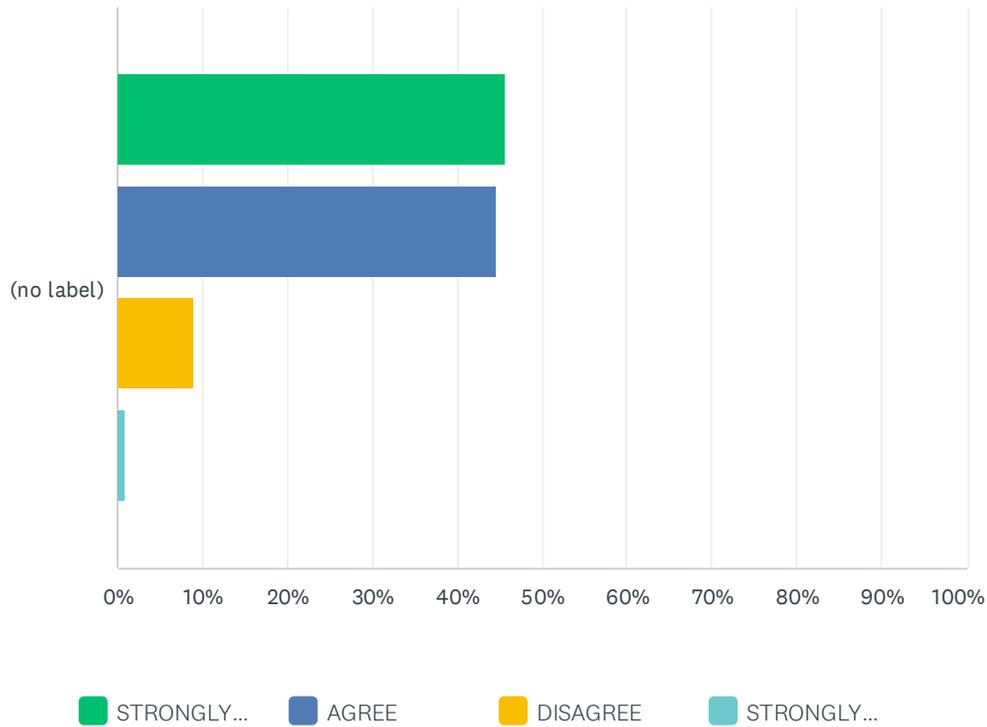
Answered: 730 Skipped: 43



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	2.05%	26.03%	46.71%	25.21%	730	2.95
	15	190	341	184		

Q28 The tendency of AI chatbots to affirm even distorted and dangerous sentiments increases the chance a person in crisis will harm themselves or others.

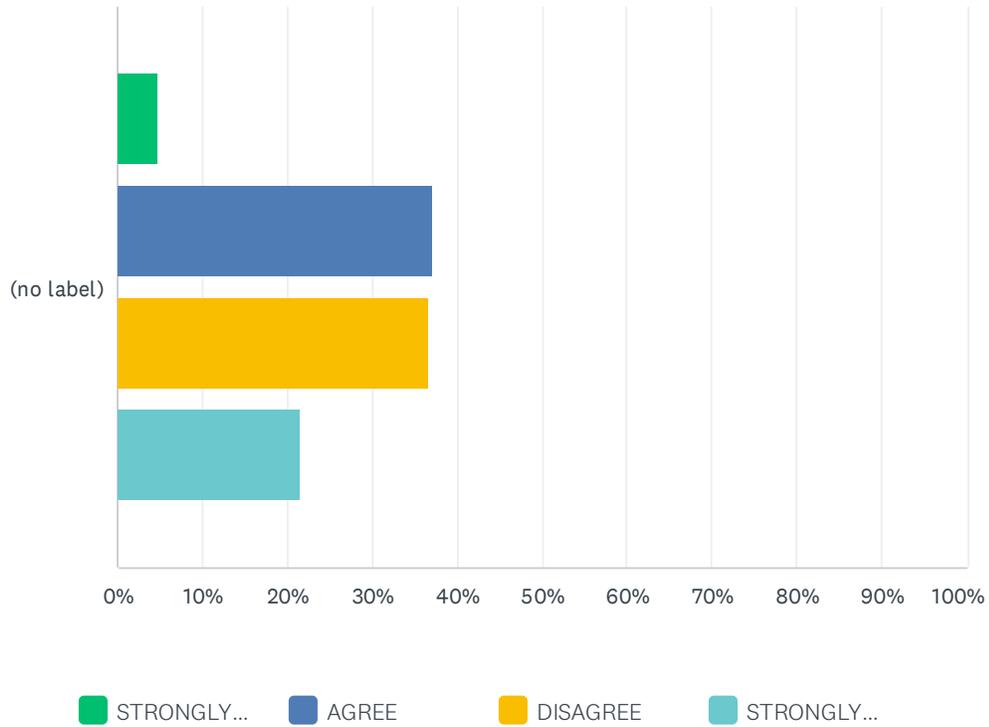
Answered: 731 Skipped: 42



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	45.69% 334	44.60% 326	8.89% 65	0.82% 6	731	1.65

Q29 A-I platforms can be trained to help predict and prevent suicidal behavior.

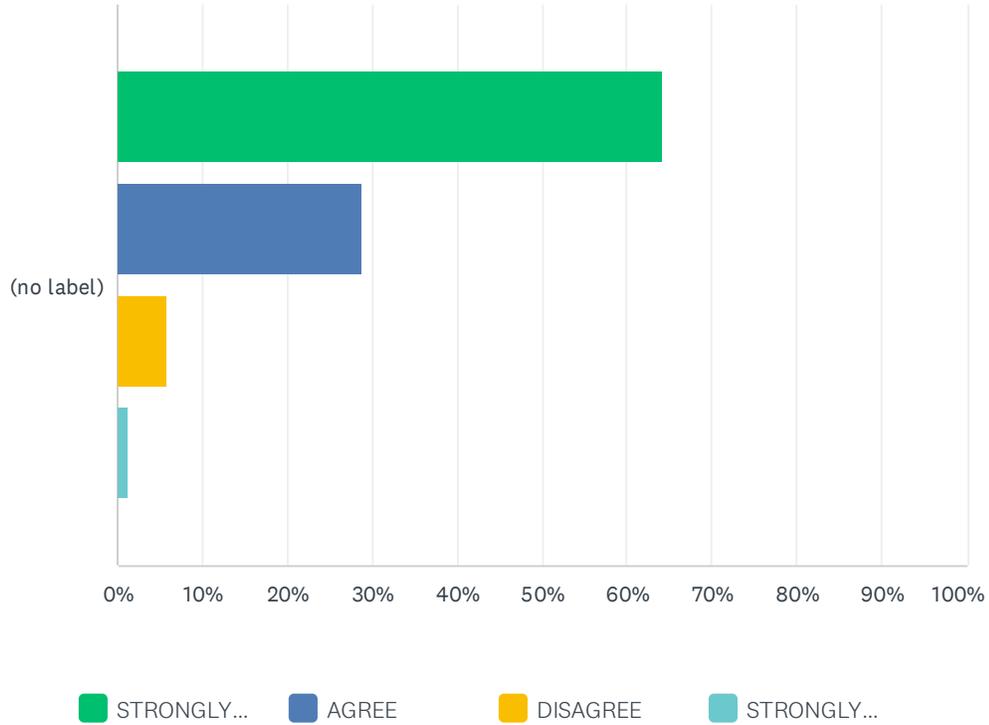
Answered: 737 Skipped: 36



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	4.61%	37.18%	36.64%	21.57%	737	2.75
	34	274	270	159		

Q30 AI platforms may lack the human warmth and relational depth that many individuals need during suicidal crises.

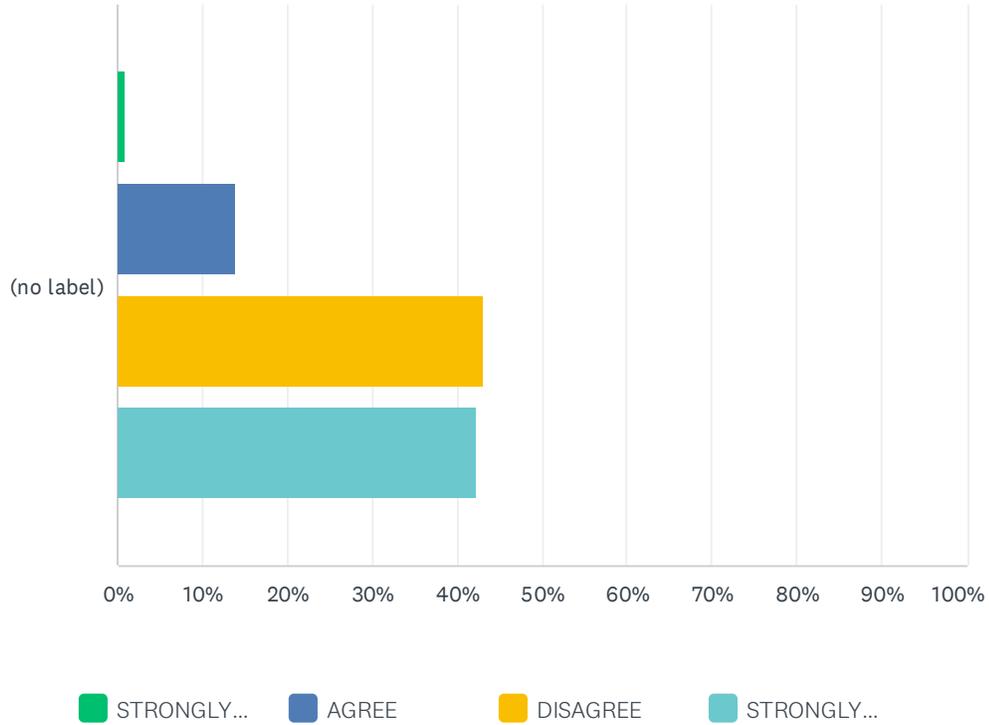
Answered: 740 Skipped: 33



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	64.19%	28.78%	5.81%	1.22%	740	1.44
	475	213	43	9		

Q31 AI agents that communicate and behave like humans can achieve something similar to human consciousness.

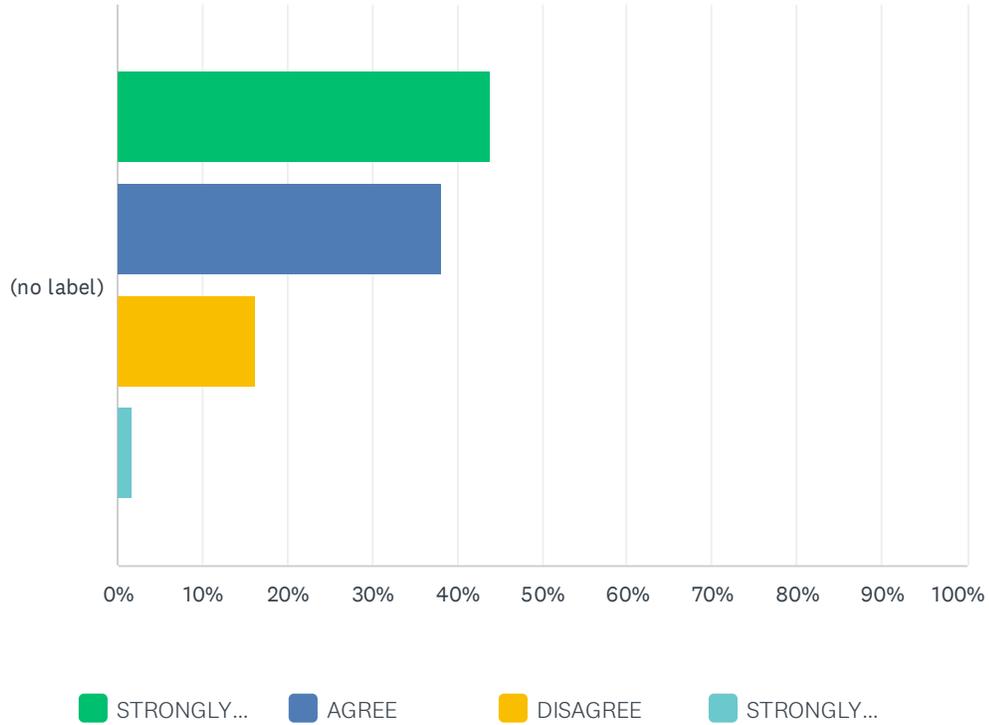
Answered: 738 Skipped: 35



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	0.95%	13.82%	43.09%	42.14%	738	3.26
	7	102	318	311		

Q32 AI agents that communicate and behave like humans can never achieve consciousness of any sort comparable to human consciousness.

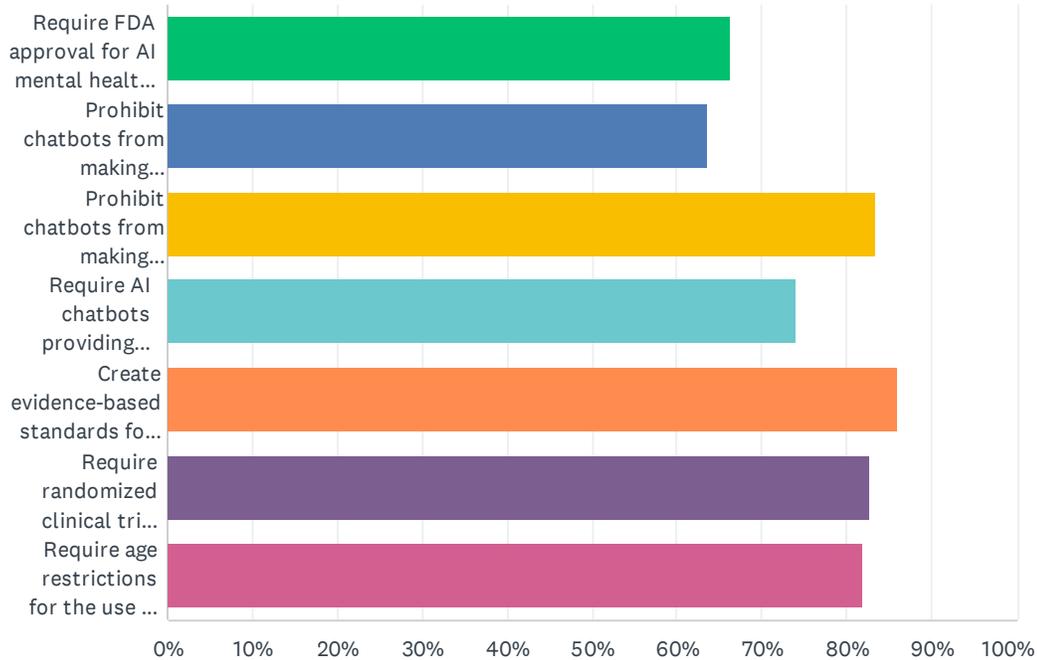
Answered: 736 Skipped: 37



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
(no label)	44.02% 324	38.18% 281	16.17% 119	1.63% 12	736	1.75

Q33 Which policies/regulations should the states and federal government adopt? (Check all that apply)

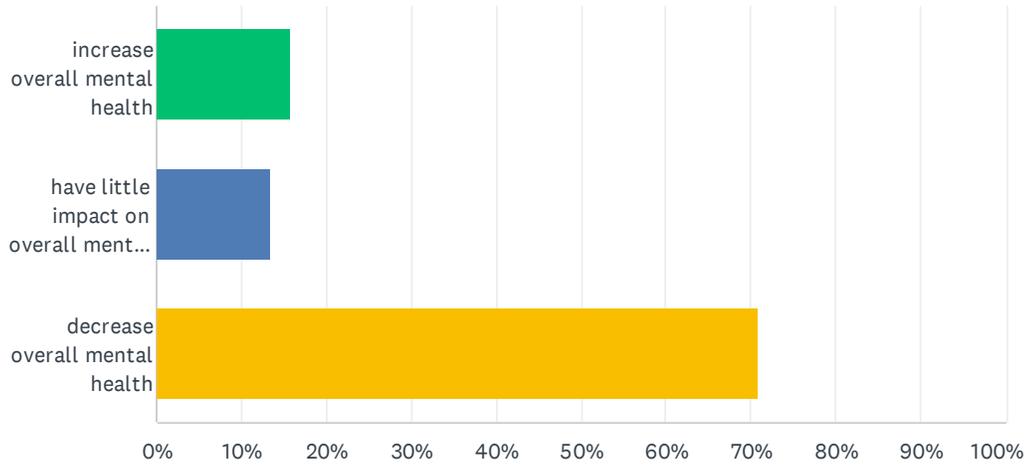
Answered: 737 Skipped: 36



ANSWER CHOICES	RESPONSES	
Require FDA approval for AI mental health apps	66.21%	488
Prohibit chatbots from making therapeutic communications with patients/clients	63.64%	469
Prohibit chatbots from making therapeutic communications with children and adolescents	83.45%	615
Require AI chatbots providing therapeutic communications to be evaluated and accredited at regular intervals	74.08%	546
Create evidence-based standards for AI mental health apps	85.89%	633
Require randomized clinical trials to evaluate AI mental health apps	82.63%	609
Require age restrictions for the use of AI chatbots	81.82%	603
Total Respondents: 737		

Q34 If you had to predict, you would say the use of AI in society will:

Answered: 742 Skipped: 31



ANSWER CHOICES	RESPONSES	
increase overall mental health	15.77%	117
have little impact on overall mental health	13.34%	99
decrease overall mental health	70.89%	526
TOTAL		742

Q35 Is there an observation you'd like to share about the intersection of Artificial Intelligence and mental health? This can be a hope, a prediction, or a concern that you have about this technology and the way it will impact individual happiness or society at large.

Answered: 501 Skipped: 272