

Guidelines for the Use of Artificial Intelligence (AI) in Psychology Communication and Technology Committee (CTC) of Ohio Psychological Association (OPA)

Artificial intelligence (AI) is a type of technology that uses processes similar to human intelligence to complete the cognitive tasks of humans. Below are guidelines for its use in the field of psychology. Please note that AI is a new field that is being researched, used differently, and updated every day. These guidelines reflect proper use at the time of writing with information currently available. When using AI at any time, users should gather updated research and information regarding ethical use in psychology.

1. Considerations for selecting AI Tools

- a. Ensure they are secure and HIPAA-compliant
- b. Consider the professional experience and background of the creators and company providing the tool
- c. Select tools that function and have value for your work
 - i. Is it cost-effective and timesaving?
 - ii. Does it integrate with your software for electronic health record (EHR)?
 - iii. Is there technological support available?
- d. Verify there is evidence that the AI tool has been tested and deemed effective

2. Ethics of using AI in all areas of Psychological Practice and Treatment

- a. Liability: conduct research and receive training to ensure proper use and adherence to all ethical guidelines when using AI.
 - i. Understand the limitations of AI. Be aware of any downsides, risks, and limitations associated with the use of AI, including the potential production of false information, biases, and stereotypes. Continue noting additional concerns and risks as they are identified with time.
- b. Gain competence in the use of AI.
 - i. Select AI systems that 1) have been evaluated with proper development and implementation of policies for its use and 2) have continued policies for ongoing monitoring and evaluation.
 - ii. Limit and avoid overreliance and dependence on the use of AI. Be sure to continue using and developing one's own clinical skills and find an ethical balance between the two.
 - iii. Explore how the use of AI impacts clinical skills, therapeutic relationship with clients, and outcomes.
- c. Informed consent: inform clients of any AI use in treatment or record keeping and provide signed informed consent.
- d. Confidentiality: follow all HIPAA laws when using AI and ensure all data remains confidential, safe, and secure.
 - i. Take precautions to avoid cyberhacking: engage in regular risk assessments and audits to ensure correct use of AI and compliance. Create incident response plans to follow in case data is breached.
 - ii. Use Business Associate Agreement (BAA) with any AI contractors or associates being used.
- e. Administrative Tasks:
 - i. Stay up to date on recent HIPAA protocols.
 - ii. Stay up to date on new AI research and protocols at site, state, and federal levels.

3. Using AI for Testing and Evaluation:

- a. Limit and avoid overreliance and dependence on the use of AI. Be sure to continue using and developing one's own clinical skills and find an ethical balance between the two.
- b. Remain aware of the use of AI. Understand the data and training used in developing the AI or AI outputs, to recognize if the outputs are likely to be biased or limited by the data.
- c. Participate in ongoing training to maintain clinical skills and gain updated knowledge on AI tools being used.
- d. Remain attentive to the individual client being tested.
 - i. Attend to rapport to determine whether it is sufficient to introduce the use of AI in testing.
 - ii. Consider if AI tools being used are appropriate for each individual client.
 - iii. As noted above, determine whether the AI being used is likely to provide valid information for each individual client, rather than providing inaccurate information or reinforcing stereotypes and biases.
 - iv. Consider whether the client is able to interact with the AI if/when needed. If so, determine whether the client is comfortable with and understands the use of technology.
 - v. Rely on multiple sources of information, not just AI, when formulating conclusions and making recommendations.
 - vi. Make sure that final decisions are made by the psychologist.

4. Using AI for Academics, Teaching, and Supervision

- a. Guide students and supervisees in the proper and ethical use of AI in psychology.
- b. Set expectations that clinical writing should originate from one's own critical thinking skills and ideas.
- c. Teach when the use of AI is and is not appropriate.
- d. Correctly recognize and cite the usage of AI. Do not take credit for content created by AI.

5. Using AI in Research, Publications, and Presentations

- a. Disclose the use of AI in the methods section and references.
- b. AI cannot be named as an author.
- c. All authors are responsible for the accuracy of their work and information regardless of the use of AI.
- d. Published content cannot be entered into generative AI tools or else it would be considered a violation of the confidential process.

6. Using AI in Psychological Consultation

- a. Continue finding information related to this use.