



International Journal of Multidisciplinary Conference Proceedings

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The Role of Artificial Intelligence in Psychology: Support or Substitute

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KEYWORDS	ABSTRACT
Artificial Intelligence, Virtual Therapists, Psychology, AI In Mental Health Human-AI Collaboration, Chatbots	Artificial Intelligence (AI) is playing an increasingly significant role in the field of psychology. Tools like chatbots and virtual therapists are now being integrated into mental health services, offering innovative approaches to diagnosis, treatment, and patient support. This research investigates the usefulness of AI in delivering psychological care while also examining its influence on the role of traditional human psychologists. Although AI brings advantages such as wider accessibility, consistency, and affordability, it lacks human qualities like empathy, emotional understanding, and ethical decision-making. This study presents a balanced analysis of both the strengths and limitations of AI in psychological practice. It argues that AI should act as a supportive tool rather than a replacement for mental health professionals. The paper also considers key ethical concerns and emphasizes the need for continued human involvement to ensure compassionate and personalized care. The aim is to explore how collaboration between AI systems and psychologists can enhance mental health services and extend their reach globally.
ARTICLE HISTORY	
Date of Publication:30-10-2025	
Conference Organizer(s)	
University of Lahore, Sargodha Campus, Pakistan & Research Consultancy on Social & Management Development	
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Volume-Issue-Page Number	3(1) 1
Citation	Ijaz, H., (2025). The Role of Artificial Intelligence in Psychology: Support or Substitute. <i>Proceedings of the 2nd International Conference on Artificial Intelligence, Social Transformation, and Scientific Progress (ICASST-2025), International Journal of Multidisciplinary Conference Proceedings</i> , 3(1).