

Executive Summary (Document C)

Title: Artificial Intelligence as a Structuring Tool in Mental Health Self-Help – A Systematic N=1 Case Study

1. Background and Objective The psychotherapeutic care system is facing severe bottlenecks, leading many individuals to use AI language models informally for self-reflection and emotional structuring . This project documents a structured case study (N=1) analyzing how such interactions can be technically captured and systematically evaluated .

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2. Methodology and Data Basis The analysis is based on 262 conversations and approximately 40,000 messages.

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- **Rule-Based Scoring (v2):** Instead of black-box AI classification, a transparent system of predefined linguistic markers and heuristics was used to calculate scores for crisis levels, emotional states, and reflection depth .
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- **Normalization:** All scores are normalized per 1,000 words to ensure comparability across different timeframes.
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- **Data Sovereignty:** All processing was performed locally to ensure maximum data privacy.
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3. Key Descriptive Findings The data reveals distinct patterns in usage intensity and emotional expression linked to subjective stress levels . These results describe linguistic patterns rather than clinical states, showcasing the potential for AI-supported crisis detection and self-structuring .

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4. Significance and Outlook This study serves as a methodological foundation for integrating informal AI usage into formal healthcare frameworks . It identifies risks such as dependency while highlighting the potential for AI to bridge gaps in professional care .

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