

# IDIOMA: INGLÊS

Área 3

\* Indica uma pergunta obrigatória

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1. E-mail \*

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2. ÁREA \*

*Marcar apenas uma oval.*

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3 - Ciências Humanas, Ciências Sociais Aplicadas

3. NOME DO CANDIDATO \*

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4. NÚMERO DA INSCRIÇÃO \*

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5. NÚMERO DO CPF \*

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Leia o texto e responda as questões a seguir em Português. Todas as questões devem ser respondidas de acordo com o texto. As respostas digitadas neste formulário eletrônico constituirão o ÚNICO documento válido para correção da prova.

*PSYCHOLOGISTS SAY PATIENTS ARE TURNING TO CHATBOTS AS MENTAL HEALTH PROFESSIONALS*

Washington — More than three-quarters of psychologists report their patients are discussing artificial intelligence (AI) in therapy, according to a survey by the American Psychological Association (APA). Patients are using the technology to seek additional support for their mental health, to find a diagnosis or for friendship and intimate relationships, the survey found.

Chatbots are computer programs designed to simulate conversation with users.

The Survey, conducted by APA among more than 1,200 licensed psychologists in the U.S., found that many patients appear to be supplementing their relationship with a mental health professional with advice from AI. Nearly two in five psychologists (39%) have had conversations with patients who used AI to self-diagnose, while approximately a third of psychologists said their patients are turning to AI for help with self-discipline, affirmations, or behavioral reminders (34%), to assist with their treatment (33%) and to act as an additional mental health professional (35%).

"Generally accessible chatbots appear to offer the path of least resistance for people in need of mental health support—they are supportive to a fault, readily available and easy to access without insurance. But they also don't have the same capacity for nuance or alertness to potential warning signs as human professionals," said APA CEO Arthur C. Evans Jr., PhD. "Before anyone relies on these tools for their mental health, they must understand how they work and how to think critically about the advice they provide."

The survey also indicated that patients may see AI as more than a therapeutic tool; psychologists reported they had patients who engaged with chatbots for fun (33%), friendship (22%) and intimate relationships (13%). Among psychologists whose patients had ongoing conversations with chatbots, more than two-thirds (68%) said that they talked about or noticed that their patients felt supported or validated by a chatbot and two in five (41%) said their patients used chatbots to reinforce healthy coping skills. There were some negative side effects to engaging with chatbots, however, as 36% of psychologists said their patients were developing a level of dependency on a chatbot, and 15% said their patients were developing distorted thinking or delusions.

Psychologists had mixed views on this use of AI for mental health support. A little more than half (54%) said they were comfortable with some patients engaging with chatbots, while 93% said they had concerns about certain patients using the technology. This may be driven by worries that chatbots could cause unexpected harm to vulnerable users. Nearly all psychologists surveyed (97%) said that chatbots may inadvertently reinforce negative behaviors or delusional beliefs, 94% said today's chatbots cannot treat conditions with an appropriate amount of nuance, and 89% said that chatbots may inadvertently encourage self-harm.

APA is clear that AI is not a safe or effective replacement for a qualified mental health provider and should be used carefully. APA is clear that AI is not a safe or effective replacement for a qualified mental health provider and should be used carefully.

"AI tools, when grounded in psychological science and developed in collaboration with mental health scientists, have the potential to meet the growing demand for mental health care and improve patient outcomes," said Evans. "But these tools work best when used to complement a relationship with a licensed, human professional who understands how to treat a person, not a prompt."

Still, only a quarter of psychologists (24%) said patients will one day prefer therapy chatbots to human mental health professionals, suggesting that psychologists are generally confident that human relationships between mental health professionals and their patients provide benefits that AI cannot yet replicate.

<https://www.apa.org/news/press/releases/2026/06/patients-chatbots-mental-health>

6. **QUESTÃO 01 – Qual o principal fenômeno investigado na pesquisa apresentada no texto?** \*

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7. **QUESTÃO 02 – Para quais finalidades afetivas e sociais alguns pacientes usam os *chatbots*? Indique os percentuais apresentados.** \*

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8. **QUESTÃO 03 – Os psicólogos apresentam opiniões divergentes sobre o uso de *chatbots* para apoio à saúde mental. Que dados demonstram essa posição ambivalente?** \*

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9. **QUESTÃO 04 – Com base no posicionamento do CEO Arthur C. Evans Jr., por que a inteligência artificial não deve ser vista como uma substituta para o profissional de saúde mental?** \*

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10. **QUESTÃO 05 – Apenas 24% dos psicólogos acreditam que, no futuro, os pacientes preferirão *chatbots* terapêuticos ao invés de profissionais humanos. O que esse dado revela sobre a visão geral dos psicólogos?** \*

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