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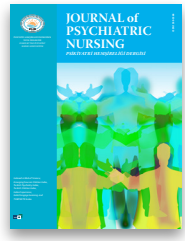

Letter to the Editor

The role of artificial intelligence (ChatGPT) in psychiatric nursing

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Dear Editor,

Psychiatric nursing is an interpersonal process in which a professional nurse helps to improve the mental health of the individual, family, and society, to prevent or manage mental illness and distress, and, where appropriate, to make sense of these experiences.[1]

It has been noted that mental health nurses can play an essential role in integrating different interventions that support the individual's healing process into the clinical setting and researching their effectiveness. It is reported that nursing practice in the field of mental health and illness should be knowledge-based, collaborative, holistic, patient and recovery-oriented.[2,3]

Psychiatric nursing is a dynamic and rapidly evolving field driven by technological advancements and changes in health-care delivery models.[4] Nurses, who represent a significant proportion of health-care professionals, are the group that stands to benefit most from artificial intelligence (AI) technologies and their applications.[5]

Artificial intelligence is a multidisciplinary approach that combines linguistics and computer science to create machines capable of performing tasks that typically require human intelligence.[6] These tasks include learning abstract concepts such as reasoning and understanding and adapting and responding to complex human traits, including creativity, attention, and emotion.[7]

ChatGPT has rapidly gained popularity, reaching more than 30 million users just 2 months after its launch. It is reported that around 5 million people use this technology on online platforms during the day. This fast-growing software has emerged as a critical communication tool, surpassing other advanced models with its superior capabilities.[8,9]

ChatGPT plays a pivotal role in promoting problem-based learning for patients. It can simulate patient interviews with clinical stories and realistic dialogs that significantly contribute to learning.[10] These simulations not only bridge the gap between theoretical knowledge and practical application but also inspire the development of critical thinking and decision-making skills crucial in clinical practice.[8]

The use of ChatGPT in health-care necessitates a comprehensive evaluation of its ethical considerations and limitations, including trustworthiness, plagiarism, copyright infringement, and bias. As highlighted by Dave et al.,[11] it is crucial to address these potential limitations before implementing ChatGPT. One such limitation is the absence of human interaction. While ChatGPT can offer real-time information, it cannot provide human-specific feedback, guidance, empathy, and interpersonal skills.

With the widespread use of ChatGPT in health care, it is stated that it is essential to think critically about the patient's potential and problems in improving patient care, mixing artificial intelligence data with a humanistic and patient-focused discipline such as psychiatric nursing.[12]

Integrating ChatGPT into psychiatric nursing education is a promising development that can enhance the quality and efficiency of education and improve care delivery and patient outcomes.[13] However, it is important to recognize its limitations. ChatGPT may not fully capture essential human emotions such as empathy and compassion, which are the foundational principles of psychiatric nursing. This field prioritizes patient-centric values, emphasizing empathy, compassion, engagement, and respect for the patient. In addition, ChatGPT tends to focus on practical applications rather than descriptive or theoretical analyses. Without adapting to the

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unique perspectives inherent in psychiatric nursing, ChatGPT may struggle to incorporate the holistic and individualized approaches that define the discipline effectively.

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