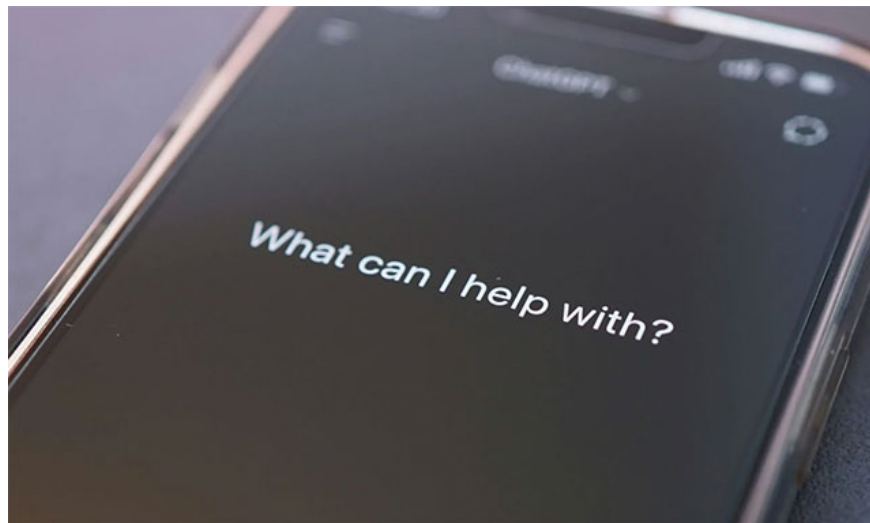


New research: Daily conversations with AI may be linked to depression.

A study published in JAMA suggests that daily users of AI chatbots have a higher rate of depressive symptoms, although a causal relationship has not yet been proven.

Spending time chatting with AI assistants like ChatGPT, Google Gemini, or Microsoft Copilot may be more than just a tech habit. A new study published in the journal *JAMA Network Open* shows that people who use AI chatbots daily are more likely to report symptoms of depression on average compared to those who interact less.

According to the research team, the group that frequently uses AI has about a 30% higher risk of experiencing moderate to severe symptoms of depression. However, the authors emphasize that this is only a statistical association, not evidence that chatting with chatbots directly causes depression.



This conclusion is based on a nationwide survey of nearly 21,000 adults in the US, conducted in 2025. Participants reported the frequency of their use of AI-generated tools and completed standard mental health assessments. Of those, about 10% said they used AI daily and 5% said they chatted with chatbots multiple times a day.

The group that used AI daily reported higher rates of depressive symptoms, along with other negative emotional effects such as anxiety and irritability.

The researchers specifically noted that these results do not prove that using AI chatbots causes depression. Another possibility is that people who already feel lonely or have symptoms of depression will tend to turn to AI more frequently, rather than conversations with AI being the trigger.

Some analyses also suggest that this link is more pronounced in the middle-aged group of 45 to 64 years old, although the specific reasons remain unclear.

This doesn't mean AI chatbots have no benefits. In specialized therapeutic contexts, such as those based on cognitive-behavioral therapy (CBT) or designed under clinical supervision, some evidence suggests that AI can help reduce symptoms of depression and loneliness if built with clear boundaries and appropriate safeguards.

However, the spontaneous use of AI as a form of daily 'companionship' is a different story. Mental health experts warn that over-reliance on AI interactions could make underlying mental health issues more difficult to address through human support.

Overall, this new research reveals a relationship worth closer examination, given the increasing integration of AI tools into daily life. Whether frequent conversations with AI are a stress coping mechanism, a sign of social withdrawal, or a complex combination of factors remains to be seen. Experts recommend that people pay attention to their reasons for turning to 'artificial voices,' and not hesitate to seek human connection and professional support when needed.

You finished reading the article "**New research: Daily conversations with AI may be linked to depression.**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.