# Decoding The AI Wordbook

AI + Mental Health

As AI becomes integral in many aspects of our lives, it's also part of our evolving vocabulary. Terms like **digital dementia** and **doomscrolling** have become buzzwords used in daily conversations. It's interesting that a lot of these **new words explain AI's impact on our mental health**.

Digital Dementia

The term was originally coined by **Dr Manfred Spitzer** in 2012 to highlight the **decline in cognitive abilities or brain atrophy** linked to an overuse of digital devices. While it is a non-clinical term, the symptoms include **brain fog, difficulty with memory, and reduced attention span**.
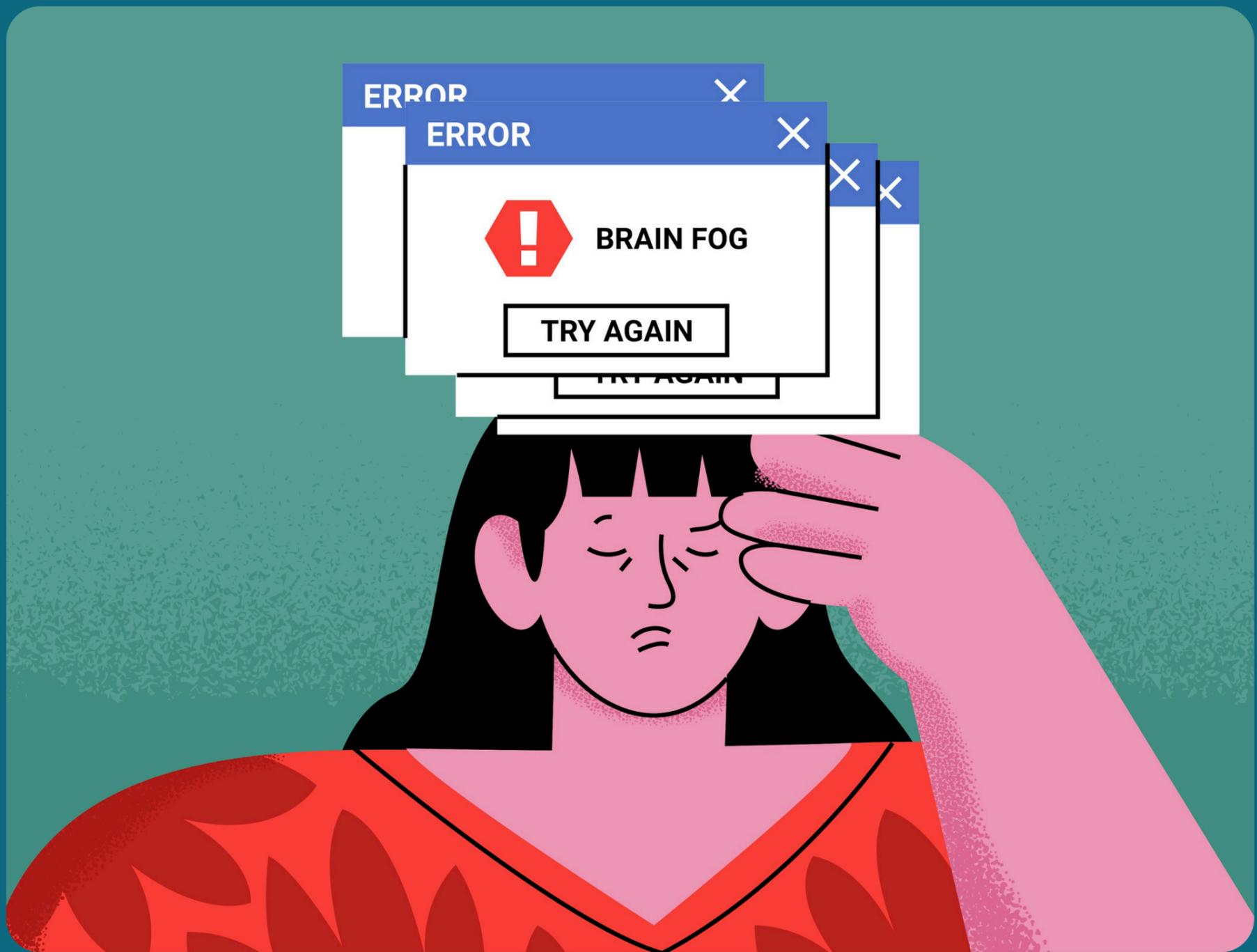
AI Brain Fry

While overseeing multiple AI "agents", participants in a recent study by Boston Consulting Group experienced a sensation of "buzzing" or a fog that left workers struggling to concentrate and exhausted. The study's authors have termed it "AI brain fry" or **mental fatigue from excessive use/oversight of AI tools beyond one's cognitive capacity**.

AI Companionship

It refers to the rise of AI-powered conversational agents, which are seen as a **low-effort source of emotional connection and social suppor**t. These "synthetic relationships" may offer immediate comfort but can lead to long-term psychological challenges.
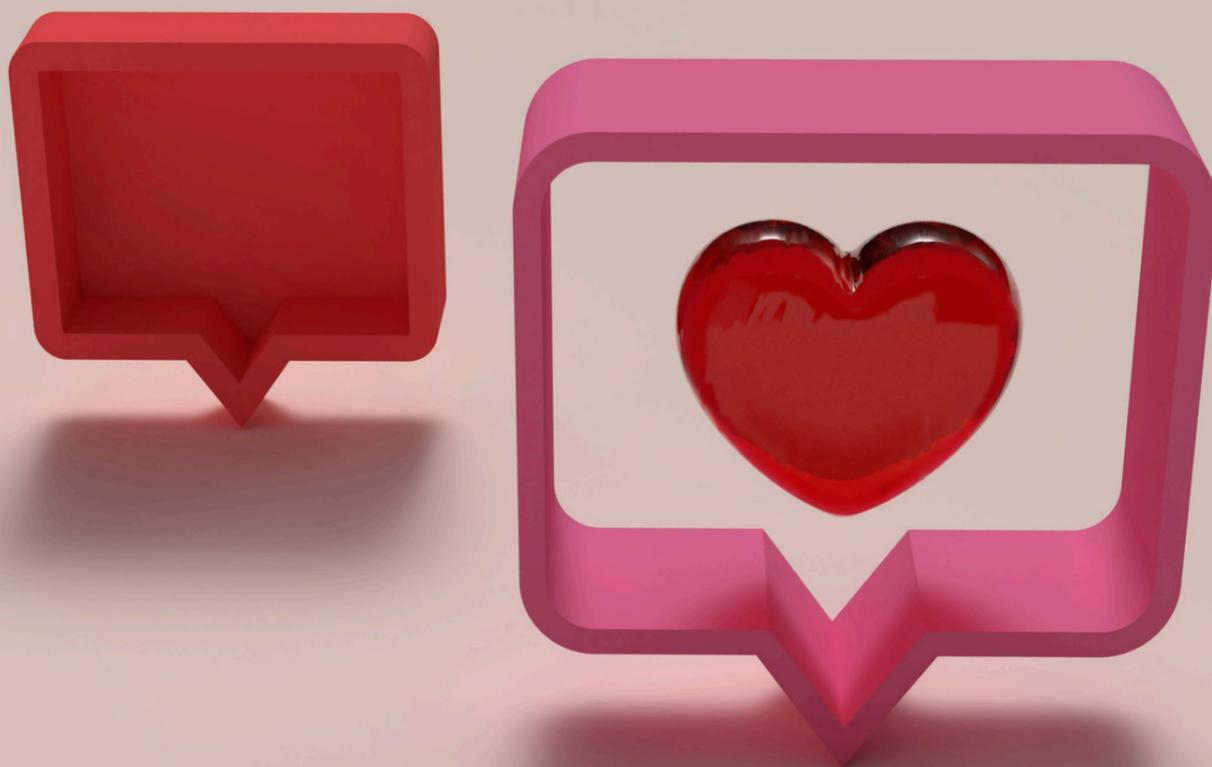
AI Psychosis

It refers to **AI fuelling psychotic delusions**. It's also known as **ChatGPT psychosis and Chatbot psychosis.** In such cases, intense interaction with AI chatbots can trigger or aggravate delusional beliefs, paranoia, and detachment from reality.

Doomscrolling

Doomscrolling was one of **Oxford English Dictionary's words of the year in 2020.** During the pandemic, it was synonymous with constant tracking of news. **AI drives doomscrolling via algorithms that personalise and amplify negative content.** It keeps users hooked, while fuelling anxiety.

Technostress

Technostress is caused by **inability to cope with new computer technologies,** which affects mental health. It can manifest through stress from being constantly connected, information overload, technophobia, and reduced productivity.

Algorithmic Anxiety

It is a worry that encompasses the fear of job loss and **concerns about human value, professional identity, and the meaning of work in an automated future**. It largely results from lack of transparency, loss of agency and impact on one's profession.