

5th International Congress on AI and Machine Learning

December 09-10, 2024 | Dubai, UAE (Hybrid Event)

Cognitive behavioral therapy (CBT) delivered via AI and Robotics

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**Statement of the Problem:** The current study aims to examine the efficacy of Woebot against three control conditions, including ELIZA, a introductory (non- "smart") conversational bot, a journaling app, and a unresistant psychoeducation control group. They emphasize that using a no- treatment control group study design to request clinical services should no longer be respectable nor serve as an respectable precursor to selling a chatbot as functionally original to psychotherapy. compulsive – obsessive complaint (OCD) is characterized by the presence of unwanted and repetitious studies driving significant anxiety, as well as the presence of ritual actions or internal acts carried out in response to prepossessions to reduce the associated torture. In the impurity subtype, individualities are spooked of origins and bacteria, are exorbitantly concerned with cleaning, fear impurity and the spread of complaint, and may have a veritably strong aversion to fleshly concealment. Findings reveal that Woebot does not offer benefit above and beyond other tone- help behavioral intervention technologies. A many study on virtual reality (VR) have been conducted with people suffering from OCD, but they all concentrate on the subtype characterized by checking-rituals.

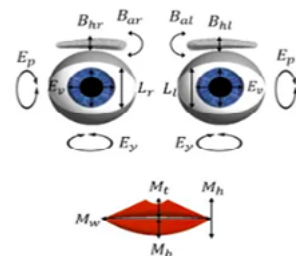


Figure 2: Thirteen Degrees for the Facial Expressions Biography

Nagarjuna Reddy Aturi, a seasoned professional with a unique blend of corporate executive leadership, wellness research, and life sciences expertise. His diverse background spans multiple sectors, enriched by his travels to over 48 countries.

Currently, he serves as the Regional Wing Director, West - Programs, Americas for Isha Foundation, where he manages program execution and operational excellence across the region. Additionally, as the Program Research Director for Product Development at Isha Life (APAC), he led the creation of over 300 innovative products, many of which are patented or pending.

At Desert Garden Montessori, he directs the "Wellness Wheel for Life" project, integrating yogic practices, plant-based nutrition, and microbiome testing to enhance children's holistic well-being. This initiative collaborates with top universities, health research centers, and insurance companies in the U.S., and is advancing through its planned phases. His global leadership roles include spearheading impactful movements like the Save Soil Movement, which has reached 4 billion people and influenced policies in 80 countries, and the Cauvery Calling Campaign, which revitalizes rivers and supports 218,000 farmers.

As Executive Director of Sai Nidhi Telecommunications, he oversees strategic initiatives in the telecommunications sector. As a certified Isha Hatha Yoga teacher, he has transformed thousands of lives through 500+ workshops, engaging 6,000 participants with 45,000 hours of engagement. His approach integrates ancient yogic and Ayurvedic practices with modern

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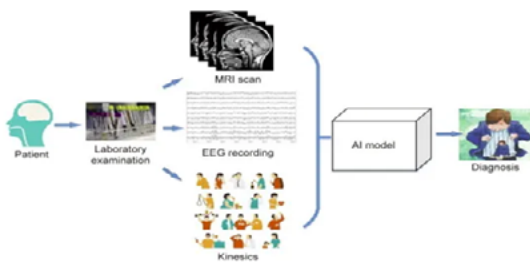


Figure 1: Observation Techniques for Psychiatric Disorders

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healthcare, focusing on personalized methods for cancer recovery and trauma. As a recognized Corporate Director (DIN: 10439335) certified by the MCA and IOD, he has expertise in regulatory compliance, governance, and strategic management. His leadership is supported by memberships in global organizations like IICA, IDDB, IOD, NACD (USA), EXIN, and PMI (USA). His research spans AI, healthcare, and holistic wellness, including peer-review and conference judging.

Nagarjuna has authored papers on cognitive neuroscience, AI, neural imaging, and holistic wellness, and has spoken, judged, and peer-reviewed at global conferences. With travel over 48 countries, he offers a global perspective on integrative healthcare and corporate governance. A certified Isha Yoga teacher, he brings decades of experience, including roles at Fortune 500 companies, keynote speaker at several international summits and has earned numerous international awards.

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