

Exploring the psychological & ethical implications of AI work: Development of a wellbeing assessment tool for AI professionals

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Introduction

This research delves into the high stress levels often experienced by AI professionals. By identifying key factors and leveraging pattern recognition, we aim to **detect early signs** of **psychological stress**. Our innovative wellbeing assessment tool seeks to address sudden changes in performance, fostering healthier and more sustainable workenvironments (Yon & Amiri, 2024).

Research question

How can work-related patterns be effectively analyzed to detect early indicators of psychological stress among AI professionals?

Methodology

This research follows three steps: **data collection, application, and evaluation**. First, a literature review identifies stress factors, ethical considerations, and existing wellbeing tools, while interviews and surveys gather insights from AI professionals (Malik et al., 2024). Next, relevant findings are selected and applied to develop an AI-driven assessment tool. Finally, an evaluation method assesses its effectiveness and ethical impact, refining the tool based on feedback and modevaluation.

Impact of occupational stress among AI professionals

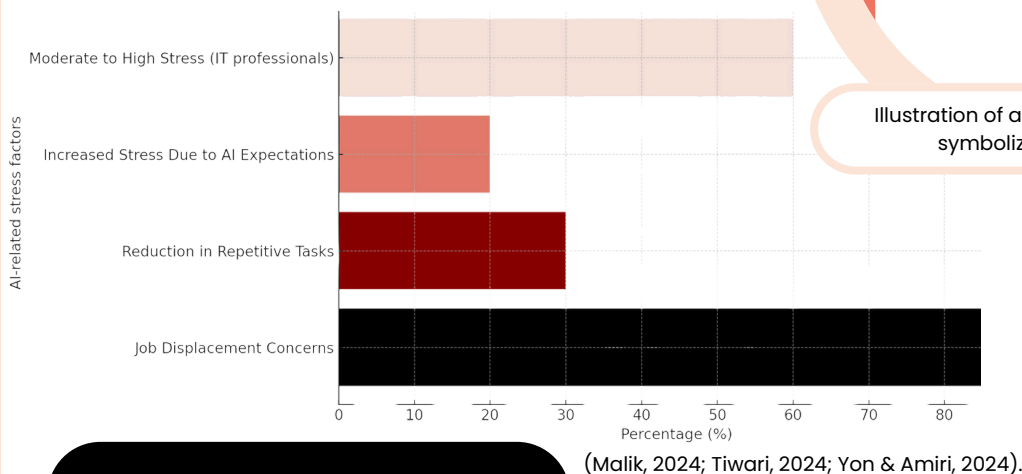


Illustration of a head with tangled lines, symbolizing mental stress.

Results

Stress can lead to multiple personal and work-related issues (Tiwari et al., 2024). The assessment tool **provides early detection of psychological stress** through AI-driven insights and (personalized) recommendations, promoting improved productivity and wellbeing. **However, its impact depends on its use.** Employers can utilize the tool ethically to support employees' mental health, creating healthier work environments (Tiwari et al., 2024). Alternatively, **if misused, it could be a means to monitor and pressure employees** rather than provide meaningful support. Assessing the intent and implementation is vital to ensuring the tool enhances workplace wellbeing rather than contributing to stress.

Conclusion

This research highlights the importance of early stress detection among AI professionals through an AI-driven wellbeing assessment tool. By identifying key stress patterns and applying ethical AI principles, the tool has the potential to improve workplace wellbeing and productivity.

However, its impact depends on responsible implementation. Future research should focus on refining the tool, assessing its effectiveness in real-world settings, and ensuring it is used ethically to support, rather than monitor, employees.

Illustration of person with a cloud as a head. Stress causes cloudiness/fog.

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