DIGITAL PSYCHOSIS: AI AND ALGORITHM TRIGGERS

Digital psychosis is a working term, not yet a formal DSM or ICD diagnosis used to describe cases where psychotic symptoms emerge following sustained interaction with digital technologies, specifically AI chatbots and social media algorithms. In these instances, the digital content becomes central to the individual's delusional system

Knowing The Real Risk

Who Is Most at Risk?
People with vulnerability factors may be more likely to develop symptoms when AI or algorithmic feeds
- Daily or near-daily AI chatbot use, especially overnight or immersive use
- Prior psychosis or clinical high-risk state · Severe insomnia, isolation, or acute stress/trauma
- Active substance use (e.g., cannabis, stimulants)
- Strong anthropomorphization (belief the AI is alive, testing you, or reading thoughts)

Why This Matters: Long-Term Impact
AI-driven reinforcement can intensify distorted beliefs and prolong episodes, early action can reduce harm.
- Psychosis can escalate quickly and become dangerous (self-harm risk, impaired judgment)
- AI/social feeds can reinforce delusional beliefs via validation and repetition
- Sleep loss + compulsive checking can worsen symptoms and prolong episodes
- Early intervention improves outcomes and reduces recurrence risk

Warning Signs of Psychosis
These symptoms may signal a break from reality and warrant prompt evaluation, especially if rapidly
- Paranoia or extreme fear related to AI, surveillance, or algorithms
- Hallucinations (seeing/hearing things that aren't there)
- Disorganized thinking or speech
- Withdrawal from family/friends; sudden drop in functioning
- Believing AI has special powers (mind-reading, spiritual channeling, secret missions)

What To Do If You're Concerned
Supportive steps can reduce risk and help stabilize symptoms while connecting to appropriate care
- Reduce/stop AI chatbot use during acute symptoms
- Address substances (cannabis/stimulants) and stressors
- Seek professional medical or mental health evaluation immediately
- Save chat logs and involve trusted supports for clinical context

Get Started

- Book a consultation **888-710-PAND**
- Have your loved one complete an assessment screen (Scan the QR Code)
- Call us for help.