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UF/IFAS AI AND DATA SCIENCE SEMINAR SERIES

WEDNESDAY, MARCH 26, 2025
12:00P.M. - 01:00P.M.

ZOOM:
https://go.ufl.edu/5g8w7ep

Advancing Youth Mental Health Intervention Effectiveness with AI Methods

There has been a growing concern about the prevalence of depression and anxiety among adolescents. The existing mental health prevention programs tend to adopt a one-size-fits-all approach, resulting in limited effectiveness, with some individuals benefiting significantly while others do not. Therefore, there is a pressing need to enhance the precision of mental health prevention efforts to enhance their effectiveness and optimize the utilization of limited mental health resources. The presented work addresses this need by identifying factors that moderate the effects of a family-centered, web-based intervention program on adolescents' emotional problems using machine learning methods. This project will advance basic science by providing a more nuanced understanding of how intervention programs could promote youth mental health. It will also provide practical insights on improving these intervention programs' effectiveness.
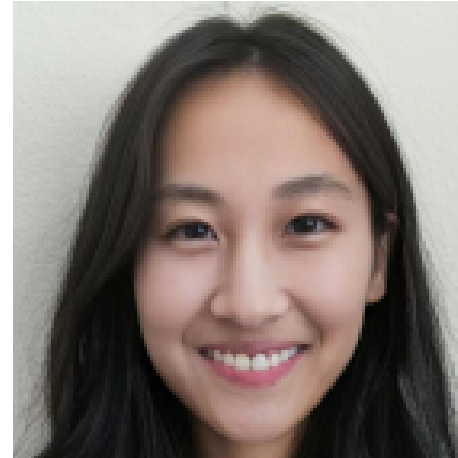
DR. XIAOYA ZHANG

BIO

Xiaoya Zhang is an assistant professor in the Department of Family, Youth and Community Sciences. Her research focuses on the intersection of child and adolescent development, AI, and prevention science, aiming to promote individuals' positive development. Funded by the CDC and NIH, she works to understand how individual and environmental factors in family and community will shape youth's mental and behavioral health and cognitive functioning. Her work is translational to develop personalized intervention programs to promote the wellbeing of youth and families.