(12) PATENT APPLICATION PUBLICATION

(21) Application No.202511021529 A

(19) INDIA

(22) Date of filing of Application :10/03/2025

(43) Publication Date : 21/03/2025

(54) Title of the invention : AI-BASED COGNITIVE BEHAVIORAL THERAPY COMPANION USING NLP AND DEEP LEARNING FOR PERSONALIZED MENTAL HEALTH SUPPORT

(51) International classification	:G16H0020700000, G06F0040300000, G16H0050200000, G06N0003045000, G06Q0030025100
(86) International Application No Filing Date	:NA :NA
(87) International Publication No	: NA
(61) Patent of Addition to Application Number Filing Date	:NA :NA
(62) Divisional to Application Number Filing Date	:NA :NA

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(57) Abstract :
The present invention relates to an AI-powered cognitive behavioral therapy companion system employing natural language processing (NLP) and deep learning (DL) for personalized mental health support. The system analyzes user emotional input through NLP, offers personalized cognitive-behavioral interventions, and adapts therapeutic content dynamically based on user interactions. A conversational AI agent provides empathetic, context-aware responses to support mental wellness. Real-time analytics, presented via an interactive GUI, enhance user engagement and therapy adherence. The system continuously learns, ensuring progressively personalized and effective mental health support.

No. of Pages : 15 No. of Claims : 5