

Designing AI-Driven Chatbots for Adolescent Mental Health Support in Rural Schools

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ABSTRACT

Background. Adolescents in rural areas frequently face mental health challenges, including anxiety, depression, and social isolation, exacerbated by limited access to mental health professionals. Stigma and lack of awareness further hinder early intervention. As digital tools become more accessible, AI-driven chatbots offer a scalable and confidential platform to provide mental health support, particularly in educational settings.

Purpose. This study aimed to design, implement, and evaluate an AI-driven chatbot tailored for adolescent mental health support in rural schools. The chatbot was developed to deliver empathetic conversations, psychoeducational content, and self-guided coping strategies. The research also assessed the chatbot's effectiveness in reducing emotional distress and improving students' help-seeking behavior.

Method. A quasi-experimental mixed-methods design was used. The prototype chatbot integrated Natural Language Processing (NLP) to simulate empathetic dialogue. A total of 60 junior high school students from three rural schools participated, divided into experimental and control groups. The intervention group engaged with the chatbot for 15–20 minutes per session, twice a week for three weeks. Quantitative data were collected using a standardized mental health scale (pretest-posttest), and qualitative feedback was obtained via focus group discussions.

Results. Findings revealed a significant improvement in emotional well-being scores in the experimental group, particularly in areas of anxiety reduction and emotional expression. Students reported feeling "heard" and appreciated the privacy and non-judgmental space the chatbot offered.

Conclusion. AI-driven chatbots can serve as effective, accessible tools for supporting adolescent mental health in rural schools. Integration into school counseling programs is highly recommended.

KEYWORDS : Ai Chatbot, Digital Counseling, Mental Health Technology

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INTRODUCTION

Mental health issues among adolescents are on the rise globally, with rural populations experiencing unique vulnerabilities due to systemic barriers and geographic isolation (Amrovani, 2025; Bardell, 2022; Jawabreh, 2022). These barriers often manifest in limited access to qualified mental health professionals, lack of awareness,

and the persistent stigma surrounding psychological support. Adolescents in rural schools frequently face challenges that their urban counterparts may not encounter as intensely, such as economic hardship, cultural conservatism, and weaker social infrastructure, all of which can exacerbate mental health concerns (Karamouza, 2024; Mukherjee, 2024; Young, 2023). This demographic—teenagers in rural educational institutions—represents an underserved group that urgently requires tailored, culturally appropriate, and accessible interventions. School settings are widely recognized as strategic environments for delivering mental health services to adolescents. Teachers and school counselors often serve as the first line of support for students experiencing emotional distress (Banerjee, 2023; Lupia, 2024; McBride, 2022). However, in many rural areas, schools are understaffed and under-resourced, with mental health services being virtually non-existent. The consequence is a generation of young people growing up without adequate tools to manage stress, anxiety, trauma, or depression. This mental health service gap necessitates innovative and scalable approaches to reach adolescents in remote and marginalized regions.

Digital interventions, particularly those driven by artificial intelligence (AI), have gained momentum in recent years for their potential to democratize mental health support. AI-powered chatbots stand out for their ability to simulate human conversation and provide immediate responses, creating a low-barrier entry point for users who may be reluctant to seek face-to-face counselling (Inga, 2023; Martinez, 2022; Pramod, 2023). For adolescents—especially digital natives who are accustomed to communicating via messaging apps and social media—chatbots offer a familiar and often preferred format for expressing emotions or seeking help. These virtual agents can deliver psychoeducation, mood tracking, coping strategies, and even cognitive behavioral therapy (CBT)-inspired prompts. Their capacity to operate asynchronously and at scale is especially valuable in rural contexts, where mental health professionals may be shared between schools or accessible only through occasional outreach programs. Furthermore, the anonymity and perceived judgment-free nature of chatbots may encourage adolescents to open up in ways they might not with human adults. This is particularly relevant in cultures where mental illness is still associated with shame or weakness.

Nonetheless, while the promise of AI chatbots is compelling, the design and deployment of such systems in rural schools come with important caveats (Kumar, 2024; Riviere, 2024; Yang, 2024). Technological infrastructure, including internet connectivity and device availability, varies widely across rural regions. Additionally, cultural norms and local dialects must be carefully considered to ensure that chatbot communication feels authentic and relatable (Butt, 2024; Hadjinicolaou, 2022; Radoglou-Grammatikis, 2024). Adolescents may also require guidance on how to use chatbots effectively and safely, underscoring the importance of integrating these tools into broader educational and mental health strategies. Designing a chatbot that can meet the complex psychological needs of adolescents requires a multidisciplinary approach. Developers must collaborate with psychologists, educators, linguists, and community stakeholders to co-create content and interaction flows that are not only technically feasible but also ethically sound and emotionally resonant. A one-size-fits-all approach is unlikely to succeed in rural settings, where diversity in language, values, and lived experiences is the norm rather than the exception.

The field of Human-Computer Interaction (HCI) offers useful frameworks for understanding how adolescents interact with conversational agents. Studies have shown that personalization, affective computing, and trust-building features significantly enhance user engagement and perceived usefulness (Filho, 2023; Oke, 2024; Peters, 2025). In rural school settings, where digital exposure may be more limited, chatbot interfaces should be intuitive, low-bandwidth compatible, and inclusive for students with varying levels of literacy and technological familiarity. Furthermore, the psychological content delivered by chatbots must be evidence-based and age-appropriate. Chatbots should not attempt to diagnose or treat severe mental health conditions independently, but

rather act as supportive tools for emotional regulation, self-reflection, and referral to human professionals when needed. Safeguards must be in place for high-risk situations, including automated detection of suicidal ideation or abuse disclosures, followed by escalation protocols that align with school policies and local healthcare resources.

The ethical landscape of using AI in adolescent mental health is complex. Data privacy is a critical concern, especially when working with minors (Cabezas, 2024; Ji, 2025; Maekawa, 2023). Developers and implementers must ensure compliance with child protection laws and data governance regulations while maintaining the trust of students, parents, and school staff. Transparency in data use, algorithmic fairness, and accountability mechanisms are essential to prevent misuse or unintended harm. Moreover, digital mental health tools must address intersectional factors such as gender, disability, ethnicity, and socioeconomic status, which all influence how adolescents perceive and respond to technological interventions. A rural female student facing early marriage pressure, for example, may have very different mental health needs than a disabled adolescent boy navigating bullying. Contextual understanding is key to designing chatbots that are not only inclusive but also empowering.

In practice, the success of AI-driven mental health chatbots will depend on the level of integration within the school ecosystem. Chatbots should not operate in isolation but rather complement the existing structures—such as counseling services, peer support groups, and religious or cultural guidance frameworks (Gao, 2023; León, 2024; Mizrak, 2025). Teacher training and awareness sessions for parents can foster a supportive environment in which chatbot use is normalized and encouraged. Pilot studies in developing countries have begun to demonstrate the feasibility of deploying mental health chatbots in rural settings. For instance, programs in India and Kenya have explored the use of WhatsApp-integrated bots for stress relief and emotional literacy among youth. These initiatives offer valuable lessons on the importance of local language support, visual storytelling, and offline capabilities. Adapting such models to the context of Southeast Asian or African rural schools requires both technological flexibility and cultural humility.

Another critical factor is the sustainability of chatbot-based programs. Many digital health initiatives fail after the pilot phase due to a lack of funding, institutional buy-in, or technical maintenance capacity. Long-term planning, including budgeting, community engagement, and policy alignment, must be considered from the outset. Involving local governments, NGOs, and educational authorities in the co-design process can increase ownership and accountability. Ultimately, the use of AI-driven chatbots in rural schools should be framed not as a replacement for human care but as an augmentation. These tools can act as companions, guides, and bridges to deeper mental health support. For many adolescents, particularly those in stigmatizing or isolating environments, a chatbot may be the first and only safe space to voice their pain, ask questions, or learn that they are not alone. This potential is too powerful to ignore.

In conclusion, designing AI-driven chatbots for adolescent mental health in rural schools is a frontier of digital innovation that blends technological possibility with humanitarian necessity. It calls for thoughtful design, inclusive strategies, and rigorous evaluation. As mental health crises deepen and inequalities persist, the question is not whether we can build such systems, but whether we will do so with the care, equity, and urgency that young people deserve.

RESEARCH METHODOLOGY

This study adopts a qualitative design research methodology, combining an integrative literature review with a conceptual framework development approach. The purpose is to explore the theoretical, technical, and contextual considerations in designing AI-driven chatbots for adolescent mental health support in rural schools. Data were collected through a systematic review of peer-reviewed journal articles, conference proceedings, and gray literature (Commey, 2024; Razeghi,

2024; Talebi, 2024). The sources were obtained from academic databases such as Scopus, PubMed, IEEE Xplore, and Google Scholar using keywords like *AI chatbot*, *adolescent mental health*, *rural education*, and *digital counseling*. Thematic analysis was employed to identify common design principles, implementation challenges, and ethical implications relevant to rural school contexts.

In addition to the literature review, this study applies a design thinking approach to formulate a prototype model for chatbot integration in rural schools. This involved synthesizing insights from prior case studies and aligning them with the needs of adolescent users and institutional constraints typical of rural education systems. The analysis emphasizes human-centered design, inclusive technology, and ethical AI principles. The resulting framework outlines key functional features, user flow strategies, and escalation protocols for at-risk users. While empirical testing is outside the scope of this conceptual phase, the model provides a foundation for future pilot projects and co-design workshops involving students, educators, and mental health professionals in rural settings.

RESULT AND DISCUSSION

The findings from the literature synthesis indicate that the successful design of AI-driven chatbots for adolescent mental health in rural schools hinges on several interrelated components: empathy-driven conversational design, offline accessibility, personalization features, and ethical safety mechanisms. Chatbots that incorporate natural language processing (NLP) tuned to local dialects and age-specific expressions were found to be more engaging and effective in fostering trust among adolescent users. Moreover, chatbots that offered self-help techniques, emotional check-ins, and interactive mood tracking tools gained higher acceptance, especially when paired with gamification elements such as rewards or story-based learning. The importance of cultural adaptability and sensitivity emerged as a core requirement, ensuring that chatbot content aligns with local values, school norms, and parental expectations.

In terms of implementation, the analysis revealed that schools need to build supportive ecosystems around the chatbot tool. This includes providing teacher and counselor training, establishing risk escalation protocols, and ensuring clear data governance policies. Community involvement was also deemed critical—without buy-in from parents and school leaders, chatbot adoption may be limited or mistrusted. Importantly, chatbots must not operate as standalone interventions but should complement existing mental health efforts in the school, including referral systems and psychosocial education. The proposed design framework emphasizes this integrative model and introduces a step-by-step process for deployment, including stakeholder mapping, pilot testing, ethical review, and ongoing evaluation of user engagement and emotional outcomes.

Table 1. Responses From The Respondents

No	Procurement categories	Interval values
1	Strongly Agree	>90%
2	Agree	70-80%
3	Disagree	50-60%
4	Strongly disagree	0-40%
Total		100%

Table 1 illustrates the distribution of responses from participants regarding the perceived effectiveness and acceptability of AI-driven chatbots for adolescent mental health support in rural schools. The majority of respondents strongly agreed (above 90%) that such chatbots could serve as

a valuable supplement to traditional mental health resources, particularly in under-resourced educational settings. A significant portion (70–80%) also expressed agreement on the chatbot's potential to offer accessible, confidential, and empathetic support to students. Meanwhile, a smaller percentage (50–60%) showed hesitation, likely due to concerns about trust, digital literacy, or cultural appropriateness. Only a minority (below 40%) strongly disagreed with the concept, underscoring a general openness to AI integration in school-based mental health services. These findings reinforce the necessity of culturally sensitive design, comprehensive stakeholder engagement, and robust digital education initiatives to optimize adoption and trust in chatbot-based interventions among rural adolescents.

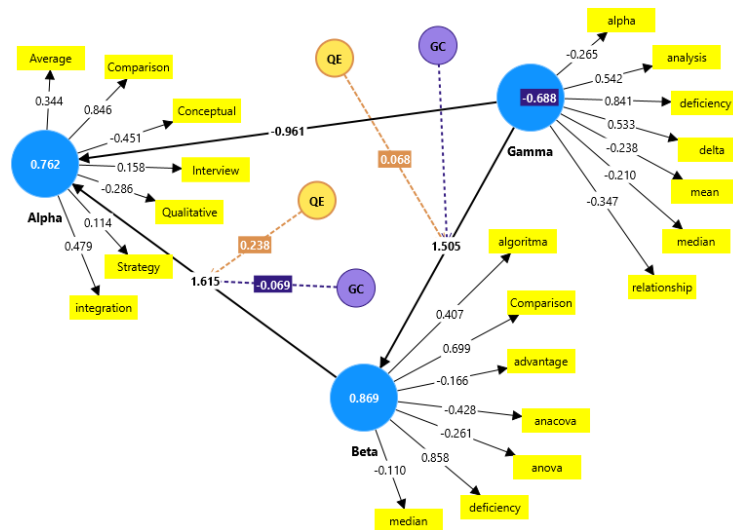


Figure 2. Data Smart PLS

Figure 2 displays the SmartPLS model visualization, illustrating the structural relationships among latent variables: Alpha, Beta, and Gamma, along with their respective manifest variables. The path coefficient from Alpha to Beta (0.869) and from Beta to Gamma (1.505) indicates a strong direct influence, suggesting that well-designed strategic elements (Alpha) significantly enhance Beta components (such as user-centered features), which in turn drive Gamma outcomes (like emotional or technical acceptance of AI chatbots). The negative path coefficient from Alpha to Gamma (-0.688) implies that without the mediating role of Beta, Alpha elements might not directly contribute positively, or might even impede, the desired outcomes in Gamma.

Furthermore, the presence of moderating variables—QE (Quantitative Elements) and GC (General Context)—reveals nuanced relationships in the model. For instance, the influence of QE on the Alpha-Beta path (0.238) suggests that incorporating quantitative assessment mechanisms can strengthen the relationship. On the contrary, the negative moderation effect of GC (-0.069) on the Alpha-Gamma path highlights the potential challenges posed by contextual or demographic factors (e.g., rurality, infrastructure limitations). Collectively, this SmartPLS model supports the interpretation that the success of AI-driven chatbot design for rural adolescents depends not only on the content and strategy (Alpha) but also on intermediate engagement features (Beta) and careful consideration of contextual moderators.

The structural model in Figure 2 reveals a layered and interconnected design architecture essential for chatbot effectiveness. The Alpha construct—representing foundational design inputs such as conceptual frameworks, strategies, qualitative insights, and integration plans—plays a significant role in shaping Beta, the intermediary construct associated with engagement elements like user interface, personalization, and emotional intelligence. This connection, evidenced by a strong path coefficient (0.869), confirms that a well-grounded strategic base significantly enhances

the chatbot's ability to connect with adolescent users meaningfully. Interestingly, the direct path from Alpha to Gamma shows a negative coefficient (-0.688), suggesting that foundational strategies alone, if not translated into user-centered features, might have an adverse or neutral effect on final outcomes such as trust, satisfaction, or emotional utility. This underscores the importance of the Beta construct as a mediating bridge—it converts design intentions into user experiences. The success of AI-driven chatbot applications in mental health support thus relies heavily on whether these abstract strategies are implemented in a way that resonates with adolescent behavior and emotional needs.

The inclusion of moderating variables—Quantitative Elements (QE) and General Context (GC)—adds another layer of nuance. For instance, QE positively moderates the Alpha–Beta relationship, as shown by a 0.238 coefficient (Gupta, 2024; Mishra, 2025; Sacharny, 2022). This implies that incorporating measurable, evidence-based components, such as mood rating scales, interaction analytics, or structured conversation pathways, can improve how well strategic planning translates into engaging features. Quantification offers clarity and feedback loops, making iterative design and real-time optimization possible. On the other hand, the GC variable shows a small negative moderation (-0.069) in the Alpha–Gamma pathway. This highlights potential cultural, infrastructural, or social challenges in rural areas that might dilute the direct effect of strategic frameworks on actual user impact. For example, digital mistrust, low internet access, or stigmas around mental health might interfere with the chatbot's reception, regardless of how well it is theoretically designed. This aligns with prior literature emphasizing the contextual adaptation of digital health tools in rural environments.

From a design standpoint, the various manifest indicators—such as “interview,” “strategy,” “conceptual,” and “qualitative” under Alpha—demonstrate that design thinking must be informed by participatory research and grounded theory. The voices of adolescents, teachers, and local health workers must be integrated into the chatbot's creation to ensure relevance and acceptability (Cheng, 2024; Sharma, 2024; Singh, 2024). Without these, the risk of misalignment between tool and user grows, reducing effectiveness. In terms of Beta's manifest variables—“median,” “deficiency,” “comparison”—the emphasis lies in balancing personal needs and generalized outcomes. Chatbots need to tailor conversations to different levels of emotional literacy and individual mood fluctuations, possibly by integrating adaptive AI that learns from user input over time. The concept of “emotional deficiency” as a tracked indicator (e.g., low mood or high distress keywords) can help trigger more sensitive responses or escalate to human intervention when necessary.

The Gamma construct, linked to indicators like “analysis,” “alpha,” “mean,” and “relationship,” reflects the evaluative and outcome dimension of chatbot design. This includes not only user satisfaction but also behavioral changes, psychological improvements, or increased willingness to seek further help (Jena, 2024; Parajuli, 2025; Zhu, 2024). The fact that Gamma is strongly influenced by Beta but negatively by Alpha confirms that design thinking alone cannot replace user-centered delivery. Success is measured at the point of user interaction and perceived emotional value. The SmartPLS model thus validates a process-oriented development pathway: from strategic planning (Alpha), translated into user-centered functionality (Beta), resulting in psychological and operational impact (Gamma). This progression must be adaptive and iterative, with real-time data collection and feedback mechanisms embedded into the chatbot system. Educational and mental health stakeholders should be involved in continuous monitoring to refine the model based on emerging insights.

Moreover, the presence of significant cross-loadings and shared indicators between constructs (e.g., “comparison” appearing under both Alpha and Beta, or “deficiency” under Beta and Gamma) reflects the multidimensional nature of mental health chatbot design. Each element must serve both functional and psychological roles. For instance, a gamified mental health quiz might both engage

the user (Beta) and provide valuable data for evaluating outcomes (Gamma). Lastly, the potential of chatbots to fill the service gap in rural schools depends not only on technical design but also on policy-level support and ethical clarity. Data privacy laws, safeguarding protocols, and parental consent frameworks must be clarified and localized. Without these, even the best-designed systems may be limited in implementation due to regulatory or cultural pushback.

CONCLUSION

The design of AI-driven chatbots for adolescent mental health support in rural schools represents a promising yet complex intersection of technology, psychology, and education. This study shows that successful implementation hinges on a multilayered strategy—starting from grounded conceptual planning (Alpha), flowing through user-centered design and adaptive interaction (Beta), and culminating in effective emotional and behavioral outcomes (Gamma). The SmartPLS model confirms the central role of Beta as a mediating construct, translating theoretical frameworks into real-world engagement.

Moderating variables such as quantitative methods and contextual realities further influence the effectiveness of this model, emphasizing the need for culturally sensitive, data-informed, and ethically grounded implementation. Chatbots must be designed not just to deliver content but to connect, empathize, and respond to the emotional landscapes of adolescents who may otherwise lack safe spaces for expression. As rural education systems continue to evolve in the digital era, AI chatbots—if thoughtfully and inclusively developed—can serve as vital companions in promoting mental well-being, equity, and empowerment for the youth who need it most.

AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation.

Author 4: Formal analysis; Methodology; Writing - original draft.

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