

Clinical Toolkit — Document 1

AI Companion Screening Questions for Intake

AI Companionship in Clinical Practice | Amy Clark

Purpose

These questions are designed to normalise AI companion disclosure and open the door for clinical exploration. They can be added to your existing intake form or used during periodic review.

Recommended Screening Questions

For intake forms (written):

"Do you use any AI chatbots, apps, or companions for conversation, emotional support, or companionship? (e.g., ChatGPT, Replika, Character.AI, Claude, or similar)"

[] No [] Yes — occasionally [] Yes — regularly

If yes, briefly describe: _____

For verbal intake (choose one that fits your style):

- *"Some people find AI companions helpful for processing thoughts and feelings — is that something you've tried?"*
 - *"Do you use any AI tools for emotional support or companionship?"*
 - *"Has technology played a role in how you manage loneliness, stress, or emotional processing?"*
-

Follow-Up Questions (if AI companion use is disclosed)

Use these to guide exploration — not as a checklist to administer. Let the conversation flow naturally.

Nature of use:

- *"Which platform or app do you use?"*
- *"How long have you been using it?"*
- *"What kind of relationship would you say you have with it?"*

Function:

- *"What does it provide for you?"*
- *"What would happen if it were unavailable for a week?"*

Impact:

- *"How does it fit alongside your other relationships?"*
- *"Has it changed how you spend your time or interact with people?"*

Awareness:

- *"How do you think about what it is? How would you describe it to someone?"*

History:

- *"What was happening in your life when you started using it?"*
-

Placement Notes

- Place alongside existing questions about **social support**, **coping strategies**, or **technology use**

- Avoid placing in a section labelled "risk behaviours" or "addictions" — this signals judgment
 - If using a digital intake form, ensure responses are **confidential** and stored securely
 - Consider revisiting every **6-12 months** during periodic review, as AI companion use may develop over time
-

Key Principle

The goal is not to identify a problem. The goal is to **signal safety** — to tell the client that this is something you think about, something you've seen before, and something that won't shock you.

Many clients will never raise AI companion use on their own. You asking first changes the equation.