

# Can AI Reduce My Anxiety About Medical Tests? A Professional Perspective

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## Abstract

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## The Silent Epidemic: Anxiety Before the Diagnosis

The period between a medical test and receiving the results is often fraught with anxiety, a phenomenon sometimes termed "scanxiety" or "test-result anxiety." This psychological burden is a significant, yet often overlooked, aspect of the patient journey. It can lead to poor adherence to follow-up care, emotional distress, and a diminished quality of life. As Artificial Intelligence (AI) rapidly integrates into medical diagnostics, a critical question emerges: Can this technology, designed for precision and speed, also serve as a powerful tool to alleviate patient anxiety? The answer lies in understanding how AI addresses the core drivers of this distress: uncertainty, delay, and the fear of human fallibility.

## AI's Role in Enhancing Diagnostic Confidence

The primary mechanism by which AI can reduce anxiety is by fundamentally improving the diagnostic process itself. Anxiety often stems from uncertainty and the fear of human error or delay. AI addresses both of these concerns with technological solutions that are rapidly becoming standard practice in advanced healthcare systems:

### 1. Unprecedented Speed and Efficiency

Traditional diagnostic pathways can involve significant waiting times for image analysis or lab results, sometimes stretching into weeks. AI algorithms, particularly in fields like radiology and pathology, can process vast datasets—such as CT scans, MRIs, or biopsy slides—in minutes, sometimes seconds. This dramatic reduction in turnaround time directly shortens the period of patient uncertainty. A 2024 study in *Frontiers in Artificial Intelligence* highlighted that AI-enabled environments can address existing challenges in managing anxiety disorders, partly by providing quicker feedback loops and reducing the temporal gap between testing and results. This efficiency is a direct

psychological benefit, transforming a period of prolonged dread into a manageable waiting period.

## ***2. Boosting Accuracy and Reducing Error***

AI systems excel at pattern recognition, often identifying subtle markers of disease that might be missed by the human eye, especially in high-volume settings or in the early stages of a condition. By acting as a "second opinion" or a primary screening tool, AI enhances the overall accuracy of the diagnosis. Research published in *BMC Medical Education* (2023) and *ScienceDirect* (2024) consistently points to AI's potential to revolutionize diagnostic accuracy in medical imaging. Higher accuracy translates to greater confidence in the result, whether positive or negative, which is a powerful antidote to anxiety. Knowing that a diagnosis has been cross-verified by a system capable of analyzing millions of data points instills a sense of reliability in the patient.

## **The Dual Nature of AI: Addressing Trust and Distrust**

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While the technical benefits of AI are clear, the psychological impact is more complex. The introduction of a non-human element into a deeply personal process can introduce a new form of anxiety: **AI distrust**. Patients may worry about data privacy, algorithmic bias, or the lack of human empathy in the diagnostic loop.

A 2025 study in the *Journal of Medical Internet Research* found that while AI-assisted diagnosis offers benefits, a significant portion of the American public harbors distrust, which can surpass their confidence in the technology. This highlights a crucial point: AI cannot operate in a vacuum. Its anxiety-reducing potential is maximized only when integrated seamlessly into the existing patient-clinician relationship, with transparency and clear communication.

## ***The Human-AI Synergy: The Key to Comfort***

The most effective model for anxiety reduction is not AI replacing the clinician, but AI empowering them. When a physician can present a diagnosis backed by the speed and precision of an AI analysis, they can spend less time on technical analysis and more time on empathetic communication, explaining the results, and formulating a personalized treatment plan. This human-AI synergy restores the patient's trust in the process and provides the emotional support necessary to manage the outcome. The clinician acts as the essential bridge, translating complex AI outputs into understandable, compassionate human language.

## **The Future of Personalized Anxiety Management**

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Beyond diagnostics, AI is moving into personalized medicine, which offers another powerful avenue for anxiety reduction. By analyzing a patient's medical history, genetics, and lifestyle factors, AI can create highly tailored treatment and monitoring plans. This shift from a one-size-fits-all approach to precise, individualized care gives patients a greater sense of control and predictability, both of which are key factors in mitigating health-related anxiety. Knowing that a treatment plan is optimized for one's unique biological

profile can significantly reduce the fear of ineffective or harmful interventions.

For more in-depth analysis on the ethical, psychological, and technological implications of AI in healthcare, the resources at [www.rasitdinc.com] (<https://www.rasitdinc.com>) provide expert commentary and a comprehensive look at the future of digital health.

## Conclusion

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The answer to whether AI can reduce anxiety about medical tests is a qualified **yes**. AI's contributions to speed and accuracy directly combat the uncertainty and delay that fuel patient anxiety. However, its success is contingent upon transparent implementation and its role as a supportive tool for the human clinician. As the technology matures, focusing on patient education, addressing concerns about AI distrust, and fostering a strong human-AI partnership will be essential to ensure that the digital revolution in medicine is not just more precise, but also more compassionate and ultimately, less stressful for the patient.

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