

# Mental Health Analysis Using Artificial Intelligence: Comparing ChatGPT Pro, ChatGPT, and Gemini from the Perspective of the Qur'an

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## ABSTRACT

This study compares the views on mental health provided by Artificial Intelligence (AI) models such as ChatGPT Pro, ChatGPT, and Gemini with the views of the Qur'an, and explores the challenges and opportunities of using AI to provide an understanding of mental health in the modern era. The method used is qualitative with a descriptive analysis approach, which combines analysis of Qur'anic verses related to mental health and interactions with AI models. The data used includes Qur'anic verses related to inner peace, patience, and stress management, as well as the results of interactions with AI models. The results of the study show that although the three AI models provide informative views on mental health based on modern psychology, they do not sufficiently relate to the spiritual and moral dimensions contained in the Qur'an. The main challenges in using AI are its limitations in capturing emotional and contextual nuances, as well as its dependence on limited data. On the other hand, the opportunity for AI lies in broader access to information and a personalized approach to understanding mental health. Although AI can provide useful insights, the integration of modern technology and spiritual teachings in the Qur'an can provide a more holistic and effective understanding in dealing with mental health issues in modern society.

**Keyword :** mental health, artificial intelligence, qur'an, modern psychology, spiritual approach.

## Introduction

Mental health is an increasingly pressing issue worldwide. According to data from the World Health Organization (WHO), approximately one in seven adolescents experience mental disorders, such as depression, anxiety, and behavioral disorders (Griffin & McMahon, 2020). These mental disorders not only affect their current quality of life, but can also continue into adulthood, with significant impacts on physical and social health. In the context of an increasingly digitized modern society, technology has become an important tool in supporting mental health, both as a means of counseling and as a source of information (do Carmo, 2023). One of the most developed technologies in this regard is Artificial Intelligence (AI), which is now widely used to provide mental support in the form of conversations or advice based on psychological data analysis (Yang et al., 2021).

In the digital age, the use of AI in supporting mental health is growing. Technologies such as ChatGPT, ChatGPT Pro, and Gemini have been designed to help individuals overcome their mental health issues through text-based conversations that can provide psychological advice, empathy, and recommendations (Alanezi, 2024). ChatGPT, with its GPT-3.5 model that typically offers a free version, provides simpler and less nuanced

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answers when addressing emotional and spiritual aspects. Meanwhile, ChatGPT Pro, using the GPT-5 model, offers more nuanced, in-depth, and empathetic responses, and is capable of addressing spiritual elements that are more relevant to Islamic teachings. On the other hand, Gemini focuses more on a clinical and data-driven approach, with more structured solutions focused on evidence-based medical and therapeutic methods. Although this technology can provide data-driven and scientific psychological solutions, the main question that needs to be asked is whether these AI models can provide solutions that go beyond a technical approach. Is AI capable of capturing the spiritual dimensions contained in Islamic teachings, which involve principles such as inner peace, tawakkal, patience, and dhikr? The Qur'an provides in-depth guidance on mental health through these concepts, which regulate not only psychological aspects but also spiritual aspects, which are integral to the daily lives of Muslims. On the other hand, Islam, as a religion with comprehensive guidance, also provides very clear guidelines on mental health. The Qur'an contains many teachings related to inner peace, patience, and stress management, which are an important part of maintaining mental health (Hapsari et al., 2024).

Based on the above background, this study aims to answer the following questions:

1. How effective are the mental health solutions provided by AI models in supporting individuals with mental disorders?
2. To what extent can the mental health solutions offered by AI models align with the values in the Qur'an?
3. What challenges does AI face in providing holistic mental health solutions? And how can AI overcome these limitations in practice?

This study aims to:

1. Compare the responses of three AI models (ChatGPT, ChatGPT Pro, and Gemini) regarding the solutions they offer for individuals with mental disorders.
2. Analyze the alignment of AI-provided solutions with mental health principles in the Quran.
3. Identify the challenges faced by AI in combining spiritual dimensions with psychological approaches and provide recommendations for more integrated solutions.

However, despite the potential for combining these two elements, AI-based mental health and Qur'anic guidance, there has not been much research examining how AI in the context of mental health can be adapted to spiritual values in Islam, particularly from the perspective of the Qur'an. With the increasing reliance on AI in supporting mental health, this study aims to explore the potential of AI in addressing mental health issues, while remaining grounded in the spiritual values contained in the Qur'an. This study will also provide new insights into how technology and spirituality can work together to provide more comprehensive solutions for humanity.

## Method

This study uses a qualitative design with a comparative approach. It aims to analyze the responses of three Artificial Intelligence (AI) models—ChatGPT, ChatGPT Pro, and Gemini—to questions related to mental health and compare them with the principles found in the Qur'an. This study aims to explore how these three AI models provide advice in the context of mental health, and to what extent they can align their solutions with Islamic teachings related to mental health.

This study did not involve human participants directly. Instead, the AI models used in this study were ChatGPT, ChatGPT Pro, and Gemini, which have different approaches, where ChatGPT uses the GPT-3.5 model, ChatGPT Pro uses GPT-5, and Gemini uses Google's DeepMind technology, and then each AI model provided responses to predetermined prompts. After providing several prompts related to mental health, the responses from the three AI models were recorded and analyzed. Data collection was conducted systematically by documenting each response from ChatGPT, ChatGPT Pro, and Gemini in text form.

The collected data will be analyzed comparatively to evaluate the similarities and differences between the responses provided by the three AI models, with compiling a comparative table. This analysis aims to identify the main patterns that emerge in their answers related to mental health, as well as to evaluate the extent to which the answers Comparison with the Principles of the Qur'an.

## Results

If we ask three AI models, such as ChatGPT Pro, ChatGPT, and Gemini, the same question with the prompt:

**“What is your solution for someone experiencing mental health issues?”**

The responses would be as follows:

AI Model	Answer
CHATGPT PRO	First, it is important to listen to them attentively and avoid judgment. Additionally, professional support such as psychotherapy or a psychiatrist is essential for more effective treatment. Improving physical and psychological well-being through healthy routines, adequate sleep, and exercise is also crucial. Social support from family and friends, as well as involvement in a supportive community, can help reduce feelings of isolation. Education about mental illness to reduce stigma and increase understanding is also very necessary. The healing process takes time, so it is important to give space and patience. In case of a crisis, seek emergency help immediately to ensure the individual's safety.
CHATGPT	The primary step is to seek professional help from a psychologist or psychiatrist to receive appropriate treatment. Family and community support is vital, offering empathy and listening without judgment. From an Islamic perspective, drawing closer to Allah through prayer, remembrance, and reading the Quran can calm the heart and strengthen mental resilience. Additionally, maintaining a healthy lifestyle and engaging in positive activities also helps restore balance to one's mind, body, and spirituality.
GEMINI	The primary solution for someone with a mental illness is to immediately seek professional help from a psychiatrist or psychologist to obtain a diagnosis, psychotherapy (talk therapy), and medication (if necessary), and even contact emergency services (911) if there is a risk of danger. Furthermore, empathetic support from loved ones, such as listening without judgment, validating feelings, and offering practical help, is crucial, accompanied by self-care such as maintaining a healthy

	lifestyle, managing stress, and ensuring adequate sleep as an integral part of the recovery process.
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The three AI models provide solutions that emphasize the importance of professional support, social support, and self-care in overcoming mental disorders. ChatGPT Pro emphasizes the importance of listening attentively and avoiding judgment. In addition, professional support such as psychotherapy or psychiatrists is needed. This model also highlights the importance of physical well-being such as adequate sleep, exercise, and healthy routines, as well as social support from family and friends. Education about mental illness to reduce stigma is also considered necessary. ChatGPT emphasizes the importance of professional help, especially from psychologists or psychiatrists, and empathetic social support. This model also mentions the importance of spiritual connection, particularly in the context of Islam, such as prayer, remembrance of God, and reading the Qur'an to calm the heart. In addition, maintaining a healthy lifestyle and engaging in positive activities are also considered part of mental recovery. Gemini provides solutions similar to ChatGPT Pro, with an emphasis on professional help (psychiatrist/psychologist) and empathetic social support. This model also emphasizes the importance of self-care by maintaining a healthy lifestyle, managing stress, and ensuring adequate sleep.

In conclusion, all three models agree that professional help is the primary step in addressing mental health issues. All models emphasize the importance of social support, whether from family, friends, or the surrounding environment. A healthy lifestyle, including adequate sleep, exercise, and self-care, emerges as an important solution to support mental recovery. Empathy, non-judgmental listening, and providing space for the healing process are also consistent themes in each model. These similarities are not without differences between the three; the ChatGPT Pro model adds the aspect of mental education to reduce social stigma, which is not mentioned by the other models. On the other hand, ChatGPT highlights the importance of Islamic spirituality, such as prayer and dhikr, in aiding the recovery process, while the other models do not associate it with religion. Meanwhile, Gemini explicitly mentions the use of emergency services (119) if there is a risk of danger, which is not present in the other models.

## Discussion

Overall, the three responses from these AI models are very much in line with the teachings of the Qur'an, which places great emphasis on mental health and spiritual well-being. The Qur'an not only teaches the importance of physical health, but also emphasizes the balance between body, mind, and soul as an integral part of a prosperous life (Khan et al., 2020). Several verses in the Qur'an indirectly emphasize the importance of maintaining balance, such as in Surah Al-A'raf (7:31), which reminds us not to be excessive in everything, including food, drink, and daily behavior (Husnah, 2022). Additionally, Surah Ar-Ra'd (13:28) also teaches that peace of mind can only be found through remembrance of Allah, which provides emotional peace and stability (Ahmad et al., 2021). This concept aligns with the recommendations provided by the three AI models, which emphasize the importance of maintaining a healthy lifestyle, building social

support, and strengthening spirituality in facing life's challenges. The Qur'an also teaches that balance between the physical and spiritual is the key to achieving true happiness and mental resilience, which is reflected in many verses that encourage people to maintain their mental health through prayer, patience, and trust in Allah. For example, in Surah Al-Baqarah (2:286):

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

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286. Allah does not burden a person beyond his capacity. For him is something (reward) from (the good deeds) he has done, and against him is something (punishment) for (the evil deeds) he has done. (They pray,) "O our Lord, do not punish us if we forget or make a mistake. O our Lord, do not burden us with a burden as You burdened those before us. O our Lord, do not burden us with what we cannot bear. Forgive us, pardon us, and have mercy on us. You are our protector. So help us against the disbelievers."

Allah does not burden mankind with trials beyond their capacity, providing spiritual strength to face life's trials and teaching the values of empathy, patience, hope, and responsibility. This verse provides important guidance in maintaining mental and spiritual balance, which goes hand in hand with shaping mentally and spiritually strong individuals. It emphasizes that Islam teaches self-acceptance, healthy emotional management, and belief in Allah's power in facing all of life's trials.

Lifestyle greatly affects mental health because it encompasses various daily habits and decisions that can influence a person's physical and psychological condition (Hibban, 2022) . The word of Allah ta'ala: Surah Al-A'raf (7:31):

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

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31. ....and eat and drink, but do not be excessive. Indeed, He does not like those who are excessive.

Food has a major impact on the chemical balance in the brain (Constantin & Fonseca, 2020) . Healthy foods, rich in nutrients, vitamins, and minerals, can support healthy brain function, improve mood, and reduce the risk of mental disorders such as depression and anxiety. Conversely, poor eating habits, such as excessive consumption of processed or high-sugar foods, can worsen mental health (Hassan et al., 2023) . Therefore, food is the most important factor in improving quality of life and supporting good mental health.

Adequate and quality sleep plays a very important role in maintaining a person's mental health (Chakrabarty, 2023) . When we sleep well, the body and brain have the opportunity to recover, repair damaged cells, and reset the nervous system affected by stress and fatigue. Irregular sleep or insufficient sleep can lead to impaired cognitive function, affect mood, and increase the risk of mental health disorders such as depression, anxiety, and mood disorders. In fact, long-term sleep deprivation can worsen existing mental conditions and affect our ability to manage

stress and emotions effectively (Akram et al., 2025) . The word of Allah ta'ala in Surah Yunus (10:67):

هُوَ الَّذِي جَعَلَ لَكُمْ اللَّيْلَ لِتَسْكُنُوا فِيهِ وَالنَّهَارَ مُبْصِرًا إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَسْمَعُونَ

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67. He is the One who made the night for you to rest in and (made) the day bright. Indeed, in that are signs (of Allah's greatness) for a people who (want to) hear.

One of the signs of Allah's greatness is that He made night a time for rest. Sleep and rest are given to creatures as a gift that comes after the darkness of night that envelops the earth.

The Word of Allah the Exalted in Surah Al-Furqan (25:47):

وَهُوَ الَّذِي جَعَلَ لَكُمْ اللَّيْلَ لِبَاسًا وَالنَّوْمَ سُبَاتًا وَجَعَلَ النَّهَارَ نُشُورًا

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47. He is the One who made the night for you (as) clothing and sleep for rest. He made the day for rising and striving.

Quality sleep is not only important for physical recovery, but also plays a role in regulating emotions, strengthening mental resilience, and improving our ability to think clearly and make good decisions (Akram et al., 2025) . This can reduce the risk of more serious mental disorders.

The Qur'an also strongly supports an approach filled with kindness and empathy toward others. Healthy social relationships and support from family and friends are also part of a lifestyle that significantly impacts mental health. Having people who support us emotionally can help us get through difficult times and reduce feelings of loneliness or isolation that can worsen mental health (Gable & Bedrov, 2022) . In Surah Al-Hujurat (49:10), Allah says,

إِنَّمَا الْمُؤْمِنُونَ إِخْوَةٌ فَأَصْلِحُوا بَيْنَ أَخَوَيْكُمْ وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُرْحَمُونَ

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10. Indeed, the believers are brothers

which highlights the importance of social support and mutual understanding among one another, as also emphasized in the AI responses.

In addition, prayers and remembrance in the Qur'an, as mentioned in Surah Ar-Ra'd (13:28), are also part of mental strengthening and peace of mind, which is in line with the advice given by CHATGPT from an Islamic perspective.

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

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28. (That is) those who believe and whose hearts find peace in the remembrance of Allah. Remember, it is only through the remembrance of Allah that hearts will always find peace.

Allah mentions the characteristics of those who believe. Namely, those who remember Allah through dhikr. There is nothing more satisfying and profound for the heart than loving its Creator, knowing Him, and drawing closer to Him. The deeper a person's knowledge and love for Allah, the more intense their dhikr to Him. The dhikr referred to here can take the form of tasbih, tahlil, takbir, and so on. Some exegetes also interpret that the dhikrullah referred to is His book, the Qur'an, which serves as a reminder for believers (Latif, 2022) . Allah mentions in Surah Gafir (40:60):

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60. *Your Lord says, "Call upon Me, I will respond to you (whatever you hope for). Indeed, those who are too proud to worship Me will enter Hell in a state of humiliation."*

It is part of the grace and generosity of Allah SWT to encourage His servants to pray to Him, and He guarantees to grant their requests, as Sufyan Ats-Tsauri said, "O servant most beloved by Him, because he always asks Him and asks Him a lot. O servant most disliked by Him, for he never asks of Him, though none do so except You, O my Lord." This opinion is narrated by Ibn Abu Hatim (Hammoud, 2023).

Overall, these AI responses indicate that a balanced approach between professionalism, social support, self-care, and spirituality aligns with the values in the Qur'an, which teaches the importance of maintaining mental and physical health and supporting one another in facing life's challenges.

Although there have been many studies discussing the application of artificial intelligence (AI) in detecting mental health disorders, to date, no studies have been found that specifically integrate AI with the values of the Qur'an in the context of mental health. This is a highly promising area for development, considering that the spiritual values in the Qur'an can make a significant contribution to mental health management, which is often overlooked in technology-based solutions. Therefore, this study aims to explore how AI and the Qur'anic perspective can collaborate to provide a more comprehensive and effective approach to detecting and treating mental health disorders.

Research by (Zidan et al., 2025) "*The Use of Artificial Intelligence for Early Detection of Mental Health Disorders in Adolescents on Social Media*". This article highlights how artificial intelligence can be used to detect mental health disorders in adolescents through data obtained from social media. Using a dataset from *Kaggle*, this research underscores the importance of applying AI in the early detection of mental health disorders, contributing new insights to the field of medical technology that offers practical applications for faster detection than conventional methods. It can be used to accelerate the diagnostic process, especially for adolescents who are more active on social media.

This aligns with the findings of (Wijaya, 2024) "*The Use of Artificial Intelligence in Moderated Online Social Therapy Applications for Adolescent Mental Health Recovery*" explores the use of the Moderated Online Social Therapy (MOST) web application for adolescent mental health recovery. MOST is an interactive social media platform that uses AI and human moderators to provide therapeutic support. However, challenges remain in its application within a broader social context.

Meanwhile, the study " (Rijwan & Husnaini, 2025) "*The Development of Adversity Quotient in the Perspective of the Qur'an and Its Implications for Mental Health.*" Connects Adversity Quotient (AQ) with values in the Qur'an that teach patience, tawakkal, gratitude, and optimism. These values are highly relevant to mental health, as a high AQ helps individuals cope with life's challenges more effectively, enhancing psychological resilience. AQ, as a concept that measures an individual's ability to cope with difficulties, is closely related to Islamic teachings that emphasize a positive attitude in facing life's trials.

As well as the Journal of (Farisy, 2025) "*The Concept of Mental Health in the Perspective of the Qur'an*". This study analyzes Surah Al-Baqarah (2:286), which contains the message that Allah does not burden humans beyond their capabilities.

Both studies by Ali Rijwan and M. Husaini and Fathur Rohmanur show that principles such as patience, tawakkal, and optimism are very relevant for to improve individual psychological resilience. This offers a more spiritual and deeper perspective on improving mental health, in contrast to modern psychology approaches that often focus more on symptoms and behavior.

On the other hand, research by (Empati et al., 2024) "*The Use of AI in Psychology Students to Improve Mental Health*" shows the duality in the use of AI, namely that although AI can help simplify work and provide quick access to information, there is the potential for dependence on technology and risks such as self-diagnosis that can trigger anxiety or stress. This highlights the importance of a human-centered approach in AI usage to mitigate potential psychological risks.

Article by(Almira et al., 1851) "*SEJATI: An Artificial Intelligence-Based Self-Care Application as an Effort to Reduce the Risk of Depression in Adolescents*" researched the AI-based SEJATI application, which focuses on self-care to reduce the risk of depression in adolescents. The AI-based self-care app in this study showed significant progress compared to other mental health apps that are more passive in nature. Unlike other apps that only offer general information or support, SEJATI enables more personalized interventions by using user data to tailor therapeutic content.

Finally, research conducted by (Saputri & Bandung, 2017) "*Technological Advances in Supporting Adolescent Mental Health Through the Use of Artificial Intelligence*" shows the enormous potential of this technology in improving accessibility, response speed, and personalization of services. This aligns with findings from previous studies indicating that AI can replace or complement traditional therapy, though with certain limitations such as the accuracy of emotion recognition.

Overall, although AI offers various benefits in improving access and personalization of mental health services, challenges such as emotional recognition accuracy, data security, and technological dependence must still be overcome to maximize AI's potential in supporting adolescent mental health. Integrating spiritual values into the use of AI can provide a more holistic solution, which does not only rely on technology but also addresses deeper aspects of mental health in accordance with Islamic teachings. Despite the many benefits, the main challenges that need to be addressed are emotional accuracy, data privacy, and the lack of human social support in AI-based applications. Further research can focus on improving AI algorithms to be more accurate in understanding the nuances of human emotions and developing systems that can combine human support with technology to create more holistic solutions for addressing adolescent mental health.

Although AI can provide useful data-driven advice and psychological analysis, it often struggles to capture important spiritual dimensions, such as those contained in Islamic teachings. The Qur'an teaches the importance of inner peace obtained through remembrance, prayer, and closeness to Allah, which is integral to the mental health of Muslims. AI also lacks the capacity for to feel or change its responses according to complex human emotions. Success in supporting mental health often depends on deep understanding and sincere emotional responses, which are currently difficult for AI to achieve. Although AI can provide temporary solutions to mental health problems, these solutions are often not long-term. Sustainable support for mental health is highly dependent on human interaction, and AI cannot yet replace the role of human counseling or strong social relationships.

Each individual has a unique background in terms of culture, beliefs, and life experiences. A one-size-fits-all approach to providing mental health solutions can be ineffective. For example, AI models may provide general recommendations that may not necessarily suit the specific needs of an individual, especially those involving cultural and spiritual dimensions.

One effective way to overcome these challenges in line with the values of the Qur'an is through personalized services. The AI approach can be tailored to the specific needs of individuals, taking into account factors such as religion, culture, and personal values. This will increase the relevance and effectiveness of the solutions provided. Using more contextual data, AI can provide more individualized and appropriate advice for each user.

## Conclusion

This study shows that ChatGPT, ChatGPT Pro, and Gemini all provide mental health solutions that emphasize professional help, social support, and healthy lifestyles. However, each model has different characteristics: ChatGPT Pro excels in education and stigma reduction, ChatGPT aligns its advice with Islamic spiritual values, while Gemini offers a more systematic clinical approach. It also proves that many AI recommendations are in line with the values of the Qur'an, such as the importance of peace of mind through dhikr, moderation in life, social support, and patience in facing trials. This shows that AI has the potential to support mental health in a manner that is complementary to Islamic principles.

However, AI still faces limitations, particularly in deeply understanding emotions, capturing spiritual context, and providing fully personalized advice. Therefore, AI development needs to be directed towards systems that are more adaptive to the cultural and spiritual context of users, as well as involving human guidance as an irreplaceable element.

*"Just as the body needs care, so does the soul need peace. Do not let the burdens of life weigh on your mind, because true happiness begins with peace in the heart. Remember, peace is not the result of avoiding problems, but the ability to face them with confidence and courage."*

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