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<center>The Positive and Negative Implications of AI</center>

AI has the potential to be a helpful tool when it comes to one's physical health. However, considering it is made from human beings, it can potentially hold implicit biases. This can lead to harm and lead to a lack of access for some individuals.

For starters, one example of the positives in AI is through enhanced healthcare. AI can help with research to aid and even cure certain illnesses and diseases (Fawley, 2025). It can help reduce human error, seen in creating and inputting data accurately. It can also help through the creation of various technologies. For example, SMART AI uses a watch to track individuals struggling with addiction. It can recognize withdrawal and relapse symptoms by measuring one's biometrics. It explains that, "By continuously collecting real-time physiological data—such as heart rate, stress levels, sleep patterns and withdrawal symptoms—the system delivers actionable insights to providers via an intuitive dashboard" (Teel, 2025). This use of AI can help aid individuals in recovery by tracking their biometrics, overall leading to a new age of harm reduction techniques through AI.

Despite these positives, though, AI has the potential to hold biases. For example, when it comes to bioengineering, it "always occurs within a social context that has financial, social, and ecological consequences, but bioengineers are not trained to understand the social world that we live in" (Canady, 2024). This can be seen in car safety for women versus men. For example, "'Women are 73 percent more likely to be injured and 17 percent more likely to be killed in frontal collisions than men,' explains Kuhn. This is inevitable, she argues, since the crash-test

dummies used in the US Department of Transportation's New Car Assessment Program, which tests and rates vehicles for safety, are modeled after the average male in the 1970s" (Joy, 2023). Because cars only use male dummies, there is a bias that a car is safe due to it being safe for a male body. However, it does not account for the average female body, therefore making cars not as safe for women. This can also be observed in products like hand sanitizer stations, soap dispensers, recognition software, self-driving cars, and even the Apple watch (Plaisime, 2023). As Plaisime explains, these technologies fail to accurately read darker skin tones, even at times failing to even recognize darker skin tones (2023). By failing to see color, this creates a bias in technology by favoring fairer complexion over darker complexion.

Considering these biases already in technology, by human beings creating AI and by human beings using human created resources to "teach" AI, there is a high potential of AI to hold biases. For example, AI can continue to project stereotype biases. It can be seen in the examples such as the Apple watch or in facial recognition technology where it cannot read darker skin complexion. There is also a risk of confirmation bias, this being a "type of bias [that] happens when an AI system is tuned to rely too much on pre-existing beliefs or trends in the data" (Chapman University, 2025). An instance of confirmation bias can be seen in the suspension of an AI chatbot at the National Eating Disorder Association. With the AI chatbot, when asked about weight loss tips and healthy eating habits, it proceeded to outline ways to lose weight, this being up to one two to pounds a week, through a calorie deficit (Wells, 2023). This demonstrates an example of biases in AI because of the diet culture within American society. Had there not been that diet culture bias, there would not have been as much of a push from the AI system to eat "healthier" and to lose weight. Overall, these biases can have harmful implications on individuals.

It is important that social workers recognize these potential biases in AI so that they can be avoided. As Canady explains, social workers and sociologists, "want to help innovators avoid costly consequences like recalls, fines from regulatory agencies, and failed device uptake from consumers/patients" (2024). Social workers can work as advocates to ensure that technology considers minority groups, such as making sure that technology can read both fair skin tones and darker complexions, as well as making sure that cars are safe for both male and female bodies. It is also important to recognize biases in technologies, such as the diet culture bias in the AI chatbot for the National Eating Disorder Association, and it is important to advocate against these biases. Overall, it is necessary for social workers to recognize how different biases can seep into technology and impact minorities in a negative way.

My goal as a social worker is to work as a sports social worker. This means that I would help athletes in a clinical setting and help athletes as an advocate. Like the previously mentioned areas of research and social work, AI has the potential to impact athletes and add to these biases. One example of sports being biased is through the recent creation of soccer cleats for women's bodies. Women soccer players are at a greater risk of tearing their ACL and getting injured than male soccer players. Because of this, there was a type of cleat created specifically for female bodies. The cleat was created to focus on "updating the traction, fit and feel of the brand's key soccer silhouette," allowing women to "plant, pivot and push off with ease" (Newcomb, 2023). This exhibits how female soccer players, up until a year and a half ago, were not accounted for when it came to cleats. There may be other areas where women are not accounted for such as field conditions, heart rate monitors, and field trackers. With AI making this technology more accessible, it is important to advocate, as a social worker, for equitable technology, meaning technology that fits for both male and female bodies. This also means pushing for equitable

technology based on race, that way everyone has the ability to receive accurate measurements. Overall, in my goals as a social worker and as a sports social worker, it is vital for me to work as an advocate on how to best create AI technology for everyone and to work as an advocate against biases in technology.

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