



Thao Nguyen Foundation Inc. Newsletter

Volume 12, Issue^{#1}
July 2024

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

IN THIS ISSUE

Greetings from the President

Nhung Hendy

I hope this newsletter finds you in good mental health. I am pleased to report that a Thao Nguyen Memorial scholarship endowment was established in February of this year for the College of Fine Arts & Communication at Towson University. The \$30,000 endowment means that the scholarship will be awarded in perpetuity on an annual basis with the first two years of \$1,500 each and at least \$1,000 depending upon market conditions in subsequent years. In addition, this past May, we awarded a \$1,500 scholarship to Japhet Chukwuma, a student at Towson University. If you recall, Japhet was one of the artists whose works were accepted to the Reconciliation Juried art show last year. We also awarded two scholarships (\$1,000 each) to LilyRose Smith and Ash Morgan Reynolds, graduating senior students at Loch Raven High school. LilyRose will pursue a degree in Pharmacy while Ash Morgan plans to major in graphic design at Chapman University. Please join me in wishing all these talented students the best of success.

As I write this column, the jurors finished their judging, and the final submissions were included in the Catalogue for publication. This year, we have received more entries

than we did in Reconciliation. I want to thank all artists for submitting their works as well as Tonia Matthews and Lillian Hoovers for jurying the show. Please consider buying a copy of the Catalogue to support the foundation because the proceeds will fund the scholarships. Also, please mark your calendar to attend the Opening Reception where the names of this year's Art show winners will be announced. There will be light refreshments and the times are from 6 P.M. to 9 P.M. on **Saturday, October 19th, 2024, at 501A York Road in Towson, MD.** The show will run for a week in case you are unable to attend the Opening Reception. I hope to see all of you there to celebrate with us the power of the arts in sustaining our mental health as well as the achievements of our local artists.

I hope you will enjoy reading the research summary section because of its focus on Artificial Intelligence (AI). In closing, please continue to stay safe and be kind to yourself. As always, thank you all for your unwavering support and have a restorative Fourth of July Holiday!

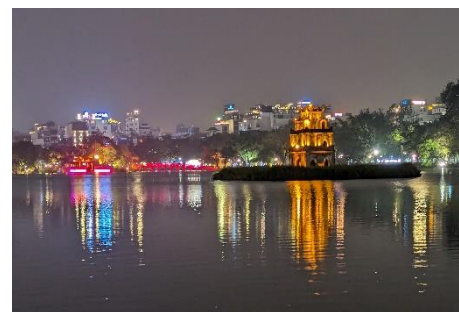
Upcoming event:

**Reflection Juried Art show Opening
Reception: 10/19/2024
6 P.M. – 9 P.M.
York-Penn Gallery, 501A York
Road, Towson MD**

Greetings from the President	Page 1
Research summary	Page 2
Summer Read	Page 2

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Sword lake, Hanoi, VN. Photo credit: Ted Hendy

IF YOU WANT TO CONTRIBUTE AN ARTICLE

Contact Nhung Hendy,
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410-663-0207

You are invited!

Reflection Juried Art Show

Saturday, **OCTOBER 19, 2024**
6 P.M. to 9 P.M. 501A York Rd.,
Towson MD 21204



Angkor Wat temple at sunrise, Siem Riep, Cambodia. Photo credit: Ted Hendy

As artificial intelligence becomes integrated in our lives to help us with decision-making, and even doing the manual tasks of our jobs, concerns have been raised about the potential increase in **social isolation and anxiety** in working adults as a negative consequence of interacting with artificial intelligence in our daily lives. Please join us in **reflecting** on the arts and celebrating the power of the arts in sustaining our mental health, while **leveraging artificial intelligence to our benefits**.



Palisades-Kepler State Park, Iowa.

Research Briefs

Summarized by Nhung Hendy

Let it go

We usually want to keep our secrets to ourselves because we are afraid that if those close to us find out about those secrets, they would not like us as much. However, a recent study published in the [Journal of Personality and Social Psychology](#) has debunked that myth. The

researchers found the effect of revealing your secrets to others including your loved ones and strangers to enhance perception of honesty and trustworthiness for the revealers of the secrets through a series of 7 experiments.

The above findings suggest that we should avoid exaggerating the reputational cost of revealing our secrets, especially those having negative information with our loved ones because this would encourage more secrecy in relationships. Another takeaway from this research for me is that those with mental illness should feel encouraged to reveal to others about their illness to seek timely treatment.

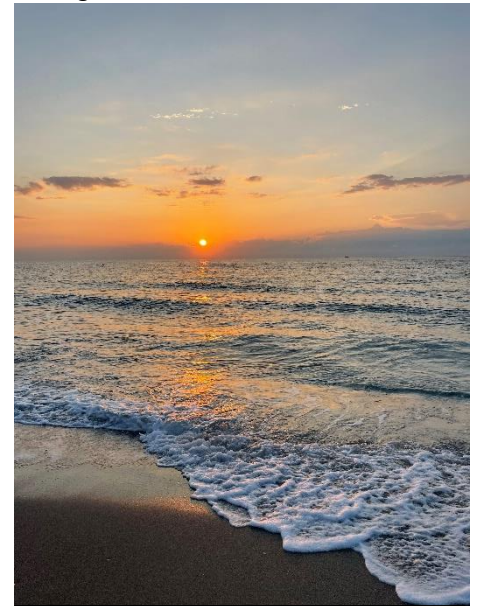
Predicting Aggression in Patients with autism

Wouldn't it be nice to predict when someone was about to be violent or aggressive toward others with accuracy? A [recent study](#) published in JAMA Network Open showed promising application of Machine Learning (Artificial Intelligence). Specifically, using biosensors paired with machine learning, based on a sample of 70 psychiatric inpatients in the U.S. who were diagnosed with autism, the researchers found that **aggression in psychiatric inpatient youths with autism could be predicted up to 3 minutes before it happened**. Using wearable biosensors to track peripheral physiological signals of the autistic patients, the researchers found that 80% of their observed behaviors including self-injury, emotion dysregulation, and aggression toward others could be predicted from the biosensor data up to 3 minutes before the incident. A takeaway is that if this pattern of finding is replicated in future research using other wearable biosensors, we may see more application of biosensors and machine learning soon.

Chatbot generates more referrals than humans

Have you ever interacted with a Chatbot or AI-enabled technology online while searching for a solution to fix a problem? As you might be aware, inequity in access to healthcare has been recognized as a pressing issue across medical disciplines. One reason for the inequity is the mistrust in healthcare providers due to historical and contextual factors. A study published

in [Nature Medicine](#) reported that using AI-enabled chatbots can increase the number of referrals to mental health services in the U.K. The researchers observed a total of 129,400 adults in Britain who visited a National Health Service (NHS) website and evaluated the impact of a personalized AI-enabled chatbot on patient referral volume and diversity in ethnicity, gender, and sexual orientation. The researchers found that 50% of the talk therapy services (14 out of 28 services) offered by the NHS were generated by the chatbots, a 15% increase relative to a 6% increase from the control group of having no personalized chatbots. In addition, the increase was higher among minorities, such as non-binary (179% increase) and non-White adults (29% increase) compared to White adults. The researchers opined that the non-judgmental nature of the chatbot coupled with the patients' self-realization of their need to seek treatment were the drivers for the observed increase in referrals. Let's hope that more studies like this one will be conducted in the U.S. with similar findings.



Sunrise on Palm Beach Florida

Are you looking for a book to read this summer? If so, you might want to check out "[Klara and the Sun](#)", written by Kazuo Ishiguro, the 2017's Nobel Laureate in Literature. Klara is a humanoid robot, who was purchased to be friends with Josie, a teenage girl. I hope you will find the book intriguing as we contemplate a future in which AI friends will be the norm.