MultiPsyche 2026

The 1st Workshop on Multimodal, Multilingual, and Multicultural Mental Health and Psychotherapy (MultiPsyche 2026)

Proceedings of MultiPsyche

November 9, 2026

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Preface

The First Workshop on Multimodal, Multilingual, and Multicultural Mental Health and Psychotherapy (MultiPsyche 2026) brings together researchers from natural language processing, multimodal learning, clinical psychology, psychiatry, and computational social science to explore how AI can support mental health and psychotherapy across diverse modalities, languages, and cultural contexts. The workshop takes place on November 9, 2026, in Hengqin, China, in conjunction with AACL-IJCNLP 2026.

The ways in which people express psychological distress and seek support are shaped by language, culture, and social context. Recent advances in large language models (LLMs) and multimodal foundation models have opened new avenues for mental health assessment, risk identification, and supportive dialogue. However, much of the current research remains centered on textual data, high-resource languages, and Western psychological theories and cultural contexts. Access to authentic clinical data is constrained by privacy considerations, ethical requirements, and resource availability, while many linguistic and cultural communities remain underrepresented in research datasets and evaluations. These gaps raise important questions about how well current models can understand and respond to the needs of diverse populations.

MultiPsyche focuses on three interconnected directions: multimodal understanding, multilingual accessibility, and multicultural alignment. Multimodal understanding involves the integration of text, speech, vision, and other sources of information to develop a more comprehensive understanding of psychological states and interaction processes. Multilingual accessibility emphasizes the development of language resources and cross-lingual approaches to address the needs of a broader range of linguistic communities. Multicultural alignment calls for attention to how diverse social norms, values, and understandings of mental health inform model design and evaluation. By linking the assessment of psychological states with the study of therapeutic interactions and intervention mechanisms, we seek to connect research on understanding psychological distress with approaches to providing appropriate support.

The workshop received 17 regular archival submissions, of which 11 were accepted, yielding an acceptance rate of approximately 64.7%. These 11 papers, together with four shared task system reports and one shared task overview paper, constitute the 16 papers collected in these proceedings. The workshop also accepted one non-archival contribution for presentation, which is not included in this volume.

MultiPsyche also hosts the PsychEthicsEval shared task, which focuses on ethical knowledge comprehension and behavioral alignment in LLMs for mental health contexts. Built on PsychEthicsBench and grounded in Australian professional ethics guidelines for psychology and psychiatry, the task uses multiple-choice questions to assess models' understanding of ethical principles and open-ended questions to evaluate their responses to ethically challenging scenarios. Through this task, we aim to translate professional ethical principles into concrete evaluation criteria for model responses, with attention to the professional and cultural context in which these principles apply.

The workshop program features keynote talks and oral presentations, offering participants opportunities to share findings, exchange methodological insights, and discuss open research questions. We believe that these exchanges will connect computational approaches with domain expertise in mental health and encourage interdisciplinary collaboration on research resources, evaluation methods, and practical application needs.

We sincerely thank all authors who submitted their work to the MultiPsyche workshop, as well as the program committee members for their time, expertise, and thoughtful feedback. We also thank the shared task organizers and participants for their contributions, and the invited speakers and AACL-IJCNLP 2026 organizing team for their support. We hope these proceedings support continued interdisciplinary exchange and collaboration and contribute to the development of more reliable, inclusive, and responsible AI for mental health and psychotherapy.

Zimu Wang, Yiwen Jiang, Yaling Shen, Xiangyu Zhao, Stephanie Fong, Xin Sun, Yi Zhou, Shaoxiong Ji, Robert Desimone, Barnaby Nelson, Dominic Dwyer, Zongyuan Ge
The MultiPsyche 2026 Organizing Team

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Program

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17:20 - 17:30 *Closing Remarks*