Bölüm 7

PSİKİYATRİDE YAPAY ZEKA

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GİRİŞ

Oxford İngilizce Sözlüğünde "bilgisayarların veya diğer makinelerin akıllı davranışı sergileme veya simüle etme kapasitesi; bununla ilgili çalışma alanı" olarak tanımlanan yapay zeka (YZ) genel olarak normal insan beyinin çözüm bulma, anlam çıkarma, geçmişteki deneyimlerinden öğrenme, karar verme, kontrol etme ve algılama gibi faaliyetlerini gerçekleştirmek için tasarlamış bir bilgisayar teknolojisidir (1). Başlangıçta yalnızca bilgisayar yazılımlarında yenilikçi bir gelişme olarak görülen YZ, günümüzde farklı alanlara etkili ve verimli çözümler sunarak bilimsel araştırmalar da dahil sosyal bilimler, endüstri, ekonomi, sağlık, mühendislik gibi pek çok alanda işlev görmektedir (2). YZ teknolojisinin, fiziksel sağlık uygulamalarından farklı olarak, temelde hasta odaklı ve empatik ilişkilere dayalı disiplini, ruhsal sağlık uygulamalarında kabulünü ve ilerlemesini yavaşlatmıştır (3). Ancak, son yıllarda yapılan bilimsel çalışmaların giderek artan sayısı bu açığın kısa zamanda kapatılacağını göstermektedir.

Bu bölümde öncelikle, yapay zekanın tanımı, tarihçesi ve teknik özelliklerine kısaca değinilecek, sonrasında psikiyatride sık kullanıldığı alanlar özetlenecektir.

1. YAPAY ZEKA

1.1. Tarihçe

İnsanoğlunun cansız nesneleri insan gibi düşünme ve hareket ettirme fikrinin çok eski çağlara dayandığı, Aristoteles'in düşüncenin algoritmasını yazmaya çalıştığı belgelerden anlaşılmaktadır. Yapay zekanın gerçek anlamda ortaya çıkışı ise bilgisayarın icadının yapıldığı 2. Dünya Savaşı yıllarıdır (4). 1950 yılında bir felsefe dergisinde yayımlanan "Hesaplamalı Makineler ve Zeka" isimli çalışmasında "Makineler düşünebilir mi?" sorusunu dikkatli bir felsefi tartışmaya açan ve bu iddiasına karşı olan itirazları ret eden Alan Turing, YZ felsefesini ortaya çıkaran ilk isim olarak tarihe geçmiştir. Ünlü bir İngiliz mantık ve matematikçisi olan Turing, geliştirilen bilgisayar yazılımının başarısını değerlendirmekte kullanılan Turing Testi'nin de yaratıcısıdır (5).

Yapay zeka terimi ise ilk kez 1956 yılında ABD'de Dartmouth College'da yapılan Makine Zekası konferansında John McCarthy tarafından tanımlanmıştır. McCarthy yapay zekayı "zeki makineler ya da zeki bilgisayar programları yapma bilimi ve mühendisliği" olarak açıklamıştır. Mc-

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