

【Abstract】

A method for providing feedback for cognitive behavioral therapy based on a language model according to the present invention comprises the steps of: providing at least one questionnaire related to cognitive behavioral therapy to a user terminal; receiving answer data to the questionnaire via the user terminal; generating a prompt to be input to a generative language model by using the answer data; generating feedback related to the answer data by inputting the prompt to the generative language model; and providing the generated feedback to the user terminal.

FIG. 1