

Reach Estimates and Male Vulnerability

Atlas supporting calculations and sources | 9 October 2026

1. Published scale and usage figures

OpenAI reported more than one billion weekly active users on 31 August 2026 and more than 2.5 billion daily messages on 22 July 2025. These describe different reporting periods, not a jointly measured current daily user count.

OpenAI, 31 August 2026

<https://openai.com/index/expanding-access-to-ai-with-chatgpt-ads/>

OpenAI, 22 July 2025

<https://openai.com/global-affairs/new-economic-analysis/>

OpenAI usage research reports relationships and personal reflection as about 1.9% of conversations. This category includes personal reflection beyond relationship advice.

OpenAI usage data

<https://openai.com/signals/data/>

2. Atlas illustrative weekly reach scenario

Scenario inputs: one billion weekly users; assume the 1.9% conversation-topic share can be used as a person-level reach proxy; assume 67% of that reach is male.

$1,000,000,000 \times 0.019 = 19,000,000$, rounded to approximately 20 million.

$19,000,000 \times 0.67 = 12,730,000$, rounded to approximately 13 million.

Neither the person-level proxy nor the 67% male share is measured by these sources. These are scenario assumptions, not validated estimates of actual weekly relationship-advice users. Repeated conversations and different message volumes per person prevent direct conversion from a conversation share to a user share. The two rounded figures are not measured counts of people receiving biased advice.

3. Male and female relationship-advice use

The reported January 2024 Pollfish result concerns US respondents aged 18-34: 33% of men and 14% of women reportedly had used ChatGPT for relationship advice. The ratio is $33 / 14 = 2.36$. These are within-group uptake rates, not global user shares; they do not establish that 67% of global relationship-advice users are men. Atlas has not inspected the original questionnaire, sample or weighting.

Reported Pollfish survey

<https://www.globaldatinginsights.com/uncategorised/ai-in-the-dating-scene-chatgpt-reaches-33-usage-by-men/>

4. Professional mental-health support

The ABS National Study of Mental Health and Wellbeing, 2020-2022, reports that 12.9% of males and 21.6% of females aged 16-85 consulted a health professional for their mental health in the 12 months before interview.

$(21.6 - 12.9) / 21.6 \times 100 = 40.28\%$, rounded to about 40% lower male consultation prevalence. The absolute difference is 8.7 percentage points. This measures professional consultations, not every form of asking for help, and does not isolate motivation or access barriers.

ABS National Study of Mental Health and Wellbeing, 2020-2022

<https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022>

5. Male suicide rate

The updated ABS table published 7 May 2026 gives preliminary revised 2024 age-standardised suicide rates of 18.4 per 100,000 males and 5.6 per 100,000 females. The revised table supersedes the older 18.3 and 5.5 rates still shown elsewhere on the page.

$18.4 / 5.6 = 3.2857$, rounded to approximately 3.3 times the female rate. The comparison concerns suicide deaths in Australia, not attempts or a prediction for a particular individual. These population figures do not establish any deaths caused by ChatGPT.

ABS Intentional self-harm (suicide) deaths, 2024

<https://www.abs.gov.au/statistics/health/causes-death/intentional-self-harm-suicide-deaths/2024>

6. Published case count

The live Atlas ChatGPT collection inspected on 9 October 2026 states 65 published case files. This supports the current publication count; the two-year research period is the researcher-supplied description.

Atlas published collection

<https://atlasmentadvocacy.org/chatgpt/>