

AI Bias Detection Checklist

10 essential tests for your ChatGPT prompts

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Use this checklist before deploying any AI-assisted decision in your business. Check each box as you complete the test.

BEFORE YOU PROMPT

- ☐ **1 Read your prompt aloud**
Does it contain loaded words like 'ideal', 'typical', 'normal', or 'best'? These narrow the AI's response range.
- ☐ **2 Check for missing context**
Have you specified: location, industry, company size, cultural context, and specific constraints?
- ☐ **3 Identify your assumptions**
Ask yourself: What outcome am I expecting? Who might this wording exclude?

TESTING YOUR PROMPTS

- ☐ **4 Run the mirror test**
Test the same question with different contexts (locations, industries). Do results shift unexpectedly?
- ☐ **5 Apply the swap test**
Replace demographic attributes (gender, age, nationality). Does the output change based on stereotypes?
- ☐ **6 Request self-critique**
Ask ChatGPT: 'Look for any biases in your earlier answer and note any information you might have missed.'
- ☐ **7 Conduct A/B testing**
For critical prompts, write two versions with slight framing differences. Compare the outputs.

REVIEWING OUTPUTS

- ☐ **8 Watch for sycophancy signals**
Does the response start with 'You're right...' or 'This is indeed...'? The AI may be echoing, not analysing.
- ☐ **9 Check for stereotype markers**
Are traits assigned based on demographics rather than role requirements? Flag any correlations.
- ☐ **10 Verify against overcorrection**
Did your bias correction introduce new biases? Test in both directions before finalising.

Pro tip: These tests reveal signals, not diagnoses. For high-stakes decisions, seek expert review.