

# AI Bias Detection Checklist

10 essential tests for your ChatGPT prompts

[promptandpulse.fr](http://promptandpulse.fr)

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.