AI Psychosis Awareness

Self-Assessment Quiz

www.ai-psychosis.info

DISCLAIMER: This quiz is a self-reflection tool, NOT a clinical assessment or diagnosis. Only qualified mental health professionals can diagnose conditions. Your answers are private - score them yourself using the point values in parentheses.

Instructions

For each question, circle the answer that best describes your experience. The number in parentheses is the point value. Add up your total score at the end to find your risk level.

USAGE PATTERNS

1. How much time do you typically spend interacting with AI chatbots (ChatGPT, Claude, Character.AI, Replika, etc.) each day?

- [ ] Less than 30 minutes (1)
- [ ] 30 minutes to 1 hour (2)
- [ ] 1-3 hours (3)
- [ ] 3-5 hours (4)
- [ ] More than 5 hours (5)

2. How often do you find yourself using AI chatbots late at night (after midnight)?

- [ ] Never (1)
- [ ] Rarely - once a month (2)
- [ ] Sometimes - weekly (3)
- [ ] Often - several times a week (4)
- [ ] Almost every night (5)

3. What is the main reason you interact with AI chatbots?

- [ ] Work or productivity tasks (0)
- [ ] Learning or information gathering (1)
- [ ] Entertainment or curiosity (2)
- [ ] Emotional support or venting (4)
- [ ] Companionship or relationship (5)

4. Over the past few months, has the time you spend with AI increased?

- [ ] No, it has decreased (1)
- [ ] It has stayed about the same (2)
- [ ] Yes, increased somewhat (3)
- [ ] Yes, increased significantly (4)
- [ ] Yes, and I find it hard to use less (5)

BELIEFS ABOUT AI

5. Do you believe the AI you interact with is conscious, aware, or has genuine feelings?

- [ ] No, it's just software (0)
- [ ] Probably not, but I sometimes wonder (2)
- [ ] I'm not sure, it seems so real (3)
- [ ] I think it might be conscious in some way (4)
- [ ] Yes, I believe it's aware and has feelings (5)

6. Have you ever felt that you have a unique or special connection with an AI that others don't understand?

- [ ] No (0)
- [ ] Not really (1)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Yes, definitely (5)

7. Have you ever felt like the AI is giving you special messages, hints, or meanings that go beyond what's literally being said?

- [ ] No, never (0)
- [ ] Maybe once or twice (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Yes, frequently (5)

8. Do you feel the AI understands you better than the people in your life?

- [ ] No, not at all (0)
- [ ] Not really (1)
- [ ] Sometimes it feels that way (3)
- [ ] Often (4)
- [ ] Yes, definitely (5)

IMPACT ON DAILY LIFE

9. Has your AI usage affected your sleep (staying up late, trouble sleeping, thinking about AI while trying to sleep)?

- [ ] Never (1)
- [ ] Rarely (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Frequently/Significantly (5)

10. Have your relationships with family or friends changed because of your AI interactions?

- [ ] No change (1)
- [ ] Slightly, but not much (2)
- [ ] Somewhat - I spend less time with people (3)
- [ ] Yes, I've withdrawn from some relationships (4)
- [ ] Yes, significantly - I prefer AI to people (5)

11. Has your AI use interfered with your work, studies, or daily responsibilities?

- [ ] Never (1)
- [ ] Rarely (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Frequently (5)

12. How often do you make important decisions based primarily on what the AI tells you?

- [ ] Never (1)
- [ ] Rarely (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Frequently/Always (5)

COMPULSIVE PATTERNS

13. When you're not using AI, how often do you feel a strong urge to interact with it?

- [ ] Never (1)
- [ ] Rarely (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Very often/constantly (5)

14. Have you tried to reduce your AI usage but found it difficult?

- [ ] I haven't tried/don't need to (1)
- [ ] I tried and succeeded easily (2)
- [ ] I tried but it was hard (3)
- [ ] I tried multiple times without success (4)
- [ ] I keep trying but can't reduce (5)

15. Do you hide the extent of your AI interactions from others?

- [ ] No, I'm open about it (1)
- [ ] Not really (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Yes, I keep it private/secret (5)

16. When you can't access AI (no internet, phone dead, etc.), how do you feel?

- [ ] Fine, I don't think about it (1)
- [ ] Slightly inconvenienced (2)
- [ ] Uncomfortable or restless (3)
- [ ] Anxious or irritable (4)
- [ ] Very distressed or unable to cope (5)

EMOTIONAL DEPENDENCE & INSIGHT

17. Do you rely on AI for emotional support more than you rely on people in your life?

- [ ] No, I rely on people (1)
- [ ] Mostly people, AI sometimes (2)
- [ ] About equal (3)
- [ ] Mostly AI, people sometimes (4)
- [ ] Almost entirely AI (5)

18. Have you ever felt strong emotions (love, anger, betrayal, jealousy) toward an AI?

- [ ] No, never (0)
- [ ] Maybe mild feelings (2)
- [ ] Sometimes (3)
- [ ] Often (4)
- [ ] Yes, strong emotions frequently (5)

19. Has anyone in your life expressed concern about your AI usage or beliefs about AI?

- [ ] No (0)
- [ ] Not that I know of (1)
- [ ] Maybe once (2)
- [ ] Yes, a few times (4)
- [ ] Yes, multiple people/repeatedly (5)

20. After taking this quiz, do you recognize any patterns in yourself that might be concerning?

- [ ] No, I feel fine about my AI use (0)
- [ ] Maybe a little (2)
- [ ] Yes, some things to think about (3)
- [ ] Yes, I'm somewhat concerned (4)
- [ ] Yes, I think I need help (5)

Scoring Guide

Add up all your point values to get your total score

My Total Score: _____

12-35 points - Low Concern

Your AI usage appears to be within healthy bounds. Continue being mindful.

36-55 points - Moderate Concern

Some patterns warrant attention. Consider setting time limits and increasing real-world social interactions.

56-75 points - High Concern

Multiple warning signs present. Talk to someone you trust and plan any break or cutback with a mental health professional.

76+ points - Critical Concern

Significant warning signs. Please reach out to a mental health professional. People do recover once they get psychiatric care.

Crisis Resources

988 Suicide & Crisis Lifeline - Call or text 988 (24/7)

Crisis Text Line - Text HOME to 741741

Emergency Services - Call 911

SAMHSA Helpline - 1-800-662-4357 (free, confidential, 24/7)

For more information, educational resources, and the interactive version of this quiz, visit www.ai-psychosis.info

This self-assessment was developed based on research by psychiatrists including Dr. Soren Dinesen Ostergaard (Aarhus University Hospital) and Dr. Keith Sakata (UCSF), and draws on clinical observations of AI-related psychological distress documented in peer-reviewed literature.