To my mind, it is more effective to communicate with GPT using a code language. Write a preliminary analysis for example in R (you may also employ AI in this process as well), clean data, modify variables, upload a final dataset – then give a clean dataset to AI one more time and give it a task to carry out. In addition to remembering all previous steps by AI, the new uploaded file will serve as a local reference point where the AI is more likely to ignore the history of previous ambiguous or potentially dangerous steps. As for a short report, a precise style is set by specific words like ‘laconic’ or ‘concise’ for each stage of analysis.