`GetRandomQuiz` method retrieves a random quiz question ID from the PostgreSQL database. Here's how it works:

1. It establishes a connection to the PostgreSQL database using the provided connection string.

2. It opens the database connection.

3. It defines an SQL statement to select the question IDs from the `quiz\_questions` table where the `duplicate` column is not true.

4. It creates a new `NpgsqlCommand` object with the SQL statement and the database connection.

5. It executes the command and retrieves a data reader.

6. It creates a list to store the question IDs.

7. It iterates through each row in the result set using the `while` loop and the `Read` method of the data reader.

8. Inside the loop, it retrieves the question ID from the reader.

9. It creates a JSON object for each question ID, with a property named `ID` storing the value of the question ID.

10. It adds the question ID object to the list.

11. After the loop, it generates a random index using the `Random` class to select a random question ID from the list.

12. It serializes the randomly chosen question ID object to a JSON string using the `JsonConvert.SerializeObject` method.

13. It returns the JSON response containing the randomly chosen question ID.

Note: The return type of `string?` indicates that the return value can be either a string or null.