these arre now only 10 questions ? but what we discussed is based on asneres set we will change the questions into cehcking their braina and testing the capabilities and the stage. research everything and do the questions part

You're right: what you want is **not** just 10 linear questions, but a **branching, adaptive "brain + AI-usage" maze** where each person still answers ~10 questions, but the *questions change based on their choices*.

Below is exactly that: a **researched, structured question bank + branching map** focused on how people use ChatGPT / Claude / Gemini / Perplexity, while quietly testing their **reasoning, flexibility, and AI dependency**.

1. High-Level Quiz Structure (What actually happens)

Design principles from research:

- Branching / multistage adaptive tests = fewer questions but better insight. [1] [2] [3]

- AI literacy and dependency are best measured across dimensions like **interaction behavior, understanding capabilities & limits, trust, frequency of use, and impact on performance**. [4] [5] [6] [7]

- "Addiction/dependence" style instruments look at **compulsive use, preoccupation, withdrawal, continued use despite harm**. [8]

Using that, here's your structure:

- Each user sees **~10 questions**.

- Behind the scenes there is a bank of **24 questions**.

- Flow is **multistage** (testlet-style): [3]

  - **Stage 0 – Baseline AI Usage (Q1–Q2)** → classifies user into *Independent*, *Balanced*, or *Heavy AI Dependence*.

  - **Stage 1 – Cognitive Style Testlet (Q3–Q5)** → different testlets per group.

  - **Stage 2 – Deeper Brain Skills Testlet (Q6–Q9)** → again, different per group, probing reasoning / flexibility / verification.

  - **Stage 3 – Reflection (Q10)** → common to all, with small text variation based on their pattern.

You can think of it like this:

```
All users: Q1 → Q2
           ↓
 Path A: "Independent-first" → Q3A–Q5A → Q6A–Q9A → Q10 (A)
 Path B: "Balanced collaborator" → Q3B–Q5B → Q6B–Q9B → Q10 (B)
 Path C: "Heavily AI-dependent" → Q3C–Q5C → Q6C–Q9C → Q10 (C)
```

Internally, you tag each option:

- `I` = Independent
- `B` = Balanced
- `D` = Dependent
- `O` = Over-outsourced / risky

Routing rule (simple and robust):

- After **Q1–Q2**, count tags:
    - Mostly `I` → Path A
    - Mostly `B` → Path B
    - Mostly `D/O` → Path C

2. Stage 0 – Baseline AI Usage (Common to Everyone)

These 2 questions decide the path. Tone: fun, a bit sarcastic, but zero shame.

Q1 – How you start

Q1. A wild problem appears (bug, assignment, client mess). What's your *actual* first move?

- A. Stare at it, think on my own, maybe sketch or write, *then* consider AI. `I`
- B. Open AI and my brain side-by-side and think together from the start. `B`
- C. Paste the whole thing into my favorite model and wait for wisdom. `D`
- D. I don't even read it fully; straight to "Dear ChatGPT, save me." `O`

Q2 – Frequency of use

Q2. On a normal work/study day, how often do you touch ChatGPT / Claude / Gemini / Perplexity?

- A. Rarely. Maybe a few times a week when it's really worth it. `I`
- B. A few times a day, but for very specific boosts (summaries, drafts, ideas). `B`
- C. Many tasks in my day run through some LLM at least once. `D`

- D. If the internet is on, an LLM is open. It's basically my second brain. O

  > **Routing after Q2:**
  > - $I \geq B$ and $I \geq (D + O)$ → **Path A**
  > - B strictly highest → **Path B**
  > - $(D + O)$ highest → **Path C**

3. Path A – "Independent-First Thinker" Branch

This branch assumes: you **think first, then use AI**. Now we test **depth, flexibility, and how/when you let AI in**.

Stage 1A – Cognitive Style (Q3A–Q5A)

Q3A. You're stuck on a logic puzzle or bug. What do you do *before* touching AI?

- A. Break it into smaller pieces and test each part. I
- B. Try a few experiments, then write down what seems to be the pattern. I
- C. Quickly search docs/StackOverflow first; AI is "last resort". B
- D. Honestly, I usually cave and ask AI earlier than I planned. D

Q4A. You solved a tough problem *without* AI. Now a friend suggests, "Ask ChatGPT how it would do it." Your reaction?

- A. Cool idea. I want to compare my reasoning with AI's version. I
- B. Meh, only if I have extra time; I'm already confident in my solution. I
- C. I'd check just in case I missed an obvious shortcut. B
- D. I regret not asking AI earlier; this took way too long. D

Q5A. You see AI produce a solution different from yours but both *work*. What matters more to you?

- A. Understanding *why* both work and what's going on under the hood. I
- B. Choosing the one that's clearer for future humans to maintain. B
- C. Choosing the one that's shortest, even if I don't fully get it. D
- D. Whichever AI says is "better" when I ask it to self-review. O

Stage 2A – Brain Skills with Limited AI (Q6A–Q9A)

Q6A. You're forbidden from using AI for one critical task this week. Strategy?

- A. Plan more up front, allocate focus time, and rely on fundamentals. I
- B. Ask colleagues/mentors instead; human GPTs still exist. B
- C. Try to sneak AI into "allowed" parts (drafting, checking) anyway. D
- D. I'd procrastinate, hoping the rule "magically" changes. O

Q7A. How do you usually verify an idea *you* came up with (no AI yet)?

- A. Try to break it: edge cases, worst-case scenarios, "what if" attacks. I
- B. Compare it with known patterns, best practices, or standards. B
- C. Ask AI later if it sees any risks I've missed. D
- D. If I like it, I trust it. Overthinking is for other people. O

Q8A. Imagine you *must* teach a concept to someone else **without** AI. What's your plan?

- A. Build small examples and analogies until it really clicks for them. I
- B. Use visuals, demos, and questions to make them think actively. B
- C. I'd rehearse with AI first, then redo it from memory. D
- D. Honestly, teaching without AI feels scary. I'd avoid that job. O

Q9A. Which sentence feels most like you?

- A. "AI is my accelerator, not my driver." I
- B. "AI is my co-pilot; I still fly the plane." B
- C. "AI is my GPS; without it, I'm lost 70% of the time." D
- D. "AI is my autopilot. I mostly just enjoy the flight." O

Q10A (Final Reflection – Independent):

> "If all LLMs went offline for a month, what would you *actually* gain?"

- A. Stronger raw problem-solving stamina. I
- B. Better focus and less distraction hopping. B
- C. A headache... but also a reminder of skills I'd forgotten I had. D
- D. Honestly? Mostly stress. But maybe that's a sign to rebuild some muscles. O

4. Path B – "Balanced AI Collaborator" Branch

You think *with* AI, not instead of your brain. Now check **how strategic and critical** that collaboration is.

Stage 1B – Collaboration Style (Q3B–Q5B)

Q3B. You're planning a new project. How do you involve AI?

- A. I outline my own plan, then ask AI to poke holes in it. I
- B. I ask AI for 2–3 plans and merge them with my own ideas. B
- C. I ask AI for "the best plan" and follow it mostly as-is. D
- D. I ask multiple models until they mostly agree, then follow that. O

Q4B. AI suggests a solution that feels wrong to you, but you're not sure why. What do you do?

- A. Trust my gut, reject it, and investigate alternatives. I
- B. Cross-check with docs, data, or another human. B
- C. Try it anyway "just to see what happens". D
- D. If 2+ models agree, I override my own discomfort. O

Q5B. How do you feel when you solve something *faster* because of AI?

- A. Great, as long as I still fully understand the solution. I
- B. Great, and I'm okay not knowing every detail if results are solid. B
- C. I mostly care about speed; deep understanding is nice but optional. D
- D. If AI saved time, I don't care how it worked under the hood. O

Stage 2B – Cognitive Flexibility with AI (Q6B–Q9B)

Q6B. AI gives you a solution. What's your *next* move?

- A. Re-explain it in my own words to check if I truly get it. I
- B. Modify it and see if it still works in edge cases. B
- C. Save it to my snippets and reuse it as a template. D
- D. Archive it in my brain as "the standard way now". O

Q7B. You and AI disagree on the "best" option. How do you resolve it?

- A. Set up a small experiment to test both. Data wins. I
- B. Ask AI to argue *against* its own suggestion; then decide. B
- C. Ask a second model and go with the majority vote. D
- D. Go with AI; it's probably seen more data than me. O

Q8B. When you're tired, how does your AI usage change?

- A. I reduce AI usage because my judgment is weaker. I
- B. I use AI more, but only for low-risk tasks. B
- C. I lean heavily on AI and trust it more than usual. D
- D. I let AI basically run the show; I'm just clicking buttons. O

Q9B. What do you expect from "future you" with AI?

- A. To be even more skilled, using AI to tackle harder problems. I
- B. To be faster and smarter as a team (me + AI). B
- C. To be mostly an AI orchestrator, not a deep specialist. D
- D. To be replaceable by AI if I don't keep up... and I'm half-okay with that. O

Q10B (Final Reflection – Balanced):

> "What's one area where you'd deliberately **turn AI off** to grow your own brain?"

- A. Deep problem-solving / algorithms / complex reasoning. I
- B. Writing & communication (my authentic voice). B
- C. Planning & decision-making (learning to trust my own judgment). D
- D. Honestly, I haven't thought about that before, but maybe I should. O

5. Path C – "Heavily AI-Dependent" Branch

Here the focus is **safety, over-reliance, and hidden cognitive strength** that may be asleep under all the LLM sugar.

Stage 1C – Dependence Pattern (Q3C–Q5C)

Q3C. When AI is *temporarily down* or slow, what happens to you?

- A. Mild annoyance. I can still continue on my own. I
- B. I keep working but feel slower and less confident. B
- C. I pause important work until AI is back. D
- D. I basically freeze. My brain keeps saying, "We can't do this without it." O

Q4C. You submit work that's 80% AI-generated and your manager asks, "Walk me through your thinking." You:

- A. I explain the logic clearly; I understood what AI produced. I
- B. I can explain most of it, but a few parts are fuzzy. B
- C. I give a high-level story and hope they don't ask for details. D
- D. Panic mode. I mainly remember which prompt I used. O

Q5C. After using AI heavily for months, how do your *own* skills feel?

- A. Sharper: I use AI to stretch my limits and learn more. I
- B. Mixed: some skills improved, some feel a bit lazy. B
- C. Rusty: I notice I struggle more without AI. D
- D. Atrophied: I've outsourced so much that I avoid tasks without AI. O

Stage 2C – Underlying Cognitive Capabilities (Q6C–Q9C)

Q6C. You're forced to do a task AI-free as a "brain gym" challenge. Which one would secretly be *easiest* for you?

- A. Solving a pure logic puzzle or math/algorithm problem. I
- B. Explaining a concept to a beginner using your own words. B
- C. Planning a project step-by-step from scratch. D
- D. Honestly, none feel easy right now. That's my wake-up call. O

Q7C. You discover that an AI answer you trusted was confidently wrong and caused issues. What changes?

- A. I build a new habit of always verifying with independent sources. I
- B. I set clear rules: where AI is allowed and where it isn't. B
- C. I keep using AI but with more doubt and anxiety. D
- D. I still use it the same way; I just hope it doesn't happen again. O

Q8C. How often do you intentionally **practice** solving things without AI?

- A. Regularly. I treat it like a workout for my brain. I
- B. Sometimes, when I notice I'm leaning too hard on AI. B
- C. Rarely; life feels too busy to "practice suffering". D
- D. Never. If AI exists, why voluntarily struggle? O

Q9C. Imagine you must prove to someone that you are *more* than your prompts. What do you show them?

- A. A problem I solved from scratch, step-by-step. I
- B. A project where I used AI, but the vision and decisions were mine. B
- C. A collection of AI-assisted outputs I've curated well. D
- D. I'm not sure what I'd show yet—and that actually bothers me. O

Q10C (Final Reflection – Dependent):

> "If AI is your 'superpower suit', what's the part of **you** underneath it that you most want to rebuild?"

- A. Raw problem-solving and reasoning. I
- B. Confidence in my own judgment. B
- C. Patience to think deeply before asking AI. D
- D. Discipline to learn without instant shortcuts. O

6. How This Tests "Brain Skills" Without Calling Answers Wrong

Under the hood, this branching question set measures:

- **Independent problem-solving**
  - High I on questions about planning, verifying, teaching, and working AI-free.
- **Critical thinking & verification**
  - Choices about fact-checking, experiments, handling AI being wrong.
- **AI tool dependency**
  - Frequency of use, panic when AI is gone, copy-paste behavior, "autopilot" answers (D/O), aligned with dependency dimensions like trust, exclusivity, and impact.[9] [7]

- **Cognitive flexibility**
  - Willingness to switch off AI, to compare ideas, to re-explain in own words.

You never say "wrong". You only compute **profiles** like:

- "Independent Builder with High Critical Thinking"
- "Balanced Collaborator with Strong Experimentation"
- "Heavy AI Reliance with Hidden Analytical Strength"
- "On-Autopilot; Time to Reactivate Your Brain Core"

If you want, the next step can be:

- A **JSON schema** for this entire branching bank (IDs, text, options, tags, next_question_id) so you can plug it directly into your frontend/DB logic.

⁂

1. https://www.youtestme.com/kb/how-to-create-branching-questions/
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