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Raising Public Health Awareness Through Car-Free Day Activities in the Digital Era

Car Free Day (CFD) is a form of public space utilization that encourages people to engage in physical activity and adopt a healthy lifestyle.

This study aims to analyze the relationship between the experience of participating in CFD, environmental conditions, and the use of technology and social media with public health awareness in Pontianak City.

This study uses a quantitative approach with a cross-sectional design and survey method.

The research sample consisted of 428 people who participated in CFD activities in Pontianak City and were selected using incidental sampling techniques.

Data were collected using a closed questionnaire with a Likert scale of 1–5 that had been tested for validity and reliability, then analyzed descriptively and using the Spearman correlation test with the help of IBM SPSS Statistics version 27.

The results showed that public health awareness during CFD activities was in the moderate category at 82.48%. The results of the correlation test showed a positive and significant relationship between the use of technology and social media with public health awareness ($r = 0.327$; $p = 0.001$), environmental conditions with public health awareness ($r = 0.412$; $p = 0.001$), and the experience of participating in CFD with public health awareness ($r = 0.289$; $p = 0.002$).

The strongest relationship was found in environmental conditions, while the relationship between technology and social media and the experience of participating in CFD was at a weak level.

These findings indicate that public health awareness in CFD activities is related to activity experience, supportive environmental conditions, and the use of digital technology as a health information medium.

CFD can be used as a public space-based health promotion medium with the support of a conducive environment and the appropriate use of digital technology.

Keywords: Car Free Day, Urban Health, Public Health Awareness, Digital Health Literacy, Recreational Sports

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In today's digital era, the rapid development of technology and social media has transformed various aspects of people's lives, including daily activity patterns.

Technology provides convenience through access to health information, physical activity monitoring, and the dissemination of healthy lifestyle education through various digital platforms (Palmieri & Deutsch, 2025; Shima & Matsuura, 2025).

Furthermore, technological developments have expanded the reach of health promotion and made it easier for people to obtain information about the importance of physical activity.

However, this convenience is not always accompanied by changes in health behavior.

Low digital literacy, people's ability to sort out accurate health information, and the increasing use of digital devices in daily life have led people to spend more time in sedentary activities or become less active (Asan et al., 2024; Sipilä et al., 2024).

This condition shows that the development of digital technology has two sides: it serves as a supporting medium for health promotion and can also be a factor that can increase sedentary behavior if not balanced with adequate physical activity.

According to the World Health Organization (2024), approximately 31% of adults worldwide do not meet the weekly physical activity recommendations, while Southeast Asia is among those experiencing an increase in sedentary behavior.

The increased use of the internet, social media, and digital technology for work, study, shopping, and communication has led to people spending more time in front of screens, leading to a reduction in physical activity.

This

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condition increases the risk of various non-communicable diseases, especially cardiovascular disease and hypertension, which are closely related to low physical activity.

This phenomenon is also a concern in Pontianak City.

Based on data from the Pontianak City Health Office (2024), hypertension is the most common disease treated in health care facilities, with 25,903 cases.

This high figure indicates that prevention efforts through increasing community physical activity still need to be strengthened.

Therefore, Pontianak City was chosen as the research location because it regularly holds CFD as a public space used by the public for walking, cycling, exercising, and social interaction.

The existence of CFD is interesting to study because it provides an opportunity for the public to adopt an active lifestyle and increase health awareness amidst the increasing use of digital technology.

Physical activity is a key component in maintaining health and improving quality of life.

Numerous studies have shown that regular physical activity not only benefits physical health but also plays a role in maintaining mental health, improving cognitive function, reducing stress, and improving psychological well-being (Di Libero et al., 2024; Willemse et al., 2024).

Therefore, increasing physical activity is a promotive and preventive strategy for improving public health.

In line with this, the Pontianak City Government, through the Health Office, also prioritizes the promotion of healthy lifestyles and the control of non-communicable diseases as part of regional health development (Pontianak City Health Office, 2024).

In the digital era, technology can be utilized as a supporting medium to disseminate information about the benefits of exercise, activity schedules, and health education to the public through social media and various digital platforms (Arezomand et al., 2024; Park et al., 2024).

However, delivering health information through digital media alone is not sufficient to shape healthy lifestyle behaviors.

The public still needs opportunities to apply this information through direct physical activity in their daily lives (Hagoel et al., 2021; Y. Wang et al., 2022).

One way to increase community physical activity is through the provision of safe, comfortable, and easily accessible public spaces.

Public spaces provide opportunities for people to engage in various physical activities while strengthening social interactions and improving psychological well-being (Elibol et al., 2025; Knappova et al., 2025).

The availability of quality public spaces has also been shown to influence people's interest in participating in physical activity (Jiang et al., 2022; Lemberg et al., 2024).

This condition aligns with the development vision of Pontianak City, which supports the creation of a healthy, safe, and sustainable urban environment.

One way to utilize public spaces to increase community physical activity is through CFD, an activity routinely organized by local governments that utilizes roads as temporary public spaces for the public to engage in various physical activities.

In addition to walking and cycling, CFD activities also include group exercise, recreational sports, health check-ups, health education, and various social activities involving the community.

Therefore, CFD not only functions as a vehicle-free space but also serves as a health promotion medium that encourages the public to adopt an active and healthy lifestyle.

In Indonesia, CFD has developed in various cities as a public health promotion program.

In Pontianak, this activity has become a regular event, used by the community for exercise, recreation, and social interaction.

In the digital era, CFD implementation is also supported by the use of social media and various digital platforms to disseminate information about schedules, locations, activity documentation, and health education to the public. However, the success of CFD is not only determined by the dissemination of digital information, but also influenced by environmental quality, safety, comfort, location accessibility, and community participation in the various activities held (Hartman et al., 2024; Kappelides, 2024; Wiklund et al., 2024).

Various previous studies have discussed the relationship between physical activity, public space, and digital technology, but most have examined these aspects separately.

(Arezomand et al., 2024) explain that digital technology plays a role in expanding the dissemination of information about physical activity and health promotion, but have not yet linked this to the implementation of CFD as a public space.

Meanwhile, (Namiranian et al., 2024) and (Palumbo et al., 2024) show that CFD can increase community participation in physical activity and create a more pedestrian- and cyclist-friendly urban environment.

However, these studies have not yet

integratedly analyzed the relationship between recreational sports activities, environmental conditions, digital technology utilization, public health awareness, and CFD as a public space context.

In the local context of Pontianak City, research that integrates these five components in a single analytical model is also still limited.

Based on the above description, this study aims to analyze the relationship between recreational sports activities, environmental conditions, and the use of digital technology with public health awareness during CFD activities in Pontianak City.

The results are expected to contribute to the development of public space-based health promotion and serve as a reference for the Pontianak City Government in optimizing CFD implementation as an effort to increase physical activity and public health awareness in the digital era.

METHOD

Data collection was conducted through a survey by distributing questionnaires directly to visitors attending CFD in Pontianak City.

The questionnaires were given to respondents who met the research criteria and agreed to participate, until all statements were completed.

The research sample consisted of 428 people who participated in CFD in Pontianak City and were willing to be research respondents.

The sampling technique used was incidental sampling, which is a sampling technique based on respondents who were coincidentally encountered at the research location and met the predetermined criteria.

This technique was chosen because the characteristics of CFD visitors are dynamic and the number of visitors attending each CFD event cannot be determined with certainty, so there is no sampling frame that can be used to select respondents randomly.

Therefore, respondents who were met directly during the CFD activity and met the research criteria were selected as samples.

Inclusion criteria included individuals who participated in CFD activities at the time of data collection and were willing to complete the questionnaire directly.

Exclusion criteria included individuals who were unwilling to participate in the study or did not complete the questionnaire completely.

Data collection was conducted during one CFD activity, namely on Sunday, May 10, 2026.

The timing was adjusted to the routine CFD implementation schedule so that all respondents were met at the same time and location in accordance with the cross-sectional research design.

All respondents received an explanation of the research objectives before completing the questionnaire and participated voluntarily.

The research instrument was developed by the researchers based on theoretical studies on public health awareness, recreational sports activities, environmental conditions, and the use of digital technology, then adapted to the context of CFD activities.

Before being used in the main study, the instrument was piloted on 50 respondents outside the research sample to test its validity and reliability.

Of the 30 statements, 27 were declared valid, while three items were eliminated because they did not meet validity criteria.

The Cronbach's Alpha reliability value of 0.914 indicates that the instrument has a very high level of internal consistency, making it suitable for use as a research data collection tool.

Data collection in this study was conducted through a survey method using a closed-ended questionnaire with a Likert scale of 1–5.

The questionnaires were distributed directly by researchers in the field to residents involved in activities at the Pontianak City CFD.

Researchers approached respondents and distributed a digital link to a Google Form-based questionnaire to

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be completed independently and voluntarily by CFD participants who agreed to be included in the study sample.

Data analysis in this study was conducted descriptively and inferentially.

Descriptive analysis was used to describe the research data through the average (mean), standard deviation, minimum value, maximum value, frequency, and percentage for each research variable.

The results of the descriptive analysis are presented in tabular form to provide an overview of the state of public health awareness during CFD activities.

Next, the Spearman correlation test was used to determine the relationship between the research variables because the data analyzed were questionnaire scores and did not require a normal distribution. The correlation test was conducted at a 5% significance level ($\alpha = 0.05$). The significance value (p) was used to determine whether or not there was a relationship between the variables, while the correlation coefficient was used to determine the direction and strength of the relationship.

Based on Table 1, data from 428 respondents were deemed complete, allowing for analysis. In general, the mean values for all variables indicate that respondents' perceptions were in the moderate category. The variable regarding the importance of health and the role of recreational sports had the highest mean value (24.48), while the variable regarding the role of technology and social media in expanding health knowledge had the lowest mean value (11.98). The standard deviation value for each variable was relatively smaller than the mean value, indicating that respondents' responses tended to be homogeneous, resulting in relatively little variation in respondents' responses.

Statistics Table				
Research Variables	Means	Standard Deviation	Minimum	Maximum
The importance of health and the role of recreational sports	24.48	2.29	7.00	35.00
Experiences and feelings after CFD	18.17	2.02	6.00	30.00
Environmental conditions and ease of activities during CFD	13.80	1.09	5.00	25.00

| The influence of a clean environment on health awareness | 14.53 | 0.57 | 5.00 | 25.00 |

| The role of technology and social media in expanding health insights.
11 98 0 48 4 00 20 00

Table 1.
Descriptive Statistics of Research Variables

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Figure 1.
Frequency Distribution Graph of Public Health Awareness during CFD Activities

Figures 1 and 2 show that public health awareness during CFD activities in Pontianak City was generally in the moderate category (82.48%). Furthermore, respondents' perception patterns indicate that the experience of participating in CFD and the environmental conditions during the activity received relatively higher average scores compared to other variables. Conversely, the role of technology and social media received the lowest average scores. These findings suggest that the experience of participating in CFD and a supportive environment are important aspects in developing public health awareness, while the use of technology and social media still needs to be optimized as a means of disseminating health information.

Based on Table 3, all significance values obtained are less than 0.05, so it can be concluded that there is a statistically significant relationship between the variables studied and public health awareness.

The correlation coefficient between technology and social media and public health awareness showed a correlation coefficient of 0.327 with a significance level of 0.001. This result indicates a weak positive relationship, indicating that the better the use of technology and social media, the greater the likelihood of public health awareness.

The correlation coefficient between environmental conditions and health awareness was 0.412 with a significance level of 0.001. This result indicates a moderate positive relationship, indicating that clean, safe, and comfortable environmental conditions are associated with increased public health awareness.

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Meanwhile, the correlation coefficient between CFD experience and health awareness was 0.289 with a significance level of 0.002. This result indicates a weak positive relationship, indicating that respondents with more experience participating in CFD activities tend to have higher levels of health awareness.

| Related Variables | Correlation Coefficient (r) | Significance Value (p) | Relationship Description |

| The Role of Technology & Social Media ↔ Health Awareness | 0.327 | 0.001 | Weak positive, significant |

| Environmental Conditions ↔ Health Awareness | 0.412 | 0.001 | Moderate positive, significant |

| Experience of Following CFD ↔ Health Awareness | 0.289 | 0.002 | Weak positive, significant |

Based on the research

Based on the research results, public health awareness during CFD activities in Pontianak City was in the moderate category.

This finding indicates that the public has an understanding of the importance of maintaining health, but this understanding has not been fully translated into consistent healthy lifestyle behaviors.

One factor suspected of influencing this condition is the limited public space that can be used by the public for regular physical activity.

Although Pontianak City regularly holds CFD as a public space for exercise, these activities only take place at certain times and therefore have not been able to form sustainable physical activity habits.

As a result, the public's opportunity for regular physical activity is still limited, so the level of health awareness formed is still in the moderate category.

This finding is consistent with research by (Di Libero et al., 2024) and (Willemse et al., 2024) which states that knowledge about the importance of health is not always followed by behavioral changes.

Healthy lifestyle behavior is influenced by various factors, such as the availability of supporting facilities, a conducive environment, individual habits, and opportunities for continuous physical activity.

In this study, CFD is one effort that provides opportunities for the community to walk, cycle, participate in group exercise, and engage in recreational sports.

However, because these activities only occur periodically, their impact on developing sustainable healthy lifestyle behaviors still requires support from physical activities undertaken outside of CFD.

This study also shows that the experience of participating in CFD and environmental conditions are related to public health awareness.

A clean, safe, comfortable, and activity-supportive environment can provide people with direct experience regarding the importance of maintaining health through physical activity.

Furthermore, social interactions that occur during CFD activities can increase people's comfort and motivation to engage in physical activity.

These findings suggest that direct experience through physical activity in public spaces can be an important part of shaping public health awareness.

This is in line with (Rodrigues et al., 2025) who explained that physical activity is related to positive psychological function and well-being.

Although the technology variable had the lowest average value, the analysis results showed that it still had a relationship with public health awareness.

This condition indicates that digital technology can be used as a medium to obtain and disseminate health information, but its use does not necessarily directly encourage people to adopt healthy lifestyle behaviors.

One reason is that technology is still widely used for communication, entertainment, and social media rather than as a means of obtaining health information.

The digital divide can also lead to differences in people's access and ability to obtain, understand, and utilize information available through digital media.

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This condition aligns with the discussion on the digital divide in (Hansen et al., 2023), which highlights the existence of inequality in access to and utilization of digital technology.

Overall, the research results indicate that public health awareness during CFD activities is not only related to the delivery of information through digital media, but also to the experience of engaging in physical activity and the environmental conditions in which the activity takes place.

Therefore, CFD implementation can continue to be optimized as a public space that supports physical activity and the development of healthy lifestyle behaviors.

Meanwhile, the use of digital technology can be directed as a supporting medium for health education and literacy so that the information obtained by the public not only increases knowledge but also encourages the adoption of healthy lifestyle behaviors in everyday life.

Recreational sports and CFD experiences support public health awareness.

Based on research findings, the importance of health and the role of recreational sports, experiences, and perceptions of participation in CFD, these findings indicate that public understanding of the importance of recreational sports and experiences of participating in these activities are largely moderate.

Public health awareness is also moderate.

This suggests that recreational sports activities are related to public understanding of the importance of physical activity in maintaining health.

The implementation of recreational sports in CFD activities is one of the activities related to increasing public awareness of the importance of physical activity as part of a healthy lifestyle.

Activities such as walking, cycling, and jogging provide opportunities for participants to move actively while gaining direct experience of the benefits of physical activity for the body.

Involvement in these activities indicates a tendency to form active habits and increases understanding of the importance of maintaining fitness in daily life (Arkkukangas et al., 2022; Griffiths et al., 2023; H. Lee & Vitiello, 2022; Mulasso et al., 2023).

Repeated participation is associated with motivation to maintain physical activity in the long term and the adoption of a healthy lifestyle (Amiri-Farahani et al., 2021; Chivunze et al., 2021; Middleton et al., 2023; J. Sun et al., 2025).

The benefits gained are not only related to physical condition, but also psychological health.

Outdoor sports activities can help reduce stress, improve mood, and enhance a person's quality of life.

Participation in various forms of recreational sports is also associated with better mental well-being because it provides opportunities to enjoy the environment, gain positive experiences, and engage in enjoyable activities (Gil-Lacruz et al., 2021; Lu & Wei, 2023).

Furthermore, the presence of public spaces that support physical activity contributes to people's health and well-being in everyday life (Bartels et al., 2023; Wan et al., 2022).

CFD also serves as a means of social interaction, bringing together diverse community groups in an open and relaxed atmosphere.

The interactions that develop during these activities can strengthen social relationships, foster a sense of community, and foster community support.

The experience of engaging in shared activities can increase participation in similar activities and encourage people to remain engaged in activities that benefit their health (Ho et al., 2023; Qi et al., 2024; Y.

Sun et al., 2022; Yang et al., 2024; D. Zhao et al., 2022).

Thus, recreational sports are not only related to physical fitness but also provide social experiences that support the development of a healthy lifestyle (Donaldson et al., 2021; Griffiths et al., 2023; Jenkins et al., 2021; Stagnone et al., 2025).

Recreational sports and the experience of participating in CFDs increase public health awareness through participation in various physical activities such as walking, cycling, and leisurely walks.

These activities encourage the development of active lifestyle habits and provide benefits for physical and psychological health.

Furthermore, the social experience during CFDs

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strengthens people's motivation to maintain and adopt a healthy lifestyle, thus supporting increased public health awareness.

Based on research findings, environmental conditions, ease of movement, and a clean environment are important factors in health awareness.

These findings indicate that the majority of people perceive environmental conditions as moderate.

A clean, safe, and comfortable environment provides a space for people to engage in physical activity more freely.

This is related to the development of healthy lifestyles and increased community participation in physical activity.

A supportive environment is related to the level of community participation in physical activity because it provides a sense of comfort, safety, and is easily accessible to various community groups (Ghorbany et al., 2025; King et al., 2021; Mao et al., 2024; H. Zhao et al., 2023).

In addition, the existence of public spaces that support community activities can encourage individual engagement in activities that are beneficial for health and fitness (He et al., 2022; Huang, 2024; König et al., 2025; Niu et al., 2024).

These conditions indicate that the CFD environment is a means that supports people to engage in physical activity and reduces the tendency for sedentary behavior in daily life (Liu et al., 2022; Parés-Salomón et al., 2025; Shubochkina et al., 2021; Xu et al., 2023).

The influence of the CFD environment is also evident in the formation of healthy community behaviors during these activities.

Involvement in various outdoor recreational activities is associated with an awareness of the importance of maintaining health and fitness.

A comfortable and supportive environment for physical activity is known to have a positive impact on physical health, psychological well-being, and quality of life (Antonio et al., 2023; Fan et al., 2023; J. Wang et al., 2022).

Interactions during activities can strengthen social relationships, increase social support, and foster motivation to maintain healthy lifestyle habits (Hayek et al., 2023; Huntsman & Bulaj, 2025; Masri et al., 2025; Willems et al., 2022).

A clean, safe, and comfortable CFD environment is a key factor contributing to increasing public health awareness by facilitating participation in physical activity.

This supportive environment creates a sense of comfort and easy access, thus encouraging community engagement in activities that can promote healthy lifestyle habits and reduce sedentary behavior.

The role of technology and social media in expanding health insights.

Based on the research results, the role of technology and social media in expanding health knowledge is classified as moderate.

This finding indicates that people have utilized digital technology to obtain health information, but the level of utilization is generally still moderate.

This indicates that digital technology is used to obtain information related to physical activity, healthy lifestyles, and general health.

However, the use of technology and social media has not been fully implemented in daily life, so efforts are needed to encourage more consistent use of digital health information in healthy living behaviors.

Advances in technology and social media have facilitated rapid and widespread public access to health information.

Through the internet, apps, and various social media platforms, people can access knowledge about disease prevention, healthy lifestyles, physical activity, nutrition, and available services.

This ease of access is associated with increased insight and understanding as individuals can search for, understand, and utilize various sources that support decision-making for themselves and their families (Lemos et al., 2024; Sterling et al., 2025; Varga et al., 2025).

In addition to providing a means of disseminating knowledge, the development of digital services has also provided a variety of devices such as smartwatches, fitness trackers, step

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counters, heart rate monitors, and fitness apps that enable self-monitoring of body condition.

Through this device, one can find out the number of daily steps, sleep quality, heart rate, and sports achievements, thus encouraging the formation of healthier lifestyle habits (Chai et al., 2025; S.-A.

The use of digital services not only serves as a source of knowledge but also supports more active body condition management.

Various applications are designed to help record physical development, provide medication reminders, monitor symptoms, and support sustainable healthy behavior changes (Babu et al., 2022; Istaiti et al., 2025; Zhang et al., 2025).

The development of web-based applications and smart devices is also being utilized to increase physical activity, support well-being, and facilitate the monitoring of various body indicators through a more personalized and accessible approach (Brinsley et al., 2025; Ladune et al., 2024; Laiti et al., 2025; M. Lee et al., 2025).

The existence of these various innovations demonstrates that digital developments not only expand access to knowledge but also facilitate its application in everyday life through increasingly sophisticated features (MacMillan et al., 2025; Naim et al., 2025).

Despite its many benefits, digital media use still requires caution.

The diverse content circulating on the internet is not uniformly managed and reliable, so people need to be more selective in accepting and using the information they find.

Furthermore, excessive use of electronic devices can affect sleep quality, cause fatigue due to prolonged screen exposure, and increase the risk of psychological disorders if social media use is uncontrolled (Almalki, 2025; Kuwabara et al., 2025).

Excessive use of activity monitoring devices also has the potential to affect daily behavior due to excessive attention to specific activity monitoring results (Siddika & Ellithorpe, 2025).

The development of technology and social media plays a crucial role in expanding access to health information and supporting the adoption of healthy lifestyles through various digital applications and devices.

While these offer numerous benefits, their use must be judicious, including the ability to select reliable sources of information and use them in a balanced manner to ensure they support optimal health outcomes.

Based on the research results, public health awareness during CFD activities in Pontianak City was in the moderate category at 82.48%.

The Spearman correlation test results showed that experience participating in CFD, environmental conditions, and the use of technology and social media had a positive and significant relationship with public health awareness.

Environmental conditions had the strongest relationship with public health awareness ($r = 0.412$; $p = 0.001$), while the use of technology and social media ($r = 0.327$; $p = 0.001$) and experience participating in CFD ($r = 0.289$; $p = 0.002$) had a weaker positive relationship.

These results indicate that public health awareness during CFD activities is not only related to physical activity and the experience of participating, but also to clean, safe, comfortable, and supportive environmental conditions, as well as the use of digital technology as a source of health information.

Therefore, CFD activities can continue to be optimized as public spaces that support physical activity and public health promotion.

The use of digital technology can also be directed to expand health information and education to support the community in adopting healthy lifestyles.

FAQs

What is GPTZero?

GPTZero is the leading AI detector for checking whether a document was written by a large language model such as ChatGPT. GPTZero detects AI on sentence, paragraph, and document level. Our model was trained on a large, diverse corpus of human-written and AI-generated text with support for English, Spanish, French, German, and other languages. To date, GPTZero has served over 17 million users around the world, and works with over 100 organizations in education, hiring, publishing, legal, and more.

When should I use GPTZero?

Our users have seen the use of AI-generated text proliferate into education, certification, hiring and recruitment, social writing platforms, disinformation, and beyond. We've created GPTZero as a tool to highlight the possible use of AI in writing text. In particular, we focus on classifying AI use in prose. Overall, our classifier is intended to be used to flag situations in which a conversation can be started (for example, between educators and students) to drive further inquiry and spread awareness of the risks of using AI in written work.

Does GPTZero only detect ChatGPT outputs?

No, GPTZero works robustly across a range of AI language models, including but not limited to ChatGPT, GPT-5, GPT-4, GPT-3, Gemini, Claude, and AI services based on those models.

What are the limitations of the classifier?

The nature of AI-generated content is changing constantly. As such, these results should not be used to punish students. We recommend educators to use our behind-the-scenes [Writing Reports](#) as part of a holistic assessment of student work. There always exist edge cases with both instances where AI is classified as human, and human is classified as AI. Instead, we recommend educators take approaches that give students the opportunity to demonstrate their understanding in a controlled environment and craft assignments that cannot be solved with AI. Our classifier is not trained to identify AI-generated text after it has been heavily modified after generation (although we estimate this is a minority of the uses for AI-generation at the moment). Currently, our classifier can sometimes flag other machine-generated or highly procedural text as AI-generated, and as such, should be used on more descriptive portions of text.

I'm an educator who has found AI-generated text by my students. What do I do?

Firstly, at GPTZero, we don't believe that any AI detector is perfect. There always exist edge cases with both instances where AI is classified as human, and human is classified as AI. Nonetheless, we recommend that educators can do the following when they get a positive detection: Ask students to demonstrate their understanding in a controlled environment, whether that is through an in-person assessment, or through an editor that can track their edit history (for instance, using our [Writing Reports](#) through Google Docs). Check out our list of [several recommendations](#) on types of assignments that are difficult to solve with AI.

Ask the student if they can produce artifacts of their writing process, whether it is drafts, revision histories, or brainstorming notes. For example, if the editor they used to write the text has an edit history (such as Google Docs), and it was typed out with several edits over a reasonable period of time, it is likely the student work is authentic. You can use GPTZero's Writing Reports to replay the student's writing process, and view signals that indicate the authenticity of the work.

See if there is a history of AI-generated text in the student's work. We recommend looking for a long-term pattern of AI use, as opposed to a single instance, in order to determine whether the student is using AI.