Ethical Use of Artificial Intelligence in Education and Research:
A Concise Guide for Students [1]

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What is Permitted:

- **Supportive Use.** Artificial intelligence (AI) can be used to assist in academic processes such as literature management, generation of research ideas, linguistic corrections, formatting and text editing (e.g., improving clarity, spell-checking), and data processing and analysis. Specifically:
- **Literature Review.** AI can be useful in searching for publications, summarizing content, and critically analyzing literature, always with meticulous personal verification of sources.
- **Enhance Research Design.** The use of AI for brainstorming, formulating research questions, or identifying concepts is permitted, primarily in the initial stages of a project, with appropriate context engineering.
- **Language Support.** The use of AI tools for translating words, terms, sentences, or for linguistic correction is permitted, provided that the final text remains the author's product.
- **Assistance in Data Analysis.** AI can be utilized for suggestions regarding the handling and analysis of quantitative or qualitative data, provided that the relevant procedures are understood and implemented under the students' responsibility.
- **Reference.** Any use of AI must be explicitly stated in the preface of the work, with a clear description of the way and extent of use, as well as with appropriate citation (e.g., "OpenAI, 2024").
- **Collaboration with the Supervisor.** Any use of AI at any stage of the design, implementation, and writing of a project must be discussed and approved by the supervisor.

What is Prohibited:

- **Copying or Writing Parts of the Project.** The use of AI to compose a section or a whole essay is not permitted. The final text must be the product of the author's personal work.
- **Substitution of Critical Thinking.** AI should not replace human judgment, argument formation, interpretation of results, or drawing conclusions. Students bear the responsibility and must be able to convincingly support their choices during the presentation or evaluation of their work.
- **Undisclosed Use.** Inappropriate use and/or failure to cite the use of AI are considered violations of academic integrity and incur penalties. Furthermore, they constitute sufficient reason for terminating the student's collaboration with the supervisor.
- **Automatic Generation of References.** The use of AI for creating references is prohibited, as many tools are known to suffer from "hallucinations," resulting in non-existent or inaccurate sources. The detection of fabricated references constitutes sufficient reason for the rejection of a work by the supervisor.

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[1] This text does not constitute a regulation of the Department of Psychology of NKUA. Adherence to it is binding for students taking courses taught by the author and/or conducting research under his supervision.

[2] During the preparation of this text, ChatGPT (version GPT-4.1) by OpenAI via [Perplexity](#) was used to identify AI usage guidelines from international organizations and summarize their content. The composition and accuracy check of the text were performed by the author.

- **Processing Sensitive Data.** Entering personal or sensitive data into AI tools that do not meet data protection standards is not permitted.

Key Principles

- **Transparency**: It is always mandatory to explicitly state when, how, and to what extent AI was used in a work.
- **Authenticity**: Every work must reflect the thought, analysis, and contribution of the author, who is expected to be able to adequately substantiate the content of the text they sign.
- **Responsibility**: Students are responsible for the accuracy, validity, and ethically sound use of the AI tools they utilize.

Useful Tips

- Before using an AI tool, consult your supervisor and your Department's relevant regulations.
- Always check thoroughly the validity and accuracy of the information provided by AI. Do not rely solely on it for the finalization of your work.
- Utilize open-access tools, such as [GPTZero](#) and [Paperpal](#), to check if your work has been AI-generated and/or contains elements of plagiarism.
- Stay informed on a regular basis about developments in AI models and corresponding policies for their academic use, as this is a dynamically developing field. Consult international guides from reputable sources such as the [European Commission](#), the [European Research Area Forum](#), or the [European Network for Academic Integrity](#). Avoid solutions or advice from unknown and unreliable sources.

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