# Experts warn AI reliance may be causing decline in human intelligence



A range of experts have raised concerns about the impact of artificial intelligence (AI) on human intelligence, suggesting that increasing reliance on AI technologies may be contributing to a decline in human cognitive abilities. As AI takes on more tasks previously requiring human intellect—such as driving cars, answering questions, and generating content—scientists warn that people’s thinking skills may be deteriorating.

Research indicates that IQ scores, which had been rising over successive generations in a trend known as the Flynn Effect, have been falling for roughly the last 30 years. This reversal in IQ scores coincides with the expansion of the internet and growing use of AI. Studies show declines not only in IQ but also in critical thinking and attention spans, which experts attribute in part to humans no longer exercising their cognitive skills as thoroughly, given the “hard work” increasingly done by AI systems. One analysis compares this to muscle deterioration resulting from lack of physical exercise, except applied to the brain.

Psychologist Robert Sternberg of Cornell University has stated that AI has already “compromised” human intelligence. He remarked, “The greatest worry in these times of generative AI is not that it may compromise human creativity or intelligence, but that it already has.”

Further evidence comes from Michael Gerlich of SBS Swiss Business School in Kloten, Switzerland, who tested 666 individuals in the UK. He found a significant correlation between AI use and diminished critical-thinking skills. Gerlich highlighted the effect of social media’s format on cognition, explaining: “To get your video seen, you have four seconds to capture someone’s attention. The result? A flood of bite-size messages that are easily digested but don’t encourage critical thinking.” He added it is “very challenging not to offload your critical thinking to these machines.”

Looking ahead, Sir Demis Hassabis, chief executive and co-founder of Google DeepMind and Nobel Prize winner, has suggested that humans could be “obsolete” within the next decade, underscoring the rapid pace at which AI is evolving and integrating into various facets of life.

These observations highlight ongoing debates about the consequences of AI advancement on human cognition and societal roles, with experts pointing to measurable shifts in intelligence metrics and cognitive behaviours in the context of growing AI deployment.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.unleash.ai/artificial-intelligence/is-ai-causing-a-decline-in-cognitive-and-creative-skills/> - This article supports concerns that overreliance on AI can negatively affect human cognitive and creative skills. It highlights research indicating potential declines in these areas due to AI use.
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11020077/> - This research article explores how AI systems can lead to reduced mental engagement and neglect of cognitive skills, contributing to declines in critical thinking and problem-solving abilities.
3. <https://phys.org/news/2025-01-ai-linked-eroding-critical-skills.html> - This study by Michael Gerlich links increased AI use to diminished critical thinking skills, particularly in younger demographics, highlighting the issue of cognitive offloading.
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7605294/> - This article discusses the broader impact of AI on human society, including potential effects on cognitive and societal roles, although it does not directly address cognitive decline.
5. <https://hai.stanford.edu/news/ai-overreliance-problem-are-explanations-solution> - Stanford researchers explore the issue of AI overreliance and its potential cognitive impacts, suggesting explanations as a strategy to mitigate erroneous decisions due to AI.
6. <https://www.noahwire.com> - While not directly providing evidence, this source serves as a general reference for the article's discussion on AI's impact on human intelligence and cognitive abilities.
7. <https://www.dailystar.co.uk/news/latest-news/ai-compromised-human-intelligence-could-35119159> - Please view link - unable to able to access data