

EEF/NFER Randomised Trial: ChatGPT Cuts Science Teachers' Lesson-Prep Time by 31%

AI in Education · Good practice · United Kingdom

Quality score: 47/100

Evidence strength: Moderate

Summary

A school-randomised controlled trial of 259 Year 7–8 science teachers in 68 English schools found ChatGPT use cut weekly lesson-prep time by 25.3 minutes (31%), with an independent blinded panel finding no drop in resource quality.

Key dimensions

Dimension	Score
Evidence of learning impact	1/3
Equity & inclusion	0/3
Transparency, ethics & data protection	2/3
Teacher capability & pedagogy	3/3
Scalability & sustainability	1/3

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-07-30

[Education Endowment Foundation & National Foundation for Educational Research](#) — accessed 2026-07-30

[EEF: Teachers using ChatGPT... can cut lesson planning time by over 30%](#) — accessed 2026-07-30

[Teaching Times: EEF Report Shows ChatGPT Can Cut Lesson Planning Time By 30%](#) — accessed 2026-07-30

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