Timed GenAI Access as Scaffolding — Universitat Pompeu Fabra's 105-Student Lab Study Finds an RL Gate Beats Unrestricted Chatbot Use

AI in Education · Good practice · Spain

Quality score: 40/100

Evidence strength: Moderate

Summary

In a 105-student lab study at UPF Barcelona, a reinforcement-learning agent that decided when students could use a chatbot beat unrestricted access on post-test scores (d=0.59) and metacognitive accuracy, but did no better than no access.

Key dimensions

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

Evaluated by C-NAPSE

Data sources

C-NAPSE web research — accessed 2026-11-17

Universitat Pompeu Fabra — accessed 2026-11-17

arXiv preprint 2605.15850 — accessed 2026-11-17

Stanford SCALE repository entry — accessed 2026-11-17

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