



Challenging Mis/Disinformation in Special Libraries in an age of AI and Alternative Facts

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Transportation Library Round Table
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Agenda & Outcomes

- Landscape of mis/disinformation
 - Evidence-based literacy strategies
 - SIFT Method
 - SIFT for AI
 - Other approaches
 - Wrap-up
-
- Discuss the current field of mis/disinformation
 - Define and apply evidence-based methods of mitigating mis/disinformation
 - Explore intersections of mis/disinformation and AI



Information Access as a Human Right

- Libraries
 - ALA Code of Ethics
 - Library Bill of Rights
 - Freedom to Read Statement
 - IFLA Development and Access to Information
- International
 - Article 19 U.N. Declaration of Human Rights
 - FOIA laws
- United States
 - 1st amendment
 - “ancillary right” of access



Challenges Posed by Mis/Disinformation

- Persistence of mis/dis in memory
- Quality of life
- Disproportionate impacts
- Increased polarization/partisanship
 - Declining trust
 - Lack of consensus
 - Facts
 - Truth (post-truth, “emotional” truth)

What Works?

Evidence-Based
Approaches



Information/News/Media Literacy as a Response

- Lateral reading/ SIFT
- Effective
- Limitations
 - Research is mostly in Western, urban, educated environments
 - Not longitudinal
 - Hard to scale, esp. outside of school

S.I.F.T. Method

Developed by Michael Caulfield



S.I.F.T.

- Stop
- Investigate the source
- Find better coverage
- Trace claims back

NUTRITION

The coffee sweet spot: How much a day is safe — and linked to heart benefits

By [Rachel Sacks](#)

Published July 20, 2026, 12:26 p.m. ET

Pour another cup? Science says yes.

From [reshaping gut bacteria](#) to [keeping you young](#), your morning cup of joe provides a lot when it comes to health.

And good news for java junkies: There can even be benefits for the heart — but only if you drink the right amount.



S

Stop!

SI

Stop!

Investigate the source



New York Post – Bias and Credibility

New York Post is rated Right-Center with Mixed factual reporting by Media Bias Fact Check.



Factual Reporting
Very High
High
Mostly Factual
MIXED
Low
Very Low

[Detailed Report](#)

Bias Rating: **RIGHT-CENTER (4.9)**

Factual Reporting: **MIXED (5.9)**

Country: **USA**

MBFC's Country Freedom Rank: **MOSTLY FREE**

Media Type: **Newspaper**

Traffic/Popularity: **High Traffic**

MBFC Credibility Rating: **MEDIUM CREDIBILITY**



New York Post

Contents

hide

Article[Talk](#)

The ***New York Post*** (***NY Post***), founded as the ***New York Evening Post*** (originally ***New-York Evening Post***), is an American conservative^[3] daily tabloid newspaper published in New York City. The *Post* also operates three online sites: NYPost.com;^[4]

Murdoch's News Corp bought the *Post* for US\$30.5 million (equivalent to \$173 million in 2025).^{[6][7]} Since its acquisition by News Corp, the *Post* has been frequently criticized over the years for its controversial headlines and editorial choices along with accusations of bias in its political coverage.^[8]

SIF

Stop!

Investigate the source

Find better coverage



THE SCIENCES | MIND | TECHNOLOGY | HEALTH | ENVIRONMENT | PLANET EARTH



/ HEALTH

American Heart Association Deems 5 Cups of Coffee Safe but Warns Against Energy Drinks

Learn how much caffeine is considered safe for your heart, why energy drinks may not be a great alternative, and why studying coffee's health impacts isn't so straightforward.

Written by [Jenny Lehmann](#)

Jul 20, 2026, 7:30 PM | 3 min read



Discover Magazine – Bias and Credibility

Discover Magazine is rated Pro-Science with High factual reporting by Media Bias Fact Check.

PRO-SCIENCE

Factual Reporting
Very High
HIGH
Mostly Factual
Mixed
Low
Very Low

[Detailed Report](#)

Bias Rating: **PRO-SCIENCE**

Factual Reporting: **HIGH**

Country: **USA**

MBFC's Country Freedom Rating: **MOSTLY FREE**

Media Type: **Magazine**

Traffic/Popularity: **Medium Traffic**

MBFC Credibility Rating: **HIGH CREDIBILITY**

SIFT

Stop!

Investigate the source

Find better coverage

Trace the claims, quotes, and media
back to the original context

NEWS RELEASE 20-JUL-2026

Coffee and heart health: How many cups of caffeinated coffee are safe to drink each day?

Although the relationship between caffeine and cardiovascular health is complex, the latest research indicates consuming up to 5 cups of caffeinated coffee per day (up to 400 mg of caffeine/day) is safe for most adults and may be linked to cardiovascular

Peer-Reviewed Publication

AMERICAN HEART ASSOCIATION

Statement Highlights:

- The latest research indicates that consuming up to 400 mg of caffeine/day (equivalent to up to 5, 8-ounce cups of caffeinated coffee per day) is generally safe for most adults and appears to be linked to a lower risk of several cardiovascular conditions, including heart failure, heart disease and stroke in some individuals.
- However, higher amounts of caffeine, such as levels found in energy drinks including energy shots, may increase the risk of high blood pressure and/or irregular heart rhythm or arrhythmia.
- More research is needed to better understand caffeine's impact on the body, how different sources of caffeine impact heart health and how its impact may vary among different people, according to the scientific statement.

One More Step!

Check Your Emotions



SIFT for AI

Also from Mike Caulfield

AI for Evidence, Not Answers



- Stop and get it in
- Investigate evidence & Find better sources
- Track it down

Get It In

- Insert claim into AI

Doctors warn of 'temporal hollowing' from rapid GLP-1 weight loss. What is it?



[Josie Fischels](#)

Updated: AUG 2, 2026 / 09:06 AM CDT



Warn of 'temporal hollowing' in
all P-1 weight loss. What is it?



10/10/2020

Is this good evidence that ozempic causes temporal hollowing? Give a table that shows the surrounding context that supports this as strong or weak evidence of that.

A news article headline is **weak evidence** that Ozempic directly causes temporal hollowing. While GLP-1 medications like Ozempic cause rapid body weight loss that frequently leads to facial fat loss (including in the temporal fat pads), the headline represents secondary journalistic reporting of an indirect downstream effect (fat depletion), rather than clinical evidence of a direct drug-induced side effect or cellular toxicity.

Context & Evaluation Factor	Details in Provided Image / Article Context	Implication for Evidence Strength	Strength Level
Source Type & Medium	A digital news headline ("Doctors warn...") authored by a general journalist.	Media coverage reports expert commentary or anecdotal trends second-hand; it lacks peer-reviewed empirical data or controlled	Weak



Investigate Evidence

- Ask for evidence, not answers
- Use neutral questions (like reference librarians!)
- Ask for additional information
- Ask for elaboration



Example Prompts

- Evaluate the claim that ...
- Read the room: what do a variety of experts say about...
- Categorize the elements of this claim as unusual, unprecedented, noteworthy or normal. It's okay to have empty categories.
- Search for and reason about the evidence against this claim, then search for a reason about the evidence for this claim.

Read the room: what are a variety of experts saying about ozempic and temporal hollowing? How does scientific, professional, popular, and media coverage break down and what does it tell us?

Across scientific, clinical, popular, and media domains, expert discourse surrounding Ozempic (semaglutide) and temporal hollowing highlights a noticeable gap between medical reality and public perception.

1. Scientific & Clinical Domain

- **The Consensus:** Medical researchers and endocrinologists view temporal hollowing not as a direct toxic side effect of GLP-1 receptor agonists, but as a predictable physiological outcome of rapid, substantial weight loss.
- **The Physiology:** When the body loses significant fat, it draws from systemic stores without sparing the facial fat compartments. Small volumetric imaging studies demonstrate that GLP-1-induced weight loss leads to quantifiable volume reduction in the superficial facial and temporal fat pads.
- **Context:** Researchers emphasize that temporal wasting occurs equally after bariatric surgery, intensive diet modifications, or natural aging. The medication itself does not target facial fat cells specifically.

2. Professional Domain (Dermatologists & Plastic Surgeons)

- **The Clinical Distinction:** Aesthetic specialists distinguish generalized "Ozempic face" (sagging skin, cheek volume loss, under-eye hollows) from specific **temporal hollowing** (concavity at the temples caused by fat depletion and temporalis muscle thinning).
- **Treatment Focus:** Cosmetic providers view temporal hollowing primarily as a treatable structural concern. They advocate for interventions such as biostimulatory fillers (PLLA, CaHA), hyaluronic acid injectables, autologous fat grafting, or silicone temple implants once weight loss stabilizes.

Ready when you are

Evaluate the claim that ozempic causes temporal hollowing. Present the results in a table with the following columns: citation to a source, summary of results, a rating of the strength of the findings weighted against the evidence. Do not make up citations; Use real research studies. If anything is unclear or uncertain say so.



Thinking



Citation to Source	Summary of Results	Strength Rating & Evidence Evaluation
Aesthetic Surgery Journal / PubMed (2025) <i>"Ozempic Face" in Plastic Surgery: A Systematic Review of the Literature on GLP-1 Receptor Agonist Mediated Weight Loss</i>	Conducted a systematic review of 23 plastic surgery publications. Found that semaglutide-induced weight loss leads to morphological changes resembling accelerated facial aging, including generalized facial fat loss and hollowed temples.	Moderate: Synthesizes multiple published plastic surgery papers and public trends, confirming a strong correlation between GLP-1 use and temporal fat loss. However, findings are limited by heterogeneity and observational biases in the underlying studies.
Vanderbilt University Medical Center / AAO Research Report (2025/2026) <i>GLP-1s and Rapid Facial Aging: Aesthetic Solutions</i>	Retrospective imaging study quantifying soft-tissue changes. Demonstrated that patients on GLP-1 agonists lose an average of ~7% midfacial and temporal volume for every 10 kg (~22 lbs) of overall body weight lost.	Moderate to Strong: Provides objective, volumetric imaging measurement rather than purely subjective impressions. It establishes that temporal hollowing scales directly with total weight loss, though it does

Core Areas of Uncertainty & Scientific Ambiguity

- **Direct Causation vs. Secondary Effect:** It is uncertain whether Ozempic directly targets temporal fat cells through a unique pharmacological pathway, or if temporal hollowing is simply an indirect physical consequence of rapid total-body fat depletion. The majority of evidence supports the latter (secondary effect of rapid weight loss).
- **Reversibility:** It remains unclear to what degree temporal fat compartments naturally restore themselves if GLP-1 therapy is discontinued and weight stabilizes, as long-term longitudinal data following patients post-discontinuation is currently limited.



Track It Down

- Follow the sources
- Check the answers given

Additional Approaches to Combat Mis/Dis

Evidence-Based



Debunking/Fact-checking

- Some effectiveness
- Challenges
 - Scope
 - Reach
 - Bias



Human-based: Nudges & Accuracy Primes

- Asking/encouraging people to evaluate before sharing
 - Alerting to societal norms
 - Meant to “improve behavior”
- Mixed results- can be effective
- Scalable, with cooperation from platforms
- Voluntary

Final Thoughts



- Lots of challenges
- AI complicates things
- Evidence supports librarian skills and information literacy
- We have a role to play

Questions and Discussion



What have been your experiences?

References

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