UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Psychological Methods

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Psychological Methods (20304)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora JOANA MARTINS GONÇALVES LOPES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

To make known the scientific method and its components.
To make known the methods of investigation and acquisition of knowledge that characterize Psychology as a science.
To build a first approach to scientific research in Psychology

15. Specific Objectives

To make known the general characteristics of the scientific method and the process of a scientific investigation in psychology;
To make known the concepts of variable, research question, hypothesis, sample, population, design and data analysis;
To promote basic knowledge about descriptive, qualitative and quantitative research methods;
To inform about the central aspects of the designing and organization of a scientific research project in Psychology.

16. Skills to be acquired

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Basic knowledge of the research methods used in Psychology;
Know the components and phases of conducting a scientific study;
Research information, within the scope of scientific knowledge, about a given problem/issue to be studied;
Ability to query databases;
Analyze and extract information from scientific publications;
Develop basic knowledge of the process of planning and implementing an investigation.

17. Teaching Methodology

- Oral epresentation of contents;
- Case analysis;
- Analysis of scientific articles;
- Practical work of designing a scientific study

18. Course Unit Program

1. Psychology as a human science and its research methods;
2. Scientific knowledge and common sense in Psychology;
3. the scientific method and its characteristics;
4. Nomenclature and essential elements of the scientific method:
- problem, variables, sample, hypotheses, explanation
- validity, fidelity, replicability and generability
5. The stages of an investigation
- definition of the problem
- literature review
- hypothesis formulation
- sample definition
- study design
- data collection
- data processing and analysis
- results and discussion
6. Data collection techniques
7. Métodos quantitativos de investigação
O design experimental
8. Métodos qualitativos de investigação
9. Considerações éticas na investigação em Psicologia

19. Assessment Methods

- Two midterm written tests
- Group work involving different research tasks including analysis and construction of research project
- Final exam

20. Didactic Resources

- Power-Point presentation used in classes
- Bibliographic material in the Mediatheque of the Lusíada University
- Databases of scientific articles, contained in the sites B-ON, EBSCOhost (PsycArticles and Eric)

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21. Sustainability Objectives

Quality education
Industry, innovation and infrastructures

22. Keywords

Research methods
Scientific, experimental and non-experimental method
Chance
Variables

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23. Main Bibliography

Author(s): Brough, P.
Title: Advanced Research Methods for Applied Psychology Design, Analysis and Reporting
Edition: Year: 2019
Local:
Publisher: Routledge

Author(s): Wright, A. G., & Hallquist, M. N.
Title: The Cambridge handbook of research methods in clinical psychology.
Edition: Year: 2020
Local:
Publisher: Cambridge University Press

Author(s): Schweigert, W. A.
Title: Research Methods in Psychology: A Handbook
Edition: Year: 2021
Local:
Publisher: Waveland Press

24. Complementary Bibliography

Author(s): Gorvine, B., Rosengren, K. S., Stein, L., & Biolsi, K.
Title: Research methods in psychology: From theory to practice.
Edition: Year: 2021
Local:
Publisher: Oxford University Press

Author(s): Cooper, H. E., Coutanche, M. N., McMullen, L. M., Panter, A. T., Rindskopf, D. E., & Sher, K. J
Title: APA handbook of research methods in psychology: Foundations, planning, measures, and psychometrics,
Edition: Year: 2023
Local:
Publisher: American Psychological Association

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'MÉTODOS PSICOLÓGICOS': Academic Year 2025/2026
Autor / Author	Prof. Doutora JOANA MARTINS GONÇALVES LOPES
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

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