UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
PROJECT / THESIS I

Academic Year 2024/2025

1. Organic Unit

Institute of Psychology and Educational Sciences (3rd cycle)

2. Course

APPLIED PSYCHOLOGY: HEALTH AND WELL-BEING

3. Cycle

3rd

4. Course Unit

PROJECT / THESIS I (I9003)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

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

9. ECTS Credits

12,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

- To promote skills for critical analysis and synthesis of new and complex ideas;
- TO establish the link between already acquired research knowledge and its application in the field;
- Topromote the capacity for creating, contextualizing and operationalizing new research projects;
- To promote knowledge and skills in the integrated management of the various stages of a research project.

15. Specific Objectives

- Understanding the research process as one of cumulative and integrated knowledge;
- Promoting the capacity for carrying advanced literature searches and review, both in the conceptual and the methodological realm;
- Understanding hte interconnection between the various stages of a research process.

16. Skills to be acquired

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- Conceiving aan original research project that will be theoretically and practically relevant within the current state of knowledge about a specific object of study;
- Capacity to formulate research questionas and hypotheses from complex ideas already formulated in the current literature;
- Capacity for operationalizing variables in an objectivem pretinent and feasible manner.
- Capacity to articulate and integrate the research questions with their corresponding methodological demands

17. Teaching Methodology

Oral presentation and revision of research theories and methods;
Debate and analysis of the knowledge already layed out in the literature and group discussion for idenitifying research needs that arise from such knowledge;
Group discussion exercises for analysing and sythesizing other research projects.

18. Course Unit Program

1. The context of a research project:
- Content review of research theory and methods;
- Research domain areas within Applied Psychology;
- Current state of affairs regarding existing knowledge in those areas;
2. Generating research questions:
- Identifying a problem from the realm of phenomena at study;
- Formulating questions within the limits of current methodological challenges;
- Analysis of method, feasibility and relevance of the studies;

19. Assessment Methods

- Class debate participation and presentation of pertinent critical analysis and synthessis of research information;
- Elaboration of two partial projects (conceptual part and methodological plans), as preliminary studies for the final project in the following semester.

20. Didactic Resources

Information technology resources;
Data bases
Software products for literature collection and organization

21. Sustainability Objectives

To assure a healtty lifestyle and well-being of the population
To assure sustainable management

22. Keywords

Research project;
Variables;
Research questions and hypotheses;
Research design

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23. Main Bibliography

Author(s): Bell, D. J., Foster, S. L., & Cone, J. D.
Title: Dissertations and Theses from Start to Finish: Psychology and Related Fields
Edition: 3rd Ed Year: 2019
Local: Washington
Publisher: American Psychological Association

Author(s): Brouhg, P.
Title: Advanced Research Methods for Applied Psychology: Design, Analysis and Reporting.
Edition: 2ª Year: 2024
Local: London
Publisher: Routledge

Author(s): Booth, W., Colomb, G., Williams, J., Bizup, J., & Fritzgerald, W.
Title: The craft of research
Edition: 4ª Year: 2016
Local: Chicago, USA
Publisher: University of Chicago Press

24. Complementary Bibliography

Author(s): Gliner, J., Morgan, G., & Leech, N.
Title: Research Methods in Applied Settings: An Integrated Approach to Design and Analysis,
Edition: 3ª Year: 2016
Local: London
Publisher: Routledge

Author(s):
Title:
Edition: Year:
Local:
Publisher:

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PROJECTO/TESE I': Academic Year 2024/2025
Autor / Author	Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER
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