UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
PROJECT / THESIS II

Academic Year 2025/2026

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 II (I9006)

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	
Tutorial Guidance:	30,00

9. ECTS Credits

12,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TÚLIA RUTE MAIA CABRITA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

This UC continues the process developed in the UC Project/Thesis I (complementarity of OA and continuity of processes).
This UC pursues the objectives of the CE by developing: Skills in designing, planning, implementing and evaluating research activities from the CE.

15. Specific Objectives

This UC continues the process developed in the UC Project/Thesis I (complementarity of OA and continuity
processes).
This UC pursues the objectives of the CE to develop ?Design, planning, implementation and evaluation of CE research activities, which are operationalized in this UC in the following:
O1 Understanding the interrelationship between research questions and methodological design
02 Selection of the appropriate design for the research questions
03 Identification of factors and var

16. Skills to be acquired

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The OA of this UC pursue the objective of developing skills in designing and developing an IP, which involves the development of several skills that have become OA. The programmatic contents will promote the development of the various OA. In fact, each topic in the syllabus explicitly addresses processes
involved in the different AO. Content 1. Types of methodological designs; 2. Advantages and limitations of each.

17. Teaching Methodology

The teaching methodologies in this UC include 1) expository methodologies where they are presented in a
structured content relevant to the construction and preparation of the IP; 2) participation/discussion methodologies
which require the student to participate in research group meetings, discussion sessions with
advisor (supervision), and in the presentation/discussion of the PI in the group; and 3) the reflective feedback methodologies that
involve discussion of the process under individua

18. Course Unit Program

1.Phases of a Research Project
Plan and start Research
Data collection
Treatment and interpretation of results
Discussion of results
2.Investigation Report
Title
Summary
Introduction
Method
Results
Discussion
References
Attachments
3. Ethical issues in Clinical Psychology Research

19. Assessment Methods

Avaliação individual escrita: entrega do projeto de investigação. Assiduidade mínima de 70% às sessões presenciais

20. Didactic Resources

Discussion seminars
Scientific publications

21. Sustainability Objectives

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Objective 3: Health and Quality
Reduce premature mortality from non-communicable diseases by one-third through prevention and treatment, and promote mental health and well-being.
Objective 4: Quality Education
Ensure that all learners acquire the knowledge and skills necessary to promote sustainable development, including but not limited to through education for sustainable development and sustainable lifestyles, human rights, gender equality.

22. Keywords

Project
investigation
methodology
clinical psychology
clinical investigation

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23. Main Bibliography

Author(s): Cooper, Harris
Title: APA Handbook of Research Methods in Psychology: Volume 1:Volume 2
Edition: 2ª Year: 2023
Local: Washington, DC:
Publisher: American Psychological Association.
ISBN Code:

Author(s): Kazdin, A.
Title: Methodological Issues and Strategies in Clinical Research
Edition: Year: 2024
Local: Washington, DC:
Publisher: APA
ISBN Code:

Author(s): Trafimow, D.
Title: Methodological Issues in Psychology: Concept, Method, and Measurement
Edition: 1 Year: 2023
Local: lisboa
Publisher: Rotledge
ISBN Code:

24. Complementary Bibliography

Author(s): Creswell, John
Title: Research Design Qualitative and Quantitative Methods Approaches
Edition: Year: 2003
Local: USA, California
Publisher: Sage Publications
ISBN Code:

Author(s): David Howell
Title: Statistical Methods for Psychology
Edition: Year: 2010
Local: LBelmont, USA
Publisher: Wedsworth Cengage Learning

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