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Course Unit Program
SOCIAL RESEARCH METHODS AND TECHNIQUES

Academic Year 2026/2027

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

2nd

4. Course Unit

SOCIAL RESEARCH METHODS AND TECHNIQUES (M6303)

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 15,00

Tutorial Guidance: 20,00

9. ECTS Credits

7,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora MARIA JOÃO FRAGA CABRAL SACADURA CAMPOS LOPES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

- Understanding the need for articulation and coherence between ontological, epistemological, theoretical and methodological positions in scientific research : The concept of Paradigm.
- Stimulate a critical understanding of a set of theoretical and methodological procedures that underpin the social research process.
- Develop the production of innovative ideas and strengthen the mastery of the most appropriate procedures to adopt in the knowledge construction process.
- Promote a culture of

15. Specific Objectives

- Identify the key elements that structure research design.
- Value bibliographic research.
- Problematicize the ethical and deontological dilemmas.
- Identify and design a methodological strategy to develop a social research, from defining the problem to writing the research project.
- To enable students to write a research project in social work.

16. Skills to be acquired



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- Ability to plan research by drawing up a work plan aimed at designing the research project.
- Ability to select and use different social research methods and techniques applied to the study of different social problems.
- Ability to construct fundamental conceptual and operative tools for the design of a research project in social work.

17. Teaching Methodology

The teaching will be done through the expositive presentation of the main theoretical contents of the discipline, complemented with training of the main stages of the research process. Each student will have the opportunity to develop and present a research project proposal.

18. Course Unit Program



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- 1 - Introduction to social research methodology: contributions to the production of knowledge in Social Work
 - 1.1 - The research design - structuring elements: formulation of the problem and definition of objectives. questions, propositions, methodological strategies, paradigms, techniques for data collection and processing
 - 1.2 - The research plan: structure and organization of the work plan
 - 1.3 - The ethics of research

- 2 - Contemporary methodological debates and methodological strategies for social research

- 2.1 - Research objectives and methodological strategies
- 2.2 - Quantitative research methods and techniques
 - 2.2.1 - Populations and samples
 - 2.2.2 - Writing and applying a survey
- 2.3 - Qualitative research methods and techniques
 - 2.3.1 - Case studies and data corpus
 - 2.3.1.1 - The single case study
 - 2.3.1.2 - The Multiple Case Study
 - 2.3.2 - Observation methods
 - 2.3.2.1 - Self-observation and Auto-ethnography
 - 2.3.2.2 - Non-reactive observation V/S Reactive observation
 - 2.3.3 - Interview methods
 - 2.3.3.1 - Methodography of Interview practices
- 2.4 - Mixed methods and data triangulation
- 2.5 - Collaborative action research
 - 2.5.1 - Citizen science

- 2 - Contemporary methodological debates and methodological strategies in social research

- 2.1 - Research objectives and methodological strategies
- 2.2 - Quantitative research methods and techniques
- 2.3 - Qualitative research methods and techniques
- 2.4 - Ethnographic methods
- 2.5 - Action Research
- 2.6 - Mixed methods and data triangulation

- 3 - The research process: Guidelines for the preparation of the social research project

- 3.1 - Stages of the research process
- 3.2 - Operationalization of methods and techniques of social research
- 3.3 - The conception of a research project
- 3.4 - Presentation and writing of a research project

19. Assessment Methods

Preparation of an individual final work consisting of the preparation of a pre-project of research for a master's thesis.



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20. Didactic Resources

Computer
Projector
Bibliographic database (Zotero)
Documentation and bibliography recommended by the teacher

21. Sustainability Objectives

SGD 4 - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
SDG 8 - Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
SGD 17 - Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development

22. Keywords

Research Design
Social Research
Research Methodology



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23. Main Bibliography

Author(s): José Vilelas
Title: Investigação - O Processo de Construção do Conhecimento
Edition: 3.^a Edição Year: 2020
Local: Lisboa
Publisher: Sílabo
ISBN Code:

Author(s): Clara Coutinho
Title: Metodologia de Investigação em Ciências Sociais e Humanas
Edition: 2.^a Edição Year: 2022
Local: Coimbra
Publisher: Almedina
ISBN Code:

Author(s): Uwe Flick
Title: Introducing Research Methodology Thinking Your Way Through Your Research Project
Edition: Year: 2025
Local: Los Angeles
Publisher: Sage Publications
ISBN Code: 9781529680577

24. Complementary Bibliography

Author(s): Louise Hardwick, Roger Smith & Aidan Worsley (ed.)
Title: Innovations in Social Work Research : Using Methods Creatively
Edition: First Edition Year: 2016
Local: London / Philadelphia
Publisher: Jessica Kingsley Publishers
ISBN Code:

Author(s): Allen Rubin e Earl R. Babbie
Title: Research Methods for Social Work
Edition: 10^a Edição Year: 2024
Local: Belmont, CA
Publisher: Brooks-Cole - CENGAGE Learning



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ISBN Code: 978-0357764701

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'MÉTODOS E TÉCNICAS DE INVESTIGAÇÃO SOCIAL': Academic Year 2026/2027
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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
(c) Universidade Lusíada, 2026	