



**Karolinska  
Institutet**

Course syllabus for

# **Scientific Theory, Research and Evaluation Methods in Psychotherapy 1 - Orientation Cognitive Behavioral Therapy, 2.5 credits**

Vetenskapsteori, forsknings- och utvärderingsmetoder i psykoterapi 1 - inriktning kognitiv beteendeterapi, 2.5 hp

This course syllabus is valid from spring 2018.

Please note that the course syllabus is available in the following versions:

Spring2018 , [Spring2020](#) , [Spring2022](#) , [Spring2023](#)

Course code	2PT131
Course name	Scientific Theory, Research and Evaluation Methods in Psychotherapy 1 - Orientation Cognitive Behavioral Therapy
Credits	2.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychotherapy
Level	AV - Second cycle
Grading scale	Fail (U) or pass (G)
Department	Department of Clinical Neuroscience
Decided by	Education committee CNS
Decision date	2017-10-18
Course syllabus valid from	Spring 2018

## **Specific entry requirements**

- Registered on PT-program

## **Objectives**

On completion of the course, the student is expected to:

### *Knowledge and understanding*

- Be able to account for the philosophical foundation of psychotherapy research within different scientific fields and traditions, and how this foundation is manifested in choice of scientific aims
- Be able to account for the concepts of evidence and truth in different philosophical traditions
- Be able to relate the principles of research ethics, and its impact on society, research community, patients and participants
- Be able to account for the concepts of evidence based practice and the scientist-practitioner

approach

- Be able to account for the sections of a scientific paper and how these are mutually dependent on each other

### *Skills and abilities*

- Be able to perform information searches in scientific databases (e.g. PubMed)
- Be able to write a text draft that will make up the argument for the scientific aims and research questions in a project and write an outline based on this
- Write references according to APA guidelines

### *Values and attitudes*

- Be able to review and reflect on ethical aspects of research and development of treatments
- Be able to reflect on the significance of psychotherapy research for clinical work and society

## **Content**

The course comprises teaching on philosophy of science relevant for psychotherapy research, research ethics, scientific writing and the established structure of a scientific text

## **Teaching methods**

Teaching takes place in form of recorded lectures available through internet, lectures, practical coursework and seminars.

## **Examination**

Attendance on seminars is mandatory. Students will not pass in the event of more than 20% absence from seminars. Examination will be completed in two steps: 1) completion of practical coursework, and 2) presentation of a scientific pro memoria at a seminar. Active participation on the seminar when papers are presented is required.

## **Transitional provisions**

An examination will be made available for a period of one year in the event of the course being discontinued or a new course syllabus being introduced.

## **Other directives**

Course evaluation will be carried out in accordance with the guidelines established by the Board of Education.

Courses for a specific programme orientation will be given if at least half of the positions appointed to the orientation is occupied.

## **Literature and other teaching aids**

*Creswell, John W.*

**Research design : qualitative, quantitative, and mixed methods approaches**

4th ed. : Thousand Oaks : SAGE Publications, c2014. - xxix, 273 s.

ISBN:9781452226095 LIBRIS-ID:14007632

[Library search](#)

*Dew, James K.; Foreman, Mark W.*

**How do we know? : an introduction to epistemology**

Downers Grove, Illinois : IVP Academic, an imprint of InterVarsity Press, [2014] - 174 pages

ISBN:9780830840366 LIBRIS-ID:19600747

[Library search](#)

*Kazdin, A.E*

**Preparing and Evaluating Research Reports**

*Oliver, Paul*

**The student's guide to research ethics**

2. ed. : Maidenhead : Open University Press, 2010 - 180 p.

ISBN:0335237975 LIBRIS-ID:11888783

[Library search](#)

*WMA*

**World Medical Association Declaration of Helsinki Ethical Principles for Medical Research Involving Human Subjects** Ingår i:

**JAMA : The journal of the American Medical Association**

Chicago : American Medical Association, 1998-

ISSN:1538-3598 LIBRIS-ID:9893312

URL: [Fulltext online \(1997-\)](#)

310 s. 2191-2194

**Publication manual of the American Psychological Association**

6. ed. : Washington, D.C. : American Psychological Association, cop. 2010, [eg. 2009] - xviii, 272 p.

ISBN:978-1-4338-0561-5 (pbk) LIBRIS-ID:11503766

[Library search](#)