



**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](#)