



## CIEQV – Centro de Investigação em Qualidade de Vida

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### **ACTIVITY REPORT 2023**

In accordance with the provisions of the LQRC regulation, approved by Dispatch No. 3424/2020, from the presidents of the Polytechnic Institutes of Leiria and Santarém, published in the Diário da República, 2nd series, no. 55, of March 18, 2020, we present for the deliberation of the Scientific Council, the Activities Plan and Budget for 2023, discussed at the meeting of the LQRC coordinating committee.

This report informs about the execution and progress of the LQRC program approved by the scientific council in its 2023 activities plan. The activities in 2023 focused on consolidating the Center, significantly improving scientific production indicators.

It was expected that the preparation for the evaluation of the multi-year funding program by FCT would take place in the 2nd semester of 2023. The initial opening notice referred to a period between January 1, 2018, and August 31, 2023, which was later changed to the period from 2018 to 2023, so the preparation of the application only started in 2024.

It is therefore important to conclude the cycle by ensuring the integration of the vector axes of development, scientific areas, and research teams/groups for the LQRC mission, contributing to development in a multidisciplinary, interdisciplinary, and transdisciplinary dimension.

Contracts with researchers and/or fellows were secured to achieve high objectives of scientific production at LQRC, promoting cohesion through applications with multidisciplinary projects to research competitions.

In 2023, new coordinators of LQRC were elected: 1 coordinator by IPSantarém, Maria Regina Ferreira, and 1 deputy coordinator by IPLeia, José Pedro Amoroso, as defined in the regulation. It was also assumed 1 deputy coordinator by IPSetúbal, Fernando Santos, without election until the regulation change.

The strategy of LQRC was based on four major vectors of development, from a multidisciplinary perspective, in the thematic area of Quality of Life. Education as a determining vector of our activity, guiding the results of research and development for the training of citizens and students, teachers, and researchers in higher education in the field of Quality of Life. This concept is based on guidance for human activity with a quality standard, where organizational dynamics and lifestyle play a determining role. This approach is supported by individual and community health quality and good conduct in physical activity and diet. These vectors constitute the basis for the development of LQRC (Education - Health - Physical Activity - Diet).

LQRC operationalizes its strategy through the coordinated action of its members in their scientific areas: physical activity and healthy lifestyles; organizational dynamics; education and training; food production and technology - food behavior; individual and community health. These areas are interconnected from a quality of life perspective.



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### 1. LQRC RESEARCH TEAM

In 2023, LQRC welcomed a greater number of researchers from the Polytechnic Institute of Setúbal to its team. On June 5, 2023, a convention was signed with IP Setúbal. As of December 31, 2023, LQRC had 101 integrated members, of which 87 were researchers with doctoral degrees and 14 were in training, enrolled in doctoral programs.

In 2023, five integrated doctoral members successfully completed their doctoral degrees:

- - Carlos Daniel Gomes Mata - University of Évora
- - Gina Maria Silva Marques – Portuguese Catholic University
- - Miguel Ângelo Jacinto – Faculty of Sports Sciences and Physical Education
- - Nuno Ricardo Coito – University of Beira Interior
- - Mauro da Conceição Miguel – University of Extremadura, Spain

The doctoral members (14), mostly have integrated LQRC members as supervisors, although this center is not affiliated with any doctoral program, due to being in polytechnic institutes. Naturally, with the change in legislation allowing polytechnics to award doctoral degrees, LQRC should support a proposal for a doctoral program in Quality of Life by 2025, with an expected evaluation in 2024 to be rated as Very Good.

The doctoral members (14) were supervised by integrated and collaborating members of LQRC (9) and external supervisors (5), listed as follows (doctoral student - supervisor):

- - Eduardo Filipe Magalhães Teixeira – Carlos Silva;
- - Emanuel Antunes Pinheiro – Nuno Loureiro; (doctoral student suspended his doctoral program);
- - Gonçalo Carvalho – Nuno Loureiro;
- - Helena Isabel Marques Caseiro – (external supervisor to LQRC; Portuguese Catholic University);
- - Inês Isabel Vieira Santos Frazão – (external supervisor to LQRC; University of Lisbon and Lisbon Nursing School);
- - Isabel dos Santos Vieira – Susana Franco;
- - Joaquim Paulo Antunes – João Brito; Rafael Oliveira;
- - Maria Fátima Tavares – (external supervisor to LQRC; Portuguese Catholic University);
- - Nataniel Lopes – (Rui Matos);
- - Paulino Gomes Rosa – (external supervisor to LQRC; University of Extremadura – Spain);
- - Renato Fernandes – Rafael Oliveira; João Brito;
- - Rogério Paulo Salvador – Diogo Monteiro (collaborator);
- - Sara Elisabete Palma – (external supervisor to LQRC; University of Lisbon and Lisbon Nursing School);
- - Telmo Filipe dos Santos Teotónio – (David Catela).



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LQRC had 5 fellowship members (3 integrated and 2 collaborators) whose reports were produced:

- - Miguel Jacinto (December 2023 – 3 years) – doctoral program – supervisor: Rui Matos;
- - Alexandre Ferreira Martins (July 2023- 1 year) – doctoral program – supervisor: João Brito;
- - Nair Cunha (April 2023 – 9 months) – master’s program – supervisor: Paula Ruivo;
- - João Gonçalo Ferreira (January 2024 – 1 year) Master’s program – supervisor: José Rodrigues;
- - Teresa Ribeirinha (April 2025 -2 years) post-doctorate – supervisor: Marisa Correia;

In November, 3 members of ESAS requested to leave as integrated members to join another Research Center (to be able to consider a Doctorate program at ESA), remaining as collaborators.

Number of integrated members of LQRC, by schools and by Institute:

- IPSantarém – 69 (ESAS – 9; ESDRM – 34; ESES – 8; ESSS -14; ESGT – 2);
- IPLeira – 22 (ESECSLeiria – 14; ISMAI – 3; FMH – 2; ESEBeja – 1; ISCE – 1; UTAD - 1).
- IPSetúbal - 10

## 2. STRATEGIC DEVELOPMENT AXES

### Axis A – Strategic orientation and structuring of the centre

#### Activity 1. Definition of the scope and strategic orientation of the centre

**Action a.** Clarify, internally and externally, the scientific area of the centre in Social Sciences - Quality of Life area (Other Social Sciences)

**Indicator i.** Produce 1 conceptual document per scientific area in the form of a book.

**RESULT** – 23 books and 94 book chapters were published, with emphasis on the scientific areas of "physical activity and healthy lifestyles," "group dynamics," "education and training," "individual and community health," and "food technology/production."

**Action b.** Valorise the centre's strategic concept of multidisciplinary

**Indicator i.** Disseminate scientific production (newsletter, social media, website, etc.)

**RESULT** - A monthly newsletter was published with ISSN registration from January to December (11 issues); LQRC was promoted through daily posts on social media platforms.



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**Indicator ii.** External representation at 5 seminars and congresses, with presentations highlighting the multidisciplinary of the centre.

**RESULT** - Participation in various scientific events, including 123 participations in congresses, seminars, or workshops, with 70 of them being internationally oriented. Notably, the organization and development of the II International Congress of LQRC and the 4th Multidisciplinary Scientific Conference of LQRC. In other conferences or congresses, LQRC was also represented, such as: XXIV National Congress of Sports Management; Conference Impact Science'23; 11th Meeting of the CIED - Knowledge Production in Context; Seminar "Giving Wings to Knowledge", CiEF; 4th Forum of REDESPP – Sports, Communities, and Quality of Life; Theoretical-Methodological Seminar.

### **Activity 2 Dynamize the organizational structure with the appropriate resources for the center's mission.**

**Action a.** 1st semester - Coordinator and Deputy Coordinators (José Rodrigues and Rui Matos); 2nd semester - Coordinator and Deputy Coordinators (Regina Ferreira, José Amoroso, and Fernando Santos)

**Indicator i.** Bi-weekly meetings

**RESULT** - Biweekly online meetings were held.

**Action b.** Election of the Center Coordinators and Scientific Area Coordinators

**Indicator i.** Preparation of the electoral calendar and regulations

**RESULT** - The electoral calendars were drafted and disseminated.

**Indicator ii.** Holding of the electoral process (June 2023)

**RESULT** – The center coordinators were elected on June 27th, 2023:

Total Results: - Voters - 94 - Total Votes - 46 (48.9%) - Votes for List A - 44 (95.7%) - Blank Votes - 2 (4.3%) - Null Votes - 0 (0%). Inauguration on July 7th: Coordinator Maria Regina Ferreira (IPSantarém); sub-coordinator José Pedro Amoroso (IPLeiria); Under the agreement signed in June, Fernando Santos assumed the sub-coordination for IPSetubal.

**Indicator iii.** The outgoing coordinator and sub-coordinator participate, at the request of the new coordinators, in coordination meetings until the end of 2023, to ensure transition and assist in the preparation of reports.

**RESULT** – Whenever necessary, contact with the previous coordination was maintained. Three formal meetings were held for the coordination transition, and materials/information related to LQRC were provided. Meetings were conducted with all internal stakeholders.



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**Indicator iv.** The scientific areas must conduct the election of the area coordinator.

**RESULT** - Coordinator elections for scientific areas were conducted. Susana Franco was elected in the Scientific Area of Physical Activity and Healthy Lifestyles, Maria Gabriela Lima in the Production/food technology area, Marisa Correia in Education and Training, José Amendoeira was re-elected in the Individual and Community Health area, and Pedro Sobreiro in Organizational Dynamics.

**Action c.** Coordinating Committee (1st semester - José Rodrigues, Carla Borrego, David Catela, Pedro Sobreiro, Rui Matos, Paula Ruivo, José Amendoeira; 2nd semester - Regina Ferreira, José Amoroso, Susana Franco, Fernando Santos, Pedro Sobreiro, José Amendoeira, Maria Gabriela Lima)

**Indicator i.** Quarterly meetings

**RESULT** – Five meetings were held during the year (online).

**Action d.** External Scientific Monitoring Committee

**Indicator i.** One annual meeting (February 2023)

**RESULT** – The meeting took place during the II International Congress of LQRC (February 2023).

**Action e.** Research Fellows - (post-doctoral - Teresa Ribeirinha; doctoral students - Miguel Jacinto and Alexandre Ferreira Martins; master's students - Nair Cunha and João Ferreira; 1 scholarship competition for master's students in the scientific area of Education and Training)

**Indicator i.** Weekly meetings (mentors - Carla Chicau; Rui Matos; Paula Ruivo)

**RESULT** – Meetings were held with the fellows. Miguel Jacinto completed the fellowship and finished his doctoral studies (scientific area "physical activity and healthy lifestyles"); the master's student Nair Cunha completed the fellowship and finished her master's degree (scientific area "production/food technology"); we awarded a master's scholarship to João Ferreira (scientific area "physical activity and healthy lifestyles"), who completed the master's degree and the scholarship (January - 24); we awarded a post-doctoral fellowship in the scientific area of Education and Training to Teresa Ribeirinha (April 1, 2023, to April 1, 2025).

**Action f.** Proposal for a competition for one position of assistant researcher in the field of Social Sciences - Quality of Life, in one of the scientific areas of LQRC, for the Polytechnic Institute of Santarém, affiliated with the Center for Research in Quality of Life.

**Indicator i.** Send the proposal to the President of IPSantarém.

**RESULT**– The proposal was not submitted.

**Action g.** Projects and Accounting Services Offices



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**Indicator i.** IPLeiria - Projects Office (Ms. Carina Lourenço) + LQRC - Office (Ms. Elsa Matos); IPSantarem - Projects Office (Ms. Maria Fátima Matos) + LQRC - Office (Ms. Cristina Aires)

**RESULT** - IPSantarém and IPLeiria have technicians responsible for managing the LQRC project, namely Dr. Maria Fátima Matos and Dr. Carina Lourenço, who serve as liaisons between the LQRC coordination and the accounting and administration departments of the institutes, respectively. Regarding administrative matters, the processes are handled by the technician from ESDRM-IPSantarém (Dr. Cristina Aires) (see annex 5) and by a technician at ESECS of IPLeiria (Dr. Elsa Matos). Researchers who are external to the two institutes, including those from IPSetúbal, interact with IPLeiria through ESECS.

**Indicator ii.** Monthly meetings with the office coordinators and service technicians.

**RESULT** – The meetings took place whenever necessary for clarification of procedures, with formally occurring 2 in the 2nd semester.

## Activity 2. Allocation of Human Resources

**Action a.** 8 researchers in coordination (Coordinator, Sub-coordinator, and Scientific Area Coordinators, plus 1 sub-coordinator in the 2nd semester)

**RESULT** – 8/9 integrated researchers, PhD professors: José Rodrigues, Rui Matos, Carla Chicau, Pedro Sobreiro, Fernando Santos, Paula Ruivo, José Amendoeira/Regina Ferreira, José Amoroso, Fernando Santos, José Amendoeira, Pedro Sobreiro, Susana Franco, Maria Gabriela Lima, Marisa Correia

**Action b.** 58 doctoral researchers (50% FTE) integrated members

**RESULT** – December 31, 2023, the team consisted of 101 integrated researchers, with 87 holding doctoral degrees.

**Action c.** 1 research assistant (100% FTE) (proposal for competition)

**RESULT** – Not achieved.

**Action d.** 4 research fellows (100% FTE) (1 post-doctorate; 1 doctoral student; 2 master's students)

**RESULT** - 1 Postdoctoral (Teresa Ribeirinha); 1 Doctoral candidate (Miguel Jacinto); 2 Master's students (Nair Cunha and João Ferreira)

**Action e.** 17 doctoral researchers (50% FTE) integrated members

**RESULT** – There were 16 integrated researchers in doctoral programs.

**Action f.** 3 technicians (Science Manager and Projects Office Coordinators)



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**RESULT** - Assignment of technicians from the institutes: Ms. Dina Rocha (IPSantarem); Ms. Carina Lourenço (IPLeiria); Ms. Maria Fátima Matos (IPSantarem).

**Action g.** 2 accounting technicians at IPSantarém (ESDRM) and IPLeiria (ESECS) schools.

**RESULT** – Assignment of senior technicians - Ms. Cristina Aires (IPSantarem) and Ms. Elsa Matos (IPLeiria).

### **Activity 3 Institutional framework of a Research Center branch of LQRC at the Polytechnic Institute of Setúbal.**

**Action a.** Formalization of an institutional cooperation protocol

**Indicator i.** Meeting with the integrated members of IPSetúbal

**RESULT** - During the "Giving Wings to Knowledge" Congress at IPSetúbal, the LQRC Coordinator was present and introduced the LQRC (mission, vision, structure, regulations), welcoming new researchers.

**Action b.** Revision and signing of the agreement establishing LQRC for the inclusion of IPSetúbal

**RESULT** – The agreement for the Center for Research in Quality of Life (LQRC) between the Polytechnic Institute of Santarém and the Polytechnic Institute of Setúbal was signed on June 5, 2023.

**Action b.** Revision of LQRC's internal regulations for the integration of the new Research Center

**Indicator i.** Proposal for consideration by the Scientific Council

**RESULT** - Contacts were initiated for the formalization of the agreement with other institutes, such as IPBeja and IPPortalegre, with this proposal being postponed to 2024.

**Indicator ii.** Proposal submitted for approval by the presidents of the institutions and publication in the Official Gazette.

**RESULT** – Proposal valid for 2024.

## **AXIS B – INSTITUTIONAL PROMOTION OF THE RESEARCH CENTER**

### **Activity 4. Implementation of Promotion and Dissemination Activities**

**Action a.** Participation in Outreach Activities

**Indicator i.** Production of Outreach Material (posters, flyers, brochures)

**RESULT** – Digital material dissemination (logo and banner) and physical dissemination (booth, flags, and roll-ups). 11 issues of the LQRC newsletter were published.



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### **Indicator ii.** Researchers' Participation in 40 National and International Congresses

**RESULT** – Presentation of 123 communications at Congresses, with 70 at International congresses and 33 at conferences held.

### **Indicator iii.** Participation in 5 Science and Technology Fairs and Events

**RESULT** – Participation in events such as the 7th International Scientific Conference – Strengthening resilience by the sustainable economy and business; International Seminar on Social Vulnerabilities and Health; Ageingcongress2023; XVI Child Motor Development Seminar; 6th World Congress of Education EDUCA2023; XIII Ibero-American Congress of Sports Economics; 28TH ANNUAL CONGRESS of the EUROPEAN COLLEGE of SPORT SCIENCE; 31st EECERA International Conference; 9th EAI International Conference on Smart Objects and Technologies for Social Good; XIX Congress of Sports Sciences and Physical Education of Portuguese Speaking Countries.

### **Action b.** Participation in Center Representation

#### **Indicator i.** Participation in 10 Seminars, Congresses, and Workshops

**RESULT** – Participation in events such as the "XXIV National Congress of Sports Management", "XII International Conference on Research, Practice, and Contexts in Education", "4th Forum of REDESPP - Sports, Communities, and Quality of Life", "VII International Conference for Inclusion and I Conference on Assistive Technologies and Accessibility", "V Meeting on Social Education and Higher Education - Human and Technological Aspects in Socioeducational Intervention", "XII International Conference on Research, Practices, and Contexts in Education", "Seminar on Transition Model to Innovative Educational Environments", "II International Congress on Exercise, Biomechanics, and Nutrition", and various school and institute anniversaries.

### **Action c.** Participation in Management Meetings

#### **Indicator i.** Participation in 10 Meetings

**RESULT** – Few face-to-face meetings were held, with several online meetings (LQRC coordination; projects office; LQRC accounting; school directors; IP president; area coordinators; research groups; etc.).

## **Ativity 5 Digital Promotion of the Research Center**

### **Action a.** Maintenance of the Center's Website

**RESULT** – The LQRC website was updated and kept operational in English. The microsite for the 2nd International Congress of LQRC was built. The program and presentations/communications were disseminated. Editions of LQRC (books and newsletters) were published on the website. The information base





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about researchers and their scientific production was updated. This work was carried out under a service contract with Cloudbyte, Ltd.

**Action b.** Content Production and Maintenance of the Center's Social Media (Facebook, Twitter, LinkedIn, Instagram)

**RESULT** – Pages on the mentioned social networks were created and maintained with updated information, with daily publication of information on their respective pages. Information was gathered from the monthly newsletter, a task ensured by the fellow Miguel Jacinto and Science Manager Dina Rocha.

**Action c.** Production and Dissemination of the Center's Newsletter (monthly)

**RESULT** – Monthly publication of the newsletter with ISSN registration and editing by the coordinator and/or sub-coordinator, as well as by the coordinators of scientific areas, with thematic issues. Subsequent professional digital formatting was carried out under the service contract with Cloudbyte, Ltd.

**Action d.** Production of Institutional Video

**RESULT** – An Institutional Video was produced on the occasion of the 9th anniversary of LQRC, as well as for the 4th Scientific Conference of LQRC.

## Activity 6. Promoting the Internationalization of the Research Center

**Action a.** Promoting the Development of International Research Projects

**RESULT** - Researchers have made significant efforts to affiliate with international teams, as illustrated by the list of projects and publications carried out in 2023 (Annex 4). Thus, we can conclude that there are several groups constituting international research networks where LQRC and its members are partners and sometimes promoters. In 2023, **184 articles** were published, many of which involved foreign researchers in the teams, indicating a strong trend of internationalization in research and scientific production (Annex 1, 2, 3 ). In this annex, we illustrate some of the partners of the international networks that can be identified in the **36 external projects**, where many of the integrated researchers are registered.

**Action b.** Promoting Affiliation with International Research Networks

**RESULT** - LQRC researchers are affiliated with various international organizations and research networks, with teams of researchers and international organizations, where they have developed some projects and respective publications. They participated in **189 congresses and seminars** (most of them international ones), where they presented **126 communications** (oral/poster) and **33 conferences**.



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### **AXIS C – SUPPORTING KNOWLEDGE PRODUCTION AND INNOVATION IN THE FIELD OF QUALITY OF LIFE**

#### **Activity 7. Enhancing the Quality of Scientific Production and Researchers' Training at the Center**

**Action a.** Producing 10 research projects with center-affiliated principal investigators (with project affiliation to LQRC) and participating in 20 projects led by other researchers

**Indicator i.** Promoting 20 applications to research and development competitions, with 6 in competitions exceeding €200,000

**RESULT** - Integrated members participated in **52 projects**, 36 of which had external funding, with 23 being of international nature. Among externally funded projects, 11 were led by researchers from the Center. Notable among externally funded projects are five projects with a duration of 3 years, another five with a duration of 24 months; three projects with funding of €400,000 and five with €250,000. External entities funding the projects include Erasmus+ Programme (12 projects); Recovery and Resilience Plan by the European Union (3 projects); European Handball Federation (2 projects); IPDJ, IP (Portuguese Institute of Sport and Youth) (3 projects); Foundation for Science and Technology (FCT): (2 projects); Municipal Company of Culture and Sports (1 project). Five internally funded projects were funded by LQRC (€1000) and led by integrated LQRC researchers.

**Indicator ii.** Conducting 1 training and dissemination session for the production of applications

**RESULT** - LQRC did not organize any training session for applications, although it disseminated various training sessions (FCT, ANI, IPS, IPL, ERASMUS, etc.) with the aim of assisting in project application for funding.

**Action b.** Publishing members' research in impactful scientific journals

**Indicator i.** Publishing articles in scientific journals with 150 authorship references to center researchers

**RESULT** - Integrated members reported the following results regarding research publication:

Articles published in JCR-indexed journals: 92 articles; SJR: 43 articles; other indexed databases: 49 articles. Total - 184 published articles; with the most commonly used journals being "International Journal of Environmental Research and Public Health," "Healthcare," "Frontiers in Psychology"; Behavioral Sciences, Journal of Multidisciplinary Healthcare, Biology of Sport, Applied Sciences.

27 authored books published.

94 book chapters published.

92 published abstracts.

**Indicator ii.** Conducting 1 training session for scientific article production



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**RESULT** - No specific training session was conducted, although some services were acquired to support scientific article production (translation and revision).

**Indicator iii.** Conducting 1 training session for research methods and information retrieval

**RESULT** - LQRC did not organize any training session, although it disseminated various training sessions with the proposed objective.

**Indicator iv.** Conducting 1 session to promote translation and scientific article writing services

**RESULT** - LQRC did not organize any training session, although it disseminated various training sessions with the proposed objective.

**Action c.** Promoting scientific dissemination of center members' research and knowledge transfer to professionals and organizations in the quality of life sector

**Indicator i.** Organizing the 2nd International Congress of LQRC, on February 23 and 24, 2023, at the School of Education and Social Sciences of Leiria

**RESULT** - All promotion and dissemination efforts for the 2nd International Congress of LQRC were carried out (posters and banners; website; book of abstracts; travel and accommodation arrangements; room organization and others).

**Indicator ii.** Center members' participation in national and international congresses and seminars, with an indicator of 150 participations

**RESULT** – During the II International Congress of LQRC, there were 5 conferences, 2 round tables, 62 presentations grouped into 12 themes centered around LQRC's scientific areas, and 30 posters. All presentations and posters are included in the book published on the LQRC website. ([ii-international-congress-cieqv-book-of-abstracts.pdf](#)).

**Indicator iii.** Conducting 4 training, dissemination, and knowledge transfer sessions for professionals and organizations in the quality of life sector.

**RESULT** - Online training, dissemination, and knowledge transfer sessions were conducted for professionals and organizations in the quality of life sector, using platforms such as: Innovative Learning Environments: From Theory to Practice (Training Course - 10 hrs); Trainer in Continuous Training for Coaches of the Madeira Football Association (5 hrs), with the theme "Training children and youth in football: from planning to intervention in the training process," organized by the Madeira Football Association, on November 24, in Funchal, among others.

**Action d.** Supporting the scientific production of non-doctorate integrated members, within the scope of their training, with identified counterparts.



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**RESULT** - Among the 14 doctoral candidates, 6 did not publish. Not all participated in the 2nd LQRC Congress or the 4rd multidisciplinary Scientific Journeys. Below is the list of doctoral candidates who published:

- - Eduardo Filipe Magalhães Teixeira – 1 article;
- - Gonçalo Carvalho – 2 comunicações/ 2 resumos;
- - Inês Isabel Vieira Santos Frazão – 1 article;
- - Maria Fátima Tavares – 1 article, 1 abstrat
- - Nataniel Lopes – 1 article;
- - Paulino Gomes Rosa – 1 article, 1 abstrat;
- - Telmo Filipe dos Santos Teotónio – 2 books, posters

### **Activity 8. Promoting Multidisciplinary, Interdisciplinary, and Transdisciplinary Research**

**Action a.** Conduct the 4th internal competition for research projects in the area of quality of life involving researchers from at least three scientific areas of the center

**Indicator i.** Dissemination of the regulation and call by March 15, 2023 - 4th LQRC Multidisciplinary Scientific Research Contest.

**RESULT** -The regulation and call were disseminated by March 15.

**Indicator ii.** Proposal submission by April 30, 2023

**RESULT** - 5 proposals were submitted.

**Indicator iii.** Selection and funding of three projects with one thousand euros each

**RESULT** - All 5 proposals were accepted and funded with one thousand euros each.

**Indicator iv.** Conduct research by the end of 2023

**RESULTS** - Articles were presented and results of the proposals were disseminated. Partial results of the projects were presented at the 4th Multidisciplinary scientific Journeys of LQRC.

**Action b.** Conduct a workshop to engage researchers from various areas

**Indicator i.** Conduct the 4th Multidisciplinary scientific Journeys of LQRC on July 04, 2023, at the School of Sports of Rio Maior



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**RESULTS** - The 4th Multidisciplinary scientific Journeys of LQRC were held on December 14, 2023, at the School of Management and Technology. This action involved about 50 researchers distributed among the 5 ongoing projects. The topics of the tables were as follows:

- Virtual reality sports interaction;
- Spreadably healthy creams protein +;
- Social support, social network, and social relationships of coaches in different sports;
- Effects of the preparatory period on physical, physiological, and body composition markers. Comparison between starters and non-starters of a professional women's football team;
- Yogic breathing techniques and vital signs.

## **AXIS D – CONTRIBUTING TO THE USE OF SUITABLE EQUIPMENT AND WELL-EQUIPPED FACILITIES FOR RESEARCH AND INNOVATION**

### **Activity 9. Equipment and Software**

**Action a.** Establish a equipment acquisition policy by scientific areas and in the funding cycle, promoting their acquisition considering the amortization period and the result in scientific production.

**Indicator i.** Acquire the strictly necessary equipment for scientific production and duly justified with research projects in conception or development (form).

**RESULT** - All acquisitions were requested by completing a specific form. Some equipment for recording physiological parameters (oximeters, cardiac sensors, polarimeters, etc.) and EEG equipment and software were acquired (under Carlos Silva's responsibility). 4 licenses of Nvivo software (under Carla Chicau's responsibility) and 4 licenses of SurveyMonkey software (under Pedro Sobreiro's responsibility) were acquired. 25 licenses of PlayerTeck Base software (GPS) were renewed (under Nuno Loureiro's responsibility).

**Action b.** Develop a strategy for acquiring software licenses for research according to researchers' needs with the reasoned opinion of the scientific area coordinator highlighting the projects involved with the software.

**Indicator i.** Acquire the strictly necessary software licenses for scientific production and duly justified with research projects in conception or development (form); educational software is excluded;

**Results** - The licenses mentioned above were acquired, strictly necessary for research and not overlapping with those for educational purposes in schools.



## CIEQV – Centro de Investigação em Qualidade de Vida

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### Activity 10. Facilities

**Action a.** Install the center's headquarters at the School of Sports of Rio Maior.

**Indicator i.** Install the coordinator's and research fellows' offices.

**RESULTS** - The headquarters, with 2 offices at ESDRM (coordinator, fellows), were installed, and the use of laboratory spaces for ongoing projects was protocolled.

**Action b.** Publicize and promote the various laboratories existing in the schools.

**Indicator i.** Identify and share the skills and equipment of the laboratories through information to center members.

**RESULTS** - The equipment of the laboratories of the various Schools that integrate the Center was identified.

**Indicator ii.** Conduct 1 guided tour of each laboratory.

**Result** - Not achieved.

**Action c.** Develop a funding application for the construction of LQRC's physical facilities on the campus of the School of Sports of Rio Maior.

**Indicator i.** Appointment of the commission for the construction of LQRC's facilities (Coordinator, Sub-coordinator, Director of ESDRM, Director of IPSantarem Services).

**RESULTS** - Action not carried out.

**Indicator ii.** Preparation of a basic document for the construction of the application (identification of the location, functional structure of the building, and necessary equipment)

**RESULTS** - Action not carried out

**Indicator iii.** Construction and submission of funding application in a program compatible with the objectives.

**RESULTS** - Action not carried out

Santarém, 31/03/2023

*Coordenador do CIEQV*

*Maria Regina Sardinheiro do Céu Furtado Ferreira*