

UNIVERSITY OF SZEGED

FACULTY OF HEALTH SCIENCES AND SOCIAL STUDIES

BACHELOR OF NURSING AND PATIENT CARE

BSc in Physical Therapy (BSc)

GUIDELINES FOR PREPARING A THESIS

- for physiotherapists –

Valid: February 2024, from the 3rd year

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1 Formal requirements of the thesis, rules for citing sources

The content and structure of the work to be written are the same as the content of research aimed at solving a scientific problem, divided into chapters with its main points.

1.1 General information

The length of the thesis is a minimum of 25, maximum of 35 numbered pages, calculated in the specified format (min. 50,000, max. 80,000 characters, without spaces). The Bibliography, Appendices, Acknowledgements - without page numbering - must be calculated in addition to this. If the length of the thesis does not reach or exceeds the specified lengths, the thesis cannot be evaluated.

Numbering

The main, sub- and lower-level chapters of the thesis must be numbered. The numbering format (Arabic) should be as follows:

2 LITERATURE REVIEW

2.1 Types of knee prostheses

2.1.1 Cemented prosthesis

In addition, the pages must also be numbered (with Arabic numerals). Page numbering should only appear on the pages of the main chapters (not on the Table of Contents, Appendices). The cover page is not numbered at all (this means that if the Table of Contents is only 1 page long and thus the Introduction starts on page 4 of the thesis, page 3 should appear at the bottom of the page, because the cover page does not count towards the numbering)!

The following can be considered as general principles:

- Times New Roman font is mandatory; font color is black.
- Line spacing should be 1.5 *
- Font size 12 pt. *
- Text alignment is justified. *
- Page orientation: portrait, margins 2.5 cm.
- Enters, spaces, tabs next to/below each other may NOT be used to set spacing.
- If necessary, bold, italic, and underlined styles may be used for emphasis, BUT the emphasis should be consistent throughout the thesis.
- In the thesis, we avoid the first-person singular, instead we use the first-person plural, referring

to the people who helped write the thesis.

- When writing the thesis, the rules of English spelling are the guiding principles.
- When writing Latin words, you can choose to use the original Latin/Greek word or its English version, but it must be consistent throughout the thesis. Regarding spelling rules, you can rely on the following online literature. In addition to the suggestions, there are many medical spelling dictionaries that can help you when writing your thesis.
- In the paper, you can use generally accepted abbreviations, e.g.: World Health Organization (WHO), or your own invented ones, e.g.: manual treatment group (MK group). However, as the example shows, you must write them out in full at least once, the first time they are mentioned, the abbreviation used must be indicated in brackets and used consistently from then on. If you use a non-obvious abbreviation in a figure/table, it is worth writing it out below the figure/table caption, for the sake of clarity.

* It may differ for some chapter titles, etc., see: format guide.

1.2 Rules of form in detail

Compliance with the formal rules is mandatory, it is included in the evaluation of the thesis and cannot be neglected from an aesthetic point of view. Everything that is not specified in the guidelines is left to you. Here we ask that you consider the principle of aesthetics and consistent formatting. When completing the thesis, it is worth saving it in .pdf format, so that it preserves its format, and the settings are not lost.

Please follow the formal requirements set out in the guidelines precisely when preparing your thesis!

1.2.1 Main unit styles

Cover

On the border of the 1/3 and 2/3 pages of the cover page (eye size) there is the inscription "THESIS" (18 pt, bold, centered, capital letters, no indentation). In the lower right part of the cover page there is NAME, below it "SZEGED, 20." (current year, 14 pt, bold, capital letters, left aligned, no indentation) (Figure 1).

Title page

The title page must contain the following:

- name of institution, faculty, major, specialization, department (at the top left of the page, 14 pt, bold, capital letters, starting in new lines, aligned to the left, no indentation, line spacing 1.5)
- title of the thesis (must be placed on the border of 1/3 and 2/3 of the page, centered; the title of the thesis should be short, attention-grabbing, but refer to the content of the thesis, 18 pt, bold, capital letters, no indentation)
- the title can be a declarative or interrogative sentence, and may have a subtitle
- name of the thesis author: “Compiled by: (below) Name” (at the bottom right of the page, 12 pt, bold, left closed, single spaced)
- the name and position of the supervisor: “Supervisor: (below) Name, (below) Position (on the left side of the page, bottom 12 pt, bold, closed to the left)
- the place and year of preparation of the thesis “Szeged, 20.” (on the bottom middle of the page, 12 pt, bold, closed to the center) (Figure 1)

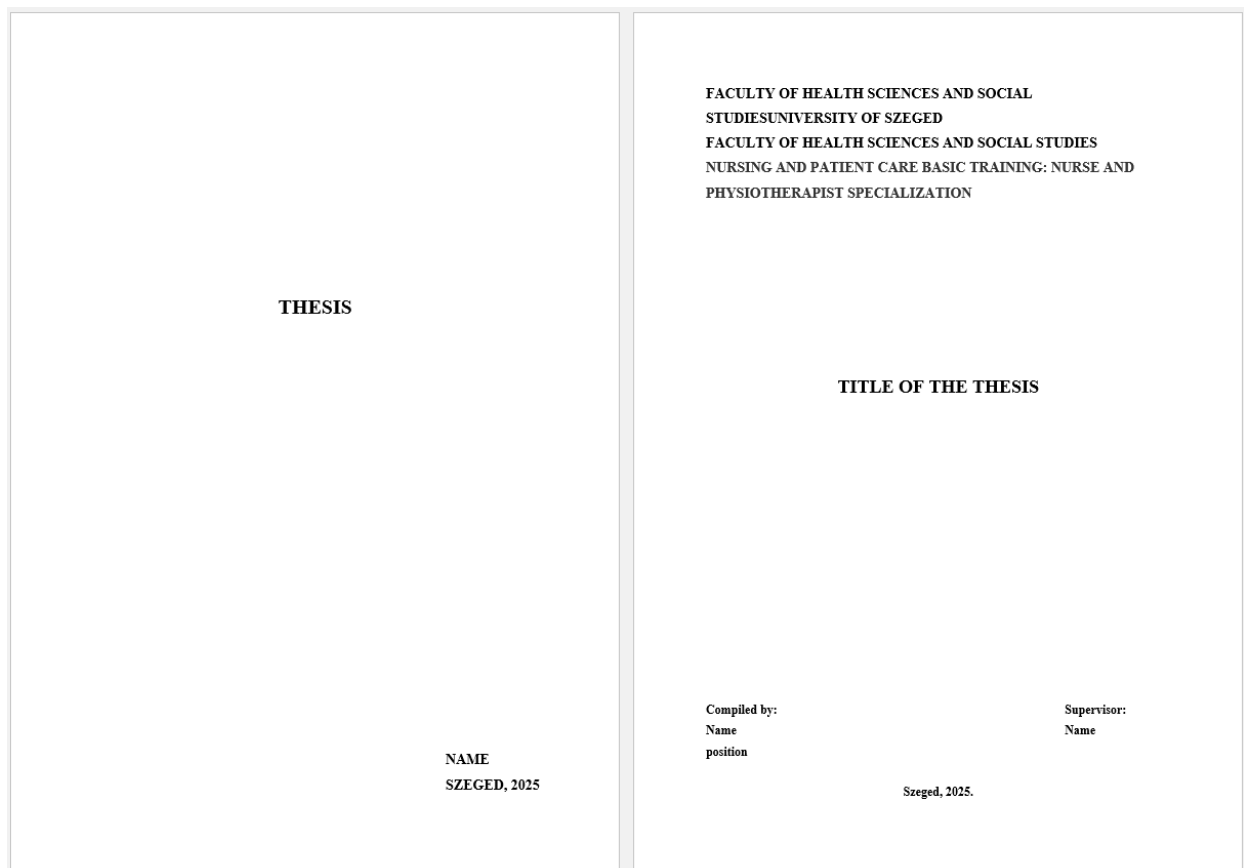


Figure 1: Cover and title page sample

Table of contents

Prepare with indentation based on the styles. The format of the chapter titles: Times New Roman, normal style, 12 p., color: black. Highlighting of the main and sub-chapters is also permitted here.

How to create a table of contents?

It is worth creating the main sub- and sub-sub-chapters and the normal chapter text between them by creating a custom style. (A box below contains instructions on how to modify the styles.) If this is done, the table of contents can be simply inserted with one click. After insertion, the table of contents may receive a template title, which may be in a different color (e.g. blue), and the font and size of the inserted table of contents may differ from the desired one. This is not a problem, as the table of contents can be edited after insertion, thus creating the appropriate form and style. It is worth inserting the table of contents after the thesis is completed, because if we update it, it will appear again in the template format preferred by MS Word, which must be reformatted.

Page numbering

Page numbering should also be done by inserting with Arabic numerals.

Placement: bottom of page (footer),

Alignment: right, 12 p., Times New Roman font

Page numbering appears first on the Introduction chapter page, but starts on the title page, see above.

How to set page numbering?

To technically implement this, you need to create (insert) section breakpoints between the numbered and unnumbered sections, then break the connection between the two sections in the footnote, after which the page number can be deleted from the unwanted section.

Chapter texts

The form of chapter texts and titles must be formatted with style settings, so that the table of contents can be inserted.

The main characteristics of the basic paragraph style in the text of the thesis:

Font: Times New Roman; size: 12 pt; style: normal.

Paragraph: alignment: justified; indentation: left 0 cm, right: 0 cm, type: first line; text layout: wrapping – bastard and orphan lines on, no hyphenation. (This is easiest to achieve with a minor modification of the Normal style.)

A part of a paragraph can be highlighted (see rules above), it is also allowed for certain paragraphs within the text to be provided with bullet points, if the content requires it.

Chapter titles

In the thesis, we should use only a three-level title list, a more detailed breakdown is not necessary. Due to the automatic creation of the table of contents, it is recommended to use the title styles after some modification (e.g. set the style of the chapter titles to Title 1, the style of the sub-chapter titles to Title 2 and their sub-titles to Title 3). The chapters should be numbered sequentially with Arabic numerals. Ideally, the chapter title should not be immediately followed

by a sub-chapter title, nor should the sub-chapter title be followed by a sub-sub-chapter title. If this is unavoidable for some reason, it is called an irregular sub-chapter/sub-sub-chapter. The related formal instructions can be found in the boxes below.

MAIN CHAPTER TITLES format:

The main chapter titles always start on a new page, numbered with Arabic numerals, e.g.: 1.

Style: e.g. Heading 1

Font: Times New Roman,

Font size: 14 pt

Font style: **bold**, effect: UPPERCASE.

Paragraph alignment: left

Indentation right: 0 pt, left: 0 pt, type: none

Space before: 0 pt, after: 24 pt.

Line spacing: one and a half

Text division: break – new page.

Setting subheadings:

Subsections are numbered with Arabic numerals: e.g. **1.2**

Style: e.g. Heading 2

Font: Times New Roman,

Font size: 14 pt

Font style: **bold**, effect: none.

Paragraph alignment: left

Indentation right: 0 pt, left: 0 pt, type: none

Space before: 30 pt*, after: 12 pt.

Line spacing: one and a half

Text division: Together with the following.

* If the thesis contains an **irregular** (should not be) sub-chapter heading that directly follows the chapter heading, this value should be set to 0 pt. In the last paragraphs before further (regular) sub-chapter headings (if it is no longer a chapter heading), the **space after the value** should be set to 30 pt. The point is that the sub-chapter heading should be preceded by a 30 pt space and followed by a 12 pt space.

Setting sub-subchapter titles:

Subchapters are numbered with Arabic numbering: e.g. 1.2.2

Style: Heading 3

Font: Times New Roman,

Font size: 12 pt

Font style: normal, effect: none.

Paragraph alignment: left

Indentation right: 0 pt, left: 0 pt, type: none

Space before: 24 pt*, after: 12 pt.

Line spacing: one and a half

Text division: Together with the following.

* If the thesis contains an **irregular** (should not be) sub-subsection heading that directly follows the sub-section heading, then this value should be set to 0 pt. In the last paragraphs preceding further sub-section headings (if it is no longer a sub-section heading), the **space after the value** should be set to 24 pt. The point is that the sub-subsection heading should be preceded by a 24 pt space and followed by a 12 pt space.

How to modify styles?

To modify style sheets, select the chapter title in the text (e.g. Introduction) and then select the Heading1 style from the Styles menu. This will format it with the default heading style, but it will not match the above. Therefore, the Heading1 style must be changed to meet the required formatting requirements. Here's how:

- right-click on the **Heading1 style**,
- select the "Modify..." command from the pop-up window
- set the formatting changes according to your requirements
- check "Automatic update" and click "Ok" to leave the page.

For the other style sheets, do the same, but replace **Heading1** with **Heading2**, **Heading3**, etc.

1.2.2 Creating and labeling tables and figures

In general, two types of graphic display forms (figures) can be used in a thesis. These are images (which can be self-made photos, photos from the Internet and other sources, or other figures), and graphs. In addition to all of these, tables can also be used to present data simply. Of these, images and graphs must be titled "figures," and tables must be titled "tables." Each of them is included in the thesis with a similar purpose: they help to understand what is described in text, even if they provide data on their own. In the case of graphs and tables, it is important that the data contained therein and the title, figure/table caption can be interpreted together, even without a textual explanation. For this, it is important to indicate the units of measurement and explain abbreviations. It is worth avoiding data duplication in the thesis, i.e. if our results have been

presented in text, it is unnecessary to present them again in a table. On the other hand, graphical display can be a good complement to the textual presentation of numerical data.

Tables

Tables must be numbered consecutively. The numbering is continuous throughout the thesis, including the tables in the appendices. Each table has a title, which indicates what data it contains. The tables should be transparent and contain the necessary units of measurement and comments. A uniform presentation of the data within the thesis should be sought (e.g., using the same units of measurement, displaying data uniformly to two or three decimal places – if necessary). If the results reported were determined during more complicated or complex calculations, the method of aggregation must also be indicated in the text. Tables must be referred to in the text (e.g., Table 1).

Captioning the tables is essential. The caption: 11 pt, bold, 18 pt spacing before, above the table, centered, left indent: 0 cm, right indent: 0 cm, indent type: none, single line spacing.

Table No. 1
Table title

(Place above the table. The distance from the text and the table should be set with spacing, aesthetically.)

(If it is a table not prepared by us: indicate the source below the table, font size 10 pt, normal, then 12 pt spacing.)

Explanations of abbreviations can also be inserted here, following the same format.)

Source:

Figures

Figure: picture, photo, flowchart, timeline, graph, drawing, etc. The numbering of figures is continuous throughout the thesis. Images depicting a person's likeness may be published in the thesis, while respecting personal rights and human dignity, in accordance with the relevant legal provisions. In order to prepare and use them, the person(s) shown in the image must be informed about data processing and must give written consent. If we have this, it is still necessary to cover the face/eyes in order to protect personal rights. We draw your attention to the fact that the participant can withdraw their consent.

Each figure also has a title. If our figure contains a graph, it must be depicted in a coordinate system and it must be indicated what quantities and units of measurement are depicted on each axis. (For example, if we plot time in seconds on the horizontal axis, we would write time (s) below the axis, on the right edge.) We recommend displaying units of measurement according to SI base units. Figures should be referenced in the text (similarly to tables).

Caption: 11 pt, bold, 18 pt spacing, positioned below the figure, centered, left indent: 0 cm, right indent: 0 cm, indent type: none, single line spacing.

1. sz. ábra

Az ábra címe

(elhelyezése az ábra alatt)

(Amennyiben nem általunk készített ábráról van szó: a forráshely megjelölése az ábra alatt, betűnagyság 10 pt, normál, utána 12 pt-os térköz. Ha internetes oldalról szedtük le az ábrát, akkor a forrást tegyük lábjegyzetbe, tekintettel arra, hogy egy hosszú [link](#) nem túl esztétikus egy szép ábra alatt. Ide illeszthető a rövidítések magyarázata is, ugyanezen formát követve.)

Forrás:

If we have figures or tables that only fit in landscape orientation or are larger than half a page, it is advisable to include them in the Appendices. If we downloaded our figure from the Internet and the referenced link is long, it is worth including it in a footnote. The tables and figures in the appendix should also be numbered, continuing the numbering in the text.

1.3 Formal and content requirements for in-text citations

Writing a thesis requires studying a lot of literature. When you do not present your own results, opinions, or ideas, you must refer to their source. Failure to do so is a serious offense, the forms and consequences of which are discussed in the Faculty Plagiarism Regulations (<https://etszk.u-szeged.hu/karrol/kari-szabalyzatok/kari-szabalyzatok>). The Literature Review chapter consists almost entirely of presenting the background of the literature, i.e. it must contain numerous references. The Discussions chapter also contains many references, while they only occur rarely in the Hypotheses, Materials and Methods, or Conclusions. If we want to include information in the thesis that it is not advisable to change (e.g. definitions), we must quote it verbatim. When we summarize the thoughts or results of others, we do not quote them verbatim but summarize the essence in our own words. This is called paraphrasing.

1.3.1 Verbatim quote

The intertextual reference can be a literal quote. It is used sparingly for truly important, highlighted ideas and definitions. Literal citations of half a page, one page or pages are not acceptable. In the case of a literal citation, we use quotation marks and really highlight the idea from the source one by one. The source is indicated in parentheses, with the author's name (italics), the year and the page number (normal letters).

Examples of literal citations:

- In the case of a single author
- The task of the leader is therefore "to ensure that people bring their individual goals into line with organizational goals" (Dobák, 2006. p. 15). The means of this can be external, internal constraints, and motivating tools.
- According to Dobák (2006. p. 15), the task of the leader is therefore "to ensure that people bring their individual goals into line with organizational goals". The means of this can be external, internal constraints, and motivating tools.

In case of multiple papers

- We start with the most recent in the order of the authors (with the most current year): The task of the leader is therefore "to ensure that people align their individual goals with organizational goals". The means of this can be external, internal constraints, and motivational tools (Kiss, 2008. p. 25; Dobák, 2006. p. 15).

In the case of a paper with two authors

- The leader's task is therefore "to ensure that people align their individual goals with

organizational goals." The means of this can be external and internal constraints, and motivational tools (Dobák and Kiss, 2006. p. 15; Fehér and Nagy, 2008. p. 25).

In the case of a paper with more than two authors

- The leader's task is therefore "to ensure that people bring their individual goals into line with organizational goals". The means of this can be external, internal constraints, and motivational tools (Dobák et al., 2006. p. 15; Fehér et al., 2008. p. 25).

In the case of edited work

- According to Allport (1935. p. 96), attitude is an "emotional, emotional disposition..."

1.3.2 Precisely highlighting the point (paraphrasing)

Another way of making an intertextual reference is to precisely highlight and summarize the essence (i.e., a non-literal quote) in each case with the name of the cited author(s) (italics) and the year of publication (normal text). It is important to summarize and formulate what you have read in your own words. Translating individual words or swapping parts of sentences or words is not acceptable. To avoid this mistake, it is best after the review of the actual literature to put it aside, and first summarize the essential message in your mind and then in writing. This way, you will definitely avoid the crime of plagiarism.

Examples of precisely highlighting the essence:

In case of one author

- In the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head (Watson, 2002).
- Watson (2002)'s basic premise is that in the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head.

In case of two authors

- In the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head (Watson and Thomas, 2002).
- The basic principle of Watson and Thomas (2002) is that in the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head.

In case of multiple authors

- In the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head (Watson et al., 2002).
- The basic principle of Watson et al. (2002) is that in the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head.

In case of multiple papers

- In the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head (Watson, 2002; Wilson, 2004).
- Watson (2002) and Wilson (2004) both agree that in the case of continuous, appropriately parameterized ultrasound, 1 minute is sufficient to deliver the required amount of energy to an area the size of the treatment head.

1.4 Formal and content requirements for bibliographic references

1.4.1 Content requirements for references

The Bibliography must include all sources that appear in the thesis. The detailed source designation used in the Bibliography helps to identify the literature cited in the text. The basic rule is to include all important information known about the source here (e.g.: in the case of a book: names of authors, year of publication, book title, publisher and its headquarters. In the case of an article: names of authors, year of publication, article title, journal title, journal volume number and the page number where the article appears.) If it is an electronically published article or book, the latter data may be missing. In order to identify the source, in this case, the ISSN (International Standard Serial Number) or ISBN (International Standard Book Number) number must also be referred to in the case of a book, and the DOI (Digital Object Identifier) in the case of an article in a journal. If this is not known in the case of our source, but otherwise meets the requirements of referable sources (has an author, is a scholarly work, and is reviewed), then we can refer to it as an online source – see below.

What is not acceptable as a source in a thesis?

- Internet references are not accepted if they are not accurate (e.g.: www.pubmed.com),
- non-scientific sources (non-reviewed articles, class notes, blogs, posts, etc.) are not accepted,
- informative publications and websites written for laypeople (e.g.: www.vitalitas.hu),
- we also accept as a basic principle that we cannot use writings without a name (author) in our thesis (except: other sources).

Other source

Protocols, recommendations, data found in statistical yearbooks, reports, and other publications that are professionally correct and relevant, but whose author, publisher, etc. are unknown, should be presented as other sources. Frequently cited such other sources include materials published by WHO, KSH (Hungarian Central Statistical Office), EULAR, and other international professional organizations. The exact link must be included in the reference; the main website address (e.g.: www.electrotherapy.org) is not sufficient. It is recommended that the given document or source material be saved and printed at the same time as the reference, so that it can be presented to the opponent upon request.

- European Council (2000): European Sport Charter, Nice.
http://ec.europa.eu/sport/doc/ecom/decl_nice_2000_en.pdf 2009-07-07

Internet source:

If we want to include an article/book published online, in which the author is known, but other important data is not, and the DOI reference/ISBN/ISSN number is not known, but we are sure of the quality of the source - we have checked it - e.g.: the author is a recognized authority, the article has references, then we can refer to it as an internet source. In this case, we can refer to the copied link, indicating the exact date and time of access, as follows. In this case, it is also recommended to save and print the given document or source material at the same time as the reference, so that we can present it at the request of the opponent.

Watson, T.: Ultrasound Dose Calculations.

<http://www.electrotherapy.org/downloads/Modalities/Ultrasound%20Dose%20Calculations.pdf> 2008-07-08

1.4.2 Formal requirements for references

Just as in the text, references in the Bibliography must also comply with the given formal requirements. Here too, the presented format must be followed exactly: what is in italics must also be in italics in the paper, where there is a colon, there must also be a colon in the paper!

In the case of references, the source information is described as follows:

In case of a book:

- author: in normal text, last name written, then comma, first letter of first name and middle name (if any), then period, prefix at the end of the name (if any)
- in case of multiple authors, a comma is placed between the names of the authors,
- year of publication in parentheses, followed by a colon,
- title of the book in normal text, followed by a period,
- publisher's name, followed by a comma,
- publisher's headquarters in normal text

Author(s) (year of publication): Title. Publisher, Publisher's headquarters

Example:

- Szabó, R., Dr. (1990): *Geriátria-idősgyógyászat*. Medicina, Budapest
- Draper, D. O., Prentice, W. E. (2005): *Therapeutic Ultrasound*. McGraw – Hill, New York

In the case of a journal article:

- author: in normal text, last name written, then comma, first name and middle name (if

- any), then period, prefix at the end of the name (if any),
- in case of multiple authors, a comma is placed between the authors' names,
- year of publication in parentheses, followed by a colon,
- title of the article in normal text, followed by a period,
- name of the journal in italics, followed by a comma,
- volume in normal text,
- number in parentheses, followed by a colon,
- page number(s) on which the article appears in normal text

Author(s) (year of publication): Article title. Journal title, Volume (issue): page number

Example:

- Hansen, W. B. (2001): The future of health behavior and prevention research: What will change in the next 25 years? *American Journal of Health Behavior*, 25(3):228–233
- Sziliné Hangay Á., Gerencsér Zs. (2005): Mit tudhatunk a proprioceptív tréningről? *Mozgásterápia*, XIV(3):3-9

In the case of a journal article, in the case of an online journal:

As in a normal journal article, omitting missing data and adding the DOI reference at the end.

Example:

Kazeminasab S., Nejadghaderi S. A., Amiri P. (2022): Neck pain: global epidemiology, trends and risk factors. *BMC Musculoskeletal Disord*, 23(26)
<https://doi.org/10.1186/s12891-021-04957-4>

In the case of a book chapter from an edited book:

- author of the chapter: in normal text, last name written, then comma, first name and first letter of middle name (if any), then period, prefix at the end of the name (if any),
- in case of multiple authors, a comma is placed between the authors' names,
- year of publication in parentheses, followed by a colon,
- title of the book chapter in normal text, followed by a period,
- In colon and name(s) of the editor(s) in normal text
- year of editing, ed. in parentheses, followed by a colon
- title of the book, italicized, followed by a period,
- name of publisher, followed by a comma,
- publisher's seat in normal text:

Author of the chapter (year of publication): Title of the book chapter. In: Editor/editors of the

book (year, ed.): Title of the book. Publisher, Publisher's headquarters

Example:

- Hunyadi, Gy. (1935): Az attitűdök. In: Halász L., Hunyady Gy., Marton L. M. (1979, szerk.): *Az attitűd pszichológiai kutatásának kérdései*. Akadémiai Kiadó, Budapest

Order of references in the Bibliography

In the Bibliography, the references are listed in alphabetical order, based on the last name of the first author, numbering is not necessary. Titles, name prefixes (Dr, Prof, PhD, etc.) should only be included in the bibliography if they are also listed in the source, in which case they should always be placed after the name and should not be listed alphabetically based on the title.

Example:

- Szabó R., Dr. (1990): Geriátria-idősgyógyászat, Medicina, Budapest
- Sziliné Hangay Á., Gerencsér Zs. (2005): Mit tudhatunk a proprioceptív tréningről? *Mozgásterápia*, XIV(3):3-9

The order of several works by an author must be indicated in the Bibliography in the order of the year of publication, first based on independent works, then works written with co-authors, also based on the years. E.g.: Kiss K. (1992)... independent work

Example:

- Kiss K. (1995)... independent work
- Kiss K., Nagy P.(1993):... with co-authors
- Kiss K., Horváth E., Nagy P. (1994):... with co-authors

If we *cite several works of an author published in the same year*, then another notation must be made after the year (a, b, c). In this case, it is also necessary to distinguish the publications with a notation during the intertextual reference.

- Németh Z. (1996 a):...
- Németh Z. (1996 b):...

2 Types of theses and their content characteristics

We can choose from different types of theses, a mixed version of these is also suitable, e.g. it is possible to examine a given sample based on a questionnaire and with a physical survey.

2.1 Types of theses

- Survey-based thesis
 - Questionnaire survey
 - Physical assessment
- Therapy-based thesis
 - Case report
 - Examination of the effectiveness of a therapeutic procedure performed on a larger sample
- Literature review-based thesis
- Preparation of a product that can be used in patient care
 - Pamphlet/brochure-type patient information
 - Educational material – providing information (regarding a given disease, tasks to be done)
 - Educational material – creating a “homework” type photo gallery
 - Preparation of a methodological proposal/recommendation

2.2 General information about the content of the thesis chapters

There may be differences in the required main chapters for different thesis types. The content components of the title page, cover page, Table of Contents, Hypotheses, Discussion, Summary, Bibliography, Appendices, and Acknowledgements are the same for all thesis types. The main chapters that must be included in each thesis type and the specific content aspects that must be considered in their content are presented in the detailed content guidelines for each thesis type (see: subsection 2.3).

COVER, TITLE PAGE

The cover page and title page contain information about the thesis, its author and supervisor, as described in the formal requirements.

TABLE OF CONTENTS

The starting page number of each chapter and subchapter of the work is indicated for ease of handling and clarity.

In the case of larger works containing many figures and tables, a separate list of figures and a list of tables is also recommended. In this case, it is important that the list of figures and/or tables also indicate the page number of the figures and tables included in the Appendix. The list of figures and tables must follow the format of the Table of Contents in terms of form and must also be prepared with an insert.

The Table of Contents should only include the main sub- and sub-sub-chapters of the thesis, as well as the Bibliography (not the Table of Contents itself, the Appendices, the Acknowledgements and the Declaration).

INTRODUCTION

Arousing interest by presenting the reason for choosing the topic, its importance, describing the history, raising and explaining the problem. If we want to support the importance of the topic with literature data, it is also necessary to indicate the source here.

When posing and explaining a problem, it helps to:

- notice similarities or differences in the literature,
- notice the lack of logical connection,
- distinguish between the essential and the unessential,
- discover contradictions,
- analytical skills.

In the subject and purpose of the investigation subsection:

- We clarify what needs to be investigated (subject) to solve the problem, and what our goal was in conducting the research and investigation.
- Of course, depending on the nature of our research work and the resulting thesis, our goal is: to describe, present, compare, analyze, prepare, and explore something!
- Among other things, we can indicate the interpretation of existing knowledge from new perspectives, the integration of knowledge from certain disciplines, and the unification of terminology as goals.

LITERATURE REVIEW

Review of domestic and international literature related to the topic. In the case of popular topics, a frequently used and recommended solution is to further structure the literature review into sections related to results and methods.

We do not expect a detailed, textbook-like presentation of the basic sciences, but a targeted review of the theoretical background related to the problem raised, i.e. a summary of the results of current articles published in scientific journals. What is described in the Literature Review chapter should provide the basis for our hypotheses. Thus, it is necessary to mention the problems related to the topic that have already been solved or are still waiting to be solved, the works supporting the necessity of applying the method, the authors of the works that form the system of knowledge, the users of the methods adopted from others, the first publishers of results and figures.

In addition to books and journals, review publications, documentation publications, review works, thematic bibliographies, conference volumes, CDs and the internet are also suitable for reviewing the literature, if used appropriately. It is necessary to choose a work/works that are professionally relevant, by a known author or group of authors. The use of educational materials intended for laypeople is not permitted. Class notes cannot be classified as professional literature. All professional literature used must be referenced in the text as described in the formal requirements section.

QUESTIONS

It is not always necessary to include it as a separate section! The topic of the chapter is the questions formulated by reviewing the literature, which justify the need for further investigation, based on the results of previous research. Considering the proportions of the thesis, this unit is usually short and to the point.

HYPOTHESES

Assumption of the expected outcome of the research or investigation. From a research methodology perspective, formulating hypotheses is the second step in research work, which can only be implemented after a detailed review of the literature. There are reasons and certain conditions for the inevitable occurrence of a phenomenon. The conditions, as the causes of the phenomenon, and the causal (probability) assumption of the occurrence of the phenomenon – based on this we can formulate our hypothesis. In simpler terms: what – under what conditions – causes what. In order to be able to formulate these, knowledge of the literature previously published in our topic is necessary.

In certain cases, it is advisable to divide the hypothesis into parts and examine the parts or “sub-hypotheses” separately. The hypothesis is specific and precise. For this reason, this unit is also a short chapter, usually less than half a page long. Our hypotheses do not need to be numbered and referenced, as these are our own intellectual products. However, we recommend using the

form used for listings. For example:

- We hypothesize that early rehabilitation increases the amount of knee flexion after knee replacement.
- Our hypothesis is that early rehabilitation increases the amount of knee flexion after knee replacement.

MATERIALS AND METHODS

The research ethics permit number for the thesis must be indicated at the beginning of the chapter, if the format of the thesis requires the permit. (A research ethics permit is required for theses based on examination and therapy, or questionnaire research. This type of research cannot be started without a permit!) The rest of the chapter must include a description of the subjects, methods and tools used.

Methodology is an extremely important part of the research; the quality of the results depends on it. The methodology must be repeatable and completely clear, so a detailed description of the examinations, treatments, tools, tests used, and a presentation of their evaluation are essential. If this is not the case, the methodology and with it the results can be questioned. If we use some kind of exercise program or other treatment series, the description of which can be very long, it is worth including it in the Appendices, even illustrating it with pictures for easier understanding.

This chapter should also list the data processing methods (Microsoft Excel 2010, STATISTICA program, etc.), which should start with basic statistical indicators for characterizing the sample, if used. In the case of a BSc thesis, the use of statistical tests (T tests, ANOVA, non-parametric tests, etc.) is not expected. If it is presented, it will of course also be included in the evaluation.

RESULTS

The presentation of the results includes the presentation of the “raw” (basic statistics) data examined, the results of comparisons, the exploration of relationships and the evaluation of the results. During the evaluation of the results, we can make statistical decisions. Indeed, only basic statistics need to be used (mean, standard deviation, etc.). It is important that in the Results chapter we do not reflect on the reasons for the development of the results, we do not try to explain them here. The presentation of the results must be objective, factual and logical.

Requirements related to the results:

- We generally do not provide basic data.
- In the results section, basic statistical indicators or tables compiled from them can be

presented.

- Our results can be presented in text, tables, or figures; all three are unnecessary. Sometimes, textual presentation alone is sufficient.
- In rare cases, when the goal is to provide additional information, the combined use of tables and figures is permissible.

DISCUSSION

The Discussion chapter is one of the most important parts of the thesis. In this unit, we interpret and evaluate the results obtained during the investigation. It is necessary to compare the obtained results with current and relevant literature data. It is necessary to take a position on the extent to which the literature data contradict or support our own results. In both cases, it is necessary to indicate the cause or causes of the relationship.

We can decide on the fate of the formulated questions and hypotheses, the questions can be answered, there is an opportunity to formulate clear tendencies or recognizable patterns and possible generalizations. It is necessary to outline the investigations deemed necessary for a more complete solution to the problem.

It may be worth mentioning the so-called limitations, i.e. the weaknesses of our research, possible errors, or events that could have influenced our measurements and the development of our results.

CONCLUSIONS

Conclusions for theoretical experts that can be drawn from the implementation of the study, the applied methods and the results, and the formulation of recommendations for practice. The chapter presents the practical applicability of the obtained results.

SUMMARY

A brief description of the essential elements of the thesis. This brief description must not result in the loss of important information; therefore, it must include the purpose, material and method of the study, its most important results and basic conclusions. The rules regarding source identification, presented earlier, must also be followed in the summary chapter. The summary is a short unit of the thesis, in most cases it does not exceed one page in length.

BIBLIOGRAPHY

A list of all literature used in writing the thesis. The references indicated in all parts of the thesis are evidence of authenticity and sources of further information for the reader (opponent, reviewer, interested party), therefore, attention must be paid to their compilation, they are an

essential part of the thesis. Correct information is provided if **only those works are listed in the Bibliography that are referred to in the text or mentioned in the intertextual references.**

Relevant, professionally correct and accepted domestic and international works, journals, books, edited works can be used in the Bibliography. Always consult the supervisor regarding literature. Class notes, informational publications for laypeople, or books cannot be used in literary references.

A special mention should be made of Internet references and the Internet. On the World Wide Web, we can find many sources that are not checked for content and seem professional. Try to browse professional search engines and journals and use them. Just because something is in English doesn't mean it's correct. Before using it, research it thoroughly.

We would like to draw your attention once again to the **fact that what is cited in the text must also be cited in the bibliography. Failure to do so will be considered plagiarism, which will result in the rejection of your thesis. The procedure is similar in the case of data and information being published without indicating the source (citation).** A detailed description of the offence of plagiarism and its sanctions can be found in Appendix 1 of the Academic Regulations of the Faculty of Health Sciences and Social Studies of the University of Szeged.

ANNEXES

The student declaration (Annex 1) in which the student declares by signing that the thesis is his/her own work (Plagiarism Declaration) is included here. The declaration can be downloaded from this page: <https://etszk.u-szeged.hu/english/department-of/thesis-preparation> . There is nothing else to do, just fill it out, sign it yourself in the presence of two witnesses, then scan it and insert the image into the thesis.

If the student writing the thesis is supervised by a lecturer at the Department of Physiotherapy, SZTE, an additional declaration is also required (**Declaration of Service Intellectual Property**). Based on the signed declaration, the completed thesis qualifies as a service intellectual creation, so the rules regarding service intellectual creations apply to the thesis from now on. This declaration should be included in Annex 2. You can download the declaration from the following website: <https://etszk.u-szeged.hu/karrol/szakdolgozat-bsc/benyujtando-dokumentumok>. There is nothing else to do here than to fill out the document and sign it in the presence of two witnesses. Please scan the completed statement and insert it into the thesis.

Also included in the Appendices are tables, figures, and other additions that cannot be inserted into the text and that provide information to the reader (e.g., description of the exercise program, computer program, etc.), which are necessary for a more detailed understanding of the

content. In the case of questionnaires, it is also necessary to attach the questionnaire used as an attachment. In the case of online questionnaires, copying the link to the questionnaire is not sufficient; in this case, the entire questionnaire used must also be displayed in the attachments.

An additional attachment must include an uncompleted copy of the consent/assent statement and patient information sheet used during the study. This way, the opponent can be informed that the research was conducted in accordance with ethical standards.

Furthermore, materials prepared for certain types of theses and designated as the product of the thesis (information, educational material, etc.) are included in the appendices.

ACKNOWLEDGEMENT

The acknowledgment is a gesture towards all those who helped you complete your thesis, which is why it is inappropriate to leave it at the end of your thesis.

2.3 Content requirements in detail, by thesis type

Below we present in detail the content characteristics of the different thesis types. In the content descriptions, we will only cover those chapters that differ to some extent from those presented in the general section, i.e. are actually specific parts of the given thesis type.

2.3.1 Types of thesis based on assessment and therapy (involving intervention)

In the case of assessment and therapy-based papers, the work should be structured as follows, maintaining the order of the chapters. It is important that ethical approval is required for this type of thesis. Please note that the participant may withdraw their consent to participate in the research at any time, in which case the completion of the thesis requirements is not guaranteed. The inclusion of chapters and other thesis units marked with * is mandatory! The numbered units are the main chapters of the thesis.

COVER PAGE*

TITLE PAGE*

TABLE OF CONTENTS* – if necessary, figures and tables

1. INTRODUCTION*

2. LITERATURE REVIEW*

3. QUESTIONS (optional)

4. HYPOTHESES*

5. MATERIALS AND METHODS*

- 6. RESULTS*
- 7. DISCUSSION*
- 8. CONCLUSIONS*
- 9. SUMMARY*
- REFERENCE*
- APPENDICES (including the declaration*)
- ACKNOWLEDGEMENTS

Survey-based thesis

Questionnaire survey

The condition for preparing theses based on a questionnaire survey is the processing of **50-100 completed questionnaires** (may differ in the case of rare diseases, topics affecting few people).

Types of questionnaires that can be used:

- Standardized:
- Original or proofread translated version
- Independently translated questionnaire, identical to the standard
- Questionnaire based on available questionnaires related to the topic, or supplemented with individual questions

The Materials and Methods chapter should describe the process of preparing and selecting the questionnaire. It is important to explain the reason for choosing and compiling the questionnaire, why you chose it, and why this questionnaire is suitable for understanding the given problem.

In the Results chapter, the results obtained by processing the questionnaires should be described quantitatively. It is worth examining these data with basic statistical indicators (e.g., average, standard deviation, etc.), serious statistical calculations are not necessary. It is advisable to present our results with the help of diagrams and tables.

In the Conclusions chapter, the goal is to formulate a recommendation, considering the evaluation and results of the questionnaire, which is addressed to the target group surveyed with the questionnaire. The recommendation should be of a practical nature, with which the revealed problem can be remedied or mitigated.

For clarity, here is an example:

Let's assume that we are investigating non-specific low back pain among nurses. We are looking for questionnaires related to the topic. We then translate/select/compile them, and have the nurses fill them out. We then evaluate the data, such as how many people filled out the questionnaire, what was the average age, what type of pain they had, what caused it, what relieved it, etc. Based on the results, we determine what complaints the given group has and from this we can conclude what they would need, e.g.: "Nurses struggling with low back pain would need McKenzie treatment twice a week to reduce their lumbago. Our therapeutic suggestions for this are as follows..."

Physical assessment

The condition for preparing a thesis based on a physical assessment is to process the results of at least 30 assessments (this may differ in the case of rare diseases or topics affecting only a few people). To this end, a minimum of 15 people can be assessed twice or a minimum of 30 people at once. (For example: 15 people x 2 times; 30 people x measured at 1 time.) The purpose of these types of theses is to establish a treatment plan or to provide lifestyle recommendations and suggestions based on the data obtained and the results evaluated from them.

Types of physical examinations:

- **Cross-sectional study:** For example, a comparative study (15 people in the control group, 15 people in the study group). Objective: To compare the measurable parameters of a given lesion with the values of the normal population.
- **Longitudinal study:** Measures the same parameters at two different times. The aim of the study is to follow the changes in the same parameters.

In the **Conclusions** chapter, a treatment plan or recommendation should be outlined based on the results of the measurements, which is practical and helps to mitigate the assessed change or phenomenon.

For clarity, here is an example:

We want to examine the sensitivity of the MTP joint of boxers. We select the appropriate methods, assess them, and describe our results, e.g.: "The pain level of boxers is on average 7 cm on the visual analogue scale. Physical examination confirmed inflammation of the MTP joints.". In the conclusions, we describe that: "Given the great pain and inflammation of the MTP joints of boxers, reducing inflammation is essential, for which the following methods may be suitable: ..."

Therapy-based thesis

In the case of theses based on therapy, a case report can be prepared or an examination of the effectiveness of a therapeutic procedure performed on a larger sample.

Case report

A minimum of 1 person (however, we recommend a minimum of 2 people, since the implementation becomes uncertain if one person participates, given that the consent required to participate in the research can be withdrawn at any time) complex condition assessment, examination, detailed description of the treatment and detailed presentation of the effectiveness of the effect.

Due to the nature of the thesis, the description of the persons in the **Materials and Methods** section (with respect for personal rights) and examination must be very detailed, presenting the specifics of the given case. It is worth conducting all surveys related to the topic on the patients, and a questionnaire or other test can also be used. The treatment and all its circumstances must also be included in this unit.

All changes must be described in the **Results** section, and here too a detailed description must be sought.

Testing the effectiveness of a therapeutic procedure on a sample with a higher number of elements

The aim of these types of theses is to carry out the necessary surveys and a chosen therapy on the study group, and then to carry out re-measurements to check the effectiveness of the therapy. By comparing the results obtained during the two surveys, it is necessary to draw conclusions regarding the effectiveness of the chosen therapy. We ask for the involvement of a minimum of 10 participants, which number may differ in the case of rare diseases or special groups.

Due to the large number of elements, the description of the subjects, instruments, and methods in the **Materials and Methods** chapter is less detailed, however, data characterizing the sample must be included here as well, as well as the characteristics of the method and the instruments used.

In the **Results** chapter, the results should not be presented individually, but with averages characterizing the tendencies.

2.3.2 Thesis based on a literature review

The aim of a thesis based on a literature review is to draw appropriate conclusions for the profession based on the existing literature. No ethical approval is required for this type of thesis. This type of thesis is recommended for students interested in science and research, who have no problems using and reading the English language, and whose supervisor is also experienced in

preparing this type of work. In order to understand the structure of review papers, it is recommended to study the following summary paper written in Hungarian:

Kamarási V., Mogyorósy G. (2015): Szisztematikus irodalmi áttekintések módszertana és jelentősége. *Orv. Hetil.*, 2015, 156(38), 1523–1531. <http://real.mtak.hu/38510/1/650.2015.30255.pdf>

The thesis must compare the results of at least 10 foreign language literature (not older than 15 years) (this may vary depending on the level of literature on the topic), depending on the number of researches related to the topic. It is advisable to choose a topic whose literature allows for the processing of at least 10 articles.

The summary-type thesis consists of collecting and processing current, relevant literature on the chosen topic. The completed thesis is not a descriptive collection of the literature found, nor a descriptive presentation of it, but an analysis, interpretation and systematization of the literature discovered. During the preparation of the thesis, it is necessary to carry out a high-level, critical analysis of the state of existing knowledge on a carefully defined topic. It is important that the thesis proves that its author was able to summarize the literature on the chosen topic, create connections between points of view, present complementary or contradictory scientific opinions, draw conclusions, and comprehensively outline the given problem in a way that also reveals the author's position and opinion.

This type of thesis is a synthesis of knowledge acquired based on literature, the presentation of any possible disputes and differences of opinion present in the literature, and the development of an independent position based on this. When preparing the thesis, it is crucial to provide detailed and thorough evidence on the chosen topic, and to present the evidence based on a wide database that supports or questions the point of view of the author of the thesis on the given topic. The thesis must also present the research methods through which the presented and compared data were generated.

The main chapters of the thesis and their content requirements are shown below. The inclusion of chapters and other thesis units marked with * is mandatory! The numbered units are the main chapters of the thesis.

COVER PAGE*

TITLE PAGE*

TABLE OF CONTENTS* – if necessary, list of figures and tables

1. INTRODUCTION*

2. QUESTIONS (optional)

3. MATERIALS AND METHODS*

4. RESULTS*

5. DISCUSSION*

REFERENCE*

APPENDICES (including the statement*)

ACKNOWLEDGEMENTS

The content of the **Introduction** is to raise the topic, present the problem, provide a comprehensive picture of the chosen topic, outline current knowledge, and present the significance of the topic using the literature. Its purpose is to arouse the reader's interest, raise and explain the problem, and define the subject of the study.

In the **Materials and Methods** chapter, the process of reviewing the literature and selecting the research used must be described. It must be shown what search terms, in which databases, with what search criteria (language, publication period, etc.) the author used to conduct the search, and how many articles were identified as a result of the search. If multi-stage selection was used during the literature search, the multi-stage exclusion process must also be described. - Determining the level of evidence of the selected studies is not a requirement for the thesis!

In the case of theses based on a literature review prepared in undergraduate education, the creation of a PRISMA flowchart is not a requirement, but it greatly facilitates the interpretation of the outlined search process for the reader and makes it more transparent. Further information on the creation of a flowchart (PRISMA flowchart) can be found via the following links:

<http://www.prisma-statement.org/> 2024.01.28

<https://www.bmj.com/content/372/bmj.n71> 2024.01.28

It is important to present the method of excluding duplications, and the description of the tools used for this. (Duplication occurs when the same publication is included in the search results multiple times during a search in different databases. In this case, the same result can only be used once during the data analysis. Duplication also occurs when the results of the same study are repeatedly published by the authors from a different perspective and under a different title. Recognizing and filtering these cases during the literature review is also the task of the thesis writer.)

Meta-analyses and systematic review publications cannot be included in the analysis, since these articles are considered literature reviews in themselves. Attention must also be paid to excluding such publications during the selection!

The articles included in the analysis must be presented in the **Results** section. A table(s)

must be prepared for this. The summary table(s) must contain all relevant information (depending on the topic under review). The results include a summary of the presented studies, which includes the characteristics of the subjects, methods, and results of the studies (but does not represent a step-by-step description of the research or study).

The results present significant results and views on the chosen field. Special attention should be paid to the presentation of opposing results and opinions. Search for significant connections and correlations among the results found. When presenting the results, the task is not to provide a descriptive presentation of the selected publications! The purpose of the chapter is to present and explain how the listed results shape our current knowledge on the given topic.

The **Discussion** chapter interprets and evaluates the results obtained during the investigation. A position must be taken to the extent to which the literary data contradict or support each other. In both cases, it is necessary to indicate the reason or reasons for the relationship. Questions can be answered, clear tendencies or recognizable patterns can be formulated, and possible generalizations can be made. Investigations deemed necessary for a more complete solution to the problem must be outlined.

The Discussion may also include a summary of the main points of the thesis, a presentation of the significance of the results, and the formulation of remaining or newly emerging questions. Formulation of a recommendation, e.g. for future research, treatment protocol, etc.

In the Discussion, the thesis writer must make a clear statement regarding the topic under investigation and any possible contradictions and must form his or her own opinion based on the results.

For the sake of clarity, here's some extra content:

An example of such a summary:

<http://www.sciencedirect.com/science/article/pii/S0031940615038134>

A guide from a trade journal may also be helpful:

http://cdn.elsevier.com/promis_misc/jphys_8sysrev_guidelines_2014.pdf

2.3.3 Preparation of a product for use in patient care

The aim of the thesis is to prepare patient information, educational material and institutional procedures that can be used in various clinical areas, before or after interventions, as part of prevention or rehabilitation. If we choose a subtype within this main type in which we want to insert photos, the consent of the person in the photo is required. In this case, ethical permission is not required, but a properly prepared consent statement and data protection information are. If we have this, it is still necessary to cover the face in order to protect personal

rights. The participant can withdraw their consent at any time, in which case the completion of the thesis requirements is not guaranteed. Therefore, we recommend that the photos include the student writing the thesis.

The final product and the thesis itself cover the topic of physiotherapy. It is therefore important not to cross competence boundaries, i.e., with the help of our physiotherapist supervisor, we prepare the product according to physiotherapy aspects and principles. Do not include information in the patient information leaflet/educational material/methodological recommendation that requires the expertise of another professional (e.g. dietician, psychologist, doctor, etc.).

The target format – depending on the thesis type – can be paper-based or electronic, and can contain images or other illustrations (manual, electronic drawings, flowcharts, etc.). This type of thesis is an external “made to order”, meaning that the final product can be used by the supervisor, the supervisor’s workplace, and SZTE unless otherwise agreed, but only SZTE is authorized to issue and publish it. The final product is prepared in electronic form, and neither SZTE nor the student is responsible for its printing or delivery to patients/institution employees.

The finished product is placed in Appendix “B” of the thesis. In the case of the main part of the thesis (main chapters), the use of professional language and terms is expected. In the case of completed patient information or educational material, the language used varies depending on whether the compiled material is intended for laypeople (patients) or professionals.

The types of theses included here and their brief introduction:

Pamphlet/brochure type patient information

Educational material – providing information (regarding a given disease, actions to be taken)

Educational material – creating a “homework” type photo gallery

Creating a methodological proposal/recommendation

Pamphlet/brochure type patient information leaflet

We ask that you prepare the paper-based information in electronic form, but in such a quality that it can be printed one-to-one. Ideally, the patient information leaflet should not be too long (2-10 A4 pages; min. 2000 max. 20,000 characters), well-illustrated, and offer material related to a case that the supervisor and his/her workplace do not have. The aim of this type of thesis is to prepare a material that, after reproduction, can be distributed to patients. The preparation of the patient information leaflet requires a broad, detailed review of the literature, using at least 10 foreign-language articles no older than 15 years (it may vary depending on the

level of literature on the topic).

Educational material - providing information (regarding a given disease and actions to be taken)

Unlike paper-based information, educational material is not issued to patients but can be used by the clinician/practical specialist during patient education. The finished product offers educational material for a case that the supervisor and his/her workplace do not have. A review of the literature is essential to prepare the educational material, in which it is necessary to present the results so far, which reveal the connections between the given problem area and patient education. A broad, detailed review of the literature is required to prepare the educational material, using at least 10 foreign-language articles no older than 15 years (it may vary depending on the literature coverage of the topic).

In terms of format, it can be a short presentation type, or it can be a smaller/larger poster format, which can be placed in the office. Educational material is good if it is not too long (2-10 A4 pages, min. 2000 max. 20,000 characters), highlights the most important information about the given problem/treatment, can contain various illustrations, and can even provide lifestyle advice. Its content should be discussed with the supervisor and his/her guidance should be followed.

Educational material – creating a “homework” type photo gallery

The purpose of this type of educational material is to compile the exercises that are given to patients during the various stages of prevention/rehabilitation in order to support self-care. The finished product offers educational material for a case that the supervisor and his/her workplace do not have. Its format is a printable, booklet-type solution (2-10 A4 pages, min. 2000 max. 10,000 characters). It is advisable to prepare the product in such a way that it does not contain too many tasks to be performed at once, is easy to use and well-organized, and is easy for patients to understand.

The educational material may only contain elements that are not dangerous, do not endanger the patient's condition/physical integrity, and are appropriate for the specific condition. Efforts should be made to use tasks that have a basis in professional literature. Furthermore, the information sheet contains those potentially dangerous symptoms in which the patient needs to see the attending physician. To prepare the educational material, a broad, detailed review of the literature is required, using a minimum of 10 foreign language articles no older than 15 years (this may vary depending on the level of literature on the topic).

Preparation of methodological proposal/recommendation

The aim of the thesis is to create a final product that summarizes the procedures of the given department, clinic, or institution. The finished product formulates the procedures for an intervention that the supervisor and his/her workplace do not have, the content must be developed in consultation with the supervisor. When developing the procedures, it is essential to search for and present the given international protocols and recommendations, which must be the basis for the completed material. The scope of the literature to be processed must be agreed with the supervisor. It is important that the articles used are current, and that we do not include outdated, scientifically unexamined, or inappropriate or controversial interventions based on the research results in our methodological recommendation. A minimum of 10 foreign-language articles, no older than 15 years, must be used (this may vary depending on the level of literature processing of the topic). Please submit the completed material as an appendix to the thesis, its length should be 2-10 A/4 pages (min. 2000 max. 30,000 characters).

The structure of the methodological proposal/recommendation, i.e. the content units of Appendix “B” (not the chapter titles used in the thesis!):

1. **Basic considerations:** In what case (precisely defined), under what personal and instrumental conditions can the methodological proposal be applied?
2. **Presentation of the condition assessment to be performed by the physiotherapist** (In addition to the anamnesis, a description of the problem-specific patient examination, indicating the applicable questionnaires/functional tests/instruments; definition of the problem and physiotherapy goals)
3. **Treatment** – Definition and precise description of the treatment method (e.g.: conservatively treated anterior-inferior shoulder sprain). We recommend that the procedure be prepared only for a given treatment method.
4. **Rehabilitation** – Compilation of a treatment plan covering the entire rehabilitation. The plan may be based on (a) the application of protective phases (in this case, their precise definition) or (b) criteria systems. (Such protocols are becoming more common abroad; see rehabilitation of cruciate ligament injuries.) Any approach is acceptable, as long as there is an adequate literature basis for its application. Progression should be observed in connection with the proposed exercise program, and the proposed additional treatments should be based on well-supported literature data (indicate indications and contraindications). Please indicate the movements to be protected and the protection times (if relevant).
5. **Determination of possible complications.**

Specific content features

The main chapters of the thesis and their content requirements are shown below. The chapters and other thesis units marked with * are mandatory! The numbered units are the main chapters of the thesis.

COVER PAGE*

TITLE PAGE*

TABLE OF CONTENTS* – if necessary, figures and table list

1. INTRODUCTION*

2. LITERATURE REVIEW*

3. MATERIALS AND METHODS*

4. RESULTS*

5. DISCUSSION*

REFERENCE*

ANNEX “A” (which includes the student’s statement*)

ANNEX “B” (which includes the product*)

Similar to theses based on a literature review, it is necessary to study the available English literature, however, when preparing a patient information leaflet, patient education material, or institutional procedure code, the emphasis should be on integrating the acquired information into practical work. The special information for the chapters of theses of this type is as follows:

The purpose of the **Literature Review** chapter is to provide a brief overview of the literature related to the problem. In this chapter, our primary goal is to present the problem, possible causes, and consequences depending on the material being prepared. In the case of theses of this type, the literature review presents the disease/harm/disability/disorder, as well as the justification, importance, and necessity of the material being prepared (patient education material, patient information leaflet, procedure code). The presentation of risk factors and consequences requires consideration in relation to the literature review.

The **Materials and Methods** section presents and describes in detail the methods of literature research (databases used, search terms) and preparation of the information/patient education/methodological proposal material, the techniques, programs, applications and methods described or used. It should be emphasized that in the case of such theses (unlike theses based on a literature review), the use of systematic review publications and meta-analyses is permitted.

In the **Results** section, for each type of thesis, it is important to present the literature on which the product is based (we recommend including their relevant results and methodology, and possible weaknesses - similarly to a thesis based on a literature review - in a tabular form). It is

worth highlighting the soundness and quality of these literatures and presenting any possible literary contradictions. It is also necessary to briefly present the finished product: e.g. in the case of patient information and educational material, what logical principle was followed in its preparation, what was its primary purpose, what are its most important parts, how were they highlighted, what attention-grabbing/understanding-helping elements it contains. In the case of a methodological recommendation, e.g. what is its main purpose, what are its most emphasized points.

The purpose of the **Discussion** is to summarize the results, and to demonstrate the fit of the product to the perceived and real needs. Another goal is to establish the final conclusion, determine the applicability, advantages, and limitations of the compiled material, and make suggestions for the expansion, specification, and practical use of the material.

Appendix “A”: this, as Appendix No. 1, contains the plagiarism declaration, if the service intellectual property declaration is necessary, and in this unit, it is necessary to include larger images, tables, etc. That is, Appendix “A” corresponds to the Appendix of the thesis types based on Assessment and Therapy.

Appendix “B”: the completed version of the completed patient information leaflet, educational material, or methodological proposal. The same formal requirements apply to the material included in the appendix as to the content parts of the thesis! Since this material can be used on its own (electronically or in print, as previously described), the literature used in its preparation must be indicated in Appendix “B” and on the printed/electronic material. It is important that only those sources are indicated here that were used in the exercise series, teaching material or methodological proposal. (These must be presented in the Results chapter.) The method of reference is as previously described, failure to do so is considered a plagiarism offense!