

**ANNOUNCEMENT FOR THE AWARD OF 1 RESEARCH SCHOLARSHIP, REF.:
E2S/CIR/BIONORTHEALTH/BI/2025/03**

A call is open for the award of 1 Research Scholarship for a Bachelor's degree holder enrolled in a PhD programme or a Master's degree holder enrolled in a Doctoral Program or a Non-Degree Course, at the Research Centre in Rehabilitation, within the scope of the BioNortHealth Project: Creation of a Cohort of Adolescents and Young Adults Supported by Digital Biobanks, funded by the Project integrated into the RE-C06-i07 - Impulso Mais Digital | Reform and Modernization of Medicine - NORTE+ SAÚDE | Digital Transition and Innovation in Health Education Initiative, under the Recovery and Resilience Plan (PRR), under the following conditions:

1) SCIENTIFIC AREA(S)

Health Sciences

2) ADMISSION REQUIREMENTS

a) General Requirements

- a) Bachelor's degree holders enrolled, at the time of the scholarship contract, in a PhD programme;
- b) Master's degree holders enrolled, at the time of scholarship contract, in a PhD programme or a non-degree awarding course integrated into the educational project of a higher education institution, developed in association or cooperation with one or more R&D units;
- c) Applicants may apply without prior enrolment in a PhD programme or a non-degree awarding course. However, the requirement of enrolment in a non-degree awarding course must be met by the time of the scholarship contract;
- d) To formalise the scholarship contract, the selected candidate must provide valid proof of enrolment in a PhD programme or a non-degree awarding course, issued by the academic services of the higher education institution, indicating the current academic year or the course duration (start and end dates).

b) Specific Requirements

- a) Academic qualifications: Master's/Bachelor's degree in therapy and rehabilitation or related scientific fields;
- b) Must not have received a non-degree awarding research scholarship for a cumulative period of 2 years (whether consecutive or not).

Applicants who obtained their degree abroad must have their degree recognised in Portugal, including the conversion of their final grade to the Portuguese grading scale, in accordance with Decree-Law no. 66/2018, of August 16.

Preferential Factors:

Preference will be given to candidates with experience and skills in:

- a) Knowledge and experience in using qualitative and/or quantitative research methodologies, demonstrable through co-authorship of publications or reports (documentary proof required);
- b) Research experience involving qualitative and/or quantitative methodologies, including data collection and analysis, specifying the research tasks in which the candidate was involved (e.g., submission of a master's dissertation/ bachelor's project or a statement from a project supervisor);
- c) (Co-)authorship of scientific publications (documentary proof required);
- d) Proficiency in English (to be assessed during the interview if the candidate is not a native English speaker);
- e) Proficiency in Portuguese (to be assessed during the interview if the candidate is not a native Portuguese speaker);
- f) Immediate availability (to be stated in the motivation letter).

3. WORK PLAN

The research aims to contribute to the Creation of a Cohort of Adolescents and Young Adults Supported by Digital Biobanks (BioNortHealth) at the School of Health Sciences. The tasks to be developed at the Research Centre in Rehabilitation are:

- a) Characterise the health status and lifestyle habits of participants;
- b) Determine the association between healthy lifestyle practices and health indicators;
- c) Assess the individual, social, and environmental factors that contribute to health risks or protection over time;
- d) Analyse how lifestyle habits and health determinants evolve over time, including the impact of academic transitions;
- e) Identify causal relationships between lifestyle changes and health determinants, controlling for potential confounding factors.

4. APPLICABLE LEGISLATION AND REGULATIONS

- Law No. 40/2004, of August 18, amended by Decree-Law No. 202/2012, of August 27, Decree-Law No. 233/2012, of October 29, Law No. 12/2013, of January 29, Decree-Law No. 89/2013, of July 9, Decree-Law No. 123/2019, of August 28, and Decree-Law No. 65/2024, of October 1;
- P.PORTO Research Scholarship Regulations (P.PORTO/P-001/2020), approved by Order P.PORTO-P-015-2020;
- FCT, I.P. Research Scholarship Regulations, No. 950/2019, of December 16, amended by Regulation No. 643/2021, published in the 2nd series of the Diário da República No. 135, of July 14.

5. SCIENTIFIC SUPERVISION AND WORK LOCATION

The research will be conducted at the Research Centre in Rehabilitation (CIR) of E2S|P.Porto, under the scientific supervision of Professor Maria João Ribeiro Fernandes Trigueiro and Professor Rui Manuel Urbano Veiga de Macedo.

6. DURATION AND WORKING REGIME

The scholarship contract has a duration of 18 months, under an exclusive dedication regime, in accordance with the applicable regulations.

7. MONTHLY MAINTENANCE ALLOWANCE

The scholarship amount is €1,259.64, according to the current FCT table, paid monthly, plus voluntary social insurance reimbursement, as stipulated in the regulations and in Expense Authorization Request No. ESS 6294.

8. SELECTION METHOD AND JURY COMPOSITION

The selection methods are curriculum evaluation (CE) and, if deemed necessary by the jury, an interview (I) conducted partially in English, for the top three candidates. The interview, if conducted, will account for 40% of the final score. The final classification, after the interview will be determined using the formula: $CE * 0.6 + I * 0.4$, on a 0-100 scale. If no interview is conducted, the final classification will be based solely on the curricular evaluation.

a) The weighting criteria for the curricular evaluation (CE) are:

- i) Academic/professional background and relevance to the project – 25%;
- ii) Proven knowledge and experience in data collection and analysis using qualitative/quantitative methodologies in the field of therapy and rehabilitation or related areas – 10%;
- iii) Experience in participating in R&D projects, including those leading to a degree – 25%;
- iv) (Co-)authorship of scientific publications – 25%;
- v) Motivation and interest in longitudinal health data collection and data processing – 15%.

b) If an interview (I) is conducted, the evaluation criteria will be:

- i) Verbal communication skills in Portuguese and English (20%);
- ii) Specific knowledge relevant to the work plan (40%);
- iii) Personal attitude and communication (20%);
- iv) Teamwork skills and motivation (20%).

In case of a tie, candidates will be ranked based on:

- Enrollment in a doctoral program;
- Holding a master's degree;
- Bachelor's/master's final grade.

Candidates may be excluded if:

- a) They do not meet the mandatory requirements (see section 2);
- b) They score below 9.5 in any evaluation component, disqualifying them from subsequent stages;
- c) They fail to attend the interview or do not to provide additional information when requested, considered as withdrawal from the competition.

Jury Composition:

Jury President: Professor Manuel Rubim Santos, E2S|P.PORTO

Effective Members:

Professor Maria João Trigueiro, E2S|P.PORTO

Professor Rui Macedo, E2S|P.PORTO

Alternate Members:

Professor Andreia Sousa, E2S|P.PORTO

Professor Ana Raquel Almeida, E2S|P.PORTO

9. RESULTS NOTIFICATION

The competition results will be communicated to candidates electronically via the platform at <https://domus.ipp.pt/concursos/ess/pessoal/>, within the deadlines established in P.PORTO's Research Scholarship Regulations.

10. APPLICATION PERIOD AND SUBMISSION

The application period is open for 10 business days, from February 18 to March 3, 2025.

Applications must be submitted through the electronic application form available at <https://www.ess.ipp.pt/ess/recrutamento/bolsas-de-investigacao/bolsas-de-investigacao>, along with the following documents:

- 1) Curriculum Vitae;
- 2) Degree Certificates;
- 3) Proof of enrollment in a doctoral program or non-degree granting course;
- 4) Declaration of honor to present proof of enrollment at the time of contracting if not enrolled at the time of application;
- 5) Motivation letter;
- 6) Declaration of honor stating:
 - a) Awareness of P.PORTO's Research Scholarship Regulations and commitment to comply;
 - b) Not exceeding a cumulative period of 2 years in non-degree research scholarships;
- 7) Other relevant documents.

Notes:

- Academic degree certificates and foreign degree recognition documents may be replaced by a declaration of honor at the application stage, with verification upon scholarship contracting;
- Proof of enrollment may be deferred, conditional on valid enrollment within six months from approval notification;
- Applications sent via email or other electronic means not specified will not be accepted.

School of Health, Polytechnic Institute of Porto Rua Dr. António Bernardino de Almeida, 400 4200-072, Porto Tel.: +351 222 061 000; Email: geral@ess.ipp.pt

February 14, 2025 – The President of the School of Health of the Polytechnic Institute of Porto, Professor Maria Cristina Prudêncio Pereira Soares