



Diploma Supplement

This Diploma Supplement follows the model developed by the European Commission, Council of Europe and UNESCO/CEPES. The purpose of the supplement is to provide sufficient independent data to improve the international «transparency» and fair academic and professional recognition of qualifications (diplomas, degrees, certificates, etc). It is designed to provide a description of the nature, level, context, content and status of the studies that were pursued and successfully completed by the individual named on the original qualification to which this supplement is appended. It should be free from any value judgments, equivalence statements and suggestions about recognition. Information in all eight sections should be provided. Where information is not provided, an explanation should give the reason why.



1. INFORMATION IDENTIFYING THE HOLDER OF THE QUALIFICATION

- 1.1 **Family name(s):** XXXXXXXXXXXXXXXXXXXXXXXX
- 1.2 **Given name(s):** XXXXXX
- 1.3 **Date of birth (year/month/day):** XXXX/XX/XX
- 1.4 **Student identification number:** XXXXX
Identity Card/Passport Number: Cartão de Cidadão - XXXXXXXXXXXX

2. INFORMATION IDENTIFYING THE QUALIFICATION

- 2.1 **Name of qualification and title conferred (in original language):**
Mestrado Integrado em Psicologia, Mestrado
- 2.2 **Main field(s) of study for the qualification:**
Psychology, Methods, Biology, Philosophy Social Sciences and/or Others, Clinical Psychology, Research, Evaluation and Intervention Methods in Clinical Psychology
- 2.3 **Name (in original language) and status of awarding institution:**
ISPA - Instituto Universitário de Ciências Psicológicas, Sociais e da Vida Private University Institute recognized as such in the Decree-Law 221/2009, published in *Diário da República* (Official Gazette), Series 1, nr 174, September 8th.
- 2.4 **Name and status of institution (if different from 2.3) administering studies (in original language):**
Not Applicable
- 2.5 **Language(s) of instruction/examination:**
Portuguese, English

3. INFORMATION ON THE LEVEL OF THE QUALIFICATION

- 3.1 **Level of qualification:**
University higher education – Masters - Level 7 (*European Qualifications Framework*)/ Level 5 (*International Standard Classification of Education*)
- 3.2 **Official length of programme:**
5 (five) years, 10 (ten) semesters, 38 weeks of full-time study, per academic year/ 300 ECTS. The degree includes two semesters of internship.
- 3.3 **Access requirements(s):**
Entrance to the degree course can be made through an Institutional Entrance Competition, the Special Conditions Regimes, the Special Access Competitions or The Re-entry, Change and Transfer of Course Regimes.

To apply to higher education through the Institutional Entrance Examination, students must satisfy the conditions referred to in section 8.

4. INFORMATION ABOUT CONTENT AND OBTAINED RESULTS

4.1 Mode of study:

Full-time or Part-time

4.2 Programme requirements:

The Psychology course comprehends two integrated cycles, the 1st cycle is a three year training programme structured around the core areas of psychology, aimed at providing students with the basic knowledge and understanding of the major theories and methods in this area of study. Upon completion of the 1st cycle students will have obtained an overall and integrated understanding of human behaviour and possess the skills and techniques to identify and address psychological issues empirically. The 2nd and last cycle comprises a two year specialization course in which students acquire and develop theoretical and practical competences in the field of Clinical Psychology, and also deepen their knowledge in Research Methodologies, Models, Theories and Techniques. This two year study programme gives students a firm foundation to enter the psychology practice and facilitates the development of skills essential for pursuing a career in the research field.

4.3.1 Details of the study programme and classifications/ marks/ credits obtained:

Scientific Areas	Com.	Opt.
Psychology	114	10,5
Methods	31,5	3
Biology	9	
Philosophy and Social Sciences	6	3
Biology or Philosophy and Social Sciences or Others		3
Clinical Psychology	81	12
Research, Evaluation and Intervention Methods in Clinical Psychology	15	
Psychology or Philosophy and Social Sciences or Methods		12

Com. Compulsory / Opt. Optional

The Transcript of Records is enclosed (see appendix 1)

4.4 Grading scheme and, if available, grade distribution guidance:

On a 0 to 20 grading scheme, a minimum grade of 10 in each course unit is necessary to pass.

In order to establish the course unit grades for each group of the ECTS grading scale, the distribution of students with passes in the previous five academic years and/or in a total of at least thirty students is taken into consideration. When a cohort of this scale is impossible, the ECTS grading scale is replaced by the use of a conversion table used to convert the grades from Portugal in the context of student exchange programmes.

It is important to notice that not all groups of the ECTS grading scale might be represented.

Interval	Grade	%
[10-12]	E	3.32
[13-13]	D	15.31
[14-14]	C	35.61
[15-15]	B	29.15
[16-20]	A	16.61



4.5 Overall classification of the qualification (in original language):

16 (Dezasseis) - A

5. INFORMATION ON THE FUNCTION OF THE QUALIFICATION

5.1 Access to further study:

The Master's degree allows access to post-graduate studies, according to the terms described in section 8.

5.2 Professional status (if applicable):

The Master's is recognised by the Ordem dos Psicólogos. Professional title requires enrolment in the Ordem dos Psicólogos.

6. ADDITIONAL INFORMATION

6.1 Additional information:

Síntese de creditação (1)

Área científica/Scientific area | ECTS creditados/credited ECTS | Média/Avr.

Psicologia/Psychology/ 34.5 / 17.3

Filosofia e Ciências Sociais/Philosophy and Social Sciences/12 / 18

Métodos/Methods/9/13

Estabelecimento de proveniência/Partner Institution: Universidade Aberta

In the academic year of 2010/2011, within the activities promoted by ISPA's Center of Psychological Evaluation (Centro de Avaliação Psicológica – CAP), the Student participated in the DECORE Project - Adaptation of the DECORE Questionnaire to the Portuguese Population (administration of the DECORE Questionnaire to specific sample and participation on Coordination meetings - 21 hours).

Attended in the Academic year 2012/2013 a Curricular Training Period at "Instituto Superior Técnico – Núcleo de Apoio Médico e Psicológico " with a duration of 300 contact hours.

6.2 Further information sources:

<http://www.ispa.pt>

7. CERTIFICATION OF THE SUPPLEMENT

7.1 **Date:** 2013/11/06

7.2 **Signature:**

Rui Filipe Nunes Pais de Oliveira

7.3 **Capacity:** (Dean of ISPA - Instituto Universitário de Ciências Psicológicas, Sociais e da Vida)

7.4 **Official stamp or seal:**

All pages of this document carry the seal of this institution.

8. INFORMATION ON THE NATIONAL HIGHER EDUCATION SYSTEM

The description of the Portuguese Education System, officially provided by NARIC (National Academic Recognition Information Centre), is enclosed (see Appendix II).



APPENDIX I

Transcript of Records of the student: XXXXXXXXXXXXXXXXXXXXXXXXXX

Course	Academic Year	Grade	Grade in Detail	Duration	Course Year	ECTS	Final Grade	ECTS Grade
Cognitive Psychology I	2008/09	15	Fifteen	Semestral	1	6	Passed	B
History of Psychology	2008/09	18	Eighteen (Eq)	Semestral	1	4.5	Equivalence Certificate (1)	A
Introduction to Social Sciences	2008/09	20	Twenty (Eq)	Semestral	1	3	Equivalence Certificate (1)	A
Cellular Biology and Genetics	2008/09	15	Fifteen	Semestral	1	4.5	Passed	B
Statistical Analysis I	2008/09	12	Twelve (Eq)	Semestral	1	4.5	Equivalence Certificate (1)	C
Philosophical Anthropology	2008/09	17	Seventeen (Eq)	Semestral	1	3	Equivalence Certificate (1)	A
Research Methods I	2008/09	14	Fourteen (Eq)	Semestral	1	4.5	Equivalence Certificate (1)	B
Social Psychology I	2008/09	17	Seventeen (Eq)	Semestral	2	4.5	Equivalence Certificate (1)	A
General Psychopathology I	2008/09	17	Seventeen (Eq)	Semestral	3	6	Equivalence Certificate (1)	A
Thematic Seminar	2008/09	15	Fifteen (Eq)	Semestral	3	3	Equivalence Certificate (1)	B
Psychology of Learning and Motivation	2008/09	17	Seventeen (Eq)	Semestral	2	4.5	Equivalence Certificate (1)	A
Social Psychology II	2008/09	17	Seventeen (Eq)	Semestral	2	4.5	Equivalence Certificate (1)	A
Introduction to Community Psychology	2008/09	18	Eighteen (Eq)	Semestral	2	3	Equivalence Certificate (1)	A
Basic Computer Skills	2008/09	18	Eighteen (Eq)	Semestral	1	3	Equivalence Certificate (1)	A
Psychology of Intergroup Relations and Group Dynamics	2008/09	19	Nineteen (Eq)	Semestral	1	4.5	Equivalence Certificate (1)	A
Cognitive Psychology II	2008/09	16	Sixteen	Semestral	1	6	Passed	A
Epistemology and Theoretical Models in Psychology	2008/09	19	Nineteen	Semestral	1	4.5	Passed	A
Sociology	2008/09	17	Seventeen (Eq)	Semestral	1	3	Equivalence Certificate (1)	A
Biology of Development and Evolution	2008/09	15	Fifteen	Semestral	1	4.5	Passed	B
Statistical Analysis II	2008/09	13	Thirteen	Semestral	1	4.5	Passed	C
Developmental Psychology I	2009/10	13	Thirteen	Semestral	2	6	Passed	C
Statistical Analysis III	2009/10	15	Fifteen	Semestral	2	4.5	Passed	B
Introduction to Neurosciences	2009/10	18	Eighteen	Semestral	2	4.5	Passed	A

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Course	Academic Year	Grade	Grade in Detail	Duration	Course Year	ECTS	Final Grade	ECTS Grade
Introduction to Educational Sciences	2009/10	16	Sixteen	Semestral	2	4.5	Passed	
Psychoanalytical Psychology I	2009/10	14	Fourteen	Semestral	2	4.5	Passed	C
Psychology of Communication and Language	2009/10	14	Fourteen	Semestral	3	3	Passed	C
Psychology and Ethics	2009/10	14	Fourteen	Semestral	3	3	Passed	C
Psychoanalytical Psychology II	2009/10	18	Eighteen	Semestral	2	4.5	Passed	A
Developmental Psychology II	2009/10	14	Fourteen	Semestral	2	6	Passed	C
Research Methods II	2009/10	14	Fourteen	Semestral	2	4.5	Passed	B
Psychobiology of Motivation and Emotions	2009/10	17	Seventeen	Semestral	2	4.5	Passed	A
Quantitative Research Methods	2009/10	17	Seventeen	Semestral	3	3	Passed	A
Educational Psychology I	2010/11	13	Thirteen	Semestral	3	6	Passed	C
Organizational Psychology I	2010/11	15	Fifteen	Semestral	3	6	Passed	B
Evaluation Methods I	2010/11	17	Seventeen	Semestral	3	4.5	Passed	A
Educational Psychology II	2010/11	16	Sixteen	Semestral	3	6	Passed	B
General Psychopathology II	2010/11	15	Fifteen	Semestral	3	6	Passed	
Organizational Psychology II	2010/11	16	Sixteen	Semestral	3	6	Passed	A
Evaluation Methods II	2010/11	16	Sixteen	Semestral	3	4.5	Passed	A
Ethology	2010/11	16	Sixteen	Semestral	3	3	Passed	B
Psychoanalytic Theory and Practice	2011/12	14	Fourteen	Semestral	4	3	Passed	C
Socioemotional Development in Infancy	2011/12	14	Fourteen	Semestral	4	3	Passed	C
Psychology and Psychopathology of Violent Behaviors	2011/12	12	Twelve	Semestral	4	3	Passed	D
Clinical Case Studies in a Psychoanalytic Perspective	2011/12	15	Fifteen	Semestral	4	3	Passed	C
Theoretical Fundamentals of Psychotherapeutic Technique	2011/12	16	Sixteen	Semestral	4	3	Passed	B
Child and Adolescent	2011/12	16	Sixteen	Semestral	4	4.5	Passed	B



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Course	Academic Year	Grade	Grade in Detail	Duration	Course Year	ECTS	Final Grade	ECTS Grade
Psychopathology								
Assessment in Clinical Psychology: Objective, Projective and Intersubjective Methods	2011/12	16	Sixteen	Semestral	4	6	Passed	C
Educational in Clinical Psychology I	2011/12	14	Fourteen	Semestral	4	4.5	Passed	C
Adult Psychopathology	2011/12	11	Eleven	Semestral	4	4.5	Passed	E
Assessment in Clinical Psychology: Case Studies	2011/12	17	Seventeen	Semestral	4	4.5	Passed	B
Educational in Clinical Psychology II	2011/12	15	Fifteen	Semestral	4	4.5	Passed	C
Research Methods in Clinical Psychology	2011/12	19	Nineteen	Semestral	4	4.5	Passed	A
Clinical Case Studies in an Integrative Perspective	2011/12	18	Eighteen	Semestral	4	3	Passed	A
Computer-Aided Statistical Analysis	2011/12	15	Fifteen	Semestral	4	3	Passed	C
Theory and Technique in Psychodrama	2011/12	16	Sixteen	Semestral	4	3	Passed	C
Models of Assessment and Intervention in Addictive Behaviors	2011/12	18	Eighteen	Semestral	4	3	Passed	B
Internship	2012/13	17	Seventeen	Annual	5	30	Passed	C
Thesis	2012/13	18	Eighteen	Annual	5	30	Passed	C

Grade

On a 0 to 20 grading scheme, a minimum grade of 10 in each course unit is necessary to pass.

ECTS Grading Scale

ECTS Grading Scale	% of Approved Students
A	10
B	25
C	30
D	25
E	10

In order to establish the course units grades for each group of the ECTS grading scale, the distribution of students with passes in the previous five academic years and/or in a total of at least thirty students is taken into consideration. When a cohort of this scale is impossible, the ECTS grading scale is replaced by the use of a conversion table used to convert the grades from Portugal in the context of student exchange programmes. It is important to notice that not all groups of the ECTS grading scale might be represented.

ECTS Credits

1 academic year = 60

1 semester = 30

Notes:

^(EC) Extracurricular Course

¹⁾ Equivalence obtained by credited training carried out in other courses/study cycles, under the terms of Article 45, number 1., of Decree-Law 74/2006, published in *Diário da República*, (Official Gazette), March 24th.

⁽²⁾ Object of curricular crediting under the norms of curricular transition between study plans, within the adequacy process or attendance in the External Students Attendance Mode.

⁽³⁾ Equivalence obtained by crediting the training carried out in Lifelong Learning Programmes (PAALV/ERASMUS) and Student Exchange Programmes.

⁽⁴⁾ Object of curricular crediting under point c) number 1 of Article 45, Decree-Law n.º 107/2008, June 25th.



APPENDIX II

Information on the Portuguese Higher Education System

The Framework Law on the Education System (Law nr. 46/86, dated 14 October 1986, further amended by Laws nr.115/97, dated 19 September and nr. 49/2005, dated 30 August) establishes the general legal framework of the Education System.

According to this Law, the educational system comprises three levels: basic, secondary and higher education. Basic Education is universal, compulsory and free and comprises three cycles, the first cycle lasts for four years, the second lasts for two years and the third lasts for three years. Secondary education is compulsory and it comprises a three year cycle (corresponding to 10th, 11th and 12th year of schooling).

Higher Education Structure

The first steps towards the legal reform of the system of higher education were made in 2005, with the introduction of the new credit system (ECTS) for the cycles of study, mobility mechanisms, diploma supplement, amongst others. Changes were also made to the Basic Law for the Education System in order to implement the Bologna Process.

The new structure divided into 3 cycles of studies was created in 2006 and it was completely implemented in Portugal in 2009/2010. Generic qualification descriptors were also defined for each of the cycles of studies, based on acquired competences, as well as the structure for the first and second cycles of study in terms of typical ECTS intervals.

Portuguese higher education includes university and polytechnic education. University education is offered by public and private university institutions while polytechnic education is offered by public and private non-university institutions. Private higher education institutions must be subject to the previous recognition of the Ministry of Education and Science. The higher education system comprises also a concordatary institution.

Licenciado degree

Both university and polytechnic institutions confer the degree of *licenciado* (bachelor). In polytechnic education, the cycle of studies that leads to the degree of *licenciado* has 180 credits and a normal length of six curricular semesters of students' work. In certain cases namely those covered by internal legislation or by European legislation, the cycle of studies can have up to 240 credits with a normal length of up to seven or eight curricular semesters of students' work.

In university education, the cycle of studies that leads to the degree of *licenciado* has from 180 to 240 credits and a normal length between six to eight curricular semesters of students' work.

In the first cycle of studies, the degree of *licenciado* is conferred, by universities or polytechnics institutions, to those that, after concluding all the curricular units that integrate the study programme of the *licenciatura* course, have obtained the established number of credits.

Mestre degree

Both university and polytechnic institutions confer the degree of *mestre* (master). The cycle of studies that leads to the degree of *mestre* has from 90 to 120 credits and a normal length of between three to four curricular semesters of students' work or in exceptional circumstances, 60 credits and a duration of two semesters, resulting from a stable and consolidated practice in that specific field at international level.

In polytechnic education, the cycle of studies that leads to the *mestre* degree must ensure predominantly that the student acquires a professional specialization. In university education, the cycle of studies that leads to the *mestre* degree must ensure that the student acquires an academic specialization resorting to research, innovation or expansion of professional competences. In university education, the *mestre* degree may also be conferred after an integrated cycle of studies, with 300 to 360 credits and a normal length of 10 to 12 curricular semesters of students' work, in cases for which the access to the practice of a certain professional activity depends on that length of time established by legal EU standards or resulting from a stable practice consolidated in the European Union. In this cycle of studies the degree of *licenciado* is conferred to those who have obtained 180 credits corresponding to the first six semesters of work.

The degree of *mestre* is conferred to those that, after concluding all the curricular units that integrate the study programme of the *mestrado* course, have obtained the established number of credits, as well as successfully defended in public their dissertation, their project work or their traineeship report.

Doutor degree

The *Doutor* (doctor) degree is conferred by universities and university institutes. The degree of *Doutor* is conferred to those that, after concluding all the curricular units that integrate the study programme of the *Doutoramento* (doctorate) course, when applicable, and have successfully defended their thesis in the public act.

Access conditions

General regime to accede to higher education

National and foreign students wishing to apply through the general regime to the first cycle of studies, must fulfill the following conditions:

- Have successfully completed a secondary course or a national or foreign qualification legally equivalent;
- Have set for the entrance examinations required for the degree programme the student wishes to attend and get the minimal mark required (there are higher education institutions that accept foreign tests or exams);
- Have fulfilled the prerequisites for the higher education course the student wishes to attend, if required.

Special conditions

Besides the *regime geral* (general regime), there are special conditions for top level athletes, Portuguese citizens on an official mission abroad, national or foreign staff in diplomatic mission, permanent staff of the Portuguese Armed Forces and scholarship holders within the framework of cooperation agreements signed by Portugal.

Special Competitions

Besides the general regime and the special conditions there are also special competitions for applicants with certain specific qualifications thus allowing new publics to accede to higher education in a perspective of lifelong learning, namely:

- applicants over 23 years old who have passed a special exam for assessing their capacity to accede to higher education;
- holders of a specialization technological course (non higher education post-secondary course).

Admission to higher education institutions is subject to *numerus clausus*.



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Those who meet the following conditions may apply to the cycle of studies that leads to the *mestre* degree:

- Holders of the *licenciado* degree or legal equivalent;
- Holders of a foreign academic degree duly recognized as satisfying the objectives identical to the *licenciado* degree by the competent scientific body of the higher education institution where one wishes to be admitted;
- Holders of an academic, scientific or professional curriculum vitae that is recognized as attesting the capacity to carry out this cycle of studies by the statutorily competent scientific body of the higher education institution to which they wish to be admitted.

Those who meet the following conditions may apply to the cycle of studies that leads to the *doutor* (doctor) degree:

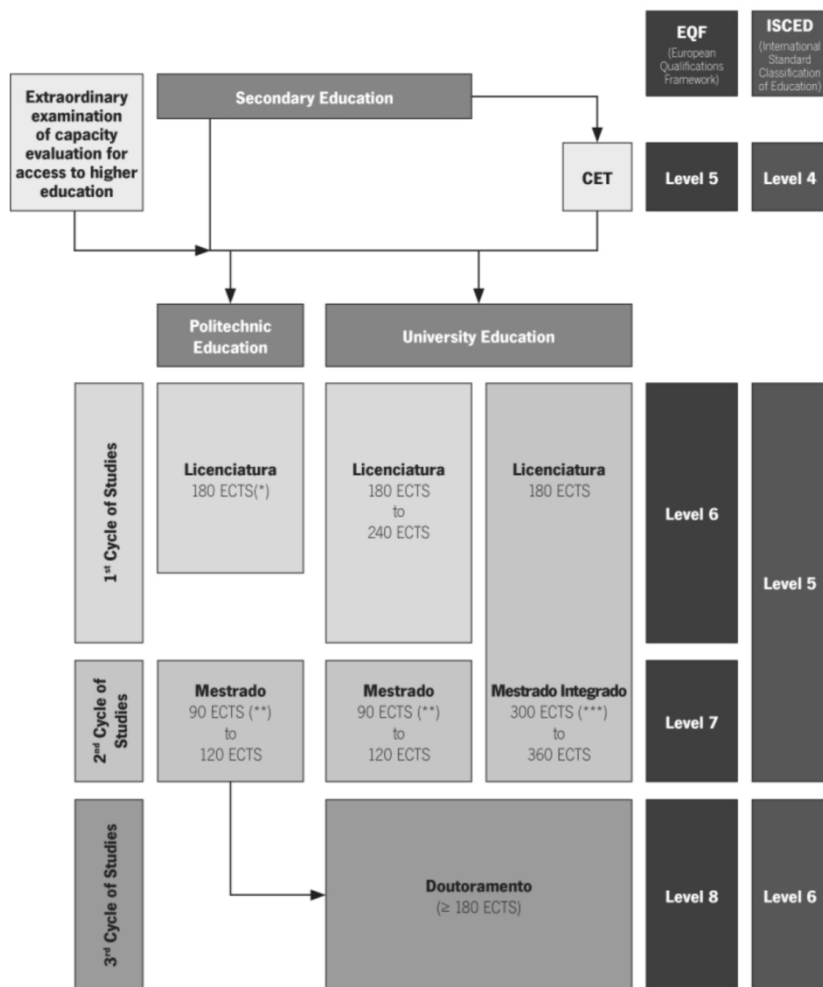
- Holders of the *mestre* (master) degree or legal equivalent;
- Holders of a *licenciado* degree who have a particularly relevant academic or scientific curriculum vitae that is recognized as attesting the capacity to carry out this cycle of studies by the statutorily competent scientific body of the higher education institution to which they wish to be admitted.
- Holders of an academic, scientific or professional curriculum vitae that is recognized as attesting the capacity to carry out this cycle of studies by the statutorily competent scientific body of the higher education institution to which they wish to be admitted.

Classification System

The degrees of *licenciado* and *mestre* shall have a final classification between 10 and 20 on a numerical scale of 0 to 20, as well as its equivalent in the European scale of comparability of classifications.

The academic degree of *doutor* is assigned a final classification pursuant to the regulating standards approved by the university that confers it.

Diagram of the Portuguese Higher Education System according to Bologna



(*) Except when in order to exercise a certain professional activity requiring education and training rating between 210 and 240 ECTS.

(**) In exceptional circumstances, and subject to the fulfillment of every requirement relating to the definition of the objectives of the degree and the conditions for acquiring the latter, a cycle of studies leading to a *Mestre* degree in a specialized field may amount 60 credits resulting from a stable and consolidated practice in that specific field at international level

(***) A *Mestre* degree may also be granted following an integrated cycle of studies of which the duration, for the purposes of obtaining access to a professional activity, a) is established by European Union regulations; and b) results from a regular and consolidated practice within the European Union; in such cases, a *Licenciado* degree is granted to students having obtained 180 ECTS (3 years, 6 semesters).