



Universidad  
Pontificia  
de Salamanca

## INTERNATIONAL STUDENTS

**PhD Programme in Psychological Well-being and Quality of Life**

Academic year 2025-2026

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## 1. APPLICATION DOCUMENTS

In order to access the courses offered by the Pontifical University of Salamanca, it is necessary to formalise an application or pre-enrolment. To do this, you must complete the online form that you will find on the University's website. You will automatically receive an e-mail with instructions and the forms that you must fill in and submit, either in person, digitally or by registered mail, to the Student Information Service (SIE) [sie@upsa.es](mailto:sie@upsa.es) (located at C/ Compañía, number 5. 37002 Salamanca), along with the following documents:

### 1.1. Personal documentation

- Copy of valid identity card or passport.
- Proof of payment of the appropriate pre-enrolment deposit, the amount of which (350 euros) will be deducted from the total enrolment fee at the time of enrolment.<sup>1</sup>

### 1.2. Academic documentation

This documentation will be taken into consideration when assessing the candidate's access to the doctoral programme, as well as in the weighting of the selection criteria.

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<sup>1</sup> The deposit can be made in any of the following bank accounts:

- **UNICAJA BANCO** Nº de Cuenta IBAN: ES21 2103 2200 1100 3300 0909 SWIFT: UCJAES2MXXX
- **Banco Santander** Nº de Cuenta IBAN: ES54 0049 1843 41 2810235031 SWIFT: BSCHESTM

1. **Undergraduate or bachelor' degree** transcript
2. **Postgraduate** academic record
3. **Other training** received in relation to the lines of the program or of a methodological nature
4. Previous experience in **research activities** (participation in projects, scientific publications, attendance to congresses, etc.).
5. Knowledge of modern **languages**
6. Training **stays** abroad
7. **Teaching and/or professional experience related** to the subject matter of the program and its lines of research.
8. **Motivation letter** from the candidate stating his/her interest in pursuing doctoral studies, program lines and the suitability of his/her profile to them.
9. **Letter of endorsement** from a researcher as **possible Director of** the doctoral thesis.

### **1.3. Complementary documentation related to the recognition of the degree of disability or special educational needs.**

RD 576/2023 establishes the reservation of 5 percent of the places offered for students with a recognized **degree of disability equal to or greater than 33 percent**, as well as for students with permanent **special educational needs** associated with personal circumstances of disability, who in their previous studies have required resources and support for their full educational normalization. **If the candidate is in any of these situations, he/she must provide the corresponding supporting documentation.**

## **2. APPLICATION PERIOD**

- Regular application period:  
February 24 - July 27, 2025 (Final Admission List July 31, 2025)
- New students' enrollment period:  
August 1 - August 31, 2025 (University closes the week of August 11-17)
- Continuation students' enrollment period:  
September 1 - September 30, 2025.

## **3. REQUIREMENTS FOR ADMISSION TO A DOCTORAL PROGRAMME**

In accordance with Article 6 of RD 99/2011, of January 28, which regulates official doctoral studies, as amended by Royal Decree 576/2023, of July 4, for access to an official doctoral programme it will be necessary:

1. In general, to be in possession of the official Spanish Graduate degree, or equivalent, and Master's degree, or equivalent, provided that at least 300 ECTS credits have been passed in these two courses together.

2. Likewise, those who are in any of the following situations will be able to access:

- a) Be in possession of official Spanish university degrees or equivalent Spanish degrees, provided that at least 300 ECTS credits have been passed in these courses as a whole and accredit a level 3 of the Spanish Framework of Qualifications for Higher Education.
- b) To be in possession of a degree obtained under foreign educational systems belonging to the European Higher Education Area (EHEA), without the need for its homologation, that accredits a level 7 of the European Qualifications Framework, provided that such degree entitles access to doctoral studies in the country where the degree was obtained. This admission will not imply, in any case, the homologation of the previous degree held by the interested person nor its recognition for purposes other than access to doctoral studies.

- c) Be in possession of a degree obtained in accordance with foreign educational systems outside the EHEA, without the need for its homologation, after verification by the university that it accredits a level of training equivalent to that of the official Spanish university Master's degree and that it qualifies in the country of issue of the degree for access to doctoral studies. This admission will not imply, in any case, the homologation of the previous degree held by the interested person nor its recognition for purposes other than access to doctoral studies.
- d) Be in possession of another PhD degree.
- e) Likewise, university graduates who, after obtaining a place in training in the corresponding entrance exam to specialized health training positions, have passed with positive evaluation at least two years of training in a program for obtaining the official degree in any of the specialties in Health Sciences, may also be admitted.

## 4. ADMISSION PROFILES

### 4.1. Recommended profile

The recommended admission profile for those interested in enrolling in the doctoral programme has the following characteristics:

*A) In relation to previous training:*

- To be in possession of a University Master's Degree in the field of Health Sciences or Social Sciences accrediting him/her to meet the requirements for admission to the Doctoral programme and including contents and/or competences related to research. In particular, the candidate should hold a Master's degree related to Psychology, Physical Activity and Sport Sciences, Medicine, Nursing, Physiotherapy, Gerontology, etc., or other degrees clearly related to the field of well-being and quality of life. In the case of candidates who access the program by a different route from the general one set out in article 6.1 of RD 99/2011, it is recommended that the candidate's degree be related to one of the disciplines mentioned above (Psychology, Physical Activity and Sport

Sciences, Medicine, Nursing, Physiotherapy, Gerontology or other degrees clearly related to the field of well-being and quality of life).

- Previous experience in research work or participation in research tasks involving literature reviews, design of research or intervention proposals, data collection, quantitative and/or qualitative analysis, preparation of scientific contributions, participation in scientific events, or any other activity related to research is recommended.
- A good knowledge of English (at least B2 level) is required to follow some activities and read materials and texts, present papers and attend international congresses or carry out international stays. In the case of foreign students from non-Spanish speaking countries, a B1 level of Spanish is required.

*B) In relation to the candidate's motivations, interests and characteristics:*

- Be interested in research, in scientific production and in being part of a research group.
- Interest in topics and issues related to well-being and quality of life, in correspondence with the lines offered by the program, and their treatment based on evidence using the scientific method.
- Interest in an interdisciplinary approach to research, being open to contributions made by other researchers from areas of knowledge other than one's own and to dialogue with other disciplines that converge in the study of well-being and quality of life.
- Interest and availability to carry out activities involving national or international mobility.
- Facility for interpersonal relationships, participative attitude, motivation to learn in a climate of collaboration, responsibility and commitment to daily work.

In the case of students with specific educational needs derived from disability, the Academic Committee will include the appropriate support and counseling services, which will evaluate the need for possible curricular adaptations, itineraries or alternative studies.

## **4.2. Other profiles (training complements)**

For those candidates with profiles other than those recommended, it will be necessary to take complementary training courses, taking into account these possibilities:

- Students who have obtained a Master's degree in the field of Health Sciences or Social Sciences, or who access the program through the routes contemplated in art. 6.2 RD 99/2011 with a profile that does not include contents and/or competencies related to research, may access the doctoral programme by taking up to a total of 12 credits of complementary training in methodological subjects at the Master's degree level.
- Students who have taken official master's degree courses or access through routes contemplated in art. 6.2 RD 99/2011 from other branches other than Health Sciences or Social Sciences, may access the doctoral programme by taking up to a total of 24 credits of complementary training in subjects of disciplinary and methodological content at the level of Master's Degree.

In the event of having to take complementary courses, the student will receive information on the administrative procedures and fees involved. For the purposes of public prices and the granting of scholarships and study aids, these specific training complements will be considered as doctoral level training. The student will also have a tutor who will supervise the completion of these complements. The development of these complements will not be counted for the purposes of the time limit for the completion of the thesis established in Article 3.2 of RD 99/2011 (Art. 7.2 RD 99/2011).



## 5. SELECTION CRITERIA

In accordance with Art. 7 of RD 99/2011, of January 28, which regulates official doctoral studies, for admission to the official studies of the Doctoral programme, the Pontifical University of Salamanca, through the Academic Committee of the Doctoral programme, establishes the following additional requirements and criteria for the selection and admission of students to the program.

- A) In the case of candidates for admission to the doctoral programme with the recommended access profile:

| Criteria   | Weighting |
|--|-----------|
| Applicant's academic curriculum  |           |
| Graduate degree studies  | 25%       |
| Master's degree studies  | 30%       |
| Other training received in relation to the lines of the program or of a methodological nature  | 5%        |
| Previous experience in research activities (participation in projects, scientific publications, attendance to congresses, etc.).   | 10%       |
| Knowledge of modern languages  | 10%       |
| Training stays abroad  | 5%        |
| Teaching and/or professional experience related to the subject matter of the program and its lines of research.  | 5%        |
| Motivation letter from the candidate stating his/her interest in pursuing doctoral studies, program lines and the suitability of his/her profile, and/or personal interview. | 5%        |
| Letter of endorsement from a researcher as possible Director of the doctoral thesis.   | 5%        |

- B) In the case of candidates with an access profile different from the recommended one, the Academic Committee will assess the suitability of the previous training received and the research, teaching and/or professional experience of the potential student, in order to determine whether their profile provides them with sufficient competencies to adequately pursue studies in the program. In any case, once admitted to the doctoral programme, candidates with an access profile different from the recommended one must take the additional training established by the Academic Committee. In the access to the doctoral programme, preference will be given to those candidates with the recommended access profile.

## 6. DEDICATION

RD 576/2023 of July 4 modified the years of dedication implied by full-time or part-time doctoral studies as follows:

- **Full-time: 4 years** +1 extension\* (from the date of enrollment to the deposit)
- **Part-time: 7 years** +1 extension\* (from the date of enrollment to the deposit)
- In case the doctoral student is a person with a degree of disability equal to or greater than **33% disability**:
  - Full-time: 6 years +1 extension\* (from the date of enrollment to the deposit)
  - Part-time: 9 years +1 extension\* (from the date of enrollment to the deposit)

(\*) Note: Authorization to extend the established deadlines is the responsibility of the Commission responsible for the program, provided that it considers that there are justified reasons.

Situations of temporary disability, birth, adoption, guardianship for the purpose of adoption, foster care, risk during pregnancy, risk during breastfeeding and gender violence during the period of time mentioned above will interrupt the computation of the time limit for the duration of the doctoral studies.

Likewise, the doctoral student may request temporary leave periods in the program up to a total of two years. This request must be addressed and justified to the academic committee responsible for the program, which will decide whether the student's request can be granted.

## **7. LINES OF RESEARCH AND TEACHING STAFF**

The complete CVs of all researchers at the Pontifical University of Salamanca can be consulted in the Research Portal (CRIS), through the following link:  
<https://portalcientifico.upsa.es/>.

### **Line 1. Physical activity and healthy lifestyle habits**

This line is oriented to the analysis of the factors that promote physical activity and healthy life habits, as well as the benefits derived from sports practice. It has a marked interdisciplinary character, being located at the confluence between psychology, physical activity and sport sciences and health sciences. It is especially focused on research on the psychological variables that affect the development of an active and healthy lifestyle; and also, on the study of how this lifestyle is related to psychological well-being.

Within this line, the main areas of research are:

- Physical activity and psychological well-being
- Healthy living habits
- Motivation, adherence and satisfaction with physical activity.
- Nutrition, body image and physical activity
- Relationships between physical activity, healthy lifestyle habits and biological parameters
- Cognitive and psychomotor aspects associated with sports performance.

Teaching staff of the "Physical activity and healthy life habits" line:

| Teacher                       | Email                 |
|-------------------------------|-----------------------|
| Álves Vas, Francisco Javier   | fjalvesva@upsa.es     |
| Amatria Jiménez, Mario        | mamatriaji@upsa.es    |
| Barrientos Vicho, Gema        | gbarrientosvi@upsa.es |
| del Prado Díaz, Alicia        | adelpradodi@upsa.es   |
| Guevara Ingelmo, Raquel María | rmguevarain@upsa.es   |
| López García, Sergio          | slopezga@upsa.es      |
| Maneiro Dios, Rubén           | rmaneirodi@upsa.es    |
| Miana Ortega, María           | mmianaor@upsa.es      |
| Moral García, José Enrique    | jmoralg@us.es         |
| Ramírez Campillo, Rodrigo     | r.ramirez@ulagos.cl   |
| Rodríguez Cayetano, Alberto   | arodriguezca@upsa.es  |
| Sánchez García, Mario         | msanchezga@upsa.es    |
| Sánchez Sánchez, Javier       | jsanchezsa@upsa.es    |
| Velázquez Saornil, Jorge      | jvelazquezsa@upsa.es  |

## Line 2. Psychology of well-being and health

This line is oriented towards research on the psychological variables and processes involved in physical health, mental health and the improvement of emotional and eudaimonic well-being. It is an inclusive line in terms of its topics, which can range from the study of happiness to psychosocial factors that affect physical health or that are related to the onset and maintenance of problems such as anxiety or depression, among others. In addition, within this line of research we analyse the efficacy and

effectiveness of different psychological interventions, especially those based on the use of mindfulness and self-compassion strategies and of transdiagnostic models.

Within this line, the main areas of research are:

- Evaluation of psychological treatments and interventions
- Psychosocial factors influencing well-being and mental health.
- Psychology and physical health

Teaching staff of the "Psychology of well-being and health" line:

| Teacher                                  | Email                 |
|--|-----------------------|
| Benavente Cuesta, M <sup>a</sup> Hinojal | mhbenaventecu@upsa.es |
| Crego Díaz, Antonio                      | acregodi@upsa.es      |
| Duque Sánchez, Almudena                  | aduquesa@upsa.es      |
| García Vera, María de la Paz             | mpgvera@psi.ucm.es    |
| Germer, Christopher K.                   | ckgermer@gmail.com    |
| Gómez Martínez, M <sup>a</sup> Ángeles   | magomezma@upsa.es     |
| Peral Fuentes, María Belén               | bperal@iib.uam.es     |
| Petisco Rodríguez, Cristina              | cpetiscoro@upsa.es    |
| Quevedo Aguado, M <sup>a</sup> Paz       | mpquevedoag@upsa.es   |
| Sánchez Zaballos, Elena                  | esanchezza@upsa.es    |
| Sanz Fernández, Jesús                    | jsanz@psi.ucm.es      |
| Swami, Viren                             | viren.swami@aru.ac.uk |
| Urchaga Litago, José David               | jdurchagali@upsa.es   |
| Yela Bernabé, José Ramón                 | jryelabe@upsa.es      |

### Line 3. Diversity and quality of life

The main focus of this line is research on the quality of life of people and groups who may find it difficult to access optimal levels of physical health and psychological well-being or who are at risk. Within this line of research there are topics such as the analysis of factors that promote equality and social inclusion, the adverse effects of discrimination and stereotypes, or the challenges derived from aging.

Within this line, the main areas of research are:

- Psychosocial inclusion of people with disabilities
- Discrimination and gender stereotypes
- Inclusion and quality of life throughout the life cycle

Teaching staff of the "Diversity and quality of life" line:

| Teacher                     | Email                 |
|-----------------------------|-----------------------|
| Buz Delgado, José           | buz@usal.es           |
| Castaño Calle, Raimundo     | rcastanoca@upsa.es    |
| Chamorro Sánchez, Jorge     | jchamorro@upsa.es     |
| Fernández Mateos, Luz María | lmfernandezma@upsa.es |
| Fuentes Blanco, José María  | jmfuentesbl@upsa.es   |
| González Palomares, Alba    | agonzalezpa@upsa.es   |
| Palacios Vicario, Beatriz   | bpalaciosvi@upsa.es   |
| Pérez Muñoz, Salvador       | sperezmu@upsa.es      |
| Sánchez Cabaco, Antonio     | asanchezca@upsa.es    |
| Sánchez Prada, Andrés       | asanchezpr@upsa.es    |

## 8. TRAINING ACTIVITIES OF THE DOCTORAL PROGRAMME

As part of the doctoral student's training itinerary, the Doctoral programme in Psychological Well-being and Quality of Life includes several mandatory and optional activities, which will be distributed throughout the period of elaboration of the Doctoral Thesis. At the end of his or her studies, the doctoral student will have completed at least 280 hours of training activities.

| TYPE   | ACTIVITY  | CHARACTER | HOURS   |
|--|---|-----------|---------|
| <i>Type 1 activities</i><br><br><b>Acquisition of disciplinary and methodological knowledge and transversal competencies.</b><br><br>[TOTAL 150 HOURS MANDATORY] | 1.1. Attendance to research seminars on advances in the field of knowledge of well-being and quality of life from multidisciplinary perspectives.   | MANDATORY | 60      |
|  | 1.2. Actions to follow up on the research work and its results  | MANDATORY | 60      |
|  | 1.3. Advanced training courses in research methodology and data analysis, applied to the multidisciplinary field of well-being and quality of life.                                       | MANDATORY | 20      |
|  | 1.4. Training courses in the preparation of doctoral theses, research proposals, communication of results and scientific writing.   | MANDATORY | 5       |
|  | 1.5. Training course on legal and ethical aspects and good practices in scientific research.  | MANDATORY | 5       |
| <i>Type 2 activities</i><br><br><b>Scientific training experiences</b><br><br>[TOTAL 130 MANDATORY HOURS].   | 2.1. Attendance at national and/or international conferences and other events of a scientific nature specific to the field of doctoral studies (*).                                       | MANDATORY | 30      |
|  | 2.2. Stays in other research centres or universities (*).   | OPTIONAL  | MIN. 20 |
|  | 2.3. Participation in the elaboration of scientific publications.   | MANDATORY | 100     |
|  | 2.4. Participation in activities integrated within a research project carried out by teams from the university itself or from other research centres, different from the group of origin. | OPTIONAL  | MIN. 20 |

\*Activities involving mobility on the part of the student. Total 50 hours, of which 30 hours are mandatory.

## **9. SUPERVISION OF THE DOCTORAL STUDENT**

### **9.1. Academic Committee**

The Academic Committee of the Doctoral programme in Psychological Well-being and Quality of Life will be responsible for the definition, organization and coordination of the Doctoral programme, assuming the following functions:

- Design, planning, organization and coordination of its training and research activities.
- Selection and admission of students to the Program.
- Annual evaluation of the doctoral student's Activity Document, his or her Research Plan and the state of development of the doctoral theses, ensuring their quality.
- Resolution of any doubts or controversies that may arise in relation to the proper development of the Programme, without prejudice to further action, in case of conflict, by the Doctoral Committee.

The Academic Committee includes the Programme Coordinator and teaching staff representing each of the lines of the program, with accredited research experience and serving at the Universidad Pontificia de Salamanca.

### **9.2. Assignment of director and possibility of co-directing the thesis**

The assignment of the thesis supervisor will be made taking into consideration the student's profile and after hearing the student's preferences and research interests. Once admitted to the doctoral programme, the Academic Committee responsible for the program will assign each student a thesis supervisor, who may or may not coincide with the tutor (RD 99/2011, art. 11.3, modified by art. 1.10 of RD 576/2023).



In accordance with the provisions of Article 11.3 of RD 99/2011, of January 28, modified by RD 576/2023, of July 4, theses may be supervised in this program by Spanish or foreign PhDs with accredited research experience, regardless of the University, centre or institution in which they provide their services. Accredited research experience is understood as the possession of at least one period of research activity recognized by the National Commission for the Evaluation of Research Activity (CNEAI).

In accordance with the provisions of article 12.1 of RD 99/2011, modified by art. 1.11 of RD 576/2023, the thesis supervisor will be the person responsible for the coherence and suitability of the training activities, the impact and novelty of the subject matter of the doctoral thesis in his/her field, and the guidance in the planning and its adequacy, where appropriate, to that of other projects and activities in which the doctoral student is enrolled.

The thesis may be co-directed by other PhDs when there are justified reasons, such as academic or thematic interdisciplinarity or when the programs are developed in national or international collaboration. For the co-direction of the thesis, prior authorization from the Academic Committee will be required. Such authorization may be revoked later if, in the opinion of the Academic Committee, co-direction does not benefit the development of the thesis.

In no case shall the number of Directors exceed three (article 12.1 of RD 99/2011, as amended by article 1.11 of RD 576/2023).

The doctoral student may propose as director any Spanish or foreign doctor with accredited research experience, regardless of the university, centre or institution in which he/she works.

### **9.3. Assignment of tutor**

Once admitted to the Doctoral programme and enrolled, the PhD student will request a tutor, responsible for the adequacy of the training and research activity to the principles of the Doctoral programme (RD 99/2011 article 2.5). This will be a teacher and

researcher of the Program with a permanent link to the university, who will be responsible for ensuring the interaction of the doctoral student with the academic committee. This supervisor is appointed by the Academic Committee, which selects the person in the doctoral programme whose research area is most suitable for supervising the student.

In general, the tutor will have the following functions: (1) to ensure the interaction of the doctoral student with the Academic Committee of the Doctoral programme and, jointly, with the thesis supervisor; (2) to ensure that the training and research activity of the doctoral student is in line with the lines of the Programme; and (3) to guide the doctoral student in the teaching and research activities of the programme.

The Academic Committee of the Doctoral programme, having heard the doctoral candidate, may modify the appointment of the tutor or director at any time during the period of the doctoral programme, provided that there are justified reasons.

The Academic Committee of the Doctoral programme will facilitate co-direction and co-supervision with international faculty, when the proposed research so advises.

#### **9.4. Commitment to Doctoral Supervision**

The functions of supervision, tutoring and monitoring of doctoral students will be reflected in a Supervision Commitment. This commitment will be signed by a specific representative designated by the university, the tutor and the doctoral student within a maximum period of one month from the date of enrollment, incorporating the signature of the director at the time of his or her designation. This supervision commitment will be included in the student's Activity Document when it is signed by all the parties involved.

#### **9.5. Activities document**

Once enrolled in the program, a document of activities will be opened for each doctoral student. This document of activities will include all the activities of interest for the development of the doctoral student and will be regularly reviewed by the tutor and the

thesis supervisor as established by the Academic Committee of the Doctoral programme of the University.

## **9.6. Research and training plan**

Before the end of the first year, the doctoral candidate, with the assistance of his or her director and tutor, will prepare a document including a research plan and a personal training plan.

- The research plan shall include at least the methodology to be used and the objectives to be achieved, as well as the means and time schedule to achieve them.
- The personal training plan of the doctoral student will contain a forecast of the different training activities to be developed during the doctoral thesis (courses, seminars, mobility actions, etc.). This document may be improved and detailed during the student's stay in the program and must be endorsed by the Director and the tutor.

## **9.7. Annual evaluation by the Academic Committee**

Annually, the Academic Committee of the program will evaluate the progress of the doctoral student by reviewing the research and training plan, the activities document and the reports of the director and the tutor. In the event that the Academic Committee detects important deficiencies, the doctoral student must be reevaluated within six months. In the event that the deficiencies continue to occur, the Academic Committee must issue a reasoned report and the doctoral student will be definitively withdrawn from the program.

## **10. PRESENTATION AND DEFENCE OF DOCTORAL THESES**

### **10.1. Processing of the Doctoral Thesis**

Once the doctoral thesis has been completed, and in order to begin the procedures for its defence and evaluation, the student will submit to the Doctoral School an application for the deposit of the doctoral thesis, endorsed by his/her tutor and thesis supervisor, and accompanied by an electronic copy of the thesis approved by his/her supervisor, indicating, if applicable, that he/she is applying for the mention of "International Doctorate".

The thesis will have a minimum of two reports issued by experts in the field, external to the University, who may propose aspects for improvement. These experts may be part of the examining board that will evaluate the thesis. These experts will be appointed by the Academic Committee of the program and will have a maximum period of two months to issue their report.

Depending on the content of these reports, the academic committee will give a maximum period of 2 months to the doctoral candidate to respond and, if necessary, include the pertinent modifications in the doctoral thesis before it is deposited.

Once the doctoral student's response has been received, the final version of the doctoral thesis will be deposited at the Doctoral School both on paper - 1 copy - and in electronic format.

The thesis will be registered in the Registry of the Doctoral School. The copy of the thesis submitted on paper will be exhibited for a period of 15 calendar days from the date of authorization, in the General Library of the UPSA for students of the Salamanca Campus or in the Secretary's Office of the Centre where they have studied for students of the Madrid Campus. All doctors of the University will be informed of the public exhibition so that they can consult the thesis and make any observations they deem appropriate.

At the end of the period of public exhibition of the doctoral thesis without having received any considerations in this regard, the Direction of the Doctoral School will authorize its defence. In the event that such considerations are received, within a maximum period of five working days from the end of the public exhibition period, the Academic Committee of the Doctoral programme will propose, in view of the information on the doctoral thesis contained in the doctoral student's Activities Document and, where appropriate, of the considerations received, the authorization or not of the defence of the doctoral thesis. The authorization of the defence will indicate whether he/she opts for the mention of International Doctor. Ultimately, it will again be the Director of the Doctoral School which, in view of the report of the Academic Committee, will finally authorize or not the defence.

The decision on the authorization of the defence will be included in the student's Activity Document. In cases of non-authorization, the reasons justifying such decision will be indicated and, as far as possible, the appropriate channel to correct the defects observed, before proceeding to a new application for deposit.

## **10.2. Proposal for a thesis tribunal**

The Academic Committee responsible for the doctoral programme, after hearing the thesis supervisor, will decide on the thesis committee's proposal and record it in the doctoral student's activity document.

For the composition of theses tribunals, the following must be taken into account (RD 99/2011, of January 28 and RD 576/2023, of July 4):

1. The Tribunal will be composed of three members.
2. All members of the panel must hold a doctoral degree and have accredited research experience.
3. The tribunals in charge of evaluating the doctoral theses must be made up of a majority of doctors external to the programme and to the University and collaborating institutions.

4. Its composition must guarantee the principle of balanced composition, between women and men (first additional provision of Organic Law 3/2007, of March 22, 2007, for the Effective Equality of Women and Men).
5. The Director and co-directors of the thesis and the student's tutor may not be part of the examining board, except in the case of theses presented in the framework of co-supervision agreements with foreign universities.
6. Exceptionally, a member of a selection board may be in one of the following situations: on leave of absence, on secondment, emeritus or retired.
7. Active researchers of the Consejo Superior de Investigaciones Científicas (CSIC) may form part of a panel.
8. In the case that the doctoral thesis opts for the mention of International Doctor, at least one expert with the title of doctor, belonging to a higher education institution or prestigious research centre outside Spain, other than the person responsible for the minimum stay of three months outside Spain, will be part of the evaluation tribunal.

The Secretary General of the university will communicate the composition of the thesis tribunal selection board to those involved.

The Doctoral School will provide each member of the tribunal:

1. A copy of the thesis.
2. The doctoral student's Activity Document, with the training activities carried out by the doctoral student. This document will not give rise to a quantitative score but will constitute a qualitative evaluation instrument that will complement the evaluation of the doctoral thesis.
3. The reports of external experts, as well as, if applicable, the doctoral candidate's response to them.
4. A form for the preparation of an individual and secret report on the awards for which the thesis is eligible, reflecting a score from 0 to 10 points for the purposes of competing for the extraordinary doctoral awards, and a vote in favour or against the qualification of the thesis to obtain a cum laude mention. The University may grant an Extraordinary Award with a maximum of one award for

every ten theses defended or fraction thereof from among those that have obtained the maximum grade.

### **10.3. Doctoral thesis defence**

The secretary of the thesis tribunal will convene, at the request of the president, a defence ceremony in which the doctoral thesis will be evaluated, and will inform the academic committee, the candidate, the director of the doctoral thesis and the doctoral administrative service at least ten days before the event for its publication.

The defence ceremony must be held before the end of the calendar year in which the thesis was deposited.

The doctoral thesis will be evaluated at the defence ceremony, which will take place in a public session and will consist of the presentation and defence of the research work by the doctoral candidate. The doctors present at the public act may ask questions at the time and in the manner indicated by the president of the tribunal.

At the end of the defence ceremony, the examining board will give its evaluation of the thesis, through a collective report that will consider the thesis work done, the reports of external experts and the student's response, the student's Activities Document and the defence ceremony. They will also prepare a report that will include the awarding of an overall grade in terms of failing, passing, notable or outstanding.

The Doctoral School will incorporate the evaluation report, qualification and, if applicable, "cum laude" mention of the doctoral thesis to the student's Activity Document, thus closing this record.

Each member of the Tribunal must fill out the information regarding the student's request for an extraordinary award.

A copy of the minutes of the thesis defence will be sent to the Secretary General, and to the Library another copy in electronic format, which will be archived in open format in

the institutional repository of the university. The Secretary General of the university will take care of archiving the Thesis, depositing it in the General Library and will send the necessary information to the competent Ministry.

In exceptional circumstances determined by the academic committee of the program, such as, among others, the participation of companies in the program, the existence of confidentiality agreements with companies or the possibility of generating patents on the content of the thesis, procedures will be established in accordance with the provisions of art. 1.13 of RD 576/2023 to ensure the non-publicity of these aspects.

#### **10.4. International Mention in the title of Doctor**

The title of Doctor may include on its obverse side the mention "International Doctor", provided that the following circumstances are met:

- During the training period required to obtain the doctoral degree, the doctoral candidate must have spent a minimum of three months outside Spain in a prestigious higher education institution or research centre, studying or carrying out research work. The stay and the activities must be endorsed by the director and authorized by the Academic Committee, and will be included in the student's activities document.
- Part of the doctoral thesis, at least the abstract and conclusions, must have been written and presented in one of the usual languages for scientific communication in the field of knowledge, other than any of the official languages in Spain. This rule will not apply when the stays, reports and experts come from a Spanish-speaking country.
- The thesis must have been peer-reviewed by a minimum of two PhD experts from a non-Spanish higher education institution or research institute.
- At least one expert belonging to a non-Spanish higher education institution or research centre, with the title of doctor, and other than the person responsible for the stay mentioned above, must have been a member of the thesis evaluation board.



- The defence of the thesis must be carried out at the Spanish university where the doctoral student is enrolled, or, in the case of joint doctoral programmes, at any of the participating universities or in the terms identified in the collaboration agreements.

### **10.5. Theses under international co-supervision**

The title of Doctor will include on its obverse side the statement "Thesis in co-supervision with the University U", provided that the following circumstances are met:

- The doctoral thesis must be supervised by two or more Doctors from two Universities, one Spanish and one foreign, who must formalize a co-supervision agreement.
- During the training period required to obtain the PhD degree, the doctoral student must have spent a minimum of six months at the institution with which the co-supervision agreement is established, carrying out research work, either in a single period or in several periods. Stays and activities will be reflected in the co-supervision agreement.

### **10.6. Industrial Doctorate**

The mention "Industrial Doctorate" may be awarded provided that the following circumstances are met:

- That the thesis has developed a research project of industrial, commercial, social or cultural interest for an entity, public or private company or public administration. Universities, public research organizations (national or regional) and university hospitals are excluded. Exceptionally, this mention may be made in any of these institutions, except universities, provided that the content of the thesis is eminently applied. The direct relationship between the doctoral thesis and the work carried out by the doctoral student in the institution or company

must be formalized in a scientific-technical report that must be approved by the university.

- An agreement has been signed between the entity, company or public administration and the university for the academic development of the doctoral thesis, which will establish, at least, the obligations of the parties and the industrial property rights that may be generated.
- The doctoral student must have been hired by the entity, company or public administration where the research project is being developed for at least one year during the development of the thesis, being necessary that a substantial part of the thesis is developed in the entity, company or public administration.

The doctoral student will have a thesis tutor appointed by the University and a person in charge appointed by the entity or company, who may be, if applicable, the Director of the thesis in accordance with RD 546/2023. In no case may the person in charge appointed by the company be part of the thesis evaluation committee.

### **10.7. Thesis by compendium of publications**

Those doctoral students who have a minimum of four articles with thematic unity already published or accepted for publication after the start date of their doctoral studies, are eligible for this modality. Of these papers, three must be published in scientific journals with impact factor, in their area of knowledge, according to the criteria established by the CNEAI for the recognition of research in the year of presentation.

For more information, see section 6 of the Regulations of the official doctoral programmes (UPSA).

## 11. VIRTUAL CAMPUS (MOODLE)

Once the student is enrolled in the doctoral programme, he/she will be provided with access to the Virtual Campus platform (Moodle) of the Universidad Pontificia de Salamanca (<https://moodle.upsa.es>), where he/she will have a specific classroom for the degree. Through this virtual classroom the doctoral student will have access to:

- Information on program **procedures**
- **Documentation and forms**, including:
  - Supervision commitment
  - Activities Document
  - Director's annual report
  - Thesis Registration
  - Research plan
  - Training plan
  - Application for international doctorate accreditation
  - Application for director and co-director
  - Application to authorize the deposit of Thesis
  - Other documents: extension request, change of director, Thesis cover page model, etc.
- **Training activities** that are carried out online, such as courses and research seminars of the program that are offered in online modality.
- **Delivery mailboxes** through which the doctoral student will send the documentation required during the academic year, such as the supervision commitment, request for supervisor, Thesis registration, or the document of training activities, as appropriate, to the Doctoral School.

The use of the Moodle classroom will also make it possible for the doctoral student to receive **timely information** on any aspect of the programme, which he/she will receive through the **forum of notices** enabled for this purpose.

## 12. UPSA INTERNATIONAL RELATIONS OFFICE

You can find practical information about studying at the Pontifical University of Salamanca in this guide written by our International Relations Office:  
[https://adminpro.upsa.es/uploads/In\\_Coming\\_20c790e183.pdf](https://adminpro.upsa.es/uploads/In_Coming_20c790e183.pdf)

In addition, for more information on international mobility and all the services offered by the UPSA International Relations Office, you can visit the website  
<https://www.upsa.es/internacional/movilidad-internacional>

### International Relations Office's contact details:

- ✓ e-mail: [mobility@upsa.es](mailto:mobility@upsa.es)
- ✓ phone: +34 923 277 127 / +34 923 277 142

## 13. UPSA DOCTORAL SCHOOL

If you have any queries about the PhD Programme in Psychological Well-being and Quality of Life, please contact the Doctoral School:

- ✓ e-mail: [doctorado@upsa.es](mailto:doctorado@upsa.es)
- ✓ phone: 923 277 140 Ext: 7520