

Supplementary File II

Part 1: Questionnaire on motivations, barriers and perceptions regarding the Research Track

Instructions

This questionnaire was developed specifically for this study. All questions are mandatory unless otherwise specified.

Consent

1. Do you voluntarily agree to participate in this study?

Response options: Yes / No

General Questions

2. What were your main motivations for choosing the Research Track? (Select all that apply)

- Possibility of interrupting the clinical curriculum for one year
- Possibility of intercalating research with clinical courses
- Choice of colleagues
- Lack of interest in the minors/majors offered by the School
- Interest in research
- Variety of research areas available
- Other (please specify)

Project 1

1. Have you completed this project?

Response: Yes / No

2. In which academic year did you complete this project?

Response: 3rd year / 4th year / 5th year

3. Where did you carry out this project?

Response: ICVS / ULS Braga / ULS Guimarães / ULS Viana / Other

4. Briefly describe the project's research area.

Response: Free text

5. What type of project did you undertake?

Response: Retrospective study; Prospective study; Systematic review/meta-analysis; Basic science; Case report; Other

6. Which factors most influenced your choice of research topic? (Select all that apply)

Response: Area of interest; Previously established project; Supervisor availability; No ethics approval required; Other

7. What was the main difficulty encountered during the project? (Select all that apply)

Response: Lack of supervisor support; Ethics approval; Report writing; Data collection; Statistical analysis; Presentation; Other

8. Which factors most influenced your choice of supervisor? (Select all that apply)

Response: Dedication/availability; Personality; Scientific reputation; Communication skills; Access to funding; Research skills; Realistic expectations; Feedback from colleagues; Variety of research topics; Other

9. How much did this project contribute to your development as a future physician?

Response: 0–10 Likert scale

10. How much did this project contribute to your overall academic development?

Response: 0–10 Likert scale

11. Optional: Mention two positive aspects of this project.

Response: Free text

12. Optional: Mention two negative aspects of this project.

Response: Free text

13. Was this project published in a scientific journal?

Response: Yes / Submitted / In preparation / No

14. Was this project presented at a scientific conference?

Response: Yes / No

Project 2

1. Have you completed this project?

Response: Yes / No

2. In which academic year did you complete this project?

Response: 3rd year / 4th year / 5th year

3. Where did you carry out this project?

Response: ICVS / ULS Braga / ULS Guimarães / ULS Viana / Other

4. Briefly describe the project's research area.

Response: Free text

5. What type of project did you undertake?

Response: Retrospective study; Prospective study; Systematic review/meta-analysis; Basic science; Case report; Other

6. Which factors most influenced your choice of research topic? (Select all that apply)

Response: Area of interest; Previously established project; Supervisor availability; No ethics approval required; Other

7. What was the main difficulty encountered during the project? (Select all that apply)

Response: Lack of supervisor support; Ethics approval; Report writing; Data collection; Statistical analysis; Presentation; Other

8. Which factors most influenced your choice of supervisor? (Select all that apply)

Response: Dedication/availability; Personality; Scientific reputation; Communication skills; Access to funding; Research skills; Realistic expectations; Feedback from colleagues; Variety of research topics; Other

9. How much did this project contribute to your development as a future physician?

Response: 0–10 Likert scale

10. How much did this project contribute to your overall academic development?

Response: 0–10 Likert scale

11. Optional: Mention two positive aspects of this project.

Response: Free text

12. Optional: Mention two negative aspects of this project.

Response: Free text

13. Was this project published in a scientific journal?

Response: Yes / Submitted / In preparation / No

14. Was this project presented at a scientific conference?

Response: Yes / No

Project 3

1. Have you completed this project?

Response: Yes / No

2. In which academic year did you complete this project?

Response: 3rd year / 4th year / 5th year

3. Where did you carry out this project?

Response: ICVS / ULS Braga / ULS Guimarães / ULS Viana / Other

4. Briefly describe the project's research area.

Response: Free text

5. What type of project did you undertake?

Response: Retrospective study; Prospective study; Systematic review/meta-analysis; Basic science; Case report; Other

6. Which factors most influenced your choice of research topic? (Select all that apply)

Response: Area of interest; Previously established project; Supervisor availability; No ethics approval required; Other

7. What was the main difficulty encountered during the project? (Select all that apply)

Response: Lack of supervisor support; Ethics approval; Report writing; Data collection; Statistical analysis; Presentation; Other

8. Which factors most influenced your choice of supervisor? (Select all that apply)

Response: Dedication/availability; Personality; Scientific reputation; Communication skills; Access to funding; Research skills; Realistic expectations; Feedback from colleagues; Variety of research topics; Other

9. How much did this project contribute to your development as a future physician?

Response: 0–10 Likert scale

10. How much did this project contribute to your overall academic development?

Response: 0–10 Likert scale

11. Optional: Mention two positive aspects of this project.

Response: Free text

12. Optional: Mention two negative aspects of this project.

Response: Free text

13. Was this project published in a scientific journal?

Response: Yes / Submitted / In preparation / No

14. Was this project presented at a scientific conference?

Response: Yes / No

Part 2: Self-Efficacy for Writing and Defending Academic Texts Scale (adapted version)

Instructions

This questionnaire is an adapted English version of the Self-Efficacy for Writing and Defending Academic Texts Scale. Please answer the following questions and rate your perceived ability using the 5-point scale below.

Scale:

- 1 = Not capable
- 2 = Slightly capable
- 3 = Capable
- 4 = Very capable
- 5 = Fully capable (proficient)

General Questions

1. Do you voluntarily agree to participate in this study?

Response: Yes / No

2. Which MinhoMD pathway did you attend?

Response: Projects / Minors / Majors / Alternative pathway

3. Briefly describe the research area of your Final Project (e.g., Immunology, Cardiology, Orthopaedics).

Response: Free text

4. Will you defend your Final Project during the first defence period?

Response: Yes / No, only during the second defence period

5. If you will defend your Final Project during the second defence period, what was the main reason?
(Select all that apply)

*Response: - Lack of supervisor support
- Delays in ethics approval
- Difficulties writing the report
- Need for more time for data collection
- Need for more time for statistical analysis
- Other (please specify)*

Writing Skills

6. I can search the scientific literature using rigorous methods (up-to-date sources, Portuguese and English literature, multiple sources, etc.).

Response: 1 / 2 / 3 / 4 / 5

7. When writing a text, I can synthesise and integrate ideas from different scientific texts to support my arguments.

Response: 1 / 2 / 3 / 4 / 5

8. I can prepare references according to the required citation standards.

Response: 1 / 2 / 3 / 4 / 5

9. I can write and structure a scientific manuscript.

Response: 1 / 2 / 3 / 4 / 5

10. I can write a scientific manuscript confidently without committing plagiarism.

Response: 1 / 2 / 3 / 4 / 5

11. I can use Artificial Intelligence tools to assist in writing my work.

Response: 1 / 2 / 3 / 4 / 5

12. I can verify the accuracy of information obtained from Artificial Intelligence tools.

Response: 1 / 2 / 3 / 4 / 5

Oral Presentation Skills

13. I can deliver an oral presentation using an appropriate scientific format.

Response: 1 / 2 / 3 / 4 / 5

14. I can adapt my presentation to the allotted time without omitting important ideas.

Response: 1 / 2 / 3 / 4 / 5

15. I can answer and discuss questions from the jury appropriately.

Response: 1 / 2 / 3 / 4 / 5
