

Title: Review of the Doctoral Dissertation of MBA Sebastian Müller-Haugk

The relationship of movement-oriented pre-experiences and health aspects during the COVID-19 pandemic

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1. Introduction

This doctoral thesis presents an innovative and exploratory approach in the emerging field of psycho-physiological health through the application of the Relative Biocentric Health Theory (RBHT). The study stands out by integrating interdisciplinary concepts, including psychology, public health, and behavioral science, within the context of the COVID-19 pandemic.

The author clearly justifies the relevance of the research topic, emphasizing the widespread psychological impact of the pandemic and the need for more holistic theoretical models. The proposed investigation combines anthropocentric and biocentric health variables, addressing a critical gap in existing literature. The practical and theoretical relevance is evident, as the study offers a new perspective on health promotion in a rapidly changing global context.

2. Research Questions and Objectives

The research questions are clearly formulated, reflecting a deep understanding of the theoretical and empirical complexities involved. The objectives are ambitious yet realistic, guiding the reader through a focused exploration of self-regulatory practices and their impact on psycho-physiological health.

The inclusion of mediating and moderating variables, such as movement-oriented pre-experiences (e.g., yoga and biodanza), reflects a comprehensive approach. The author demonstrates a clear understanding of the challenges associated with operationalizing complex concepts and adequately justifies the use of advanced statistical methods such as LASSO.

3. Theoretical Background

The theoretical section is one of the thesis's most impressive components. The author demonstrates a deep understanding of relevant literature, integrating classic theories of coping, mental health, and health psychology with emerging concepts from quantum psychology and biocentric theory.

The detailed explanation of concepts such as "biospoiesis," "biospoietic jumps," and the "biocentric core" showcases a remarkable ability to synthesize complex ideas from various disciplines. The inclusion of practices such as yoga, biodanza, and meditation is particularly relevant, reinforcing the practical connection between theory and intervention.

4. Methodology

The use of the LASSO (Least Absolute Shrinkage and Selection Operator) method is one of the thesis's most notable methodological choices. This method, rarely applied in psycho-

physiological health studies, allows for efficient variable selection and high-precision data analysis.

The research design is well described, from sample selection to variable operationalization and data collection. The author demonstrates a strong understanding of methodological requirements, ensuring transparency and reproducibility.

5. Results

The results are presented clearly and systematically, with tables and figures that enhance the reader's understanding. The application of LASSO allows for a detailed analysis of complex variables that might have been overlooked using more conventional statistical methods.

The sequential presentation of results allows for easy comprehension, highlighting the relationships between key variables such as biocentric health and self-regulatory pre-experiences. The author also acknowledges the limitations of the findings, including possible alternative interpretations.

6. Discussion

The discussion section effectively integrates empirical findings with the previously established theoretical framework. The author demonstrates critical thinking by acknowledging methodological limitations, including the model's complexity and the potential impact of the pandemic context on health perception.

The interpretation of results goes beyond mere statistical descriptions, offering theoretical reflections and practical suggestions for interventions based on self-regulatory practices. The implications for theory and practice are well articulated, reinforcing the study's innovative value.

7. Style and Formal Aspects

The thesis is written in a clear and accessible academic style, with a logical structure and coherent progression of ideas. The references are up-to-date and relevant, showing a comprehensive mastery of the literature. The use of technical language is precise and appropriate for an academic audience.

8. Overall Evaluation and Recommendation

This doctoral dissertation stands out for its originality, interdisciplinary depth, and methodological rigor. The innovative application of the Relative Biocentric Health Theory and the advanced use of the LASSO method position the study as a seminal contribution to psycho-physiological health research.

The exploratory nature of the research, combined with its careful execution and reflective discussion, ensures its value as a reference point for future studies. I strongly recommend the acceptance of this dissertation and the awarding of the doctoral degree, recognizing the author's capacity for conducting high-level, independent research that significantly expands scientific knowledge in the field.

Final Conclusion

I conclude that this thesis meets all the requirements for a doctoral thesis contained in Article 187 of the Act of 20 July 2018 on Higher Education and Science (consolidated text in Journal of Laws of 2023, item 742). Therefore, I ask the Council of the Scientific Committee of the Gdansk University of Physical Education and Sport to allow Mr Sebastian Mueller-Haugk, M.Sc. to proceed with the next stages of proceedings to award the doctoral degree in medical and health sciences in the discipline of physical culture science

University of Evora, 16th December 2024

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