

Temporal and retrospective psychological well-being inquiry through a single-case framework

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Statement of the Problem: Studies are reaching consensus regarding factors contributing to the psychological wellbeing of a PhD student. Supervisor and wider support, study-related elements, personal and interpersonal characteristics contribute to the experience of psychological wellbeing during postgraduate study. However, no effort is made by researchers to order the contributory elements by temporal importance. The purpose of the presentation is to describe the use of a single case technique in a retrospective study of the psychological well-being of a PhD candidate. Methodology & theoretical orientation: The overview presents the study of a single case as an opportunity to identify different elements of psychological wellbeing as they emerge through the stages of a doctoral study. The life grid interview technique is incorporated as an aid in gathering retrospective data. Findings: Although it is possible to extract factors from the factor analysis of Q-sorts obtained under multiple conditions of instruction, each Q-sort offers an opportunity to appreciate the sorter's experiences at every turn of the PhD study process. Conclusion and significance: QMethodology is indorsed as a useful technique to investigate the experiences of psychological wellbeing across the different stages of PhD study.

Biography

Solomon Mashegoane is a lecturer and a registered clinical psychologist. His interest and expertise are in the area of psychological assessment and intervention. He also conducts research in the area of health psychology.

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Abstract received : February 17, 2025 | Abstract accepted : February 19, 2025 | Abstract published : May 5, 2025