

WHAT YOUR IDEA TOUCHES

13 real records the editor can ground this in

CONSTRUCTS · RESEARCH BOOK

hand-coded papers

Burnout and Its Various Dimensions	109
Engagement in Various Contexts	369
Hospitality Industry and Management	47
Autonomy in Various Contexts	55
Student Experience and Outcomes	185

THEORIES · THEORYSCOPE

stated

Burnout (Maslach) Job Burnout	1981
JD-R Job Demands–Resources Model	2007
Work Engagement (UWES) Work Engagement	2002
Institutional Logics	1991

MEASURES · SCALESCOPE

items · α

MBI-GS Maslach Burnout Inventory — General Survey	15 · 0.73–0.88
ABS Academic Burnout Scale	15 · 0.73–0.84
OLBI Oldenburg Burnout Inventory	16 · 0.73–0.74
UWES-9 Utrecht Work Engagement Scale	9 · 0.85–0.92

Nothing in the libraries names: nurses, some, stay. That can be a gap, or just a different word for a known construct.

Real records from the suite's public snapshots, ranked by how many of your idea's words they share (a reading aid). The editor runs its own retrieval over the same libraries and live OpenAlex, and marks every citation verified or verify.

RESEARCHFLOW

Draft fast, *audit everything*

ResearchFlow — how to turn an idea into a coherent proposal in ten stages, and how to use an AI draft without trusting it.

Draft fast, *audit everything*

A working guide to the proposal: a chain of decisions where each one constrains the next. The worked study is run through all ten stages with the site's AI — and the draft is then audited line by line. It is good, and it is wrong in exactly the ways an AI draft usually is.

Site. <https://researchflow-syahmedus-projects.vercel.app/>

Version. 2.1.4 (2026–10–18) · build 3702b3b+edits · 2026–10–18T15:45:22Z

Figures. Real screenshots of the live site, captured 2026–10–18 by `scripts/capture.mjs`; sample data shown in figures is labelled simulated where it is simulated.

Sources. 10 DOI-verified references, numbered in order of use. Nothing in this book is invented: counts and labels are read from the site or its published data.

Status. A user guide, not documentation of record. Where the site and this book differ, the site is right — please report it (see Version history).

Type. Fraunces, Plus Jakarta Sans and IBM Plex Mono (SIL Open Font License). Laid out with Paged.js.

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01

BEFORE YOU START

A proposal is a chain

A research proposal is ten decisions, and every one constrains the next. The question decides the design; the design decides what the analysis can show. Fit between them is what reviewers judge first.

Edmondson and McManus call it **methodological fit**: the question, the state of prior work, the design, the data and the analysis have to belong together ¹. A sharp question with the wrong design is not a strong proposal; it is a promise the study cannot keep.

STAGES	THE DECISION	WHAT IT CONSTRAINS
1–2 Idea, Question	What exactly is asked, and of whom	Everything after it
3–4 Literature, Theory	Why it is worth asking; which explanation is tested	The hypotheses and their direction
5 Hypotheses	What would count as support — and as failure	The design and the analysis
6–7 Design, Sampling	When, how often and from whom data are collected	Which inferences are possible at all
8–9 Instruments, Analysis	How each construct is measured and tested	Whether results can be compared and believed
10 Writing	Where and how it is reported	—

THE WORKED EXAMPLE – CONTINUED

The study from Volumes 2–7, typed into Stage 1 as one paragraph: *Why do nurses on long shifts burn out, and why do some of them stay engaged? I want to test whether job autonomy buffers the link between shift length and burnout, using the Job Demands-Resources model.* Each stage was then generated by the site's AI on 16 October 2026, with no edits.

02

STAGES 1-2

Let the AI draft

An AI draft is fastest where your thinking is already clear, and most useful when it makes you notice what you had not decided.

RESEARCH SPACE

Occupational Health Psychology

STATEMENT

The researcher aims to investigate how the length of nursing shifts contributes to burnout and why some nurses remain engaged despite long hours. Specifically, the study will examine whether perceived job autonomy moderates the relationship between shift length (a job demand) and burnout (a negative outcome), drawing on the Job Demands-Resources (JD-R) model.

CORE CONSTRUCTS

Shift Length

Burnout

Job Autonomy

Work Engagement

Job Demands-Resources Model

WHY IT MATTERS

Understanding the buffering role of autonomy can inform interventions to reduce burnout among nurses, improving staff well-being and patient care quality.

Copy

Regenerate

FIG 2.1 Stage 1, generated: an expanded research space, five core constructs, a domain and a why-it-matters line. *AI-generated draft.*

RESEARCH QUESTION

Explanatory

Does perceived job autonomy moderate the relationship between nursing shift length and burnout, such that longer shifts are associated with higher burnout primarily among nurses with low autonomy?

SUB-QUESTIONS

1. How does shift length directly relate to levels of work engagement among nurses?
2. What is the strength of the direct effect of job autonomy on burnout and work engagement?
3. Do demographic factors (e.g., years of experience, unit type) influence the moderation effect of autonomy on the shift-burnout link?

SCOPE & STAKES

SCOPE

The study will include registered nurses working in acute care hospitals who regularly work shifts of varying lengths (e.g., 8, 10, 12 hours). It will exclude nurses in administrative or educational roles, per-diem staff, and those on exclusively night-only schedules. Data will be collected via self-report questionnaires measuring perceived shift length, job autonomy, burnout (emotional exhaustion, depersonalization), and work engagement, along with demographic covariates.

RATIONALE

Understanding whether job autonomy buffers the detrimental effects of long shifts can inform targeted interventions and staffing policies, helping to reduce burnout while maintaining engagement in a workforce facing increasing demand for extended nursing hours.

Copy

Regenerate

FIG 2.2 Stage 2, generated: the primary question, sub-questions, type, scope and rationale. *AI-generated draft.*

The question is good: "Does perceived job autonomy moderate the relationship between nursing shift length and burnout, such that longer shifts are associated with higher burnout primarily among nurses with low autonomy?" It states the moderator, the direction and the pattern — exactly the buffering prediction of Volume 5.

The scope is useful too, because it forces decisions: acute-care registered nurses; administrative staff, per-diem staff and night-only schedules excluded. Each exclusion is now a choice to defend, not an accident.

WHAT A DRAFT IS

Each stage is drafted by a language model, grounded in the suite's catalogues. Treat it as a first draft by a fast, well-read colleague who never checks a reference. The next chapter is the check.

03

LINE BY LINE

Audit the draft

Read the AI's draft the way a reviewer would read your proposal. Here is what the audit found — every item checked against a source, not against the model.

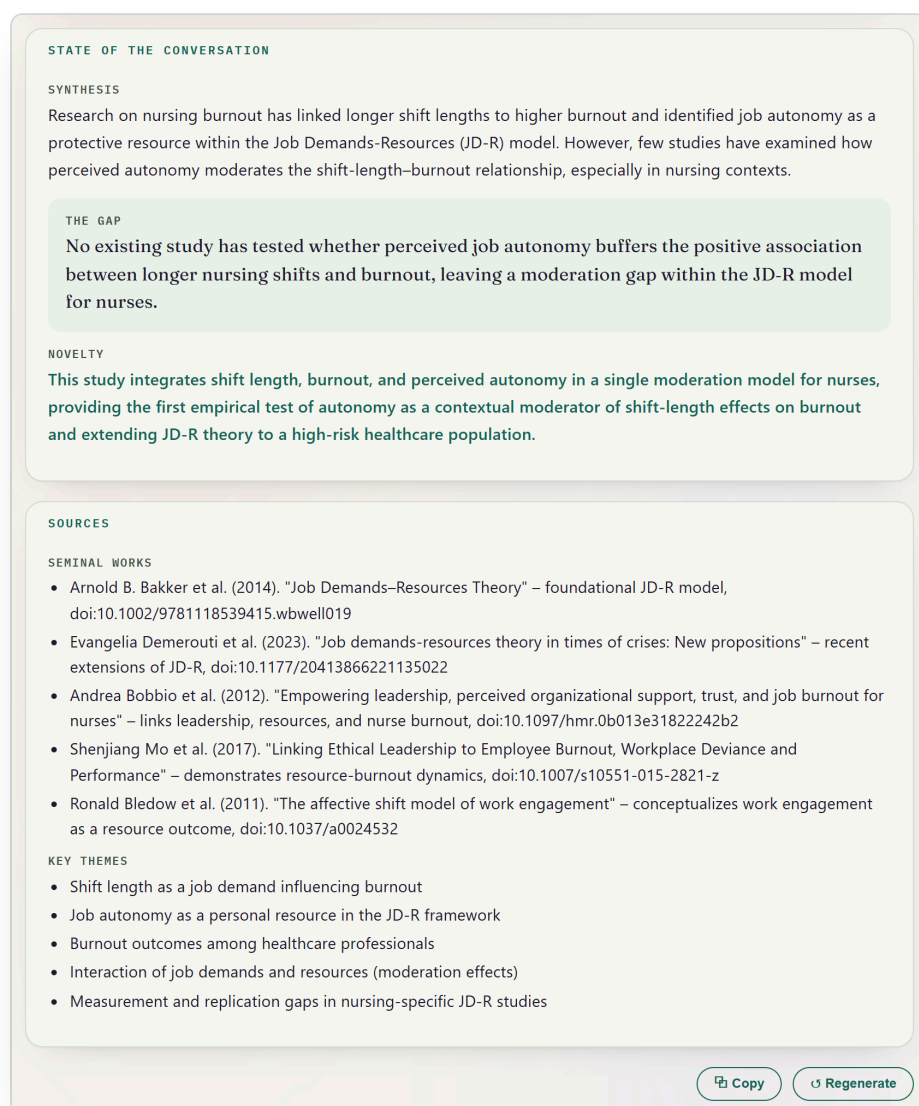


FIG 3.1 Stage 3, generated: overview, themes, five "seminal works" with DOIs, the gap and the novelty statement. AI-generated draft.

WHERE	THE DRAFT SAYS	THE CHECK	VERDICT
Stage 3 · gap	"No existing study has tested..." and "the first empirical test"	Volume 2: absence claims need a multi–database search, and the corpus already shows 210 papers matching burnout and autonomy	Unsupported — rewrite as "relatively few", with the search
Stage 3 · seminal works	Demerouti et al. (2023), JD–R in times of crises, with DOI	Crossref: the DOI resolves to that paper, published 2023 ²	Correct — keep, after reading it
Stage 8 · OLBI citation	Demerouti, Bakker, Vardakou & Kantas (2003), "The Oldenburg Burnout Inventory: A good alternative to..."	Crossref: the 2003 paper by those authors is titled <i>The convergent validity of two burnout instruments</i> ³	Wrong title — a real paper, misnamed
Stage 8 · OLBI format	"5–point Likert scale"; "subscales $\alpha \approx 0.80$ "	ScaleScope catalogue (Volume 6): 4–point agreement scale; reported $\alpha .73$ –.74	Wrong format; subscale α unsupported

Stage 6 vs 8	Data collection names the Maslach Burnout Inventory; the instruments stage chose the OLBI	The draft contradicts itself	Inconsistent — pick one, everywhere
Stage 6 · design	"Cross-sectional survey with moderation analysis"	Volume 5 promised predictors and outcomes measured at different times	Misfit — see Chapter 4
Stage 7 · sample size	"Approximately 400 nurses... 80% power to detect... $f^2 \approx .03$ "	Plausible for a single interaction term, but not computed here	Check in ToolsScope → Power or G*Power ⁴

MEASURES

4 constructs

1

Shift Length

16

Burnout

9

Job Autonomy

9

Work Engagement

35 items across 4 measures, about 4 min at an assumed 6 s per item, before demographics and controls. Striped segments are the measures marked [verify psychometrics](#).

Self-report of typical nursing shift length (hours per shift) [verify psychometrics](#)

Measures **Shift Length** · Adapted from standard occupational health surveys (e.g., Caruso, 2006)

1 items

Open numeric entry (hours) or categorical (e.g., ≤8 h, 8-12 h, >12 h)

α Not applicable (single-item factual measure)

Validity: Content validity established through expert review of nursing schedules; convergent validity demonstrated with payroll records in prior studies

Caruso, C. C. (2006). *The impact of shift work and long work hours on occupational health: A literature review. Journal of Occupational and Environmental Medicine*, 48(4), 381-389.

Oldenburg Burnout Inventory (OLBI) [↗](#)

Measures **Burnout** · Demerouti, E., Bakker, A. B., Vardakou, I., & Kantas, A. (2003)

16 items

5-point Likert scale (1 = Strongly disagree to 5 = Strongly agree)

α 0.73-0.74 (overall); subscales α = 0.80

Validity: Construct validity supported by factor analyses distinguishing exhaustion and disengagement; predictive validity for health outcomes documented

Demerouti, E., Bakker, A. B., Vardakou, I., & Kantas, A. (2003). *The Oldenburg Burnout Inventory: A good alternative to measure burnout. European Journal of Psychological Assessment*, 19(1), 12-23.

Work Design Questionnaire (WDQ) – Autonomy sub-facets [↗](#)

Measures **Job Autonomy** · Morgeson, F. P., & Humphrey, S. E. (2006)

9 items

5-point Likert scale (1 = Strongly disagree to 5 = Strongly agree)

α 0.82-0.91 across autonomy facets

Validity: Factorial validity confirmed across multiple occupations; criterion validity shown via links to job satisfaction and performance

Morgeson, F. P., & Humphrey, S. E. (2006). *The Work Design Questionnaire (WDQ): Developing and validating a comprehensive measure of job characteristics. Journal of Applied Psychology*, 91(6), 1321-1339.

Utrecht Work Engagement Scale – Short Form (UWES-9) [↗](#)

Measures **Work Engagement** · Schaufeli, W. B., Bakker, A. B., & Salanova, M. (2006)

9 items

7-point Likert scale (0 = Never to 6 = Always)

α 0.85-0.92

Validity: Validated across cultures; convergent validity with job resources and predictive validity for performance and well-being

Schaufeli, W. B., Bakker, A. B., & Salanova, M. (2006). *The measurement of work engagement with a short questionnaire: A cross-national study. Educational and Psychological Measurement*, 66(4), 701-716.

Items, reverse-coding and a live α calculator for each scale are in [ScaleScope](#) [↗](#)

CONTROLS & DATA QUALITY

OVERALL INSTRUMENT

Structured online questionnaire comprising (1) a single-item measure of typical nursing shift length, (2) the Oldenburg Burnout Inventory (16 items), (3) the autonomy sub-scales of the Work Design Questionnaire (9 items), and (4) the UWES-9 work engagement scale (9 items). Demographic and work-context variables (e.g., unit type, years of experience) will also be collected.

Copy

Regenerate

FIG 3.2 Stage 8, generated: one instrument per construct, with scale ids linked to ScaleScope. The OLBI's response format and citation title in this draft are wrong; the catalogue link beside it opens the correct entry. *AI-generated draft.*

None of these is exotic. Absence claims, misremembered titles, slightly wrong details and quiet contradictions are the normal failure modes of fluent drafts. The defence is also normal: check every citation against its DOI, every instrument detail against the catalogue, and every claim about the literature against a search.

BEFORE YOU TRUST A STAGE

- ☐ Every citation opened by its DOI, and its title, authors and year matched.
- ☐ Every instrument detail matched to its catalogue entry or source.
- ☐ No "no study has..." left standing.
- ☐ The same instrument named in every stage.
- ☐ Every number (power, N, α) recomputed or traced.

04

STAGES 6-7

Make the design fit the question

The most consequential fix in the audit is not a typo. It is the design.

DESIGN

PARADIGM
Positivist

APPROACH
Quantitative

DESIGN
Cross-sectional survey with
moderation analysis

RATIONALE
A cross-sectional survey allows collection of self-reported shift length, perceived autonomy, and burnout from a large sample of nurses at a single point in time, enabling statistical testing of the moderation hypothesis using regression or structural equation modeling. This design aligns with a positivist paradigm by focusing on measurable variables and hypothesis testing.

DATA COLLECTION
Standardized questionnaires administered online or on paper (e.g., shift length recorded in hours, Job Autonomy Scale, Maslach Burnout Inventory)

TRANSPARENCY, ETHICS, LIMITS

STRENGTHS

- Efficiently gathers data from a large, diverse nursing population.
- Facilitates quantitative testing of interaction effects (moderation).
- Cost-effective and relatively quick to implement.

LIMITATIONS

- Cross-sectional data cannot establish causal direction.
- Self-report measures may be subject to common method bias and social desirability.

Copy

Regenerate

FIG 4.1 Stage 6, generated: positivist, quantitative, cross-sectional survey — with its own limitation listed: "cross-sectional data cannot establish causal direction". *AI-generated draft.*

A cross-sectional survey can test whether autonomy moderates the association between shift length and burnout *at one moment*. It is not useless — cross-sectional designs answer some questions well, and are often dismissed too quickly ⁵. But it measures shift length, autonomy and burnout in the same sitting, from the same people, which maximises shared-method bias ⁶ and cannot show that burnout follows the shifts.

WORKED EXAMPLE

The study keeps the question and changes the design: **shift length from rosters**, autonomy and support at **wave 1**, burnout and engagement at **wave 2**. That separates predictor and outcome in time and in source. It still does not prove causation, but it fits a question about demands *leading to* strain far better ⁷ — and it is the design every later volume assumed.



FIG 4.2 Stage 7, generated: target and accessible population, stratified sampling by unit type, criteria, recruitment, and the sample-size planner. *AI-generated draft.*

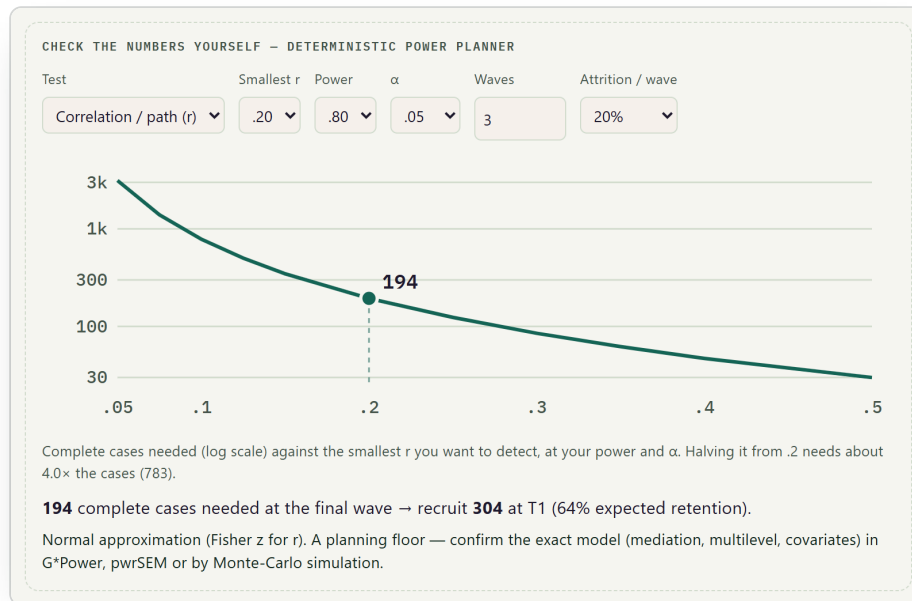


FIG 4.3 The power planner under Stage 7, at its defaults: the smallest correlation worth detecting $r = .20$, power .80, $\alpha .05 \rightarrow 194$ complete cases. The curve is the same formula across effect sizes; halving r to .10 needs about four times the cases (783). Three waves at 20% attrition per wave turn 194 completers into 304 recruits.

The planner under the stage is the quickest check on the draft's numbers, and its curve makes the main lesson visible: the smallest effect you care about drives the sample size, and halving it roughly quadruples N . It plans for a correlation or a group difference. The draft's 400 nurses are justified by an *interaction* effect, which is usually much smaller than the main effects and hard to detect in field data⁸; that number still has to be computed for the interaction term itself, in G*Power or ToolsScope⁴.

Stratifying by unit type is a sound idea from the draft, and worth keeping: wards differ, and Volume 7 warned that nurses nested in wards are not independent. Plan for that nesting now — collect the ward for every respondent — rather than discovering it at analysis.

05

FALLACYScope INSIDE

Pitfalls at every stage

Below each stage, ResearchFlow shows the five research pitfalls a reviewer raises first there — each with a canonical source — and keeps the rest one click away.

 **Pitfalls to avoid** at this stage (32) 

[Browse all 87 →](#)

 **BIAS**

Confounding (the Third-Variable Problem) Causal ▾

A third variable causes both the supposed cause and the effect, manufacturing an association that is not causal.

 **BIAS**

Common-Method Bias Measurement ▾

When predictor and outcome are measured the same way (e.g. one self-report survey), shared method variance inflates their correlation.

 **FALLACY**

Cross-Sectional Mediation Fallacy Study design ▾

Testing a causal process ($X \rightarrow M \rightarrow Y$) that unfolds over time with data measured at a single moment.

 **BIAS**

Endogeneity (Unwarranted Causal Claims) Causal ▾

Drawing causal conclusions from a predictor that is correlated with the error term, through omitted variables, simultaneity, measurement error or selection.

 **BIAS**

Low Power (Type M & Type S Errors) Study design ▾

In an underpowered study, a 'significant' result is likely to exaggerate the effect (Type M) and can even have the wrong sign (Type S).

[Show all 32 \(the first five are the ones reviewers raise first here\)](#)

FIG 5.1 The pitfalls under Stage 6: confounding, common-method bias, the cross-sectional mediation fallacy, endogeneity and low power come first; [Show all 32](#) lists the rest tagged for design, and [Browse all 87 →](#) opens the full field guide.

Read them as a reviewer's checklist for that stage. At the design stage, the common-method and causal-inference pitfalls are exactly the ones the audit found; at the analysis stage, flexible analysis choices are the ones a preregistered plan prevents ⁹.

06

THE OBJECTIONS YOU WILL MEET

Defend it

Proposal reviews concentrate on fit and feasibility.

REVIEWER

"A cross-sectional design cannot test a process."

YOUR ANSWER

Agreed — the study uses two waves with predictors and outcomes separated in time, and shift length from records ^{7,6}.

REVIEWER

"How do you know this gap exists?"

YOUR ANSWER

Report the searches (databases, terms, dates) and counts; claim "relatively few", not "none" ¹⁰.

REVIEWER

"Is the sample big enough for an interaction?"

YOUR ANSWER

Show the power calculation for the interaction term, not the main effects ^{4,8}.

REVIEWER

"Did you use AI to write this?"

YOUR ANSWER

Say how: drafts were generated, then every citation, instrument detail and number was checked against its source. Follow the journal's disclosure policy.

07

FROM STAGES TO PROSE

Write the design section

The design paragraph states what was done and why that design fits the question.

MODEL PARAGRAPH

To test whether job autonomy buffers the association between shift length and burnout, we used a two-wave design that separates predictors from outcomes in time and source ^{6,7}. Shift length was taken from ward rosters; autonomy and social support were measured at the first wave, and burnout and work engagement at the second.

Participants were registered nurses in direct patient care in acute-care hospitals, sampled within strata of unit type; ward membership was recorded so that nesting could be modelled. The target sample was set by a power analysis for the interaction term.

Model paragraph for the illustrative study, written after the audit. It reports a design, not results; the power analysis must be run and reported with its inputs.

BEFORE YOU SUBMIT THE SECTION

- ☐ The design is justified by the question, not by convenience.
- ☐ The timing of every measure is stated.
- ☐ The source of every variable (record, self-report, other-report) is stated.
- ☐ Nesting and how it will be modelled are stated.
- ☐ AI assistance is disclosed as the journal requires.

08

REFERENCE

ResearchFlow at a glance

The stages, saving and hand-offs.

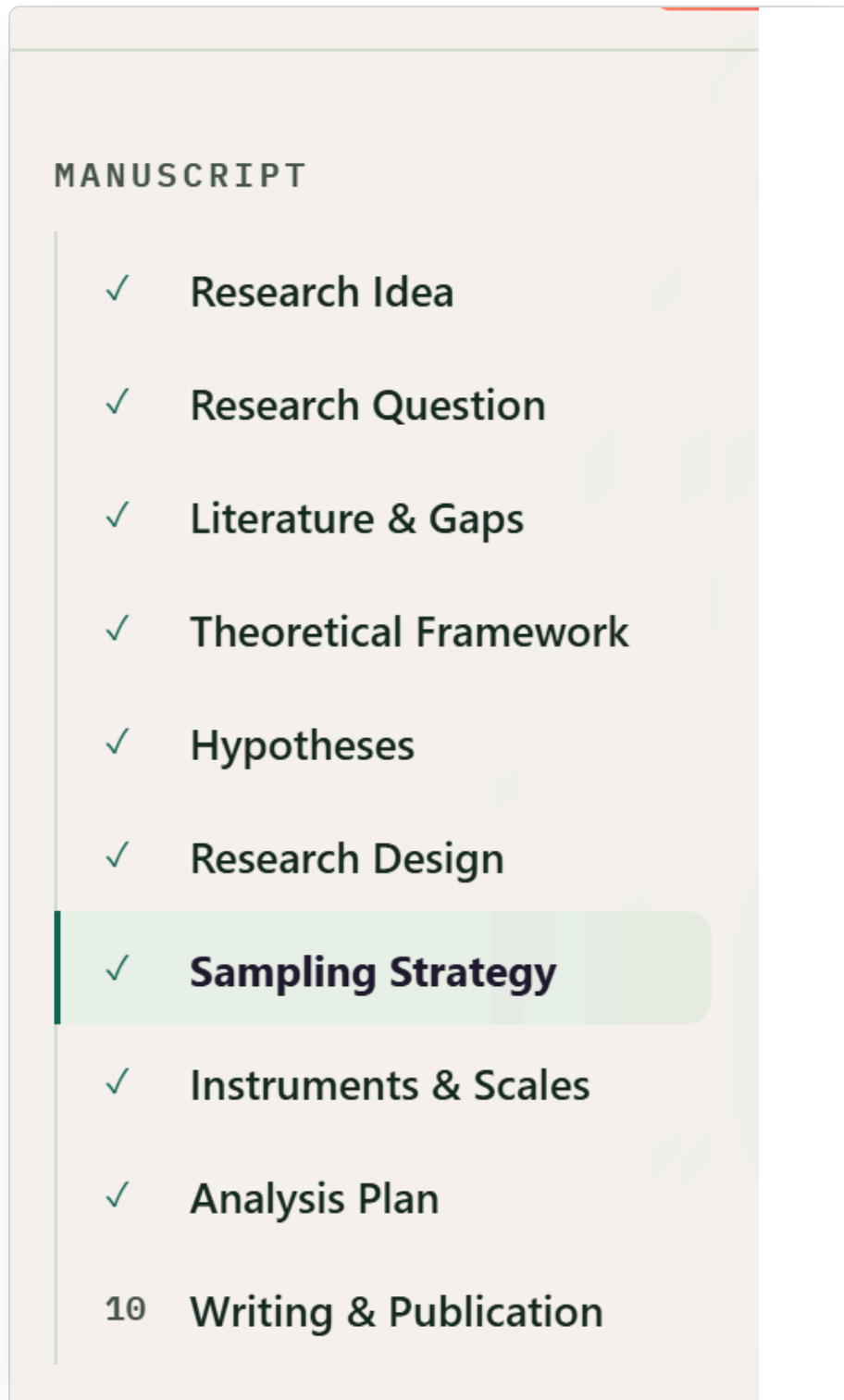


FIG 8.1 The manuscript rail beside every stage: ten sections, ticked when drafted; click one to jump back. On a phone it becomes a strip of chips above the stage. A score beside a section is the editor's self-audit (1–5), shown for stages drafted since the October 2026 upgrade.

- Each stage: write or edit in the form, **Generate**, then refine the draft; **Ctrl+Enter** generates.
- Work autosaves for 14 days; a resume banner offers it back. Named projects live under your account when signed in.
- **Print proposal** builds a printable proposal from every stage.

-  **Carry** sends a ResearchPack to Cadence (collect), ToolsScope (analyse) or JournalTime (write).
- Coming in: PaperCards' Compare carries papers to Stage 1; JournalTime's  **Needs revision** returns a draft.

HONEST DATA

Catalogue grounding gives the model real theories, scales and seminal works to draw on, and links scales and theories to their catalogue entries. It reduces invention; it does not remove it. The audit is your job.

Glossary

Stage

One of ten steps from Research Idea to Writing & Publication. Each has its own form and AI draft.

Catalogue grounding

Before drafting, ResearchFlow retrieves matching real theories, scales, terms and seminal works from the suite's published catalogues and gives them to the model. Grounding narrows what the model says; it does not check it.

Methodological fit

Internal consistency between the research question, prior work, design, data and analysis ¹.

Pitfall

A named research paradox, fallacy or bias from FallacyScope, each with a canonical source — shown at the stages where it bites.

ResearchPack

The carrier format that hands your plan to Cadence, ToolsScope or JournalTime.

References

Every reference was resolved by its DOI against Crossref (or DataCite) and matched on first author and year before it could be cited — 10 sources in this volume. Verification date per entry is kept in `references/verified.json`.

- 1 Edmondson, A. C., & Mcmanus, S. E. (2007). Methodological fit in management field research. *Academy of Management Review*, 32(4), 1246–1264. <https://doi.org/10.5465/amr.2007.26586086>
- 2 Demerouti, E., & Bakker, A. B. (2023). Job demands–resources theory in times of crises: New propositions. *Organizational Psychology Review*, 13(3), 209–236. <https://doi.org/10.1177/20413866221135022>
- 3 Demerouti, E., Bakker, A. B., Vardakou, I., & Kantas, A. (2003). The Convergent Validity of Two Burnout Instruments. *European Journal of Psychological Assessment*, 19(1), 12–23. <https://doi.org/10.1027//1015-5759.19.1.12>
- 4 Faul, F., Erdfelder, E., Lang, A. G., & Buchner, A. (2007). G*Power 3: A flexible statistical power analysis program for the social, behavioral, and biomedical sciences. *Behavior Research Methods*, 39(2), 175–191. <https://doi.org/10.3758/BF03193146>
- 5 Spector, P. E. (2019). Do Not Cross Me: Optimizing the Use of Cross-Sectional Designs. *Journal of Business and Psychology*, 34(2), 125–137. <https://doi.org/10.1007/s10869-018-09613-8>
- 6 Podsakoff, P. M., MacKenzie, S. B., Lee, J. Y., & Podsakoff, N. P. (2003). Common method biases in behavioral research: A critical review of the literature and recommended remedies.. *Journal of Applied Psychology*, 88(5), 879–903. <https://doi.org/10.1037/0021-9010.88.5.879>
- 7 Ployhart, R. E., & Vandenberg, R. J. (2010). Longitudinal Research: The Theory, Design, and Analysis of Change. *Journal of Management*, 36(1), 94–120. <https://doi.org/10.1177/0149206309352110>
- 8 McClelland, G. H., & Judd, C. M. (1993). Statistical difficulties of detecting interactions and moderator effects.. *Psychological Bulletin*, 114(2), 376–390. <https://doi.org/10.1037/0033-2909.114.2.376>
- 9 Simmons, J. P., Nelson, L. D., & Simonsohn, U. (2011). False-Positive Psychology. *Psychological Science*, 22(11), 1359–1366. <https://doi.org/10.1177/0956797611417632>
- 10 Sandberg, J., & Alvesson, M. (2011). Ways of constructing research questions: gap-spotting or problematization?. *Organization*, 18(1), 23–44. <https://doi.org/10.1177/1350508410372151>

Version history & errata

This guidebook is version-controlled. Corrections are made in its source, the version number is raised, and the change is recorded here and in `CHANGELOG.md`. Report an error with the page number and the version printed in the footer.

VERSION	DATE	CHANGES
2.1.4	2026-10-18	Series back to 13 volumes (Throughline CS dropped: a separate product, not one of the Lazy Research Lad sites): covers and title pages now read 'of 13'. Text and figures unchanged.
2.1.3	2026-10-18	Series grows to 14 volumes (ScholarScope, Cadence, FallacyScope and Throughline CS added): "of 14" on the cover and title page; content unchanged.
2.1.2	2026-10-18	Series grows to ten volumes: Volume 10 (BookScope) added, so covers and title pages now read 'of 10'. Text and figures unchanged.
2.1.1	2026-10-18	Suite renamed: Throughline is now Lazy Research Lad (series, titles and text). Screenshots unchanged.
2.1.0	2026-10-17	Figures recaptured after the October 2026 desk layout (full-width, left-aligned stage output). New cover: what the worked study touches in the suite's real libraries. New figure: the power planner's curve, with what it can and cannot check. Pitfalls chapter now shows the five a reviewer raises first at Stage 6; the stepper figure is now the manuscript rail.
2.0.1	2026-10-17	Light cover edition: paper-cloth cover with the volume's accent spine and the live figure as a plate, captured in light theme 17 October 2026.
2.0.0	2026-10-16	Rewritten as a research guide continuing the worked study: the proposal as a chain of decisions, a live ten-stage AI draft, a line-by-line audit (unsupported claims, a wrong citation title, a response-format error, an internal inconsistency, a design that cannot answer the question), methodological fit, reviewer objections and a model design paragraph. 4 new verified references.
1.0.0	2026-10-16	First edition. Figures captured 16 October 2026 from the live site, including the stepper fix of 15 October.

Errata

VERSION	WHERE	CORRECTION
2.1.0	Pitfalls chapter: 'Browse all 48' is now 87, and the list shows five per stage	Figures recaptured after the October 2026 desk layout (full-width, left-aligned stage output). New cover: what the worked study touches in the suite's real libraries. New figure: the power planner's curve, with what it can and cannot check. Pitfalls chapter now shows the five a reviewer raises first at Stage 6; the stepper figure is now the manuscript rail.