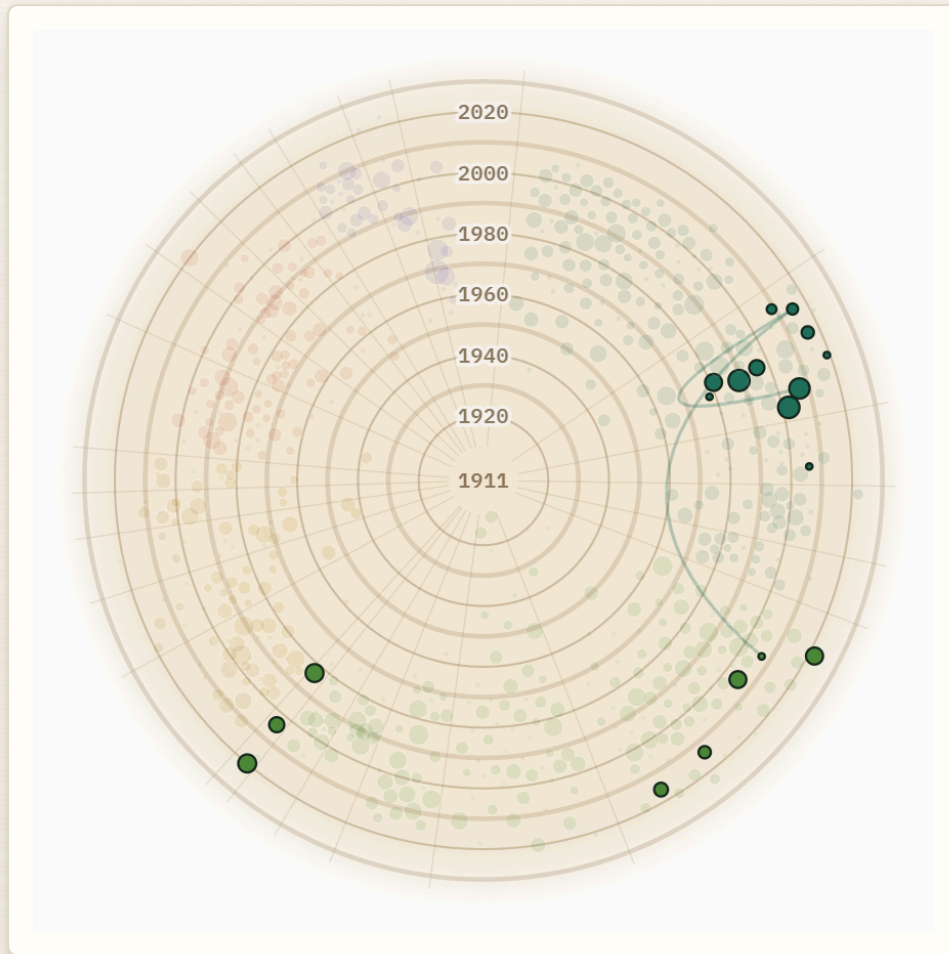




THEORYSCOPE

Choosing a lens you can *defend*

TheoryScope — how to find, test and argue for the theory behind your study, with 632 theories of work, behaviour and organisation.

Choosing a lens you can *defend*

A working guide to the decision every empirical paper makes early and reviewers question first: which theory explains what you will find. One study is followed from a rough question to a finished theory section — every screen is the live site, every theory is quoted from the catalogue, every source is DOI-verified.

Site. <https://theoryscope.vercel.app/>

Version. 2.0.5 (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. 18 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 OPEN THE TOOL

What a lens has to do

Most rejected theory sections fail the same way: they name a famous theory and then never use it. This chapter sets the bar a lens has to clear, so the rest of the guide can show you how to clear it.

A theory earns its place in an empirical paper by doing work. Whetten's account of a theoretical contribution is still the clearest checklist: a theory says **what** factors matter, **how** they relate, **why** — the underlying dynamics that justify the relationship — and **who, where and when** it applies ¹. The *why* is the part reviewers read for. Without it, a model is a diagram.

Sutton and Staw made the same point from the other side. References, data, lists of variables, diagrams and hypotheses are each part of a paper — and none of them is theory on its own ². A paragraph that cites four classic works and then lists your constructs has not yet told the reader *why* those constructs should move together.

Two further tests decide whether the lens will survive review. First, **precision**: a prediction that only says "there will be a relationship" is hard to be wrong about, and therefore says little; state direction, form and conditions tightly enough that your data could contradict them ³. Second, **contribution**: be clear whether your study advances the theory (it refines a mechanism, finds a boundary) or applies it to explain something new — both are legitimate, and journals judge them by originality and usefulness ⁴.

Management research has long been sorted by how much a paper builds versus tests theory ⁵; know which you are doing.

A LENS EARNS ITS PLACE WHEN...

- ☐ It explains the **mechanism** I care about, not just the outcome.
- ☐ Its **level of analysis** matches my data (individual, team, organisation).
- ☐ Its constructs can be **measured** with instruments that exist and have known reliability.
- ☐ Its **boundary conditions** include — or at least do not exclude — my setting.
- ☐ I can name its strongest **rival** and say where their predictions differ.
- ☐ My design can show it **wrong**: there is a result that would count against it.

THE WORKED EXAMPLE

Throughout this guide we follow one study from a rough question to a finished theory section. The study is **illustrative** — invented for teaching — but nothing else is: every theory, field, count and screen below is the live catalogue, captured on 16 October 2026.

The question. *Why do nurses on long shifts burn out, and why do some of them stay engaged?*

Notice that this is two questions. Burnout is the outcome most people would theorise. But the second half — some people in the same conditions *stay engaged* — is what makes the study interesting, and the lens has to explain both.

02

FINDING CANDIDATE THEORIES

Cast a wide net

Start broad on purpose. The theory you already know is a candidate, not a conclusion — the goal of the first hour is a shortlist you could defend leaving theories off.

TheoryScope gives two ways in. The **rings** on the home page take a topic and light the theories whose name, constructs or outcomes carry its words — a fast map of where your topic lives in the field, and how old the relevant thinking is. The **Matchmaker** takes a full research question and ranks theories against it, with reasons.

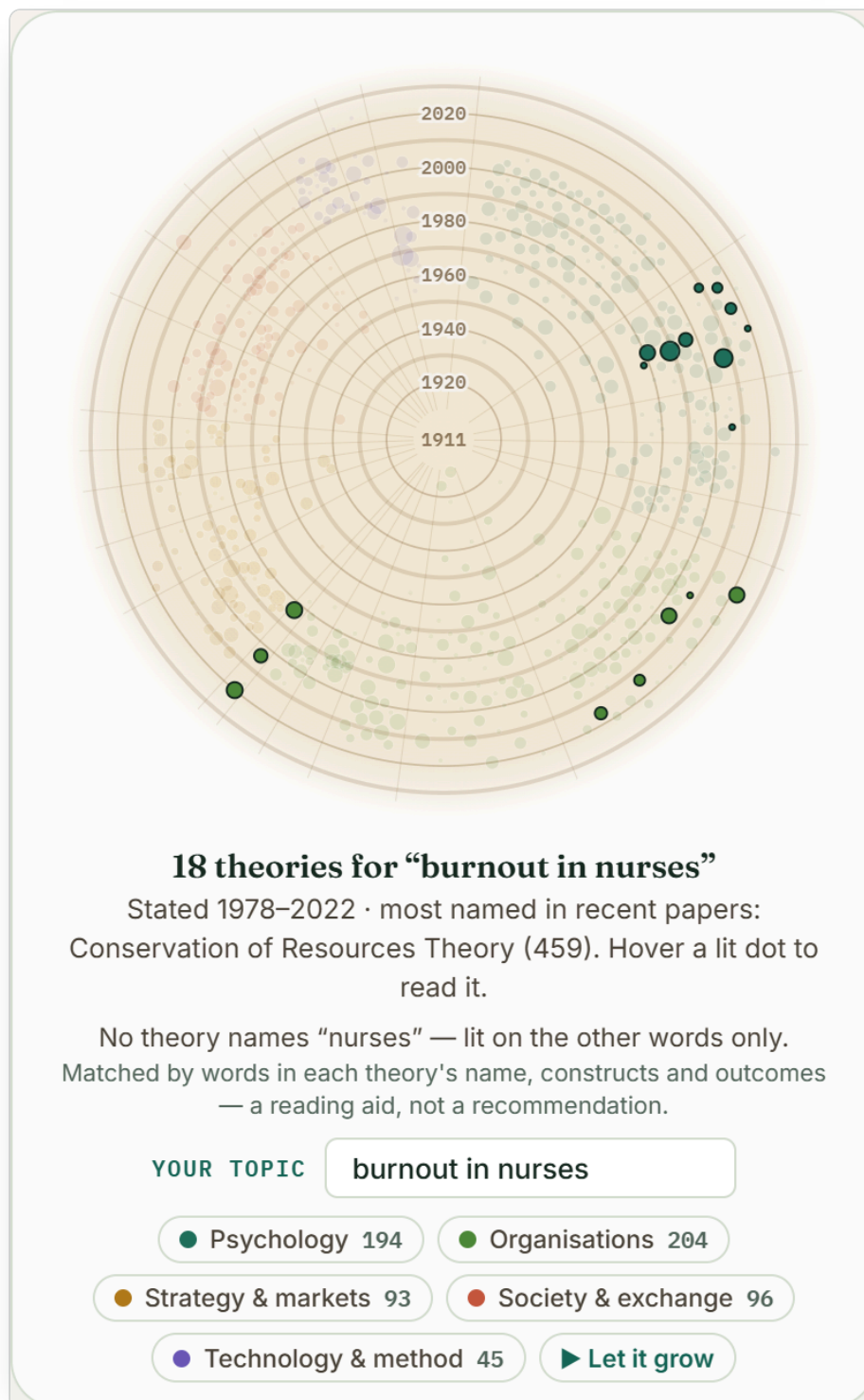


FIG 2.1 The rings with *burnout in nurses* typed into **Your topic**: 18 theories light up, stated between 1978 and 2022. No theory is named for nurses, and the panel says so — the match runs on the other words only. Dot size is how often recent papers name the theory.

Two things are already visible. The relevant theories cluster in the Psychology and Organisations sectors, mostly in the outer rings — thinking from the 1980s onward. And the most-named among them in recent papers is **Conservation of Resources Theory** (459 of the Research Book's 77,411 recent papers). A widely used lens is not automatically the right one, but it tells you what reviewers will expect you to have considered.

Ask the Matchmaker the real question

- 1 Open **Matchmaker** and type the question as you would say it to a colleague — not keywords.
- 2 Add the focal construct (**burnout**) so the ranking weighs it. Leave level and discipline open on a first pass.
- 3 Press **Find theories** . The ranking is computed from the catalogue first; where the AI layer is reachable it reorders by fit, and each result shows the **match signals** that put it there.
- 4 Read the signals, not the scores. A score says the catalogue matched your words; the signal says *why*.

#1	JD-R Job Demands–Resources Model · IO Psychology · Individual Job demands deplete energy and lead to strain; job resources buffer demands and fuel motivation, through a dual process. Match signals: Directly names burnout and resources, fits individual-level work context with strong evidence	95
#2	Burnout (Maslach) Job Burnout · IO Psychology · Individual Burnout is a syndrome of emotional exhaustion, cynicism, and reduced personal accomplishment arising from chronic interpersonal stressors at work. Match signals: Explicitly defines burnout, widely validated in nursing research	90
#3	COR Conservation of Resources Theory · IO Psychology · Individual People strive to obtain, retain and protect resources; stress arises when resources are threatened, lost, or invested without return. Match signals: Focuses on resource loss/gain, aligns with burnout mechanisms and engagement	85
#4	Effort–Recovery and Recovery from Work Org Behavior · Individual Well-being depends on recovering from work strain through psychological detachment, relaxation, mastery, and control during non-work time. Match signals: Addresses recovery processes that prevent burnout and sustain engagement	80
#5	Work Engagement (UWES) Work Engagement · IO Psychology · Individual Work engagement is a positive, fulfilling, work-related state of mind characterised by vigor, dedication, and absorption — the motivational opposite of burnout. Match signals: Names engagement, complements burnout but less specific to causal mechanisms	75
#6	Workplace Telepressure IO Psychology · Individual The urge to quickly respond to work messages, and the preoccupation with doing so, keeps people psychologically tethered to work and blocks the recovery that prevents burnout. Match signals: Relevant to recovery interruption but narrower scope	60

FIG 2.2 Matchmaker results for the worked question with focal construct *burnout*. JD-R, Maslach's burnout entry and COR head the list; each carries the reason it matched. Results were captured on 16 October 2026 — the AI reordering can vary between runs; the catalogue substrate does not.

Separate lenses from phenomena

Read the shortlist critically and it splits in two. **JD-R**, **COR** and **Effort–Recovery** are explanations: each proposes a process that produces burnout. **Burnout (Maslach)** and **Work Engagement (UWES)** are different in kind — they define and measure the outcomes you are explaining ^{6,7}. You will cite them, but

they cannot be your lens, because they do not say *why* demands become exhaustion.

WORKED EXAMPLE

The study keeps three explanatory candidates for screening — **JD-R**, **COR**, and the **Effort–Reward Imbalance** model (ERI), which the catalogue lists as a classic rival to both — and parks the two outcome entries for the measurement section.

Effort–Recovery and Workplace Telepressure stay in a notebook: plausible secondary mechanisms (recovery between shifts), but narrower than the question.

LIMITS

The rings and the Matchmaker match words against the catalogue; neither reads your design. A theory that fails to light up may still be right for you — synonyms and newer terms are the usual reason. Browse the sector before you conclude a lens is missing.

03

SIX CRITERIA, THREE CANDIDATES

Screen the shortlist

Screening is where a choice becomes defensible. Run every candidate through the same criteria and write down the answers — they become the first draft of your justification.

Open each candidate's card and read it against the checklist from Chapter 1. Everything in the table below is quoted or counted from the three cards; nothing is summarised from memory.

CRITERION	JD-R (2007)	COR (1989)	ERI (1996)
Explains burnout?	Yes — demands trigger a health-impairment process culminating in burnout.	Yes — burnout is listed among outcomes explained.	Yes — burnout is listed among outcomes explained.
Explains staying engaged?	Yes — resources trigger a motivational process culminating in engagement.	Not as a listed outcome; gain spirals are the closest idea.	Not as a listed outcome.
Level of analysis	Individual	Individual	Individual
Measures linked in the catalogue	UWES-9 (engagement), MBI-GS (burnout)	None listed	ERI Questionnaire
Boundary conditions to check	Which resources matter varies across cultures; strain builds over longer than typical study windows.	Resource lists are largely Western-origin; what counts as a resource is sometimes circular.	Mostly validated in Western occupational cohorts.
Named in recent papers	312 of 77,411	459 of 77,411	26 of 77,411

HONEST DATA

Recent-paper counts are verbatim name or acronym matches in the Research Book's recent tier — machine-matched, and best read as *how often the field mentions it*, not how often it is tested. Open the matches before relying on them.

The screen makes the decision visible. All three explain burnout, at the right level. Only one of them, on its own card, explains both halves of the question. That is not the end of the argument — COR in particular is broader than its outcome list — but it tells you which lens can carry the paper and which ones you will have to answer.

WORKED EXAMPLE

Provisional choice: JD-R as the lens, because its dual process is the only one that predicts both the burnout and the engagement half of the question, and its constructs come with measures the study can use.

What still has to be shown: why not COR, which reviewers in this area will raise first, and how the design will avoid JD-R's known weak spot — that almost anything can be called a demand or a resource after the fact.

04

WHERE PREDICTIONS PART

Make the rivals argue

A lens is chosen against something. Put the rivals side by side, find the point where they predict different things, and design for that point.

The **Comparator** holds two to four theories side by side. JD-R vs COR vs ERI is one of its preset *famous debates* — open it in one click.

NAME	JD-R	COR	ERI
ORIGINATORS · YEAR	Bakker et al. · 2007	Hobfoll et al. · 1989	Siegrist et al. · 1996
ONE-LINER	Job demands deplete energy and lead to strain; job resources buffer demands and fuel motivation, through a dual process.	People strive to obtain, retain and protect resources; stress arises when resources are threatened, lost, or invested without return.	Sustained imbalance between high effort and low reward at work erodes health, especially for individuals over-committed to their role.
DISCIPLINE · LEVEL	IO Psychology · Individual	IO Psychology · Individual	IO Psychology · Individual
PARADIGM	Post-positivist	Post-positivist	Post-positivist
CORE CONSTRUCTS	Job demands, Job resources, Personal resources, Engagement, Burnout	Resources, Resource loss, Resource gain, Loss spirals, Gain spirals, Resource caravans	Extrinsic effort, Reward, Over-commitment, Reciprocity
MECHANISM	Dual-pathway: a health-impairment path (demands → exhaustion → strain) and a motivational path (resources → engagement → performance). Resources buffer the demand-strain link; demands amplify the resource-motivation link.	Resource loss triggers stress, defensive resource-preservation, and reduced capacity to invest in future gain. Loss begets loss; gain enables further gain only at decelerating rates.	Chronic effort-reward mismatch activates the autonomic stress response; over-committed workers prolong the exposure by their own effort intensification; cumulative allostatic load drives outcomes.
OUTCOMES EXPLAINED	Engagement, Burnout, In-role performance, OCB, Turnover	Burnout, Coping, Work-family conflict, Trauma response	Cardiovascular disease, Depression, Burnout, Sickness absence
BOUNDARY CONDITIONS	<ul style="list-style-type: none"> • Cross-cultural variation in which resources matter (e.g., autonomy in individualist vs collectivist contexts) • Specific demand × resource interactions remain under-specified • Time-lag for the strain process is longer than typical study windows 	<ul style="list-style-type: none"> • What counts as a "resource" is sometimes circular • Cross-cultural in scope but resource lists are largely Western-origin • Loss vs gain asymmetry assumes specific reference points 	<ul style="list-style-type: none"> • Mostly validated in Western occupational cohorts • Reward concept blurs material, status, and security aspects
CRITIQUES	<ul style="list-style-type: none"> • Construct overlap with Conservation of Resources — what counts as a "resource" is theory-laden • Heuristic rather than testable causal model; categorisation of any aspect as demand or resource is contextual • Underspecifies which specific demand × resource pair drives which outcome 	<ul style="list-style-type: none"> • Resource construct is broad to the point of being non-falsifiable • Empirical loss-spiral evidence is thinner than the theory implies 	<ul style="list-style-type: none"> • Reward dimension is multi-faceted but treated as one construct • Over-commitment is sometimes treated as predictor, sometimes moderator
COMMON MEASURES	UWES-9 (Work engagement) MBI-GS (Burnout)		ERI Questionnaire (Effort-reward imbalance)
SEMINAL STUDY	Demerouti, E., Bakker, A. B., Nachreiner, F., & Schaufeli, W. B. (2001). The Job Demands-Resources model of burnout. <i>Journal of Applied Psychology</i> , 86(3), 499–512. https://doi.org/10.1037/0021-9010.86.3.499	Hobfoll, S. E. (1989). Conservation of resources: A new attempt at conceptualizing stress. <i>American Psychologist</i> , 44(3), 513–524. https://doi.org/10.1037/0003-066X.44.3.513	Siegrist, J. (1996). Adverse health effects of high-effort/low-reward conditions. <i>Journal of Occupational Health Psychology</i> , 1(1), 27–41. https://doi.org/10.1037/1076-8998.1.1.27

FIG 4.1 Comparator: JD-R, COR and ERI, row by row — originators and year, one-liner, constructs, mechanism, outcomes, boundary conditions, critiques, measures and the seminal study for each.

Read the **mechanism** row; it is where the three stop agreeing.

	WHAT IT SAYS HAPPENS (VERBATIM)	WHAT YOUR DATA WOULD NEED TO SHOW
JD-R	"Resources buffer the demand-strain link; demands amplify the resource-motivation link."	An interaction: the demand → burnout slope is flatter where resources are high.
COR	"Loss begets loss; gain enables further gain only at decelerating rates."	Change over time: early resource loss predicting further loss — repeated measures, not one survey.
ERI	"Over-committed workers prolong the exposure by their own effort intensification."	Reward measured alongside effort, and over-commitment as a moderator.

Each rival is right about something, and each asks for a different design. That is the useful lesson: **the theory you choose decides what you must measure and when**. If the study is a single survey wave, COR's loss spirals cannot be tested in it, and claiming COR as the lens would promise more than the data can deliver. If the study never measures reward, ERI cannot be tested either.

WORKED EXAMPLE

The study is a two-wave survey of ward nurses. It measures shift length and workload (demands), supervisor support and autonomy (resources), burnout and engagement.

That design can test JD-R's buffering prediction directly. It cannot test COR's spirals across two waves with any confidence, and it measures no rewards, so ERI is out of reach. **The design and the lens now agree** — and the paper can say plainly which rival it does not test.

Choose the lens whose distinctive prediction your design can actually test — and say which rival's it cannot.

05

FROM MECHANISM TO HYPOTHESES

Map the argument

Once the lens is chosen, its card becomes a blueprint: the mechanism gives the arrows, the constructs give the boxes, the boundary conditions give the limits you must state.

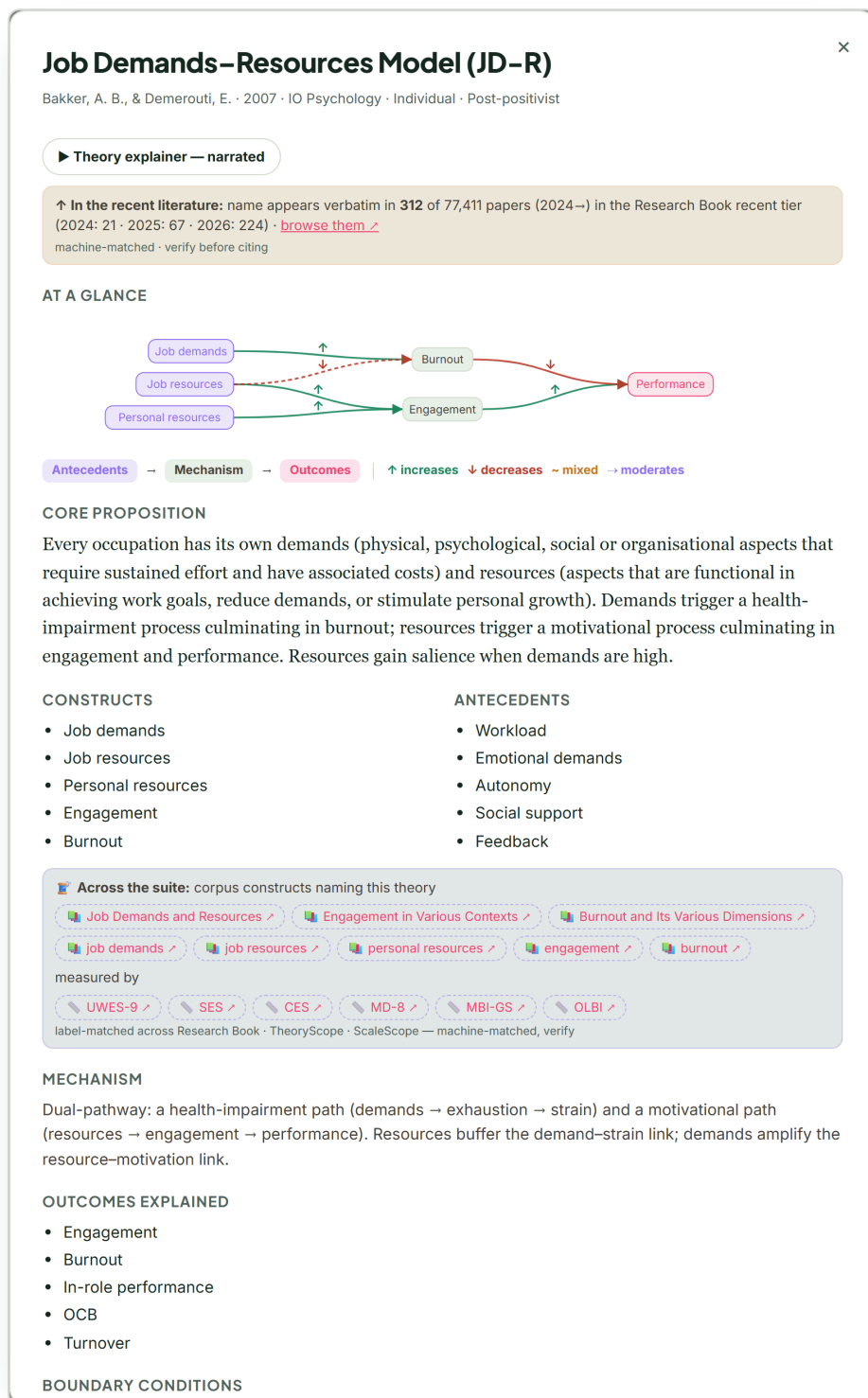


FIG 5.1 The JD–R card. *At a glance* draws the mechanism as a flow: demands and resources on the left, burnout and engagement in the middle, performance on the right, with the sign of each link. Below it: the core proposition, constructs, antecedents, and the suite links — corpus constructs that name JD–R and the scales that measure them.

Read the *At a glance* flow as a draft of your model. Every arrow in it is a claim the theory makes; your hypotheses are the arrows your study will test, in your setting. For the worked example, the mechanism text translates directly:

FROM THE MECHANISM

HYPOTHESIS IN THE STUDY'S TERMS

Demands → exhaustion → strain	H1. Longer shifts and heavier workload are associated with higher burnout.
Resources → engagement → performance	H2. Supervisor support and autonomy are associated with higher engagement.
Resources buffer the demand–strain link	H3. The association between demands and burnout is weaker for nurses with more support and autonomy.

H3 is the one that matters. H1 and H2 are expected by almost every stress theory; only the buffering interaction is distinctively JD–R. A study that finds H1 and H2 but tests no interaction has used the lens's name without testing its idea.

Check your argument on Canvas

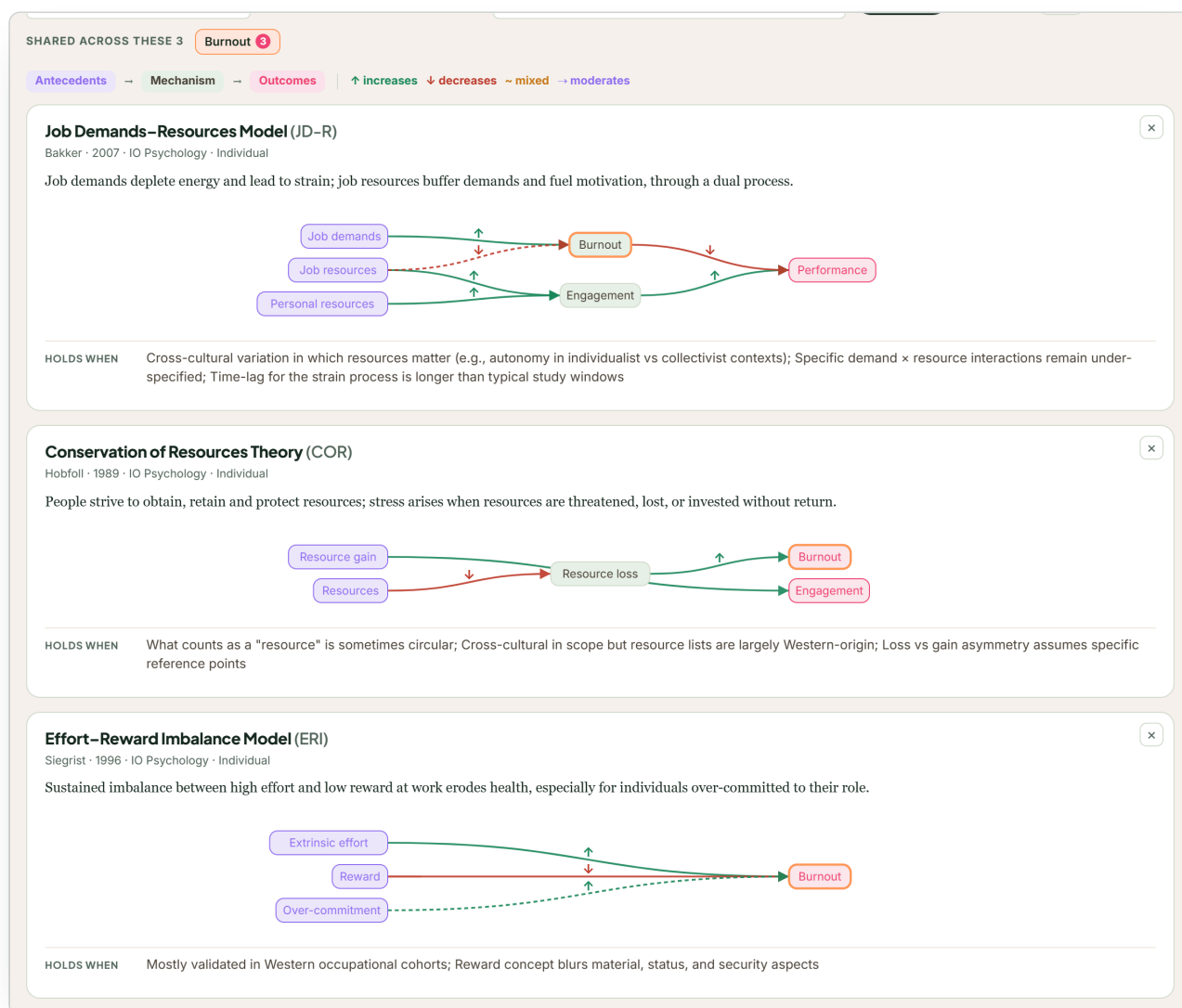


FIG 5.2 Canvas with JD–R, COR and ERI on the board. Each card draws its own flow and its *holds when* conditions; the strip at the top lists constructs the three share exactly — here, Burnout. Shared constructs are matched after normalising spelling; overlap is never guessed.

Canvas is where you see the whole argument at once — your lens and its rivals, what they share, where each stops. Shared outcome, different mechanisms: that one line is the honest summary of the debate, and a good opening for your theory section.

TIP

The constructs on each card link to ScaleScope. The study takes UWES-9 for engagement ⁷ and a Maslach Burnout Inventory form for burnout ⁶ straight from the JD-R card — measures the lens's own literature uses, which makes the results comparable with the studies you will cite.

06

THE OBJECTIONS YOU WILL MEET

Defend it

Every well-known theory comes with well-known criticisms, and reviewers know them. TheoryScope lists each theory's critiques on its card; use them to write your defence before anyone asks.

The objections below are the JD-R card's own critiques and boundary conditions, put as a reviewer would put them. The answers are strategies, with the sources that support them — adapt them to your study; do not paste them.

REVIEWER

"JD-R is a heuristic rather than a testable causal model — anything can be called a demand or a resource after the fact."

YOUR ANSWER

Classify every variable as demand or resource **before** data collection, from the study's setting, and say so. Test the specific demand × resource interaction you predicted, with its direction, so that a null or reversed interaction counts against the lens ³. Cite the theory's later statement as a theory rather than a heuristic model ⁸.

REVIEWER

"Your resources are COR resources. Why is this not a COR study?"

YOUR ANSWER

Agree that the constructs overlap — the JD-R card itself lists this critique. Then say where the predictions part: COR predicts loss spirals over time; your two-wave design tests buffering at one point in time, which is JD-R's distinctive claim. Cite the COR literature you are not testing ^{9,10} and name the spiral test as future work.

REVIEWER

"Burnout develops over months. Your measurement window cannot capture it."

YOUR ANSWER

The card lists this boundary condition — strain develops over longer than typical study windows. State the lag your design does cover, report associations rather than development, and write the limitation in the theory's own terms.

REVIEWER

"Effort–reward imbalance is the established model for health workers."

YOUR ANSWER

Say what ERI predicts — high effort meeting low reward, prolonged by over-commitment ¹¹ — and that your study does not measure reward. Scope the claim: your findings speak to demands and resources, not to reciprocity.

TIP

A good defence concedes something. Reviewers trust a theory section that names the strongest rival and the limit of the design more than one that claims the chosen lens explains everything.

07

FROM CHOICE TO PROSE

Write the theory section

Everything so far was decision-making. The theory section reports the decision in a fixed order: the phenomenon, the lens, its mechanism, its boundaries, the rival, and the hypotheses that follow.

- 1 **Phenomenon.** One paragraph on what is puzzling — here, that people facing the same conditions respond in opposite ways.
- 2 **Lens and why.** Name the theory, its originators, and the reason it fits *this* puzzle — the dual process, in our case — citing the canonical statement ^{12,13}.
- 3 **Mechanism.** The *why*, in the theory's terms. This is the paragraph reviewers read most closely ¹.
- 4 **Boundaries and rival.** Where the lens is expected to hold, and the rival you considered and why your design does not test it.
- 5 **Hypotheses.** Each one tied back to a sentence of the mechanism, ending with the one only your lens predicts.

MODEL PARAGRAPH

We draw on the Job Demands–Resources (JD-R) model ^{12,13}. JD-R holds that every occupation has its own demands — aspects of work that require sustained effort and carry costs — and its own resources, which help achieve work goals, reduce demands or stimulate growth. Demands set off a health-impairment process that culminates in burnout; resources set off a motivational process that culminates in engagement ⁸.

This dual process is what makes the model suited to our question. In long-shift nursing, the puzzle is not only that some nurses burn out but that others, under the same schedules, remain engaged. JD-R predicts both, and it predicts how they connect: resources should buffer the link between demands and strain. We therefore treat shift length and workload as demands, and supervisor support and autonomy as resources, classified before data collection.

Conservation of Resources theory offers a rival account in which early resource loss sets off further loss over time ⁹. Our two-wave design does not test such spirals; we return to them as a direction for longitudinal work.

Model paragraph for the illustrative study. Every theoretical claim in it paraphrases the JD-R and COR cards and their cited sources; it contains no findings. Treat it as a structure to adapt — the setting, variables and design are this example's, not yours.

BEFORE YOU SUBMIT THE SECTION

- ☐ The *why* is stated in the theory's own terms, not only cited ².
- ☐ Every hypothesis traces to a sentence of the mechanism.
- ☐ At least one hypothesis is distinctive to the chosen lens.
- ☐ The strongest rival is named, with the reason it is not tested.
- ☐ Boundary conditions from the card are stated as limits of *this* study.
- ☐ Every citation was opened, not just copied from the card.

08

REFERENCE

TheoryScope at a glance

The tabs, the visuals and what each one is for — for when you know what you want to do and need to find where it lives.

TAB	USE IT TO...
Browse	Search and filter the catalogue by discipline and level; CSV exports the filtered list.
 Matchmaker	Describe your question and get theories ranked for it, with the reasons (Chapter 2).
Comparator	Put two to four theories side by side, or open a famous debate (Chapter 4).
Influence Map	See how theories build on, extend, critique, rival or integrate each other; the second view draws authored construct relations.
Canvas	Board the theories and papers you are working with and see the constructs they share (Chapter 5).
Timeline	Every theory at the year it was first stated, by discipline.
Paper	The methods paper behind the library, with live statistics.

Reading the tree rings

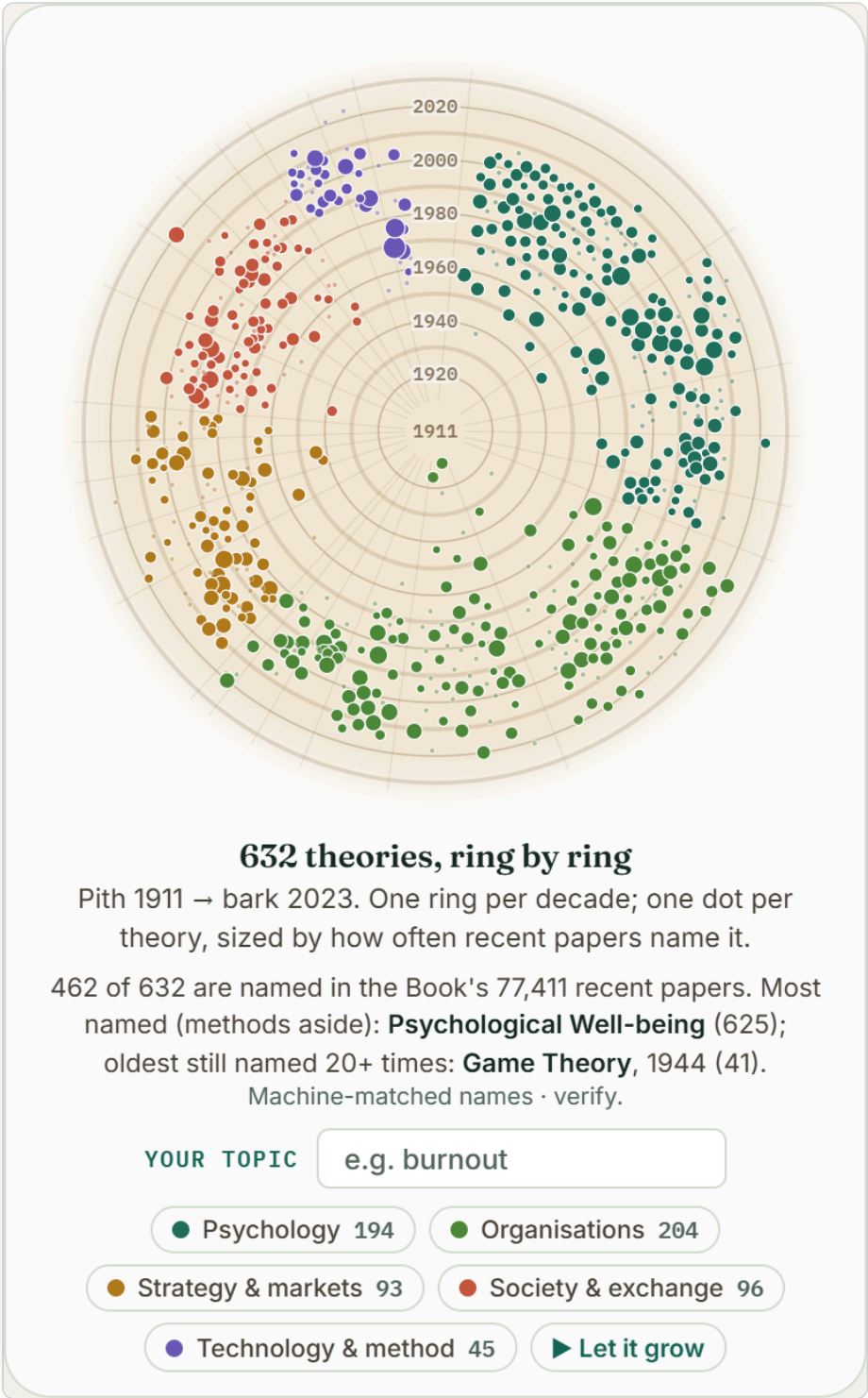


FIG 8.1 The catalogue as growth rings: one ring per decade from the 1910s to the 2020s, one dot per theory, sized by how often recent papers name it.

WHAT YOU SEE	WHAT IT MEANS
Distance from the centre	The theory's year — the real year field, on a linear scale from the pith (1911) to the bark (2023).

Sector	The theory's discipline; each sector's width is proportional to how many theories it holds.
Colour	A family of disciplines (Psychology, Organisations, Strategy & markets, Society & exchange, Technology & method) — a display grouping named in the legend.
Dot size	How often recent papers name the theory, on a log scale; faint small dots are not named in the recent tier — <i>not named</i> , which is not the same as <i>not used</i> .
Position within a sector	Layout only: the golden-angle rule that packs a sunflower head ¹⁴ .

HONEST DATA

No dot is placed at an invented year or discipline. Only the angle *inside* a sector is a drawing choice, made so dots do not overlap. Reduced-motion settings keep the rings still; ▶ **Let it grow** turns the reveal on for this device.

Influence Map and Timeline

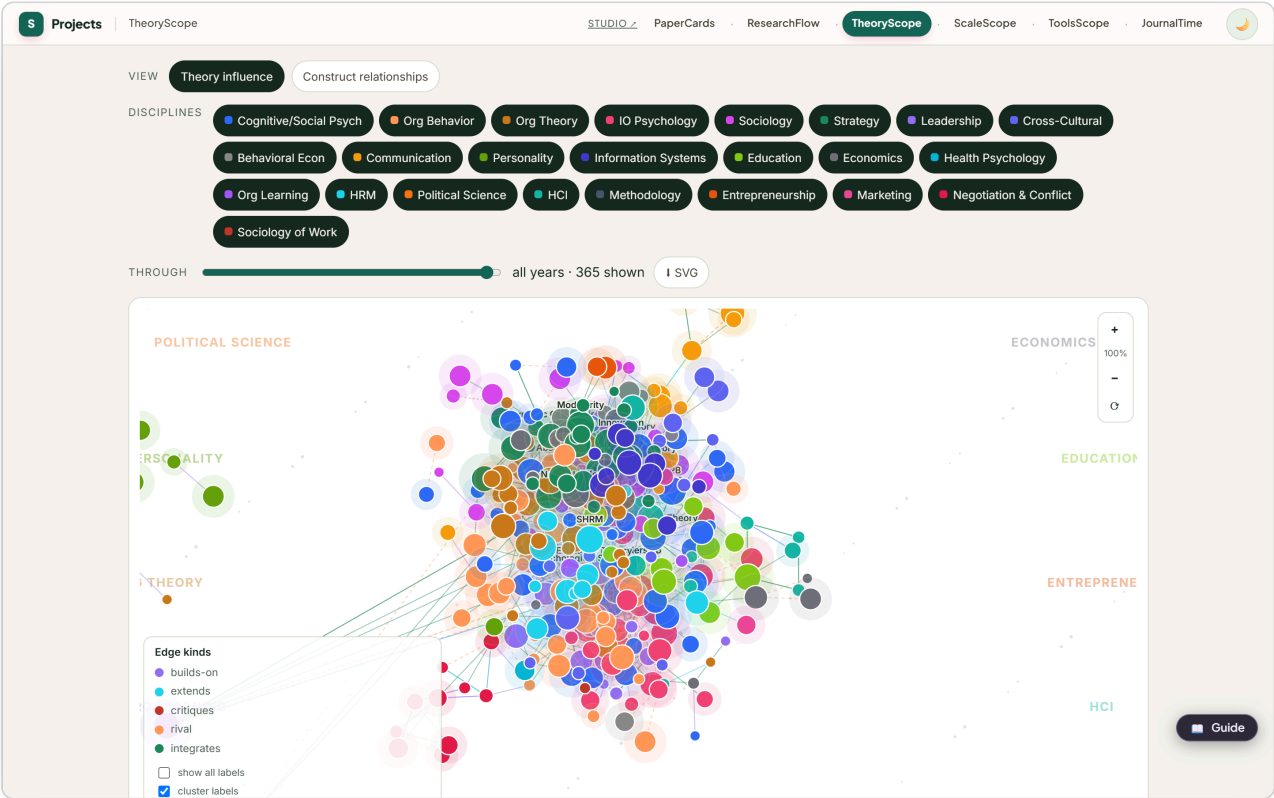


FIG 8.2 Influence Map, theory view. Filter by discipline; the **Through** slider replays the field year by year; **SVG** exports the current view.

Links on the map are typed — **builds on**, **extends**, **critiques**, **rival**, **integrates** — so it is the fastest way to find a lens's rivals and descendants. The *Construct relationships* view draws only signed propositions authored into the catalogue; theories without them do not appear, and nothing is inferred.

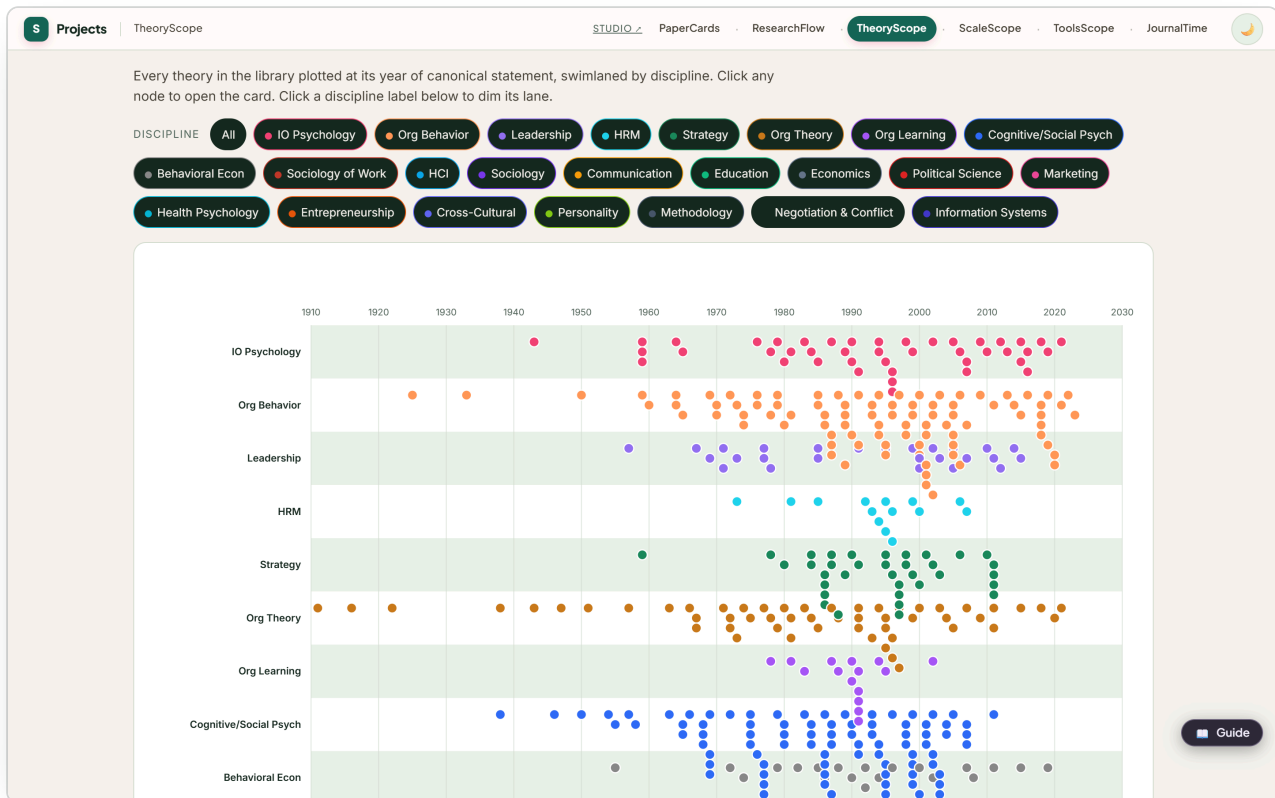


FIG 8.3 Timeline: every theory at its year, in its discipline's lane. Click a discipline to dim the others; click a dot to open the theory.

Why it looks like this

The rings put the most important quantity — *when* a theory was stated — on the strongest channel available in a radial picture: distance from the centre ^{15,16}. Discipline is a category, so it gets angular position and a small set of colours rather than a long rainbow ¹⁷.

Twenty-four disciplines are too many distinct hues to tell apart, so the colours group them into five families and the legend names the members ¹⁸.

Within a sector, dots are spread by the golden angle (137.5°), the packing rule of the sunflower head ¹⁴. It fills the sector evenly without stacking dots on top of one another — and carries no meaning of its own. Dot size is the theory's recent-literature count on a log scale, so a handful of very common names cannot flatten everything else.

Glossary

Lens

The theory a study borrows to explain *why* its constructs should relate as predicted. A study can test, extend or apply a lens; it should not merely name one.

Mechanism

The process a theory says connects cause and effect — JD-R's health-impairment and motivational paths, for example. The part of a theory most worth testing.

Boundary condition

Where, when or for whom a theory is expected to hold. Whetten's *who, where, when* ¹.

Rival theory

A theory that explains the same outcome through a different mechanism. Naming your rival and saying where the predictions part is the strongest defence of a choice.

Theory card

One catalogue entry: name, originators and year, discipline, level of analysis, one-line summary, proposition, mechanism, constructs, boundary conditions, critiques, key studies, measures.

Discipline

One of 24 home disciplines (IO Psychology, Org Behavior, Strategy...). It sets a theory's sector in the rings.

Edge kind

How two theories relate on the Influence Map: *builds on, extends, critiques, rival or integrates*.

Signed proposition

An authored relation between two constructs (for example demands → strain, positive). Only theories with authored relations appear on the construct map.

Recent usage

How often a theory's name or acronym appears in the Research Book's recent tier (77,411 papers, 2024 onwards) — machine-matched, shown as **↑ N recent** and always marked *verify*.

References

Every reference was resolved by its DOI against Crossref (or DataCite) and matched on first author and year before it could be cited — 18 sources in this volume. Verification date per entry is kept in `references/verified.json`.

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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
2.0.5	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.
2.0.4	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.
2.0.3	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.
2.0.2	2026–10–18	Suite renamed: Throughline is now Lazy Research Lad (series, titles and text). Screenshots unchanged.
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: a worked study (burnout and engagement in long-shift nursing) taken from question to theory section — candidate search, screening criteria, rival comparison, argument map, reviewer objections and a model paragraph. Tool reference moved to the last chapter. New figures captured 16 October 2026 from the live site.
1.0.0	2026–10–16	First edition. Figures captured 16 October 2026 from the live site.

Errata

No errata recorded for this version.