

01 DISCOVER	02 FRAME	03 MEASURE	04 COLLECT	05 ANALYZE	06 WRITE	07 PUBLISH
55 · 109 coded papers on Autonomy in Various Contexts - Burnout and Its Various Dimensions Corporate social responsibility and employee... Rupp et al. 2018 - Journal of Organizational Behavior - cited 137 Linking Ethical Leadership to Employee Burnout, ... Mo et al. 2017 - Journal of Business Ethics - cited 165 All in the Research Book	3 theories linked to these constructs JCM Job Characteristics Model Hackman, J. R., & Oldham, G. R., 1976 Self-Concordance Model Sheldon, K. M., & Elliot, A. J., 1999 PWB Psychological Well-being Ryff, C. D., 1989 MACHINE-MATCHED · VERIFY	15 items across 1 validated scale MBI-GS Maslach Burnout Inventory - General Survey 15 items - α : .73-.88 - Burnout and Its Various Dimensions MACHINE-MATCHED · VERIFY	N = 194 to detect $r = .20$ Two-sided $\alpha = .05$, power .80 (Fisherz). About 2 min per participant for 15 items at ~6 s each. You set the real effect size and lock the pre-registration here, before fielding.	Correlation + regression, with reliability (α) for each scale Autonomy in Various Contexts - Burnout and Its Various Dimensions. Runs in the browser on your data; results only from what you capture.	IMRaD draft assembled from stages 1-5 Methods take your scales and target N in planned-method wording. Results stay empty until analyses are captured.	Frozen pre-registration + open-science checklist Data/materials links, reviewer-response record and a hashed study package. Nothing is submitted for you.

One study, *one honest record*

Lazy Research Lad Studio — how to carry a study from first source to submission without losing the thread, and leave a record others can check.

One study, *one honest record*

The worked study has passed through eight volumes and eight tools. This one puts it in a single place: seven checkpoints in order, each with requirements you confirm yourself, a preregistration that locks before data arrive, and a package that shows exactly what was done.

Site. <https://throughline-studio.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. 8 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

Why a study needs one record

Most of the problems that sink empirical papers are not single mistakes. They are drift: a hypothesis quietly reworded after the data came in, a measure swapped, an analysis chosen because it worked.

Flexibility after seeing the data is the engine of false positives ¹. The defence is a record that fixes decisions in order and makes later changes visible. Preregistration does this for hypotheses and analyses ²; a single study record does it for everything else — which sources framed the question, which measures were chosen and why, what the plan said before the data existed.

A STUDY RECORD EARNS ITS KEEP WHEN...

- ☐ Decisions are made in order, and each is recorded where the next one can see it.
- ☐ The plan is fixed before data collection, with a timestamp.
- ☐ Changes after that point are visible, with reasons.
- ☐ Everything a reader needs to check the work travels together.

THE WORKED EXAMPLE – CLOSING

Over Volumes 2–8 the worked study made its decisions across eight tools: a lens (TheoryScope), measures (ScaleScope), a positioning (Research Book), evidence (PaperCards), a design (ResearchFlow), an analysis (ToolsScope) and a journal (JournalTime). Studio is where those decisions become one study.

02

FROM TOPIC TO WORKSPACE

Start the study

A study starts from a question — nothing else. Studio never invents evidence or results to fill a new study.

STUDY BLUEPRINT

See your study before you start it.

Your topic or question

shift length, autonomy and burnout in nurses

burnout

servant leadership and turnover intention

psychological safety and creativity

work engagement

Constructs found: **Autonomy in Various Contexts** **Burnout and Its Various Dimensions**

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Start this study →

Creates a study titled “Shift length, autonomy and burnout in nurses” with your question. Every stage above is yours to change; nothing is pre-reviewed.

Rule: constructs = the Research Book’s hand-coded constructs whose name or synonym appears in your words (longest phrase first). Papers = the Book’s most-cited papers coded to each, with DOIs. Theories and scales = the Book’s construct crosswalk to TheoryScope and ScaleScope (label match, verify). N = the closed-form sample size for $r = .20$; α = the source’s reported reliability. No AI is used on this page.

FIG 2.1 The study blueprint on the home, with the worked study's topic typed in. It finds two Research Book constructs (Autonomy, 55 coded papers; Burnout, 109), the theories and scale the crosswalk links to them, and a planning sample of N = 194 to detect $r = .20$.

Before a study exists, the home shows its **blueprint**: type a topic or question and each of the seven checkpoints shows the real material Studio would hand you there. That means the Research Book's most-cited papers on each construct, the theories and validated scales linked to them, a sample size from a power calculation, the analysis the shape implies, and what Write and Publish will assemble. No AI is used; the rule is printed under it.

THE WORKED EXAMPLE

For *shift length, autonomy and burnout in nurses*, the blueprint and the series disagree in useful ways:

THE BLUEPRINT OFFERS	THE STUDY DECIDED	WHY THEY DIFFER
Theories: Job Characteristics Model, Self-Concordance Model, Psychological Well-being	JD-R as the lens (Vol 5)	The crosswalk links theories to the constructs named. JD-R hangs on the Job Demands and Resources construct, which these words do not name.
Scale: MBI-GS for burnout	OLBI (Vol 6)	The blueprint lists what the library links; the choice between instruments needed the definition and the evidence table.
Constructs: Autonomy, Burnout	Plus shift length and the nursing setting	Shift length comes from rosters and the setting is not a construct, so neither is in the Book's 167.

The blueprint is a starting map drawn from the libraries. The decisions are the author's, and the volumes show how each was made.

Pressing **Start this study** → creates the study with your words as its title and question, exactly as the hub's Quick Start does. Nothing is filled in or reviewed on your behalf.

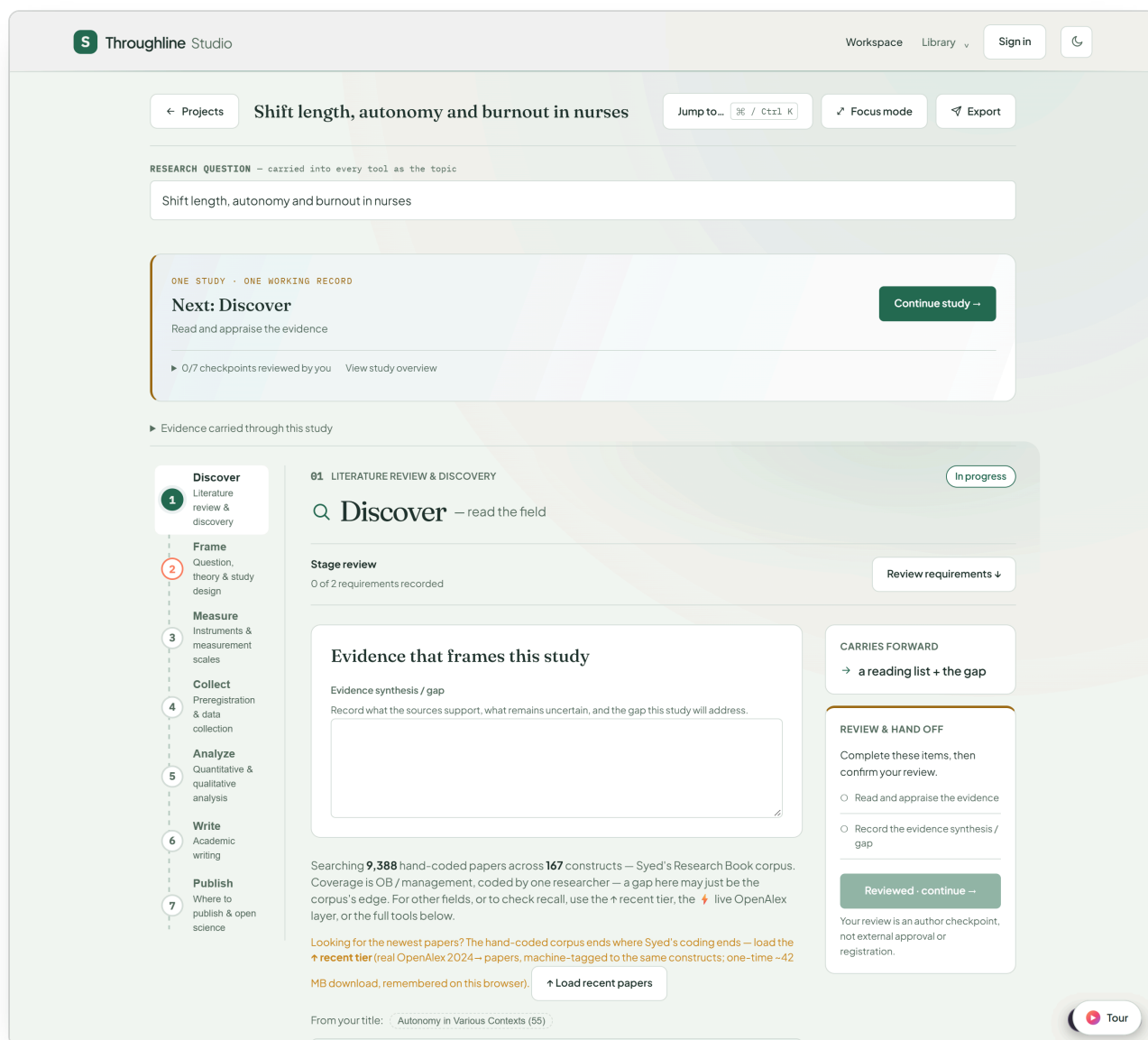


FIG 2.2 The study created from its topic: the research question carried into every tool, the next checkpoint (**Discover — read and appraise the evidence**), 0 of 7 checkpoints reviewed, and the seven-stage rail. Created live, 17 October 2026.

The hub's Quick Start, or any link carrying `?topic=`, creates the study directly; on the home, the blueprint's **Start this study** or the **New research project** button (title and field) does the same. Each stage opens with what it **carries forward** to the next — Discover carries a reading list and the gap; Frame carries a question, a lens and a design — so the order of work is visible from the start.

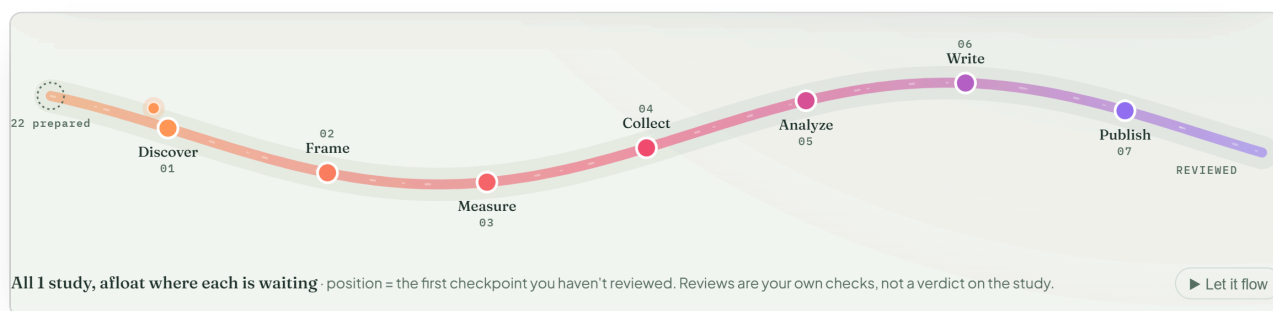


FIG 2.3 Back on the home, the river: seven checkpoints from the spring (22 prepared working papers) to the estuary. It appears once a study exists; the new study floats at Discover, the first checkpoint not yet reviewed.

03

DISCOVER → PUBLISH

Checkpoints in order

Each checkpoint has requirements you record, and a review you confirm. A later checkpoint asks you to review the earlier one first.

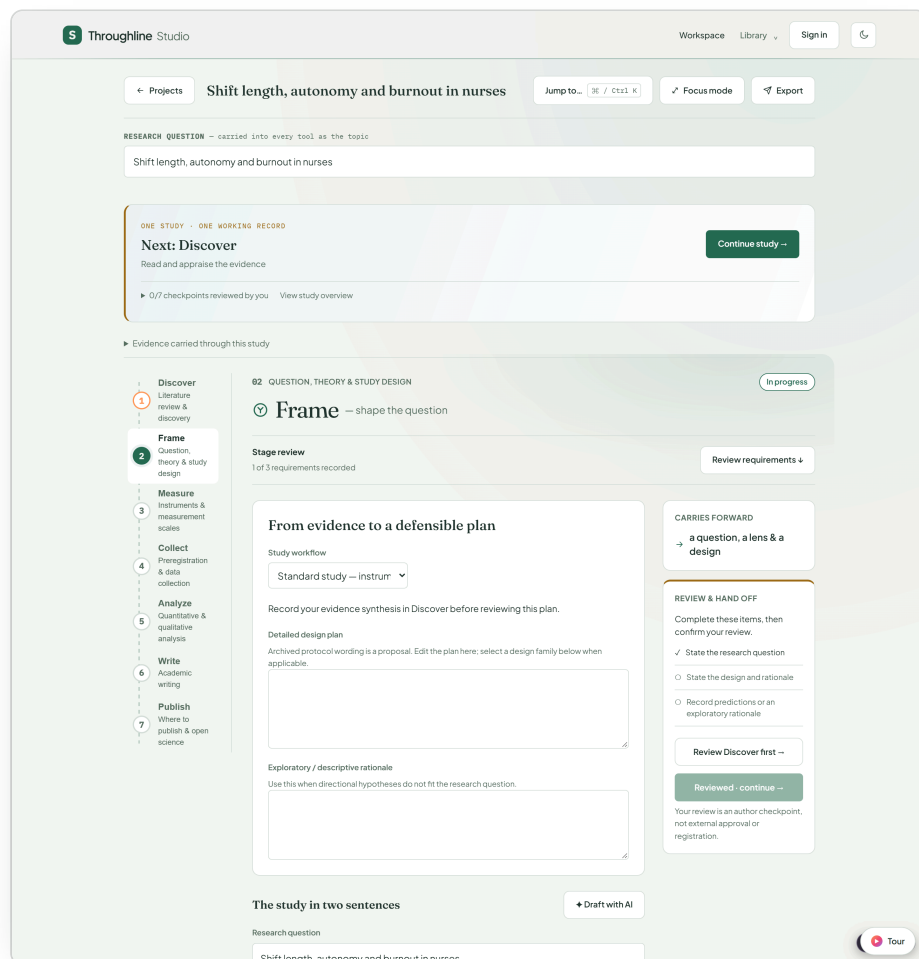


FIG 3.1 Frame — shape the question: 1 of 3 requirements recorded (the research question). The design plan and predictions are still to come, and the review panel asks to **review Discover first**.

Discover	Reading list, the positioning and the evidence	Vols 2–3
Frame	Question, JD-R as lens, two-wave design, predictions	Vols 4–5
Measure	OLBI, UWES-9, WDQ facets, roster shift length	Vol 6
Collect	Preregistration locked; data collected	—
Analyze	Measurement model, the moderation test	Vol 7
Write	The manuscript from the model paragraphs	Vols 2–8
Publish	Target journal, submission, revisions, open materials	Vol 8

The ordering is the point. Frame cannot be confirmed before Discover, because a question framed before reading is a question the literature may already have answered. Analyze waits on Collect, because the plan must exist before the data do.

WHAT A REVIEW IS

A review records that **you** checked the requirements. It is not peer review, ethics approval or a quality score, and Studio says so wherever a review appears.

04

COLLECT

Lock the plan

One click separates an exploratory study from a confirmatory one: fixing the plan before the data arrive.

At **Collect**, Studio assembles the preregistration from what earlier checkpoints recorded — hypotheses from Frame, measures from Measure, the analysis plan — and **locks it with a timestamp** before data collection. From then on it is read-only; Publish shows it alongside the manuscript ².

WORKED EXAMPLE

For the worked study, the lock fixes three things a reviewer would otherwise doubt: that H3 (the buffering interaction) was the primary test, that shift length was always meant to come from rosters, and that burnout and engagement were always to be tested as separate factors. Volume 7's results paragraph is credible because this lock happened first.

TIP

A locked plan can still be departed from — studies meet reality. The point is that departures are visible and explained, not silent ¹.

05

PUBLISH

Hand in an honest package

At the end, the record becomes the evidence that the study was done as described.

FIG 5.1 Publish — *place it & open it up*: the submission and revision desk keeps the manuscript, the journal requirements review, submission status and revision dates together. The preregistration, locked at Collect, is shown read-only.

- Edits save locally as you type; signed in, studies sync to your account across devices.

- **Export** downloads the study as JSON; **Import backup** restores it as a separate, labelled copy — never overwriting a newer study.
- A reviewer-response record keeps each comment, your response and where the manuscript changed.
- The **study package** ZIP holds the project, manuscript, method scaffold, reading list, analysis record, checklist and responses, with a SHA-256 manifest so a reader can tell nothing was altered — in the spirit of findable, accessible, interoperable and reusable outputs ³.

BEFORE YOU SHARE

The study package can contain private data and transcripts. Inspect it before sharing. Studio never submits to a journal for you.

06

QUESTIONS ABOUT THE PROCESS

Defend it

Increasingly, reviewers and editors ask how a study was run, not only what it found.

REVIEWER

"Were the hypotheses written after the data?"

YOUR ANSWER

Point to the preregistration locked at Collect, with its timestamp, and to the same hypotheses in the manuscript ².

REVIEWER

"Why this analysis and not another?"

YOUR ANSWER

It was the planned test; alternatives are reported as exploratory ¹.

REVIEWER

"Can we see the materials?"

YOUR ANSWER

Share the study package — inspected for private data — with its file manifest ³.

REVIEWER

"What did the AI tools do?"

YOUR ANSWER

List where drafts were generated and how each claim, citation and number was then checked; Studio's record shows the reviews.

Write the transparency statement

Journals now ask for a short statement of what was planned, shared and assisted.

MODEL PARAGRAPH

The hypotheses, measures and analysis plan were preregistered before data collection; the timestamped plan is available with the study materials. Deviations from the plan are reported in the manuscript.

Shift length was obtained from ward rosters. Survey materials, the analysis code and a de-identified dataset are available as described in the data availability statement, with a file manifest for verification.

AI tools were used to draft parts of the proposal and manuscript; the authors checked every claim, citation and number against its source.

Model statement for the illustrative study. It describes intended practice; adapt it to what your study actually preregistered and shared, and to the journal's wording.

BEFORE YOU SUBMIT THE STATEMENT

- ☐ The preregistration is cited with its date.
- ☐ Deviations are listed, with reasons.
- ☐ Data and materials access is stated, including any restrictions.
- ☐ AI assistance is disclosed.

08

REFERENCE

Studio at a glance

The home, the blueprint, the Kitchen and the shelf.

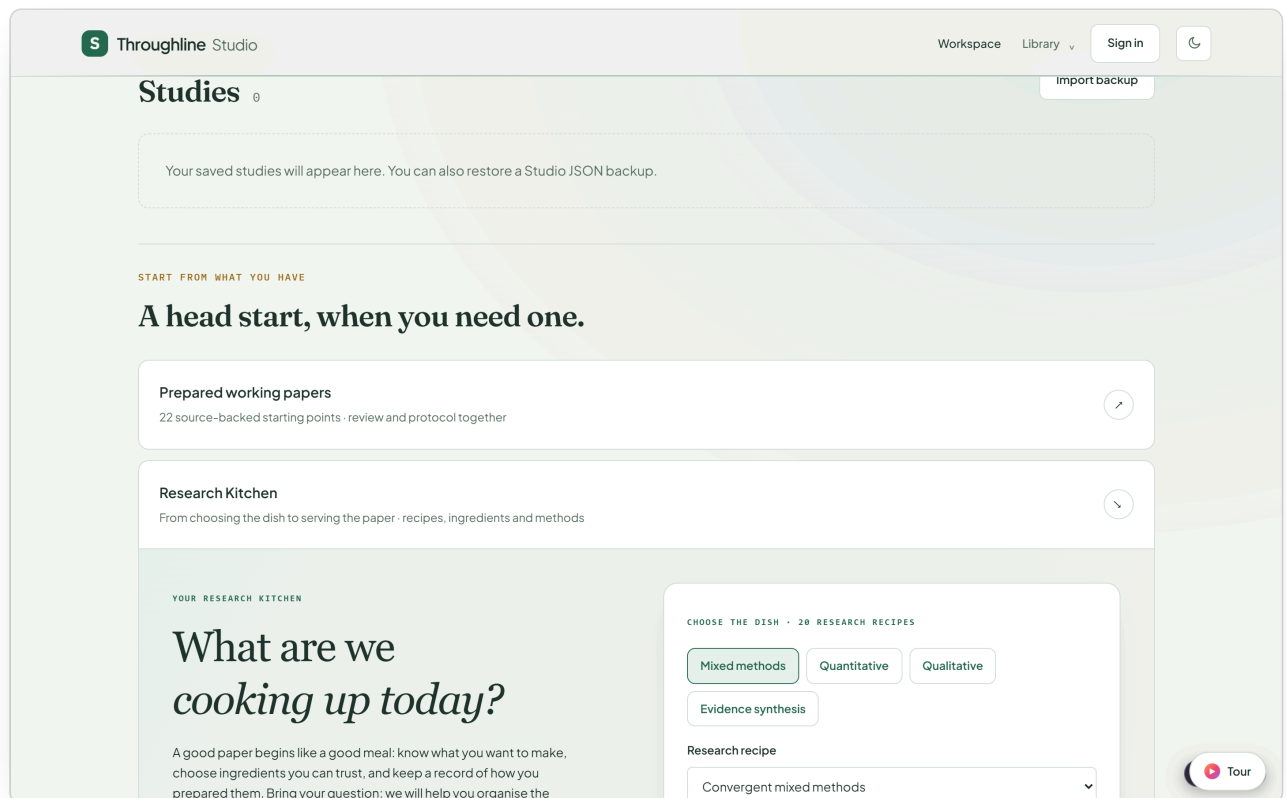


FIG 8.1 Research Kitchen: "What are we cooking up today?" — choose a dish (mixed methods, quantitative, qualitative, evidence synthesis) and a recipe.

- **19 recipes:** 12 executable quantitative workflows, 3 qualitative approaches, 3 mixed-methods designs and 1 evidence-screening workflow. Choosing a recipe seeds only the analysis plan.
- Quantitative recipes run on the open-source R engines also in ToolsScope's Research Lab [4,5,6,7](#); practice data are labelled simulated.
- **Prepared working papers:** 22 source-backed starting points, each with its review and protocol.

- **Focus mode** hides the overview and rail to widen the working area; **Jump to...** (Ctrl K) moves between stages.
- **The home:** the study blueprint (topic → seven checkpoints from the real libraries, *Start this study*), the shelf of saved studies with search and filters, and, once a study exists, the river showing where each one waits.
- From the home: the knowledge graph, 20 worked examples of published, DOI-verified papers walked A→Z (journeys marked *illustrative*), and the tour.

Why it looks like this

The trail encodes an *ordinal* sequence — first checkpoint to last — so its stations are placed in order along one path and coloured with Studio's stage ramp, an ordered progression rather than a set of unrelated hues ⁸.

A study's position is the only data on the river, and it is deliberately coarse: which checkpoint it waits on. Anything finer would invite reading quality into what is only a record of your own reviews. The river appears once a study exists; before that it would be decoration.

The study blueprint uses the same seven stations and colours as the river, so a first-time visitor learns the order of the work before starting it. Each station shows one kind of real record (papers, theories, scales, a sample size), and the rule under the blueprint says exactly how each was chosen.

Glossary

Study

One research project in Studio: its question, evidence, plan, data, analysis and manuscript.

Checkpoint

One of seven stages — Discover, Frame, Measure, Collect, Analyze, Write, Publish — each with recorded requirements.

Review

Your own confirmation that a checkpoint's requirements are met. Reviews are author checks, not a verdict on the study.

Preregistration

A timestamped plan of hypotheses and analyses, fixed before data are collected ². Studio locks it at Collect.

Study package

A ZIP of the project, manuscript, method scaffold, reading list, analysis record, checklist, reviewer responses and a SHA-256 file manifest.

Recipe

A Research Kitchen method guide — 19 in all — that seeds an analysis plan without overwriting your question.

References

Every reference was resolved by its DOI against Crossref (or DataCite) and matched on first author and year before it could be cited — 8 sources in this volume. Verification date per entry is kept in `references/verified.json`.

- 1 Simmons, J. P., Nelson, L. D., & Simonsohn, U. (2011). False-Positive Psychology. *Psychological Science*, 22(11), 1359–1366. <https://doi.org/10.1177/0956797611417632>
- 2 Nosek, B. A., Ebersole, C. R., DeHaven, A. C., & Mellor, D. T. (2018). The preregistration revolution. *Proceedings of the National Academy of Sciences*, 115(11), 2600–2606. <https://doi.org/10.1073/pnas.1708274114>
- 3 Wilkinson, M. D., Dumontier, M., Aalbersberg, I. J., Appleton, G., Axton, M., Baak, A., Blomberg, N., Boiten, J. W., da Silva Santos, L. B., Bourne, P. E., Bouwman, J., Brookes, A. J., Clark, T., Crosas, M., Dillo, I., Dumon, O., Edmunds, S., Evelo, C. T., Finkers, R., ... Mons, B. (2016). The FAIR Guiding Principles for scientific data management and stewardship. *Scientific Data*, 3(1). <https://doi.org/10.1038/sdata.2016.18>
- 4 Rosseel, Y. (2012). lavaan : An R Package for Structural Equation Modeling. *Journal of Statistical Software*, 48(2). <https://doi.org/10.18637/jss.v048.i02>
- 5 Bates, D., Mächler, M., Bolker, B., & Walker, S. (2015). Fitting Linear Mixed-Effects Models Using lme4. *Journal of Statistical Software*, 67(1). <https://doi.org/10.18637/jss.v067.i01>
- 6 Buuren, S. V., & Groothuis-Oudshoorn, K. (2011). mice: Multivariate Imputation by Chained Equations in R. *Journal of Statistical Software*, 45(3). <https://doi.org/10.18637/jss.v045.i03>
- 7 Viechtbauer, W. (2010). Conducting Meta-Analyses in R with the metafor Package. *Journal of Statistical Software*, 36(3). <https://doi.org/10.18637/jss.v036.i03>
- 8 Borland, D., & Taylor II, R. M. (2007). Rainbow Color Map (Still) Considered Harmful. *IEEE Computer Graphics and Applications*, 27(2), 14–17. <https://doi.org/10.1109/MCG.2007.323435>

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	The home's study blueprint added to Start the study, with the worked study's topic compared against the series' decisions; the river described as appearing once a study exists; cover is now the blueprint; design notes and reference updated. Figures recaptured 17 October 2026.
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	2026-10-17	Rewritten as a research guide closing the worked study: why a study needs one record, creating the study from a topic, the seven checkpoints and their order, author reviews, the preregistration lock, the study package, reviewer objections and a model transparency statement. New figures captured 17 October 2026.
1.0.0	2026-10-16	First edition. Figures captured 16 October 2026 from the live site in a fresh browser profile; the study shown is one of the 22 prepared working papers.

Errata

VERSION	WHERE	CORRECTION
2.1.0	Ch 2 (home) and cover	The home's study blueprint added to Start the study, with the worked study's topic compared against the series' decisions; the river described as appearing once a study exists; cover is now the blueprint; design notes and reference updated. Figures recaptured 17 October 2026.