APPROVED BY:

Order No V1-214 of the Director of Panevėžio kolegija/ State Higher Education Institution, as of 05 November 2019; Order No V1-20 of the Director of Panevėžio kolegija/ State Higher Education Institution, as of 26 January 2024, (updated version)

PANEVĖŽIO KOLEGIJA/STATE HIGHER EDUCATION INSTITUTION REQUIREMENTS FOR THE FORMALISATION OF WRITTEN WORK FOR STUDIES

1. The requirements apply to all independent academic works of Panevėžio kolegija/ State Higher Education Institution (hereinafter referred to as the College).

II. GENERAL REQUIREMENTS FOR THE FORMATTING OF ACADEMIC WORKS

- 2. The academic work starts with a title page, which must include:
- 2.1. The College logo or the full name of the institution.
- 2.2. The name of the faculty to which the degree programme belongs.
- 2.3. Details of the author.
- 2.4. Title of the academic work (title).
- 2.5. Type of work.
- 2.6. Degree, name and surname of the supervisor or lecturer who examined the assignment.
 - 2.7. Place and year of completion of the academic work (Annex 1).
- 3. The content of the thesis must reflect the structure of the work, and all the components (chapters, sub-sections, sections) must be listed. The titles of the chapters in the table of contents should be written in capital letters. Chapters, sub-chapters and sections shall be numbered in the table of contents and their titles and numbers shall be identical to the titles and numbers in the work. Page numbers in the table of contents shall be aligned on the right-hand side of the page, with left-hand alignment of the figures. An example of the formatting of the table of contents is given in Annex 2.
- 4. The work may have one or more annexes. The annexes contain supporting material to explain or supplement the work. Annexes are not paginated, and each individual annex is identified by the number of the annex and the word 'annex' (e.g. Annex 1) in the top right-hand corner.

5. Page formatting.

- 5.1. The text of the work shall be typed on a computer in A4 (21×29,7 cm) format, printed on white sheets of paper of the same size, with margins: 3 cm on the left side of the page, 1 cm on the right side and 2 cm at the top and the bottom.
- 5.2. The work shall be printed on one side of the page. The pages, except for the title page, shall be numbered in Arabic numerals, with neither dots nor dashes. The page number shall be written in the centre of the top margin.
- 6. **Paragraph formatting.** The first line of each paragraph shall be indented 1,5 cm from the left margin. Paragraphs shall be aligned both ways, with the text aligned in both the right and left margins. A space of 1,5 line-height shall be left between the lines. Paragraph spacing before 0 pt, after 0 pt.

7. Choice of font.

- 7.1. The font used is Times New Roman. The text shall be in 12 pt font size.
- 7.2. Footnote text shall be 10 pt, single spaced between footnotes lines.

8. Formatting chapters, subsections, sections

8.1. The writing style of chapters, sub-chapters, sections and text should be consistent throughout the work. Titles shall not use abbreviations, except for pedagogical titles and degrees: Prof., Assoc. Prof., Dr. The pedagogical title comes first, then the degree, e.g. Assoc. Prof. Dr. A. Jonaitis. Words are not raised; no full stop is placed after the heading. Each chapter shall always

start on a new page, and subsections and chapters on the same page. The text must begin on the same page as the heading.

- 8.2. The titles of the chapters of the thesis shall be written in bold capital letters of 16 pt and symmetrically arranged across the page. The chapter heading shall be double-spaced.
- 8.3. Section headings shall be written in sentence style (first letter capitalised, the others lowercase), in bold 14 pt high letters. The title of the subheading shall begin as the first line of the paragraph. One blank line before and after the subsection heading. If the section heading is followed by a sub-section heading, no blank line shall be left between them.
- 8.4. Section headings shall be written in sentence style in 12 pt tall bold italics, starting with the first line of the paragraph. One blank line shall be left before and after the section heading. If the subheading is followed by a section heading, there shall be no blank line between them.

III. LANGUAGE OF THE ACADEMIC WRITTEN WORKS

9. Language of the academic written works

- 9.1. The academic written work must be written in correct English, without grammatical, style or proofreading errors. It should argue, justify, prove, investigate, evaluate, but it is advisable to avoid advocacy, agitation, criticism, ridicule. The student's ideas should be presented in a clear, coherent and systematic manner, avoiding multiple statements and using a scientific style. The description of the results of the research should not begin with the words: I have investigated, I have discovered, etc., but should use impersonal phrases: found, investigated, etc. It is not advisable to misuse introductory phrases such as: must be emphasised, should be noted, etc.
- 9.2. Terms, names of countries, their capitals and other place names, names of foreign persons, names of companies/organisations, designations of materials, products and normative documents, etc., should be written in the original language.

10. Use of abbreviations.

- 10.1. Multi-word names or compound terms may be abbreviated by capitalising all the independent words. For such abbreviations, the full title shall be written first and the abbreviation shall appear in brackets, e.g. Information Technology (hereinafter referred to as IT). The thesis may not contain undeciphered abbreviations.
- 10.2. When abbreviating groups of words, each word shall be abbreviated individually, followed by a full stop and a space (for example "e. g."). A slash indicates a ratio (e.g. m/sec metres per second) or two equivalent things (e.g. tel/fax telephone and fax).

IV. REQUIREMENTS FOR TABLES

11. **Table formatting**

- 11.1. The format of the tables depends on the data they contain. The table shall be distinguished between header and data cells. It is recommended to visually distinguish between the header cells (highlighting of text, framing with thicker lines, use of coloured backgrounds, etc.).
- 11.2. The font of the table may be 1-2 pt lower than the font of the body text, with single line spacing.
- 11.3. Tables should be placed in the middle of the page. A table must have a title (heading), which is written in the centre of the line in lower case starting with a capital letter. The title shall be in bold type and shall not be followed by a full stop.
- 11.4. Column headings, column headings and subheadings of a table shall begin with a capital letter, except for those subheadings which form a single sentence with the column heading. Headings shall be written in the singular and shall not be followed by punctuation. There must be a single space between the lines of the column heading and the subheading.
- 11.5. If part of the rows of a table are carried over to the next page, 'Continuation of the table on the next page' shall be written at the bottom right-hand side of the first part of the table and 'Continuation of table n' shall precede the second part of the table. The second part of the table repeats the title line.

- 11.6. If footnotes are required, they shall be written after the main body of the table. Footnotes are usually used to adjust one or other figure (e.g. a statistic is not in the same year as all other data). The text size of footnotes shall be 10 pt and the spacing between footnote lines shall be single spaced.
 - 11.7. Tables of more than 1 page should be placed in the appendices of the thesis.

12. Numbering of tables

- 12.1. If there is only one table in the work, only the word "Table" shall be written on the right-hand side of the page, above the table heading.
- 12.2. If there are more than one table in the work, they shall be numbered consecutively, irrespective of the number of the chapter in which they are placed. The table number in Arabic numerals and the word 'Table' shall appear above the table heading in the right-hand margin.

13. Presenting information in tables

- 13.1. Tables must clearly identify the attributes (variables, dimensions, etc.) being reported and the values used (absolute values, relative values, etc.). It must also be clear what units of measurement are used and what their meaning is. The numerical values in the same column must have the same number of decimal places. Figures shall be aligned according to the decimal point and the text shall be left aligned.
- 13.2. The following conditional notations shall be used when completing the table: a dash (-) if there is no data for a particular phenomenon; a plural (...) if there are no data but there are data for a particular phenomenon; two zeros with a dot in the middle (0.0) if there are data but the numeric values are less than the precision accepted in the table; an X if there is no need for a row; and a zero (0.0) if there is no need for the row.
- 13.3. Statistical confidence estimates are footnoted with an asterisk (*p<0.01). If the table contains data not compiled by the author, the source of the information must be indicated. The source should be given in 10 pt, with a single space between rows after the table. When the table is compiled by the author, the source does not need to be indicated.

14. Analysis of the information in the table

- 14.1. A table must be preceded by a statement in the text of what is covered in the table and a reference to the table, e.g. (Table 2).
- 14.2. In the academic work, two tables cannot follow each other there must be a text between them analysing the data in the table. A chapter, section, subsection cannot end with a table.
- 14.3. If a table and a figure contain the same information, only one of them should be included in the thesis, whether in the text or in the annexes.

V. ILLUSTRATION OF TEXT WITH PICTURES

- 15. All illustrations (graphs, charts, diagrams, photographs, etc.) are referred to as 'figures' and should be placed after the paragraph in which the analysis begins and where the figure is referred to, e.g. (Figure 4). A chapter, subsection, section may not begin or end with a figure. A manuscript may not contain two figures consecutively, but must have explanatory text between them.
- 16. If a work contains more than one figure, they shall be numbered consecutively in Arabic numerals. The figure number and title shall appear below the figure in the centre of the line. The figure number shall be in regular type and the title in bold type. If there is only one figure in the work, only the abbreviation 'Fig.' is used.
- 17. If the illustration is not by the author, the source must be indicated. The source should be indicated in 10 pt. size after the title of the figure, leaving a single space between lines. Examples of how to cite the source of an illustration are given in Table 1.

Examples of citing the source of an illustration

Type of illustration		Example	
	Original figure is used	Source: Carroll, A. B. (1979). Three-dimensional conceptual model of	

Table 1

	corporate performance. <i>Academy of Management Review</i> , <i>4</i> (4), p. 499. https://doi.org/10.5465/AMR.1979.4498296.
Adaptation of original	Adapted by the author from: Carroll, A. B. (1979). Three-dimensional
figure	conceptual model of corporate performance. Academy of Management
	Review, 4(4), p. 499. https://doi.org/10.5465/AMR.1979.4498296.

18. Requirements for graphs and charts:

- 18.1. 18.1 Charts and graphs shall be easy to understand and comprehend. Each element must provide information and be easy to see. The axes of a graphical illustration shall be graded, with axis names and units of measurement.
- 18.2. 18.2 Bar charts should not contain more than 10 columns (bars). Columns (bars) should be wider than the spaces between them.
- 18.3. 18.3 Line charts should not contain more than 5 curves. The line of the diagram shall be thicker than the connecting and axial lines.
- 18.4. 18.4 In a circular diagram, the circular cut-outs are normally arranged in descending clockwise order, starting at the 12th position. The optimum number of cut-outs is 3-7.

VI. WRITING UNITS OF MEASUREMENT AND FORMULAS

19. Writing symbols for units of measurement:

- 19.1. A space shall be left between the number and the unit symbol, e.g. 150 km, 25 °C. Exception: flat angle units, e.g. 45° angle.
- 19.2. No full stop after units of length, area, volume, weight, e.g. 20 m, 105 cm2, 1,5 kg. International units of time shall be written without dots (e.g. 10 h). Units of time expressed in Lithuanian abbreviations are written with dots (e.g. 10 h in 2019).
- 19.3. Where ranges of variation are indicated, the unit of measurement shall be written only after the second digit, e.g. speed of movement varies from 3.1 to 3.9 m/s. Numbers written next to each other shall be separated by semicolons, e.g. the voltage has increased by 3; 5; 6; and 8 volts respectively.

20. Writing formulas:

20.1. 20.1 Formulas shall begin at the indent of the first line of the paragraph. On the same line, the formula number shall appear in brackets. A mathematical formula does not change the grammatical structure of the phrase; therefore, punctuation before and after the formula shall follow the rules of punctuation. After the formula, a comma is added and the word *here* is placed after the formula on the next line, followed by a column downwards describing all its variables. Each decoding is followed by a semicolon, e.g.:

$$n = \frac{t^2 s^2}{\Lambda^2},\tag{1}$$

here t – reliability factor value;

 Δ – tolerance;

s – standard deviation.

VII. REFERENCES AND CITATIONS

21. References to sources of information:

- 21.1. Bibliographic references to sources shall be cited using APA7 citation style.
- 21.2. In academic written work, when using material from other publications or documents, it is important to do so in a fair and ethical manner. References to cited sources must be provided to avoid plagiarism.
- 21.3. There are two types of quotations: narrative quotations and parenthetical quotations. Narrative quotations include the name of the author as part of the text: *Smith* (2023) analyses... gives... examines...; Smith (2023) distinguishes 'a specific quotation is included and a page is given at the end' (p. 15). Parenthetical quotations are enclosed in parentheses: A paraphrased quotation is

written with the author and date in parentheses" (Smith, 2023); "A quotation is written in quotation marks from a one/two author source" (Smith and Johnson, 2023, p. 15); "When quoting more than 3 authors, the first author is written, etc." (Smith et al., 2023, p. 11).

21.4. Examples of citations are given in Table 2.

Table 2

Examples of citations

Author	Narrative quotation	Parenthetical quotation
One author	Martin (2023) xxx.	Xxx (Martin, 2023).
Two authors	Martin and Muller (2023) xxx.	Xxx (Martin & Muller, 2023).
Three and more authors	Martin et al. (2023) xxx.	Xxx (Martin et al., 2023).
No authorship of the source, enter the title	_	Xxx (Title, 2023).
Legal acts	Labour Code of the Republic of Lithuania (2023) xxx.	Xxx (Labour Code of the Republic of Lithuania, 2023).
No date of source	Martin (n.d.) xxx.	Xxx (Martin, n.d.).
Recitation	Martin (1999) xxx (cit. from Muller, 2022).	Xxx (Martin, 1999, cit. from Muller, 2022)

21.5. The following abbreviations are optionally allowed in academic works: two authors and/&, three and more, etc./et al. The same abbreviation must be used both in the text when citing the source of the quotation, and in the list of sources. In the case of a re-citation, i.e. when a secondary source of information is cited instead of the original source, only the secondary source of information that was cited in the work should be included in the list of information sources.

VIII. COMPILING A LIST OF INFORMATION SOURCES

- 22. List of sources of information a bibliographic description of the documents used (cited, paraphrased, referred to) in the thesis, arranged in alphabetical order.
 - 23. The following rules must be observed when compiling the list of information sources:
 - 23.1. All sources of information referred to in the academic work must be listed.
 - 23.2. Only those sources of information mentioned in the academic work may be listed.
- 23.3. Methodological guidance on the preparation of the academic work shall not be included in the list.
- 24. Bibliographic descriptions of information sources are given in the original language of the sources. The sources shall be listed first in alphabetical order in the languages of the Latin script (e.g. Lithuanian, English), followed by other scripts (e.g. Russian).
- 25. The list shall be numbered in Arabic numerals and aligned according to the left-hand margin.
- 26. It is recommended that at least one-third of the references should be from foreign authors, of which half should be in foreign languages.
 - 27. Textbooks shall be used in exceptional cases, with justification of their necessity.
- 28. A significant proportion of the list must be foreign language sources (monographs, articles, research data).
- 29. Theses (professional bachelor's theses, bachelor's dissertations) written by other students may not be used and included in the reference list.
- 30. Literature that has been read but not used in the thesis should not be included in the list.
- 31. In order to prepare a coursework, a student must normally study at least 15 sources of information for the coursework and at least 25 sources of information for the final thesis.
 - 32. At least two-thirds of the sources must be up to ten years old.
 - 33. Examples of source descriptions in accordance with APA7 rules are given in Annex 4.

IX. FINAL PROVISIONS

- 34. The requirements for the formalisation of the study essays of the College shall be approved and amended by the Director's order.
- 35. The faculty, assessing the specifics of a study programme, may prepare and approve more detailed methodological instructions for study essays for a specific study programme at a meeting of the study programme committee. The content of the methodological guidelines may not contradict the requirements formulated in this document.



FACULTY OF		
Student of study programme Name Surname		
TITLE OF THE ACADEMIC WORK		
Type of academic work (final thesis (final project), coursework, independent work, practice		
report, etc.)		
Supervisor		
Name Surname		
I certify that my professional bachelor's thesis (insert type of thesis) has been written in good faith, without infringing the copyrights of others, and that direct or indirect quotations from other sources have been used in the references.		
Student's name, surname, signature		

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Examples of descriptions and citations of information sources according to APA7 rules

No.	Type of source	Description (entry in the reference list)	Citation		
Boo	Books: Examples are given of a book with a varying number of authors. This principle of listing authors by number of authors also applies to articles.				
1.	Book with a single author	Diaz, L. T. (2022). A course for teaching English learners. Pearson.	Xxx (Diaz, 2022). Diaz (2022) xxx.		
2.	Book with two authors	Oshima, A., & Hogue, A. (2007). Introduction to academic writing. Pearson/Longman.	Xxx (Oshima & Hogue, 2023). Oshima & Hogue (2023) xxx.		
3.	Book with three up to twenty authors	Barnet, S., Bellanca, P., & Stubbs, M. (2023). <i>A short guide to college writing</i> . Pearson Education. Turner, K., Krenus, B., Ireland, L., & Pointon, L. (2011). <i>Essential academic skills</i> . Oxford University Press.	Xxx (Barnet et al., 2023). Barnet et al. (2023) xxx.		
4.	Book with twenty one and more authors	Borkowski, S., Mielczarek, K., Kurenkov, P. V, Stepanov, A. L, Gejdoš, P., Hitka, M., Potkány, M., Balalaev, A.S, Hrubec, J., Prístavka, M., Stachová, K., Stacho, Z., Konstanciak, M., Jagusiak, M., Klacková, M., Ulewicz, R., Kleszcz, D., Koszembar-W., Małgorzata, Gyurák Babel'ová, Z., Blaško, R. (2020). <i>Toyotarity. Knowledge using in service management: monography</i> . Instytut Wydawniczy PTM.	Xxx (Borkowski et al., 2020). Borkowski et al. (2020) xxx.		
5.	Book without authors	Sociology. (2024). Vytautas Magnum University.	Xxx (Sociology, 2024).		
6.	Collective authorship book	Lithuanian Statistical Office. (2023). Statistical Yearbook of Lithuania. Lithuanian Statistical Office.	Xxx (Lithuanian Statistical Office, 2023). According to the data of the Lithuanian Statistical Department (2023) xxx.		
7.	Digital book on the Internet	Krylovas, A. & Kriauzienė, R. (2015). <i>Matematika studijuojantiems ekonomiką ir verslą: vadovėlis</i> . Vilnius: Registrų centras. https://cris.mruni.eu/cris/entities/publication/6d63d298-3113-412d-bb81-c19c54d59ee0/details . Burns, A. (2018). Milkman. Faber & Faber. https://amzn.to/2ObKrVf	Xxx (Krylovas & Kriauzienė, 2015). Xxx (Burns, 2018). Krylovas & Kriauzienė (2015) xxx. Burns (2018) xxx.		
8.	Digital book with DOI number	Hafner, A., Dolbunova, E., Mazurkevich, A., Pranckėnaitė, E., & Hinz, M. (2020). <i>Settling waterscapes in Europe: the archaeology of Neolithic and Bronze Age pile-dwellings</i> . Propylaeum. https://doi.org/10.11588/propylaeum.714	Xxx (Hafner et al., 2020). Hafner et al. (2020) xxx.		
9.	Book chapter	Zhang, L. F., & Sternberg, R. J. (2024). Learning in a cross-cultural perspective. In V. G. Aukrust (Ed.), <i>Learning and cognition in education</i> . Elsevier.	Xxx (Zhang & Sternberg, 2024). Zhang & Sternberg (2024) xxx.		
10.	Dissertation, study	Kelly, C. B. D. (2018). The art of coffee roasting: Investigations into sensor development for the	Xxx (Kelly, 2018). Kelly		

No.	Type of source	Description (entry in the reference list)	Citation
		application of controlling coffee roasting [Doctoral thesis, The University of Waikato]. https://hdl.handle.net/10289/11614	(2018) xxx.
Jou	rnal articles: The pr	inciple of authorship for books also applies to articles.	
11.	Online journal article	Dolez, A., Granjou, C., & Louvel, S. (2019). On the Plurality of Environmental Regimes of Anticipation: Insights from Forest Science and Management. <i>Science & Technology Studies</i> , <i>32</i> (4), 78–96. http://search.ebscohost.com.db.kaunokolegija.lt/login.aspx?direct=true&db=a9h&AN=140388418&site=ehost-live .	Dolez et al. (2019) xxx.
12.	Online journal article with DOI number	Brusokas, A., & Cieślikowski, K. (2017). Determinants of effective management in the sport with the use of large sport arenas in selected cities. <i>European Journal of Service Management</i> , 5–10. https://doi.org/10.18276/ejsm.2017.21-01 .	Xxx (Brusokas & Cieślikowski, 2017). Brusokas ir Cieślikowski (2017) xxx.
13.	Online journal article (with more than author)	Kalnay, E., Kanamitsu, M., Kistler, R., Collins, W., Deaven, D., Gandin, L., Iredell, M., Saha, S., White, G., Woollen, J., Zhu, Y., Chelliah, M., Ebisuzaki, W., Higgins, W., Janowiak, J., Mo, K. C., Ropelewski, C., Wang, J., Leetmaa, A., Reynolds, R., Jenne, R., & Joseph, D. (2020). The NCEP/NCAR 40-Year Reanalysis Project. <i>Bulletin of the American Meteorological Society</i> , 77(3), 437–472. http://doi.org/fg6rf9	Xxx (Kalnay et al., 2020). Kalnay et al. (2020) xxx.
14.	Article in the proceedings	Urbelytė, R. ir Živatkauskas A. (2022). Spatial planning issues in cultural heritage sites. <i>Application of Innovations in Technologies: Republican Scientific-Practical Student Conference</i> , 2022, volume 2, 61–68. Kaunas College Advertising and Studies Centre.	Xxx (Urbelytė & Živatkauskas, 2022). Urbelytė & Živatkauskas (2022) xxx.
Leg	islation, standards,	statistical information	
15.	Act of law	Lithuanian medical standard MN 35:2012 "Oral hygienist. Rights, duties, competences and responsibilities": 31 December 2012. No. V-1208 (2019). Consolidated version as of 01-07-2019. https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.440801/asr .	Xxx (Lithuanian medical standard MN 35:2012 "Oral hygienist. Rights, duties, competences and responsibilities", 2019). Lithuanian medical standard MN 35:2012 "Oral hygienist. Rights, duties, competences and responsibilities" (2019) xxx.
16.	Standard	Lithuanian Standardisation Department. (2003). Quality management system document preparation manual (tpt ISO/TR 10013:2001) (2003-04-01, 24). Lithuanian Standardization Department.	Xxx (Lithuanian Standardisation Department, 2003). Lithuanian Standardisation Department (2003) xxx.

No.	Type of source	Description (entry in the reference list)	Citation
17.	Statistics	Lithuanian Statistical Office. (2023). Waiting times for health services: primary health care. https://osp.stat.gov.lt/pacientu-eiles .	Xxx (Lithuanian Statistical Office, 2023). or According to Lithuanian Statistical Office (2023) data xxx.
Wel	Websites:		
18.	Information from institutions, organisations or other official websites	National Institute of Mental Health. (2018). <i>Anxiety disorders</i> . U.S. Department of Health and Human Services, National Institutes of Health. https://www.nimh.nih.gov/health/topics/anxiety-disorders .	Xxx (National Institute of Mental Health, 2018). Nacionalinio psichikos sveikatos instituto (2018) xxx.
19.	Information from websites	Bologna, C. (2019). Why some people with anxiety love watching horror movies. HuffPost. https://www.huffpost.com/entry/anxiety-love-watching-horror-movies_1_5d277587e4b02a5a5d57b59e . Note: If there is no obvious author on the website, please give the name of the website as the author. If there is no date, use (n.d.)	Xxx (Bologna, 2019). Bologna (2019) xxx.

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- 9. Sfakianaki, E., & Kakouris, A. (2019). Lean thinking for education: Development and validation of an instrument. *International Journal of Quality & Reliability Management*, *36*(6), 917-950. https://doi.org/10.1108/IJQRM-07-2018-0202.