



ETHICS COMMITTEE OPINION

April 24, 2026

I, Paulo Malico Sousa professor, in my capacity as Vice-President of the Ethics Committee of ISCE, acting on behalf of the President, hereby submit the decision regarding the project submitted by the researcher António Pedro dos Santos Saraiva de Oliveira under the supervision of Professor Tânia Mira.

Project Title	Physical Activity, Perceived Stress, and Subjective Well-Being in Portuguese Army Personnel
Project Title (Original Language)	Atividade Física, Stress Percebido e Bem-Estar Subjetivo em Militares do Exército Português
Reference	code-ISCE/EC/0012026
Research Team	António Pedro dos Santos Saraiva; Tânia Mira
Relator	Doctor Raynier Montoro-Bombú
Decision	"The Ethics Committee unanimously decided to issue a favorable opinion (Approved). The decision was based on the report prepared by the rapporteur."

The Vice-President of the Ethics Committee of ISCE

Professor Paulo Malico Sousa