On a very general level we can say that the results of the Project Research support the claims made by the authors of the surveyed literature in the Theoretical Overview, i.e., that the progressive forms in Albanian really exist. However, our research has qualified the observations on Albanian progressive constructions in the literature in one important respect: it has, perhaps surprisingly, shown that the po-constructions (in spite of their restriction to the present and imperfect) rather than the jam + duke forms are by far the more common of these two formal means of expressing progressiveness in Albanian.

The prevalence of the po-constructions over the duke ones is surprising because the present/imperfect tense restrictions of the po-constructions are not the only ones. Other tenses are not allowed to combine with the po-constructions for diverse reasons (the preterite because of its terminative nature, the future tense because of the particles do te and the impossibility of po to combine with other particles before the verb). Another limitation that appeared in both parts of this study is the impossibility of the progressive po particle to accompany verbs denoting repetition or habit.

If we were to speculate on the reasons for the prevalence of the po-constructions over the duke ones, we suppose that it is also the length that plays an important role when it comes to the choice between the two structures. In fact, the results of our study suggest that the use of po or duke particle is very much differentiated. If anything, the po particle combines with finite verb forms, while the duke particle tends to occur primarily with non-finite verb forms in Albanian.

Concerning the use of the progressive po-constructions to express the category of aspect, the status of this construction is not very clearly established in Albanian. From the theoretical overview we know that linguists cannot decide whether it is a grammatical means or a lexical one.