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ADVANCED PSYCINFO

Contents

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Introduction

PsycINFO is a bibliographic database which contains records of information about journal articles, book chapters, books and dissertations in the field of psychology and the psychological aspects of related disciplines, such as medicine, psychiatry, nursing, sociology, education, pharmacology, physiology, linguistics, anthropology, business, and law. You can search PsycINFO back to 1806 to find material on your topic of interest.

PsycINFO has direct links to the full text of some journal articles. For many articles however, it only provides the abstract (the summary paragraph) but each record will tell you which journal the article has been published in.

Learning outcomes

By the end of this workbook, you should be able to:

- Access PsycINFO via the Library website
- Perform a comprehensive search for a topic, using a variety of search techniques
- Combine your search results
- View and save your results
- Access databases from off-campus

About this workbook

- Things that you need to type are displayed in `Courier New` bold font
- Instructions assume that you are using the Internet Explorer browser (the ISS supported Web browser), but you can use any web browser.

1. Getting Started

a. Before you start

This workbook aims to teach you how to search **comprehensively** for journal articles on a chosen topic. If you decide it is too in-depth for your assignment or the research you are conducting there is an intermediate level workbook which will show you how to use keyword searches to find references containing simple words and phrases.

Throughout this comprehensive workbook, you will learn how to find articles to answer the following question.

> **"Can cognitive behavioural therapy help to improve self esteem in people with eating disorders?"**

Although you might not be interested in this particular topic, the guided example will teach you the principles behind the literature searching process. You can then apply the same skills to search for articles on your own topic.

b. Logging in to PsycINFO
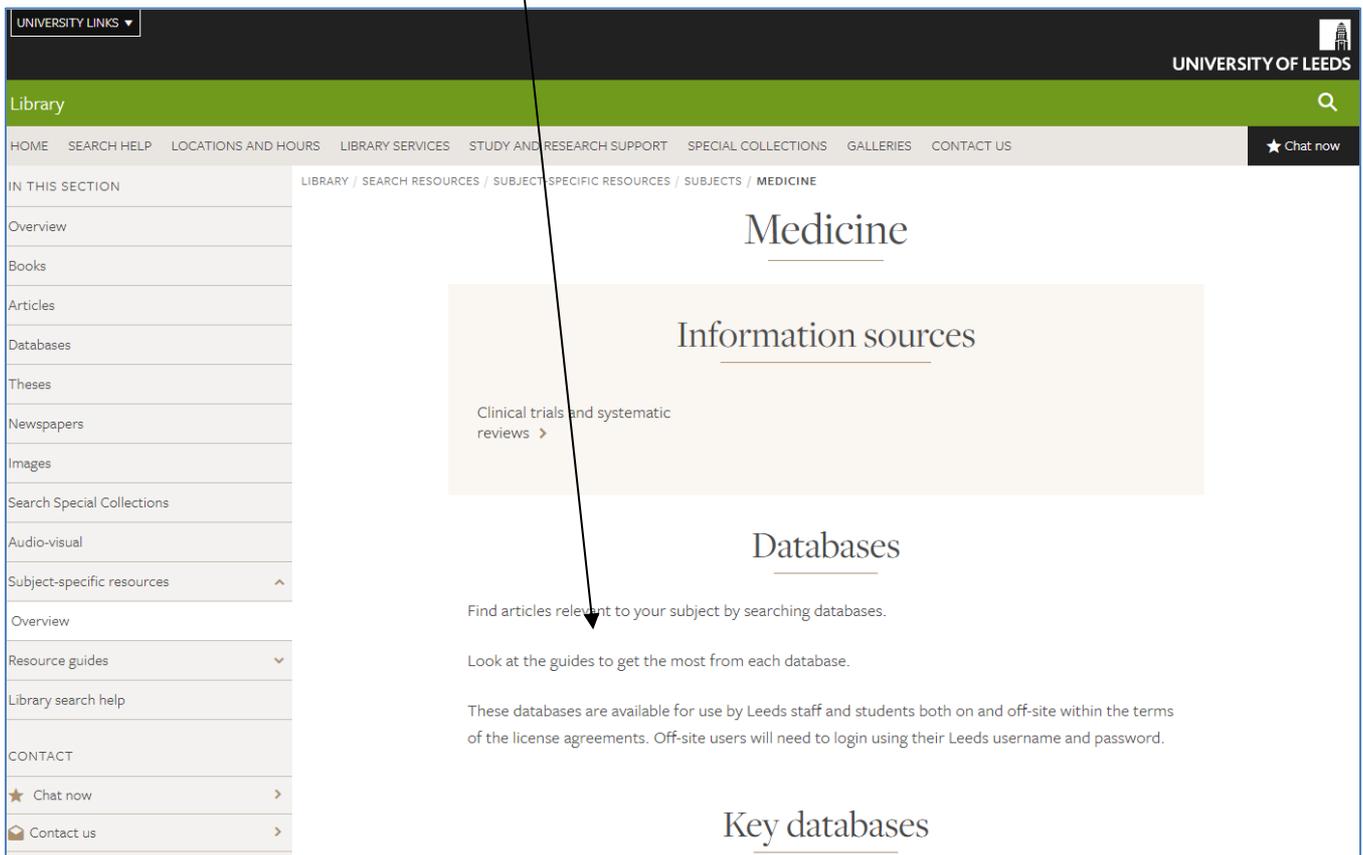
Exercise 1 – Getting in to PsycINFO

To access the database, go to the Library's homepage at https://library.leeds.ac.uk/ and click on

Subject databases. This contains a bank of useful resources to help you with your studies.
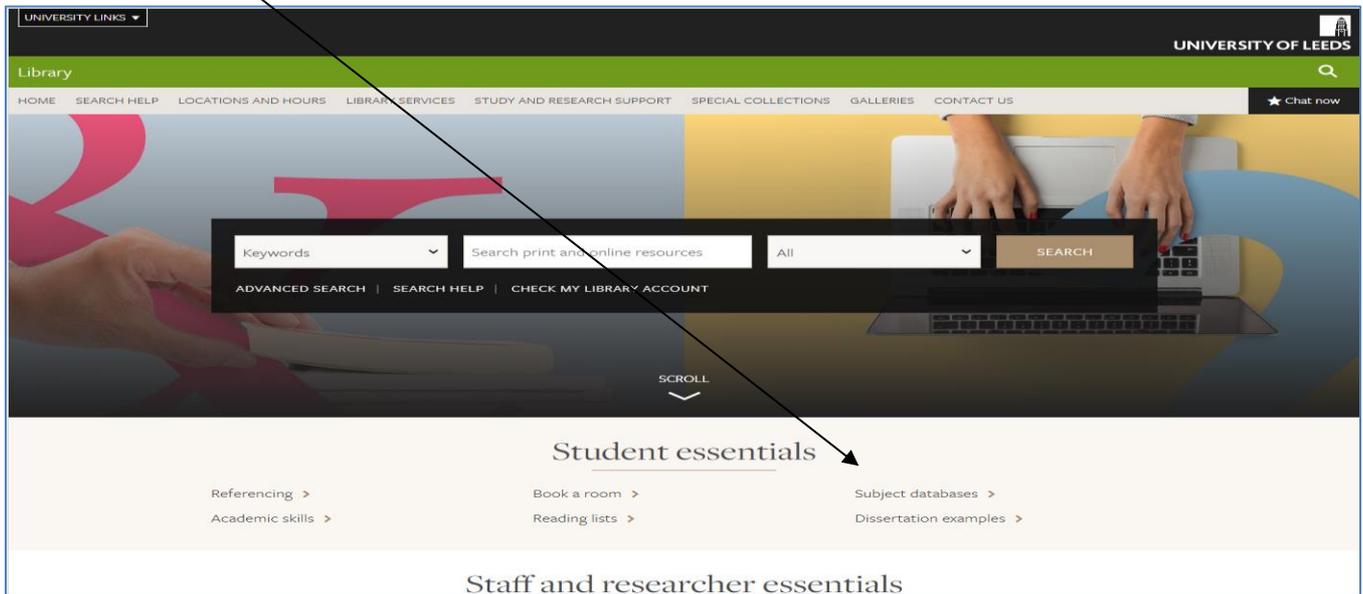
You can view databases relevant to your studies by selecting your subject from the subsequent list.

Scroll down the page to find your **Key databases**.

NOTE PsycINFO is not listed on the key databases page for *every* subject. If PsycINFO is not on your own subject's key databases page, you can find it on the list of key databases on the Medicine subject resources page.

Your key databases page provides you with a list of databases which have been chosen as the most likely to be relevant for your subject. It's a good idea to browse through them and read their descriptions to decide which ones are relevant for your studies.

As this workbook looks at PsycINFO, select PsycINFO from the list of databases by clicking the green link (ciricled). The entry will look like this:
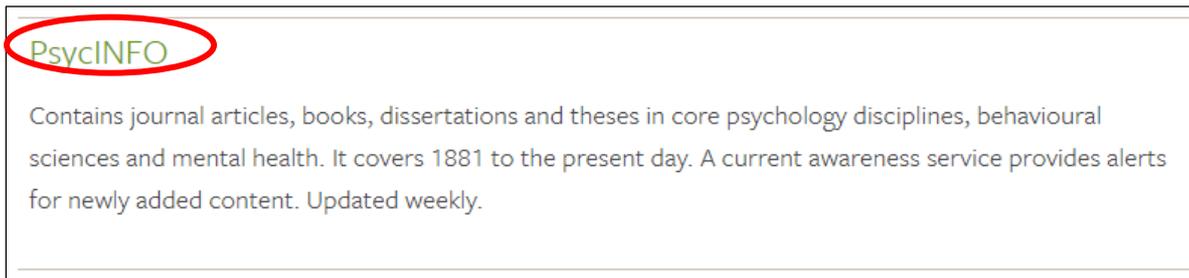
PsycINFO

Contains journal articles, books, dissertations and theses in core psychology disciplines, behavioural sciences and mental health. It covers 1881 to the present day. A current awareness service provides alerts for newly added content. Updated weekly.

Next, on the PsycINFO catalogue page under were it says Full text availability, click on **PsycINFO**
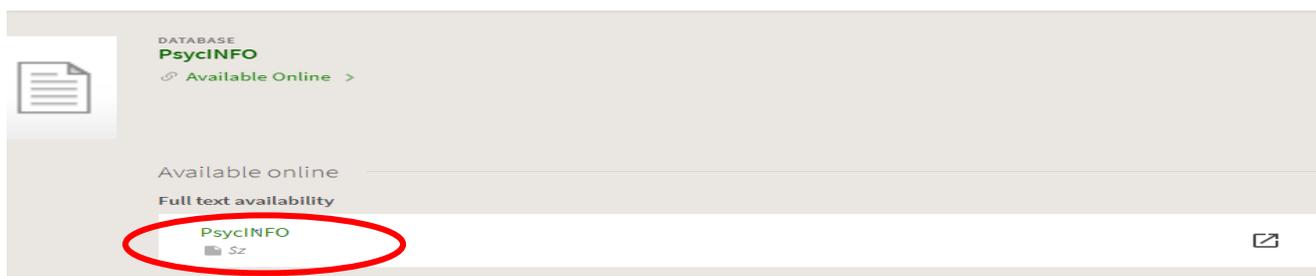
DATABASE
PsycINFO
🔗 Available Online >

Available online
Full text availability

PsycINFO
📁 *Sz*

Depending on where you are, e.g. off-campus, you may be required to login in with your IT username and password.

Next click on the link to **PsycINFO 2002 to … [current year]** in the list of databases
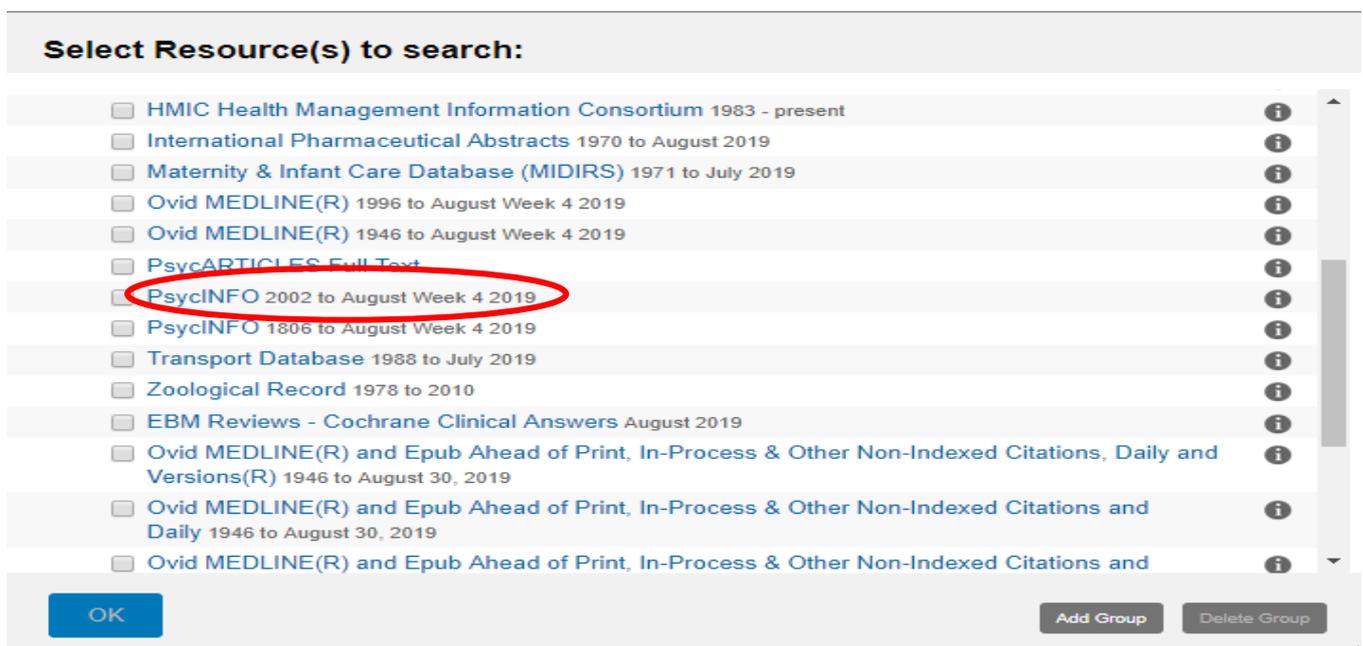
Select Resource(s) to search:

- HMIC Health Management Information Consortium 1983 - present
- International Pharmaceutical Abstracts 1970 to August 2019
- Maternity & Infant Care Database (MIDIRS) 1971 to July 2019
- Ovid MEDLINE(R) 1996 to August Week 4 2019
- Ovid MEDLINE(R) 1946 to August Week 4 2019
- PsycARTICLES Full Text
- PsycINFO 2002 to August Week 4 2019
- PsycINFO 1806 to August Week 4 2019
- Transport Database 1988 to July 2019
- Zoological Record 1978 to 2010
- EBM Reviews - Cochrane Clinical Answers August 2019
- Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to August 30, 2019
- Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations and Daily 1946 to August 30, 2019
- Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations and

OK   Add Group   Delete Group

Note: you can search back as far as 1806 if you need to.

During this workbook you will be searching on the **Advanced** screen (below) as this is the only screen that allows you to search using **subject headings** and also **keywords** and then combine them using the AND + OR buttons.

2. Breaking down your question

To perform an effective keyword search, you need to start by breaking down your research question into its main topics.

In this workbook remember we are looking for evidence to find out whether cognitive behavioural therapy can help improve self esteem in people with eating disorders.

In this case our main topics are:

- **cognitive behavioural therapy**
- **self esteem**
- **eating disorders**

 The other words in the research question are less important and don't need to be searched for.

Here's the process:

- First we will search for articles about **cognitive behavioural therapy**
- Then we will search for articles about **self esteem**
- Then we will search for articles about **eating disorders**
- Finally, we will combine these 3 sets of results using the **AND** button. This will leave us with one set of articles that contain **all** your topics together

Concentrating on one part of your question at a time and entering all those search terms separately means that the structure of your search strategy is much easier to follow and it is much simpler if you later decide to delete one stage of your search.

3. Searching with subject headings – the 'topic search'

In addition to the information about the article's author, title and publication details, every record in PsycINFO contains a number of **subject headings** to help describe the content of that article. Subject headings are chosen by an indexer from a set list of words and phrases. You can choose to search for articles that have been given a particular subject heading. Searching by subject heading means that

your results will be significantly about that topic, regardless of the words the author used to refer to the topic in the actual article.

When there is a tick in the box marked 'Map term to Subject Heading', PsycINFO will try to help you identify the subject heading that is used for your topic. For example, if you type in **complementary therapies**, PsycINFO will tell you that the recognised subject heading is actually **alternative medicine.**

Note that subject headings vary between databases so each database needs to be searched separately and the appropriate headings identified. This is referred to as 'tailoring' the search between databases.

Exercise 2

To carry out subject heading searches you must first put a tick in the box **Map term to subject heading –** do this now (see screenshot below).

In the search box, type `cognitive behavioural therapy` and click on **Search**.

PsycINFO will now try to find the most appropriate subject heading for you.

The next screen shows a list of suggested subject headings for you to choose from. For some topics, 10 or more subject headings may be suggested.

Select	Subject Heading	Auto Explode	Focus	Scope
☐	Cognitive Behavior Therapy	☐	☐	ⓘ
☐	Major Depression	☐	☐	ⓘ
☐	Posttraumatic Stress Disorder	☐	☐	ⓘ
☐	Schizophrenia	☐	☐	ⓘ
☐	Family	☐	☐	ⓘ
☐	Health Care Delivery	☐	☐	ⓘ
☐	Trauma	☐	☐	ⓘ
☐	Cognitive Therapy	☐	☐	ⓘ
☐	Treatment Outcomes	☐	☐	ⓘ
☐	Mental Health Services	☐	☐	ⓘ
☐	Evidence Based Practice	☐	☐	ⓘ
☐	Mental Health	☐	☐	ⓘ
☐	Childhood Development	☐	☐	ⓘ
☐	Obsessive Compulsive Disorder	☐	☐	ⓘ
☐	Problem Solving	☐	☐	ⓘ
☐	CBT.mp. *search as Keyword*			

What you need to do here is choose the closest matching heading for the topic you typed in. Sometimes you will find an exact match but other times you have to carefully choose from the database's suggestions.

Don't be distracted away from the topic you searched for and choose the most relevant option (if there is one).

If you want to find out more information about a heading, you can try clicking on its scope button.

In this case the most suitable heading is **Cognitive Behavior Therapy** – click on it now. (Note you can use more than one heading – e.g. you might also want Cognitive Therapy – the best thing to do is search for and include them separately).

You are now on a page showing where **Cognitive Behavior Therapy** appears in PsycINFO's alphabetical list of subject headings.

Select Term(s)	Subject Heading	Hits	Explode	Focus	Scope Note
▲ [Back up in List]					
☐ Cognitions ▼		5015	☐	☐	ⓘ
☐ Cognitive Ability ▼		28397	☐	☐	ⓘ
☐ Cognitive Appraisal ▼		1248	☐	☐	ⓘ
☐ Cognitive Assessment ▼		2433	☐	☐	ⓘ
☑ Cognitive Behavior Therapy		12718	☐	☐	ⓘ
	[Broader Terms]				
	☐ Psychotherapy	21358	☐	☐	ⓘ
	[Narrower Terms]				
	☐ Acceptance and Commitment Therapy	820	☐	☐	ⓘ
	[Related Terms]				
	☐ Behavior Modification [+NT]	1733	☐	☐	ⓘ
	☐ Behavior Therapy [+NT]	3266	☐	☐	ⓘ
	☐ Cognitive Restructuring	268	☐	☐	ⓘ
	☐ Cognitive Therapy	4531	☐	☐	ⓘ
	☐ Dialectical Behavior Therapy	669	☐	☐	ⓘ
☐ Cognitive Bias ▼		2003	☐	☐	ⓘ
☐ Cognitive Complexity ▼		600	☐	☐	ⓘ
☐ Cognitive Contiguity ▼		54	☐	☐	ⓘ
☐ Cognitive Control ▼		2526	☐	☐	ⓘ
Cognitive Deficits ▼					
☐ Cognitive Development ▼		8170	☐	☐	ⓘ
▼ [Forward in List]					

Exercise 3

Sometimes you need to scroll down to find your heading – it will have a blue band across it. The corresponding number under the column **Hits** tells you how many articles will be retrieved.

Subject headings can have broader and/or narrower subject headings. Our heading is a narrower heading within the broader topic of Psychotherapy, and has a narrower topic of its own – Acceptance and Commitment Therapy. At this stage only the papers for Cognitive Behavior Therapy will be retrieved – if you want the extra papers from the narrower topic you need to tell the database. You can pick up the narrower topic papers as well as those for Cognitive Behavior Therapy by clicking the Explode box for the original heading as circled in the screenshot.

Select Term(s)	Subject Heading	Hits	Explode	Focus	Scope Note
☐	Cognitions ▼	7809	☐	☐	ⓘ
☐	Cognitive Ability ▼	40742	☐	☐	ⓘ
☐	Cognitive Appraisal ▼	1271	☐	☐	ⓘ
☐	Cognitive Assessment ▼	3052	☐	☐	ⓘ
☑	Cognitive Behavior Therapy	11548	☐	☐	ⓘ
	[Broader Terms]				
☐	Psychotherapy	33879	☐	☐	ⓘ
	[Narrower Terms]				
☐	Acceptance and Commitment Therapy	642	☐	☐	ⓘ
	[Related Terms]				
☐	Behavior Modification [+NT]	4651	☐	☐	ⓘ
☐	Behavior Therapy [+NT]	7237	☐	☐	ⓘ
☐	Cognitive Restructuring	579	☐	☐	ⓘ

For now, leave it as Cognitive Behavior Therapy and click **Continue.**

You should now be back at the Main Search page where your first set of results can be seen.

Search	Journals	Books	My Workspace	Primal Pictures	Multimedia

▼ Search History (1 search) *(close)*

☐	# ▲	Searches	Results	Search Type	Actions
☐	1	cognitive behavior therapy/	11548	Advanced	⇥ Display
					More ≫

Remove Selected   Save Selected | Combine selections with: And   Or

Exercise 4

Now try another subject heading search for **self esteem** – the second concept within our example research question. Follow the same process you used for cognitive behavioural therapy.

The heading PsycINFO offers is **Self Esteem**

Select	Subject Heading	Auto Explode	Focus	Scope
☑	Self Esteem	☑	☐	ⓘ
☐	self esteem.mp. *search as Keyword*			

Click on **Self Esteem** to see whether it has any narrower topics you might want to include.

This particular heading does not have any narrower topics.

Click **Continue** and you should be back at the main search page.

Exercise 5

Finally, carry out a subject heading search for **eating disorders** (the third concept within our research question).

PsycINFO should find an exact match in its list of subject headings.

Select	Subject Heading	Auto Explode	Focus	Scope
☑	Eating Disorders	☑	☐	ⓘ
☐	eating disorders.mp. *search as Keyword*			

Click on the heading link to investigate whether it has any narrower topics you want to include (remember you can use **Explode** to do this)

Select Term(s)	Subject Heading	Hits	Explode	Focus	Scope Note
	[Back up in List]				
☐	Earthworms ▼	22	☐	☐	ⓘ
	Eating ▼				
☐	Eating Attitudes ▼	1344	☐	☐	ⓘ
☐	Eating Behavior ▼	7051	☐	☐	ⓘ
☑	**Eating Disorders**	11314	☐	☐	ⓘ
	[Used For]				
	Appetite Disorders				
	[Broader Terms]				
☐	Mental Disorders	53746	☐	☐	ⓘ
	[Narrower Terms]				
☐	Anorexia Nervosa	7568	☐	☐	ⓘ
☐	Binge Eating Disorder	935	☐	☐	ⓘ
☐	Bulimia	6168	☐	☐	ⓘ
☐	Hyperphagia	294	☐	☐	ⓘ
☐	Kleine Levin Syndrome	56	☐	☐	ⓘ
☐	Pica	167	☐	☐	ⓘ
☐	Purging (Eating Disorders)	328	☐	☐	ⓘ
	[Related Terms]				
☐	Aphagia	15	☐	☐	ⓘ
☐	Appetite [+NT]	1502	☐	☐	ⓘ
☐	Binge Eating	2213	☐	☐	ⓘ
☐	Coprophagia	8	☐	☐	ⓘ
☐	Eating Behavior [+NT]	7051	☐	☐	ⓘ
☐	Feeding Disorders	168	☐	☐	ⓘ
☐	Nausea	576	☐	☐	ⓘ
☐	Nutritional Deficiencies [+NT]	1675	☐	☐	ⓘ
☐	Physical Disorders [+NT]	7893	☐	☐	ⓘ
☐	Rumination (Eating)	49	☐	☐	ⓘ
☐	Symptoms [+NT]	38639	☐	☐	ⓘ
☐	Underweight [+NT]	216	☐	☐	ⓘ

If you want to include the extra papers about the specific disorders (related subject headings listed below the Eating Disorders subject heading), remember you can tick the Explode box in the location indicated above.

Do this now and click **Continue**. You should now be back at the main search page with a search table that looks like this:

Note: Now that you have a set of results for each of your topics you could **tick** and **combine** these sets together using the **AND** button. However this would only give you an **indication** of what has been published and would **not** be a comprehensive search. Also, if you need to show evidence of the way you have conducted your search you may lose marks for not showing awareness of the more comprehensive search methods that are explained later.

4. Searching with keywords – the 'exact phrase search'

Subject heading searches will probably find you many of the relevant papers, but for a comprehensive search you need to supplement your subject heading searches with some **keyword searches**.

Searching by keyword enables you to type in a word or phrase and the database will bring back any references where there is an **exact match** in the title or abstract (summary) fields.

Note – although this sounds very straightforward, there are a number of issues to be aware of:

1. The same concept (whether it's a drug, a condition etc) can often be referred to in more than one way. If you only search for it one way you will miss articles that refer to it in a different way (cancer, carcinoma etc) – more about this later
2. Words that you might be interested in can have variations, perhaps in the spelling (e.g. English versus American) or different endings (e.g. depressed, depression, depressive etc) that could be of interest – more about this later
3. Finally, check your spelling – especially if you are getting zero results! Remember the database will only bring back exact matches for what you type in

Keyword searching brings back references where the words or phrases you type in appear primarily in an article's **title** or **abstract.**

This can mean that although your concept is mentioned, it is not necessarily a major theme of the article.

You will need to make a judgement about how far you try to define the concepts you are interested in – this often depends on why you are carrying out the search. Under some circumstances it may be appropriate to stick to one major way of defining a concept, but if you're trying to be more comprehensive you should aim to think of and include as many synonyms as possible.

Spend a few moments thinking about the different ways our concepts could be referred to in the literature and list them below. Consider any alternative spellings (American versus English), plurals and abbreviations.

This stage is vital. For example if we were looking for papers about postnatal depression and only searched using that term, we would miss the articles that used the alternative term 'postpartum depression'.

How else might **cognitive behavioural therapy, self esteem** and **eating disorders** be referred to? Include even slight variations – otherwise your search results will exclude them.

How many can you think of? List them here: (if you get really stuck, refer to the appendix of this document for some ideas)

TOPIC 1 – cognitive behavioural therapy	TOPIC 2 – self esteem	TOPIC 3 – eating disorders
?	?	?
?	?	?
?	?	?
?	?	?

a. Truncation and wildcards

To help save you some time and effort, PsycINFO has some keyword search tools that look for variants of words. These are known as **truncation** and **wildcards**. Each software supplier uses their own set of symbols, but in the OVID databases the following apply:

- is used to truncate words, e.g. depress* will find depressed, depression, depressive etc
- # is used to search for a variable single character, e.g. organi#ation will find organisation and organization
- ? is used to search for a single character, or no character at all. This is very useful for some British and American spellings, e.g. orthop?edics will find both orthopedics and orthopaedics

Note: you can use these techniques in combination e.g. behavio?r*

Look at the list of words you've created – can you find a suitable use for truncation or wildcards? Do you want to search for both plural and singular versions of words?

Note: Beware of truncating words too far, as you may find too many unrelated words. For example if you were searching for legal aspects of medicine, truncating legal to leg* would also find articles about legs, legacy etc.

Exercise 6

Now it is time to enter your words and phrases, one at a time, into PsycINFO. First, you need to tell the system you want to perform a **keyword search** and not a subject heading search.

To do this, **remove the tick** from the box marked **Map Term to Subject Heading** by clicking in the box.

Enter the first word or phrase you thought of for topic 1 and click on **Search**.

Repeat for **all** the other terms you came up with for topic 1, entering them into the database one at a time and clicking Search after each one.

Notice how the **number of results you find each time varies** – if you don't search using a range of terms you will miss some key papers.

Exercise 7

Now do exactly the same for topic 2, searching for these one at a time as well.

Exercise 8

Now do exactly the same for topic 3, one at a time.

Note: To delete any of your searches, tick individual boxes (or the one at the top to select them all) and click **Remove Selected**.

We'll look at how to use the AND + OR buttons to combine these results a little later.

b. Adjacency searching

Another useful **keyword** search technique is called **adjacency searching**. This is useful if you want to look for papers where your words might appear NEAR each other rather than only right next to each other. To do this, separate your words with **ADJn** where **n** is the number of major words **MINUS 1** that you will allow to appear **between** your words.

For example, searching for **physician ADJ3 relationship** will find the words physician and relationship within **TWO** major words of each other in any direction – and would find many more papers than just searching for the specific phrase 'physician relationship'. Using this technique would retrieve papers with phrases like "physician patient relationship", "patient physician relationship", "relationship of the physician to the patient" and so on.

PsycINFO does not count **stop words** such as in, on, and, the or they etc in the ADJ number so your target words may well be even more than 2 words apart (but no more than 2 **major** (not stop) words apart).

So, following the database's adjacency searching rules **ADJ(n-1)** where n = the number of major words to appear between your words:

- ADJ searches for both terms next to each other in the order as typed.
- ADJ1 searches for both terms next to each other in either order.
- ADJ**2** searches for both terms and up to **one** word in between them

- ADJ**3** searches for both terms and up to **two** words in between them
- ADJ**n** searches for both terms and up to **(n-1)** words in between them

Note: the higher the ADJ number you use, the further apart your keywords will be from each other. When this happens, you can start to lose the context you wanted. It is worth experimenting with different numbers and spot checking your results for relevance.

5. Combining your searches

Now that you know how to find some articles, you need to know how to **combine** your search results to be left with one final set of papers that contain **both** your concepts together.

Combining requires the use of the Boolean Operators AND + OR. These options appear as buttons on the search screen.

Exercise 9

Look at your **Search History** table. This shows you every search you have carried out so far. You may need to click 'Expand' on the right hand side.

Identify all the searches (subject heading and keywords) you carried out about **cognitive behavioural therapy** and tick the box to the left of every set.

Click on the **OR** button

This produces a combination set at the bottom of your search history table, containing all results about topic 1.

Now tick every set of results you generated about topic 2 **self esteem** and combine them using OR as well.

You should now have a second combination set at the bottom of your search history table.

Now tick every set of results you generated about topic 3 **eating disorders** and combine them using OR.

You should now have a third combination set.

The final stage is to combine your combination sets!

To do this, just tick your three combination sets – but this time combine them by clicking on the **AND** button.

This narrows the search to leave you with one final set of results that contains all your topics together now.

Concentrating on one part of your question at a time and entering all those search terms separately means that the structure of your search strategy is much easier to follow and it is much simpler if you later decide to delete one stage of your search.

Have a look through your final set of results – either by clicking on Display for that set or by scrolling down.

Do they help you answer your research question?

Your results will all mention all your topics – but not necessarily in the context you want – you will now need to browse the results and read the abstracts to find out whether they are going to be useful.

Sometimes you will need to go inside the <u>Complete Reference</u> link for a reference to see exactly where your search terms appear in full – they should appear in colour to help you spot them.

Have a look at the final page (appendix) of this workbook – if you have followed all the steps correctly, your search strategy should look similar

6. Viewing and saving your results

a. Viewing your results

After your search, you can view the results and sometimes get a link through to the full text of articles. Being able to access the full text depends on the Library having a subscription to the journal a particular article had been published in – see below.

If you scroll down the screen you will see the first 10 results. References will have some or all of the following links beside them:

Abstract Reference	A brief summary of the article
Complete Reference	Full details of the article, including abstract and subject headings
Find Similar	Clicking this will show you other related articles
Find Citing Articles	See who has subsequently referred to (cited) a particular paper in their own research
Document Supply	A link to a service (charged) that can help you obtain material we don't stock
check@leeds	This will try to download the full text for you – if we subscribe electronically to the journal it is published in – if this link fails, try searching the Library catalogue record for the journal to see if we subscribe (may be print only)

Try viewing some of your results, using the links described above.

Note: When navigating around the database and viewing references, try to avoid using the **Back** and **Forward** buttons inside your browser as these can mean you lose selected references, or at worst parts of your search. Use the navigation buttons **Next>, <Previous** and click the **Search** tab to get to the main search page again.

b. Saving your results

There are various ways you can save the results of your search – not the full text papers themselves, just a record of the results that you have found.

You can tick individual results and then use the appropriate option Print/Email/Export on the bar your results:

| | | | | | Print | Email | Export | + My Projects | Keep Selected |

| All | Range | Clear | = ≡ ≡ | 10 Per Page ▼ | 1 | Go |

Or you can select all your results (within the maximum allowed number) by ticking just the box to the far left and then exporting/emailing etc.

Instruction for EndNote software users only: If you want to send your results to an EndNote library, choose the **Export** option and then in the window that opens you can choose to export to EndNote from the drop down menu. EndNote should open automatically and should open your usual library (you need to have already created an EndNote library for this process to work). The system may then ask you to select an import filter. You should choose the filter that reflects the name of the database you are using e.g. PsycINFO (OVID). It will then import your references into your chosen library.

If you don't know what EndNote is and want to find out more, see https://library.leeds.ac.uk/info/1403/endnote/43/endnote_support

c. Saving your search strategy – setting up a personal account

You can also save a live copy of your search strategy using OVID's free Personal Account feature. This means that you can re-run a search at a later date without having to re-type your terms. This is particularly useful when working on projects rather than just trying to find some background reading.

Don't feel obliged to complete the following exercise if you don't think it will be useful yet.

Exercise 10

To set up your personal account, click on **My Account** at the top right of the screen.

Then click on Create Account

Follow the instructions on screen. Choose any account name and password, making sure it is something you will be able to remember easily – don't use any spaces or symbols or your details will be refused.

Now perform the search you want to save. (You may decide to run something very simple as a test).

Click on **Save All** underneath the Search History box and log in with your new account name and password if prompted.

By default your search will be saved permanently. Saving a search temporarily means it will disappear after 24 hours (not advised!) or as an AutoAlert - each time the database is updated, any new references which match your search criteria will be sent to you in an e-mail. Make your selection of permanent, temporary or auto-alert from the **Type** drop down menu.

Give the search a logical name so you can easily recognise it in the future. Also, add the name of the database you are using as you may perform the same search in other databases.

Click on **SAVE** to complete the process.

Once you have saved a search strategy, you can run it again at a later date by clicking on **View Saved** in the top right corner. Select the search you want to run and click on **Run**. Your results will be available back on the main search page (click on the Search tab to get there).

It is a good idea to make sure your Search History box is clear before running a saved search. Otherwise your results will be added on to the end of any results already visible.

To delete searches from your search history table, tick individual boxes (or the one at the top to select them all) and click **Remove**.

7. Using limits

PsycINFO has a large number of limits you can apply to your search. The most common limiting options can be found underneath the search box (or you may have to click to see them) e.g. English language.

Use these with care when you are doing a comprehensive search as you can miss important references this way. If you do use them, apply them one at a time so you can see the effect they have. All you need to do to apply a limit to the search you have carried out is tick the appropriate limit and click on the Search button. This will apply the limit to the last search you performed (just do this once, after you have finished combining any searches).

Further limits can be accessed by clicking on **Additional limits**.

8. What next?

After your initial search you could try one of the following:

- Refine your search - look at the results you've got and see if there are any additional keywords you could use, or any you should take out. You will probably have to do a series of searches to come up with your best search, even experienced searchers do this.
- Try different databases - try Medline, HMIC etc. You can see a list of medical and health related databases by going to your subject support page http://library.leeds.ac.uk/subjects
  Look for the Search Resources tab > Databases section to see a list of databases.
- Follow up references - look at the list of references/bibliography at the end of a useful article and see if there are other articles you have missed. You could also use the **Web of Science** database (or Google Scholar) to do a citation search to find who has quoted a particular paper since it was published.
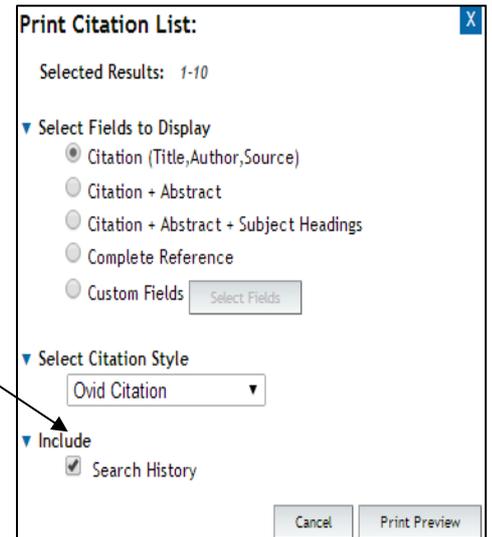
9. Accessing PsycINFO from off-campus

All University staff and students can access PsycINFO and most other databases (and electronic journals) from off-campus as well as inside the University. Usually, you will be prompted to log in with your IT username and password.

Appendix 1

Example search strategy. If you have correctly followed the steps in this workbook, your strategy should look similar to this. It shows subject heading searches (those followed by /), keyword searches (those followed by .mp) and how they should be combined. The number of results at each stage will change as new references are added to the database.

To generate a copy of your search strategy like this, go to 'Print' on the Menu bar from the main search screen, and then tick the 'Include search history' option, followed by 'Print Preview'.

Ovid Resources: ⓘ PsycINFO 2002 to March Week 2 2011

Search strategy:

#	Searches	Results
1	cognitive therapy/	3304
2	cognitive behavio?r therap*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	7752
3	cbt.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	4170
4	talking therap*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	67
5	talking treatment*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	13
6	1 or 2 or 3 or 4 or 5	11136
7	self concept/	10332
8	self esteem.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	11746
9	self confidence.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	2108
10	self worth.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	1282

11	self value.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	22
12	self regard.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	115
13	7 or 8 or 9 or 10 or 11 or 12	23814
14	exp Eating Disorders/	8273
15	eating disorder*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	8180
16	appetite disorder*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	5
17	anorexi*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	4290
18	bulimia*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]	2829
19	14 or 15 or 16 or 17 or 18	10858
20	6 and 13 and 19	51