

# ADVANCED CINAHL

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## Introduction

This workbook is aimed at those who need to do a comprehensive search on CINAHL (e.g. for a systematic review). If you are new to CINAHL, you may prefer to use our introductory EBSCO workbook instead.

The search example given here is about **eating disorders** and **body image** in **adolescence** but you can repeat the steps with a topic of your choice. This search combines three concepts: **eating disorders**, **body image**, and **adolescence** - but we may also wish to search for alternative keywords (e.g. synonyms, alternate spellings) for some of those concepts.

To be comprehensive in our search, we will use two different ways of searching:

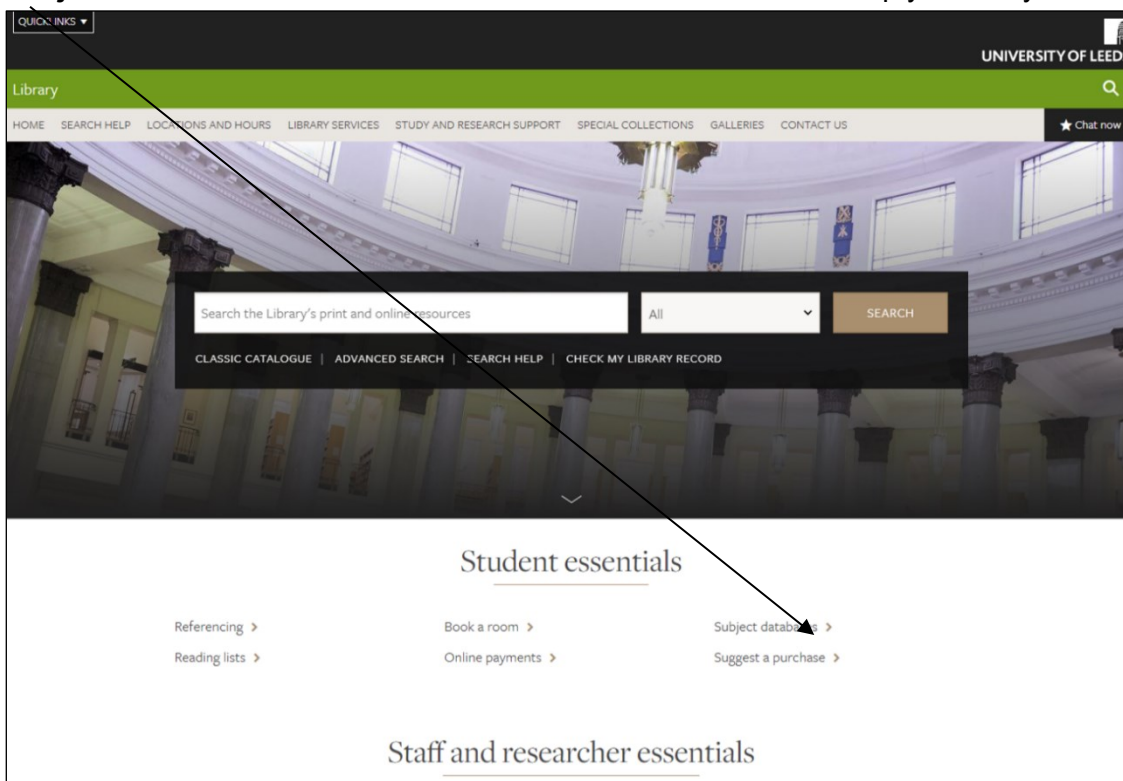
1. By keyword
2. By subject heading

In order to combine these techniques later, it is necessary to look for one concept at a time.

## Logging into CINAHL

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:** CINAHL is not listed on the key databases page for every subject. If CINAHL 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 CINAHL, select CINAHL from the list of databases by clicking the green link (circled). The entry will look like this:

Next, on the CINAHL Catalogue page, click on **CINAHL -- EBSCO Databases**

Available online	Years available	Access info	More info e.g. password
<a href="#">CINAHL -- EBSCO Databases</a>	01 Jan. 1960-	Some of our EBSCO Databases have limited simultaneous users. If you fail to gain access try again later.	<a href="#">View details</a>

You may be required to login in with your IT username and password.

## Keyword searching

For a comprehensive search you must search for your concepts one at a time, remembering to include synonyms (alternative terms), which you would link with OR. You can either put all your synonyms in the same search box, or use other search boxes (remembering to change the drop-down menus to OR).

Let's search for **eating disorders** first of all.

The screenshot shows the EBSCOhost search interface. At the top left is the EBSCOhost logo. The search bar contains the text 'eating disorder\* or anorexi\*' and a dropdown menu labeled 'Select a Field (option...)' with a downward arrow. To the right of the search bar are two green buttons: 'Search' and 'Clear', followed by a help icon (a question mark in a circle). Below the search bar is a section for building a search query. It starts with a dropdown menu set to 'OR' and a text box containing 'bulimi\*', followed by another 'Select a Field (option...)' dropdown. Below that is a section for adding more terms, starting with a dropdown menu set to 'AND' and an empty text box, followed by another 'Select a Field (option...)' dropdown. To the right of this section are two circular buttons: a plus sign (+) and a minus sign (-). At the bottom of the interface are three links: 'Basic Search', 'Advanced Search', and 'Search History'.

Note that by using an asterisk (\*) at the end of the stem of a word, you will find variant endings of that word. (For example, **adolescen\*** would find adolescent, adolescents, or adolescence.)

## Proximity searching

Another technique which you may want to use (if appropriate for your topic) is proximity searching. If you want to search for two words occurring in close proximity (but not necessarily as a phrase) you can use the *n* operator ('near'). You can also specify the maximum number of words which may occur between your search terms. So, for example:

- **teen\* n3 pregnan\***

would find: *teen, teenager, teenaged...*

occurring within three words of: *pregnant, pregnancy, pregnancies...*

in phrases like: *teenage pregnancy, pregnant teenager, teenagers who become pregnant..*

## Subject heading searching

Subject headings are descriptive terms added by the database creators to describe the content of articles in a consistent, standardised vocabulary, regardless of the terminology used by the original authors. For maximum coverage, it is recommended that you search using subject headings as well as keywords, as this guards against the risk of failing to find articles which use different terminology than that which you have used in your keyword searches.

To find CINAHL's preferred subject heading(s) for each of your concepts, click on "CINAHL Headings" (from the menu at the top of the screen):

The screenshot shows the EBSCOhost search interface. At the top, there is a navigation bar with the following items: New Search, Publications, **CINAHL Headings** (circled in red), Cited References, More, Sign In, Folder, and Preferences. Below the navigation bar, the search area includes the EBSCOhost logo, a search bar with the text "Searching: CINAHL | Choose Databases", and a "Suggest Subject Terms" checkbox. The search bar is empty, and there are three dropdown menus for selecting fields, each with the text "Select a Field (option...)". The search bar is flanked by "Search" and "Clear" buttons. Below the search bar, there are "AND" dropdown menus and a "+" and "-" button. At the bottom, there are links for "Basic Search", "Advanced Search", and "Search History".

Having clicked on "CINAHL Headings", on the next screen type **eating disorders** and click on **Browse**.

You can only look up CINAHL headings for one concept at a time; the database will offer you a selection of headings from which we advise you to choose only **one** (if you see any other headings which sound relevant, you can always try these as a separate stage in your search).

The screenshot shows the CINAHL Headings interface for the search term "eating disorders". The interface is divided into several sections. On the left, there is a list of headings with checkboxes and icons for "Explode (+)", "Major Concept", and "Scope". The "Eating Disorders" heading is selected. Below this list, there are links for "Eating and Feeding Disorders in Children Use: Feeding and Eating Disorders of Childhood" and "Childhood Eating and Feeding Disorders Use: Feeding and Eating Disorders of Childhood". On the right, there is a "Subheadings for: Eating Disorders" list with checkboxes. The "Include All Subheadings" checkbox is checked. Below this list, there is a "Search Database" button. At the bottom, there are "Prev" and "More" buttons, and a link for "Browse Additional Terms".

If, after selecting a CINAHL heading, you see a **Subheadings** menu like the one above, make sure "Include All Subheadings" is selected.

Ticking the **Major Concept** box for any of your selected subject headings will restrict your search only to articles where it is one of the main topics covered. This is equivalent to the **Focus** function in Ovid databases. This is not advised for comprehensive searching.

If you tick the **Explode** box (where available) for any of your selected subject headings, you will ensure maximum coverage by also including narrower topics within your chosen subject.

Often these will be specific types or categories of whatever subject you are looking for. To see which topics would be included if you explode, click on a heading to be taken to the subject tree (shown on the next page).

The screenshot shows the 'Tree View For: Eating Disorders' interface. At the top, there is a 'Search Database' button and a search bar containing 'Eating Disorders'. Below the search bar, there are three checkboxes: 'Explode (+)', 'Major Concept', and 'Major Concept'. The main area displays a list of subject headings with checkboxes for 'Explode (+)', 'Major Concept', and 'Scope'. The 'Eating Disorders' term is selected, and its sub-headings are visible. The sub-headings include: Anorexia, Anorexia Nervosa, Bulimia, Bulimia Nervosa, Female Athlete Triad, Night Eating Syndrome, and Pica.

Subject Heading	Explode (+)	Major Concept	Scope
Behavioral and Mental Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavioral Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Affective Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Agitation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavior Addictive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catatonia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communicative Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compulsive Behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Couvade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delirium, Dementia, Amnesic, Cognitive Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delusions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depersonalization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Eating Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anorexia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anorexia Nervosa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Binge Eating Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bulimia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bulimia Nervosa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Female Athlete Triad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night Eating Syndrome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pica	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The subject tree shows you that Eating Disorders is part of the broader topic Behavioral Symptoms which is in turn part of the broader topic Behavioral and Mental Disorders.

It also shows that there are some narrower topics within Eating Disorders which may also be relevant: the specific disorders Anorexia, Anorexia Nervosa, Bulimia, etc. By ticking "explode" you will also search for results with these headings.

When you have made your selections, click on the **Search Database** button. You will see that your subject heading search is translated into the search string (MH "Eating Disorders+") if you exploded the term, or (MH "Eating Disorders") if you did not explode it.

Now try repeating the process above to find one or more subject heading(s) for each of your additional concepts.

## Combining your searches

Subject heading and keyword searches can be combined in the **Search History** tab.

Select (tick) the searches you have run which relate to the same concept and combine them by clicking on **Search with OR**.

Then do the same to combine your different concepts by clicking on **Search with AND**, as on the next page.

<a href="#">Print Search History</a>   <a href="#">Retrieve Searches</a>   <a href="#">Retrieve Alerts</a>   <a href="#">Save Searches / Alerts</a>				
<input type="checkbox"/> Select / deselect all <span style="margin-left: 20px;"><b>Search with AND</b></span> <span style="margin-left: 20px;"><b>Search with OR</b></span> <span style="margin-left: 20px;"><b>Delete Searches</b></span> <span style="float: right;"><b>Refresh Search Results</b></span>				
Search ID#	Search Terms	Search Options	Actions	
<input type="checkbox"/> S7	S5 AND S6	Search modes - Boolean/Phrase	<a href="#">View Results</a> (1,800)	<a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S6	S3 OR S4	Search modes - Boolean/Phrase	<a href="#">View Results</a> (25,536)	<a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S5	S1 OR S2	Search modes - Boolean/Phrase	<a href="#">View Results</a> (12,375)	<a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S4	(MH "Body Image+")	Search modes - Boolean/Phrase	<a href="#">View Results</a> (6,998)	<a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S3	body image or self image or self-concept or self-perception or dysmorphi*	Search modes - Boolean/Phrase	<a href="#">View Results</a> (24,276)	<a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S2	(MH "Eating Disorders+")	Search modes - Boolean/Phrase	<a href="#">View Results</a> (10,235)	<a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S1	eating disorder* or bulimi* or anorexi*	Search modes - Boolean/Phrase	<a href="#">View Results</a> (12,128)	<a href="#">View Details</a> <a href="#">Edit</a>

**Note:** Make sure you delete any text in the search boxes before combining searches

## Understanding the results

Your results screen will look similar to the one below. Take a look at the different options available.

Number of articles found

Search Results: 1 - 10 of 1,800

1. [Correlates of the over-evaluation of weight and shape in binge eating and mixed eating disorder samples: A meta-analytic review.](#)

(includes abstract) Linardon, Jake; *Eating Disorders*, May/Jun2017; 25(3): 183-191

Subjects: Binge Eating Disorder Classification; Binge Eating Disorder Therapy; Nervosa

Academic Journal [check@leeds](#) [PlumX Metrics](#)

Click **check@leeds** to check the Library Catalogue for availability of the full text

2. [The modelled cost-effectiveness of cognitive dissonance for the prevention of anorexia nervosa and bulimia nervosa in adolescent girls in Australia.](#)

(includes abstract) Le, Long Khanh-Dao; Barendregt, Jan J.; Hay, Phillipa; Sawyer, Susan M.; Paxton, Susan J.; Mihalopoulos, Cathrine; *International Journal of Eating Disorders*, Jul2017; 46(7): 583-592

Subjects: Anorexia Nervosa Prevention and Control; Anorexia Nervosa; Bulimia Nervosa Economics; Cognitive Dissonance In Analysis In Adolescence; Adolescent: 13-18 years; Female

Academic Journal [check@leeds](#) [PlumX Metrics](#)

Click title link to see more details about the article

3. [A study on eating disorder, body image and self-esteem of female university students.](#)

Hwang RH; *Korean Journal of Women Health Nursing*, 2009; 15(4): 328-335. 8p. (Journal Article - research, tables/charts)

ISSN: 1225-9543

## Narrowing your results

**Refine Results**

**Current Search**

**Boolean/Phrase:**  
S5 AND S6

**Limiters**  
Published Date: 20120101-20171231

**Limit To**

Linked Full Text

English Language

References Available

2012 Publication Date 2017

Show More

**Source Types**

All Results

Academic Journals (314)

If you retrieve a large number of results it may not be practical to look through them all. Instead, you may wish to filter them according to your preferences. There are a number of ways to do this, which you can find under the “Refine results” menu at the left side of the screen.

Some of the most useful ways to refine your results are:

**Publication date** – use the slider to set a range of years. A limit of the last five years is often a good place to start, but you may need to look back further if you don’t find enough results from this period.

**Source types** – if you’re only looking for journal articles, tick **Academic Journals**.

**Subject: Major Heading** – this shows you the most frequently occurring subjects in your current set of results, based upon the descriptors allocated by the databases. Click on any of them to focus your search on that aspect of your topic. However, be aware that this filter relies on the articles being assigned the heading by people who index for the database, and some papers may not have been assigned the heading but still cover aspects of your topic. For this reason, use this filter carefully so as not to miss papers relevant to your search.

Further options are available if you click “Show More” from the **Refine your results** menu.

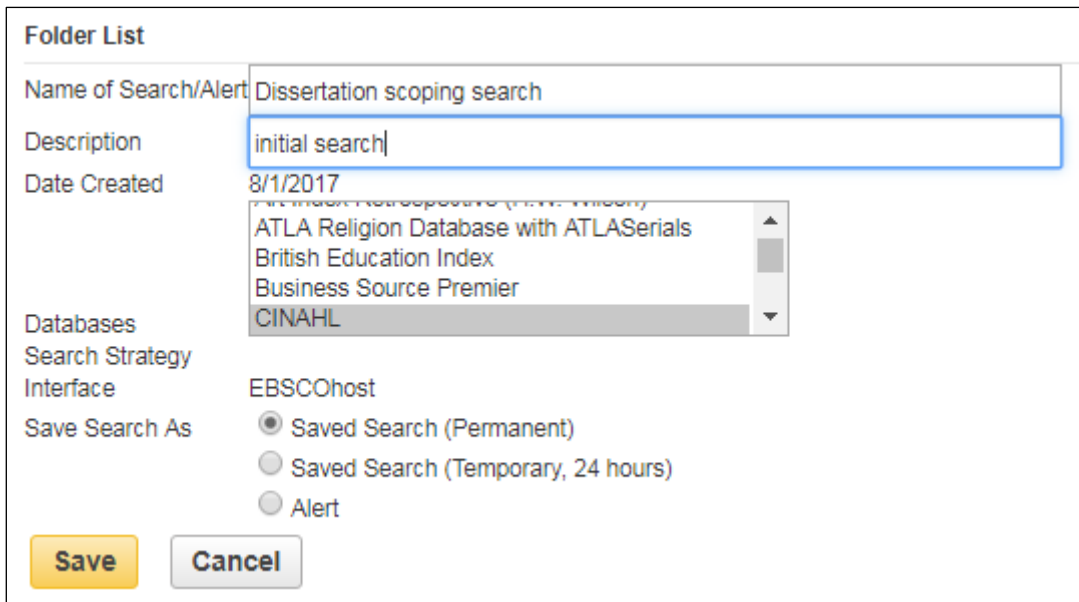
We do not recommend using the **Linked Full Text** limit as it will only display full text from EBSCO so you may miss out on articles which are available via other publishers’ websites.

Any limiters you have applied are displayed in the **Current Search** box. To **remove** a limit, click on the blue X button.



## Saving and printing your search history

From the **Search History** tab you can **Save Searches** to revisit at a later date (you can create a new personal account if you don't already have one); then give your search a name and description, select "Saved Search (permanent)" and click the **Save** button.



The screenshot shows a dialog box titled "Folder List" with the following fields and options:

- Name of Search/Alert:** Dissertation scoping search
- Description:** initial search
- Date Created:** 8/1/2017
- Databases:** A dropdown menu showing a list of databases including ATLA Religion Database with ATLASerials, British Education Index, Business Source Premier, and CINAHL (which is currently selected).
- Search Strategy:** EBSCOhost
- Interface:** EBSCOhost
- Save Search As:** Three radio button options:  Saved Search (Permanent),  Saved Search (Temporary, 24 hours), and  Alert.

At the bottom of the dialog are two buttons: a yellow "Save" button and a grey "Cancel" button.

On the **Search History** tab you can also select **Print Search History** to display a stripped-down version (with fewer graphics) which you can copy and paste into a Word document.