

ADVANCED CINAHL

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If you require this information in an alternative format (e.g. large print, Braille or audio), please contact any library enquiry desk or telephone (0113) 343 4096 and staff will make the necessary arrangements.

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 your subject page which contains a bank of useful resources to help you with your studies. Your subject page can be found by going to the Library homepage and then clicking on **Subject resources**:

The screenshot shows the University Library homepage. At the top, there is a green banner with the text "BE INSPIRED THE UNIVERSITY LIBRARY". Below this is a navigation menu with links: HOME, ABOUT, SKILLS@LIBRARY, SPECIAL COLLECTIONS, RESEARCHER@LIBRARY, and ART GALLERY. The main content area features a "Get started: Library essentials" section with a photo of a student at a computer. To the right, there is a "Search Library website" box with a search input field and a "Go" button. Below the search box is a vertical menu with the following items: Library search, Use the Library, Subject resources (circled in red), Find items, Library record, Opening hours, and Help. At the bottom of the page, there are several sections: "Search@Library" with a search input field and a "Search" button; "Essentials" with icons for Referencing help, Find articles, Reading lists, Suggest a book, and Online payments; "Library news" with a "Get started: Library essentials" article; "Special Collections" with a photo of a student; and "Skills@Library" with a photo of a student.


From the Subject resources list, select your subject. This will take you to your subject page. From here click on the **Databases** tab, and click the **Key Databases for your subject** link.

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.


Medicine

- + Books
 - Databases
 - [Key databases for Medicine](#)
 - [Key databases for International health](#)
 - [Help with using databases](#)
 - [Help with accessing e-resources](#)
 - + Journals articles and conference papers
 - + Reading lists
 - + Reference works (dictionaries and encyclopedias)
 - + Theses
-
- + Clinical trials and systematic reviews
 - + Free health web-based sources
 - + Statistics and data
 - + Websites







Referencing help



Using other libraries





EndNote



Document supply

Literature searching help

 [Finding information](#) - the basics of literature searching

 [Advanced literature searching](#) - carrying out comprehensive literature searches

Recent additions

Thrive : the power of evidence-based psychological therapies / Richard Layard and David M. Clark.
Layard, Richard, 1934- author.
[more... ▶](#)

Dopamine / edited by Marco Diana, Gaetano Di Chiara, Pierfranco Spano.
[more... ▶](#)

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:

[CINAHL](#)

Covers nursing and allied health. Search for journal articles, books, dissertations and conference proceedings.

[Guide to using CINAHL ▶](#)

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

Available online

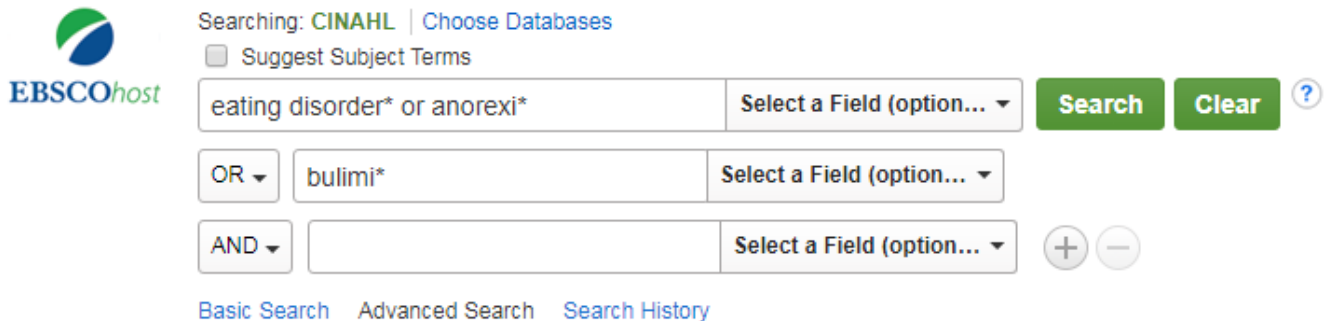
	Years available	Access info	More info e.g. password
CINAHL -- EBSCO Databases	01 Jan. 1960-	Some of our EBSCO Databases have limited simultaneous users. If you fail to gain access try again later.	View details

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.



EBSCOhost Searching: CINAHL | Choose Databases

Suggest Subject Terms

eating disorder* or anorexi* Select a Field (option... Search Clear ?

OR bulimi* Select a Field (option... + -

AND Select a Field (option... + -

Basic Search Advanced Search 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, **adolescenc*** 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...*

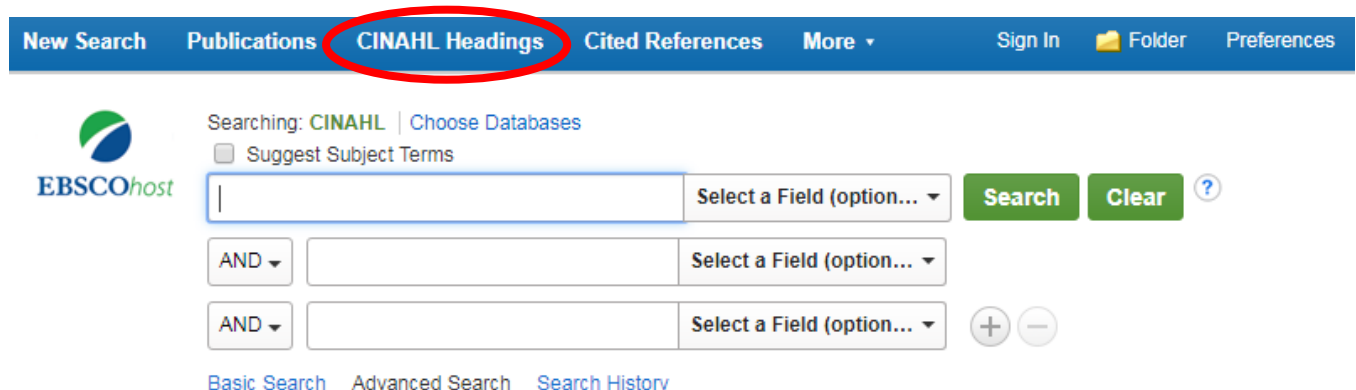
occurring within three words of: *pregnant, pregnancy, pregnancies...*

in phrases like: *teenager 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):



New Search Publications **CINAHL Headings** Cited References More Sign In Folder Preferences

EBSCOhost Searching: CINAHL | Choose Databases

Suggest Subject Terms

Select a Field (option... Search Clear ?

AND Select a Field (option... + -

AND Select a Field (option... + -

Basic Search Advanced Search 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 displays the CINAHL database interface. At the top, it shows 'Results For: eating disorders' and 'Subheadings for: Eating Disorders'. On the left, there are options to 'Check box to view subheadings' and 'Click linked term for tree view'. Below this is a list of CINAHL headings, with 'Eating Disorders' selected. To the right, the 'Subheadings for: Eating Disorders' menu is visible, with 'Include All Subheadings' checked. A search box on the right contains the text 'Eating Disorders'.

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 displays the Cinahl database interface. At the top, there is a green header bar with a 'Back to Term List' button and the text 'Tree View For: Eating Disorders'. Below this, there are two instructions: 'Check box to view subheadings.' and 'Click linked term for tree view.' To the right of these instructions are three columns: 'Explode (+)', 'Major Concept', and 'Scope'. A question mark icon is visible under the 'Explode (+)' column.

The main area contains a list of terms with checkboxes and icons. The terms are organized into a hierarchy:

- Behavioral and Mental Disorders
 - Behavioral Symptoms
 - Affective Symptoms
 - Agitation
 - Behavior, Addictive
 - Catatonia
 - Communicative Disorders
 - Compulsive Behavior
 - Couvade
 - Delirium, Dementia, Amnestic, Cognitive Disorders
 - Delusions
 - Depersonalization
 - Eating Disorders
 - Anorexia
 - Anorexia Nervosa
 - Binge Eating Disorder
 - Bulimia
 - Bulimia Nervosa
 - Female Athlete Triad
 - Night Eating Syndrome
 - Pica

On the right side, there is a 'Search Database' panel. It contains a 'Search Term' field with 'Eating Disorders' entered, and two checkboxes for 'Explode (+)' and 'Major Concept'. The 'Major Concept' checkbox is checked, and there is a red 'X' icon next to it.

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.

[Print Search History](#) | [Retrieve Searches](#) | [Retrieve Alerts](#) | [Save Searches / Alerts](#)

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

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.

Refine Results

Current Search

Boolean/Phrase:
S5 AND S6

Limit To

Linked Full Text

English Language

References Available

1981 Publication Date 2017

Show More

Source Types

All Results

Academic Journals (1,537)

Magazines (92)

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): 183-197

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

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

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-Bao; Barendregt, Jan J.; Hay, Phillipa; Sawyer, Susan M.; Paxton, Susan J.; Mihalopoulos, Cathrine; *International Journal of Eating Disorders*, Jul2017; 50(7): 834-841. 8p. (Article) ISSN: 0276-3478

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

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

Number of articles found

Click [check@leeds](#) to check the Library Catalogue for availability of the full text

Click title link to see more details about the article

Narrowing your results

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.

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)

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.

Folder List

Name of Search/Alert	Dissertation scoping search
Description	initial search
Date Created	8/1/2017
Databases	<ul style="list-style-type: none">ATLA Religion Database with ATLASerialsBritish Education IndexBusiness Source PremierCINAHL
Search Strategy	
Interface	EBSCOhost
Save Search As	<input checked="" type="radio"/> Saved Search (Permanent) <input type="radio"/> Saved Search (Temporary, 24 hours) <input type="radio"/> Alert

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.