

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:

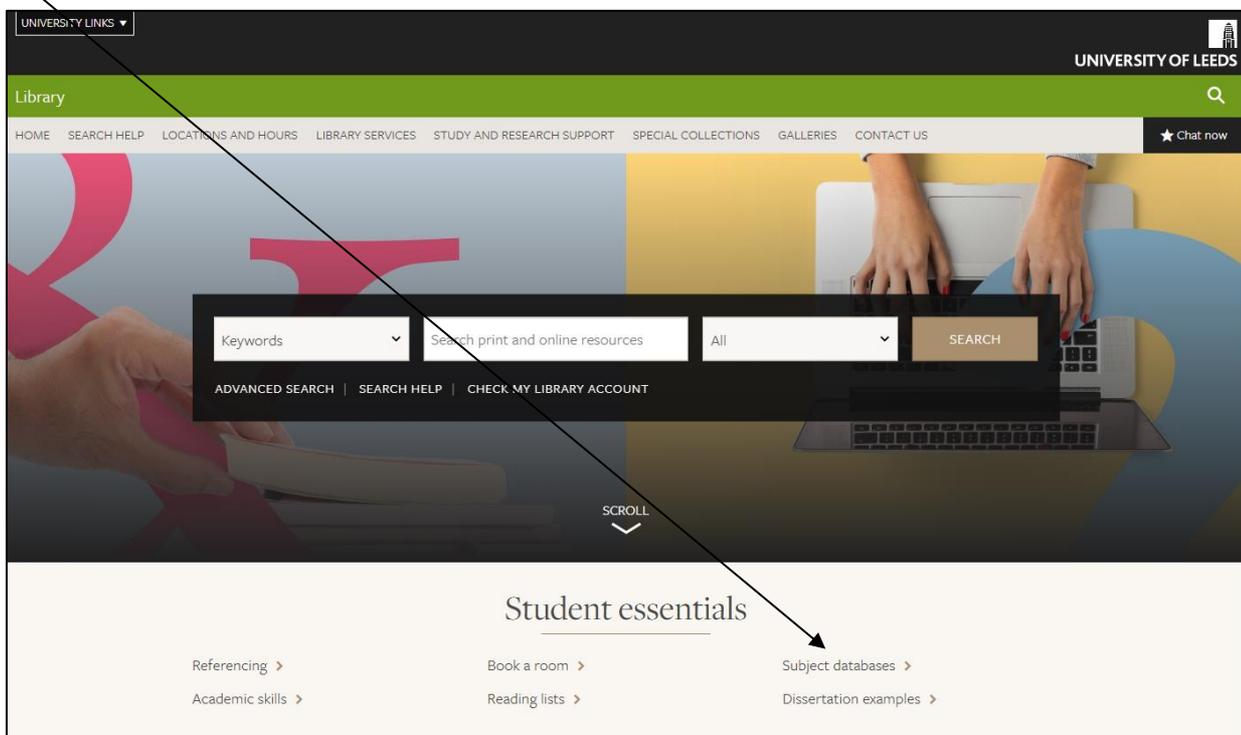
1. By keyword
2. By subject heading

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.



The screenshot shows the University of Leeds Library homepage. At the top, there is a navigation bar with 'UNIVERSITY LINKS' and 'UNIVERSITY OF LEEDS'. Below this is a green header with 'Library' and a search icon. A main navigation menu includes 'HOME', 'SEARCH HELP', 'LOCATIONS AND HOURS', 'LIBRARY SERVICES', 'STUDY AND RESEARCH SUPPORT', 'SPECIAL COLLECTIONS', 'GALLERIES', and 'CONTACT US'. A 'Chat now' button is also present. The central area features a search bar with a dropdown menu set to 'Keywords', a text input field containing 'Search print and online resources', and a dropdown menu set to 'All'. A 'SEARCH' button is to the right. Below the search bar are links for 'ADVANCED SEARCH', 'SEARCH HELP', and 'CHECK MY LIBRARY ACCOUNT'. A 'SCROLL' button with a downward arrow is centered below the search bar. The bottom section is titled 'Student essentials' and contains six links: 'Referencing >', 'Academic skills >', 'Book a room >', 'Reading lists >', 'Subject databases >', and 'Dissertation examples >'. An arrow from the text 'Subject databases' in the preceding paragraph points to the 'Subject databases >' link in the screenshot.

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**.

The screenshot shows the University of Leeds Library website. The main navigation bar includes 'UNIVERSITY LINKS', 'HOME', 'SEARCH HELP', 'LOCATIONS AND HOURS', 'LIBRARY SERVICES', 'STUDY AND RESEARCH SUPPORT', 'SPECIAL COLLECTIONS', 'GALLERIES', and 'CONTACT US'. The breadcrumb trail is 'LIBRARY / SEARCH RESOURCES / SUBJECT-SPECIFIC RESOURCES / SUBJECTS / MEDICINE'. The page title is 'Medicine'. Below the title, there is a section for 'Information sources' with a link for 'Clinical trials and systematic reviews'. The 'Databases' section is highlighted, and an arrow points to the 'Key databases' link.

Note:

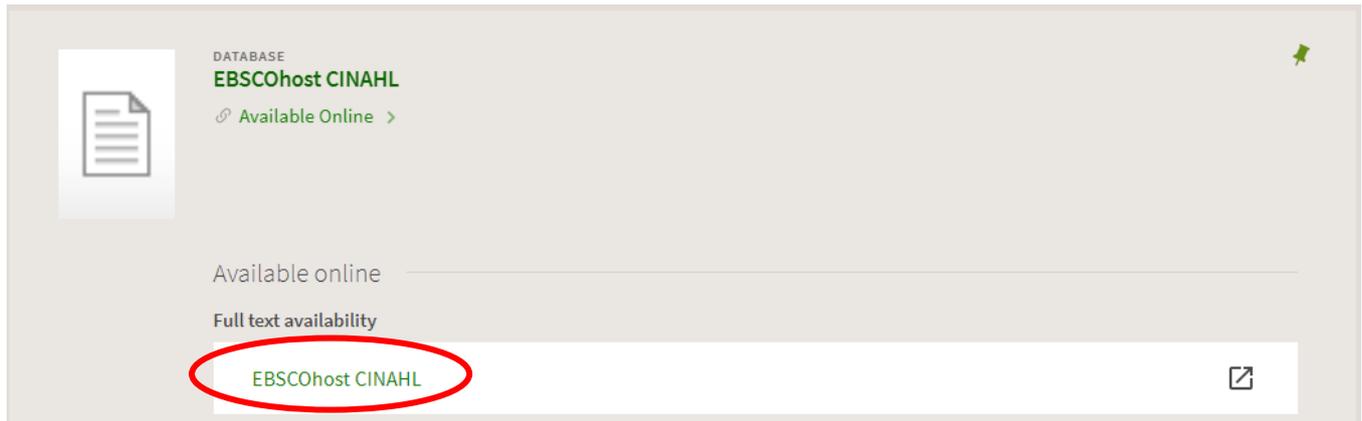
CINAHL is not listed on the key databases page for *every* subject. If CINAHL is not on your own subject's key databases page, you can find it on the list of key databases on the **Medicine** subject resources page.

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:

The screenshot shows a database entry for CINAHL. The word 'CINAHL' is circled in red. Below it, the description reads: 'Covers nursing and allied health. Search for journal articles, books, dissertations and conference proceedings. Coverage from 1960 onwards.'

Next, on the Library Search page, click on **EBSCOhost CINAHL**:



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.

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***

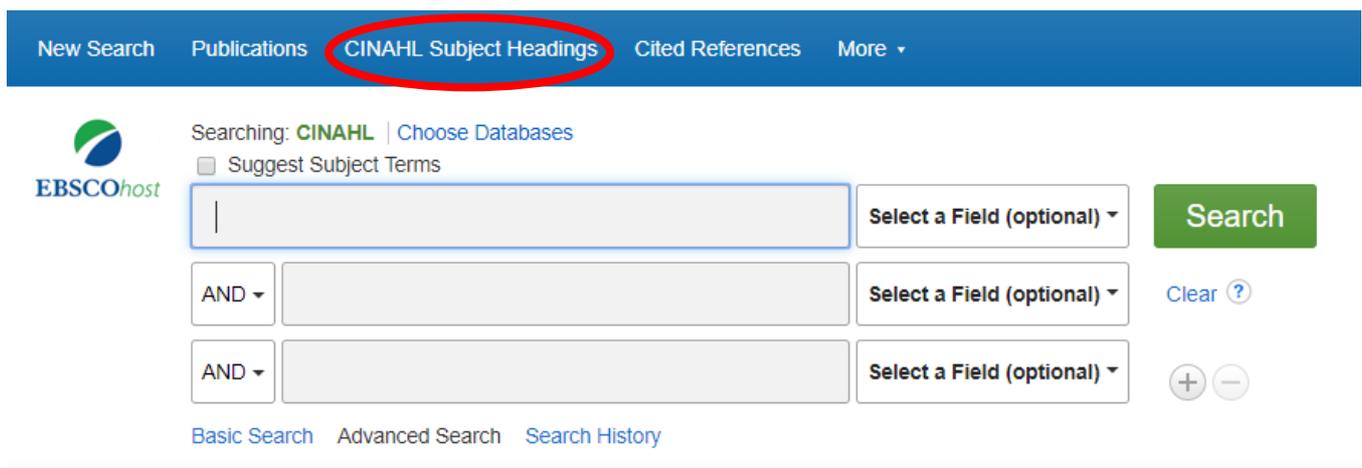
would find: *teen*, *teenager*, *teenaged*...

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.



The screenshot shows the EBSCOhost search interface. At the top, a blue navigation bar contains the following options: "New Search", "Publications", "CINAHL Subject Headings" (highlighted with a red circle), "Cited References", and "More". Below the navigation bar, the EBSCOhost logo is on the left. The main search area includes a search box with a vertical cursor, a "Search" button, and a "Suggest Subject Terms" checkbox. Below the search box are three rows for Boolean operators (AND) and field selection (Select a Field (optional)). At the bottom of the search area, there are links for "Basic Search", "Advanced Search", and "Search History".

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

On the next screen type **eating disorders** and click on **Browse**.

You can only look up CINAHL subject 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 search results for 'eating disorders'. The main results list includes 'Eating Disorders' (checked), 'Feeding and Eating Disorders of Childhood', 'Eating Disorders Management (Iowa NIC)', and various specific disorders like 'Binge Eating Disorder', 'Dyssomnias', 'Bulimia Nervosa', etc. A 'Subheadings for: Eating Disorders' panel is open on the right, listing categories such as 'Blood/BL', 'Cerebrospinal Fluid/CF', 'Chemically Induced/CI', etc. The 'Include All Subheadings' checkbox is checked. A search box on the right shows 'Eating Disorders' with 'Explode' and 'Major Concept' options.

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 the header, there are instructions: 'Check box to view subheadings.' and 'Click linked term for tree view.' To the right of these instructions are three columns of checkboxes: 'Explode (+)', 'Major Concept', and 'Scope'. The main area is a tree view of subject headings. The 'Eating Disorders' term is selected and checked. Below it, several subheadings are listed, including 'Anorexia', 'Anorexia Nervosa', 'Binge Eating Disorder', 'Bulimia', 'Bulimia Nervosa', 'Female Athlete Triad', 'Night Eating Syndrome', and 'Pica'. To the right of the tree view, there is a 'Search Database' button and a search form. The search form contains the text 'Eating Disorders' and has checkboxes for 'Explode (+)' and 'Major Concept', with a red 'X' button next to the search term.

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 <input type="button" value="Search with AND"/> <input type="button" value="Search with OR"/> <input type="button" value="Delete Searches"/> <input type="button" value="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.

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

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): 583-591
 Subjects: Anorexia Nervosa Prevention and Control; Anorexia Nervosa Economics; Bulimia Nervosa Economics; Cognitive Dissonance In Analysis In Adolescence; Adolescent: 13-18 years; Female

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

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

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.

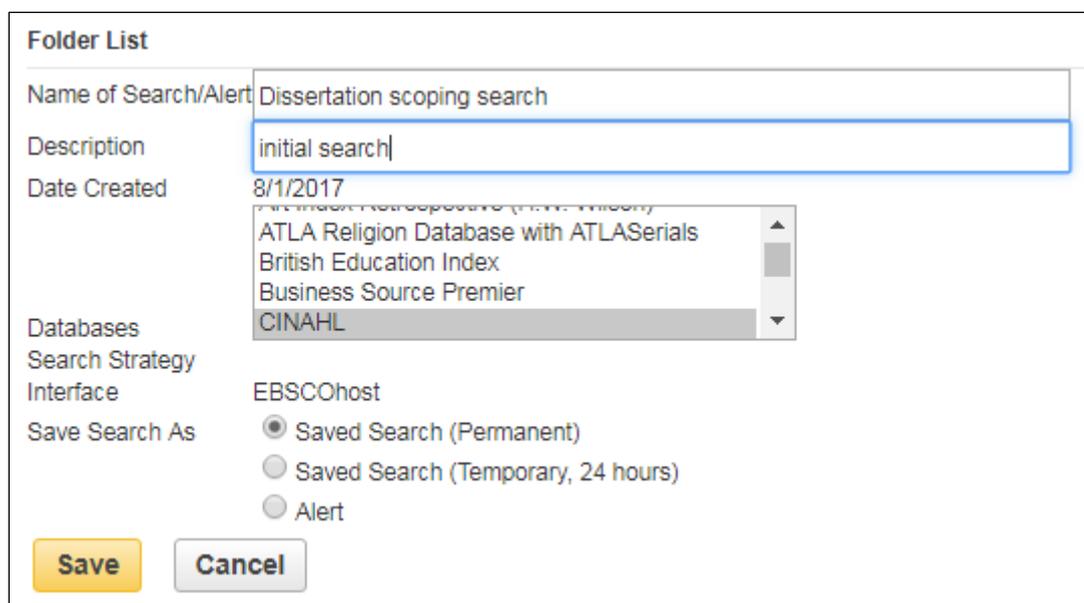
Further options are available if you click “Show More” from the **Refine your results** menu.

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 "ATLA Religion Database with ATLASerials", "British Education Index", "Business Source Premier", and "CINAHL" (selected).
- Search Strategy: EBSCOhost
- Interface: EBSCOhost
- Save Search As: Three radio button options: "Saved Search (Permanent)" (selected), "Saved Search (Temporary, 24 hours)", and "Alert".

At the bottom of the dialog are two buttons: "Save" (highlighted in yellow) and "Cancel".

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.