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Supporting Literature Searching

***Searching the Evidence
using OvidSP***

OvidSP

(particularly useful for University of Cambridge
access to **Embase**)

August 2015

Supporting Literature Searching

Searching the Evidence using OvidSP

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To help you use this guide,



indicates a step in the process of searching and retrieving articles.



indicates a tip, or an extra piece of information.

August 2015

• Introduction

This guide is designed to give you a brief overview of how to search any database via the OVID interface. Depending on the ATHENS/ RAVEN password you are using, the range of databases will vary: for example University of Cambridge subscribe to a different set of databases via OVID compared with Anglia Ruskin University.

Access to Embase via OVID for University of Cambridge users is achieved using a RAVEN username and password. Again, each institution has a different password, and you may be eligible for more than one: for example if you are studying part time at University of Cambridge, but also working part time at Addenbrooke's, you would be eligible for a University RAVEN password and an NHS ATHENS password.

As a brief overview, this guide will help you learn the principles of how to search any database via OVID, regardless of which password you use to access it.

While this guide will demonstrate a search in EMBASE, the OVID search interface will look and work the same regardless of the database you use.

• How to access the OVID databases

You can access the OVID databases via 2 main routes:

Route 1: Go to <http://library.medschl.cam.ac.uk/> and click “training & support” and “databases for literature searching” – scroll down to click Embase “available using RAVEN”. Click Embase, and login with RAVEN if you are ‘off campus’. Click the “continue” button at the top of the page.

Alternatively, go to <http://tinyurl.com/embase> and click “embase” and login with RAVEN if you are off campus).

Or

Route 2: Go to <http://www.athensams.net/myathens> - enter your ATHENS username and password. Select OVID online from the list. Click the “continue” button to reach the selection of databases available to you using your particular ATHENS registration.

• Planning your Search

To demonstrate how to search in the OVID databases, we are going to search for articles in the EMBASE database to answer the following question:

Have there been any review articles published between 2010 and 2015 that discuss eating disorders in adolescent females which may lead to osteoporosis or bone development problems?

Before starting your search you should ask questions of yourself such as:

- What are the keywords?
- Are there any other ways to spell the keywords?
- Are there any other words which mean the same thing (synonyms)?
- Are there any related keywords I want to include?
- What limits do I want to apply – date, language, age group, publication type?

In this search there are 2 sets of keywords:

Eating disorders

We combine these in one search line using the Boolean operator OR

Osteoporosis OR bone development problems

We will then combine these 2 search sets with the Boolean operator AND.

We will then apply limits of age group (adolescents) and publication type (review articles) and year of publication (2010 – 2015).



Boolean Logic

OR will search for articles containing any of the terms we choose.

Use **OR** to combine synonyms, alternative spellings or related items

AND will search for articles which contain all of the terms we have chosen.

- **Search for the first of the first set of keywords**

	<p>Access OvidSP, perhaps using one of the 2 routes described on page 2</p>
	<p>“Choose a database”</p> <p>To read more information about the coverage of any particular database, click on the “i” button to the left of any of the databases.</p> <p>Tick the box of the database you want, and click the “open selected resources” button - in this case EMBASE 1996 – 2015 Week 33 (or whichever is the most appropriate range of years to suit your topic.)</p>

Select Resource(s) to search:

All Resources

- Books@Ovid August 17, 2015 i
- Journals@Ovid Full Text August 18, 2015 i
- Your Journals@Ovid i
- Embase 1996 to 2015 Week 33 i
- Embase 1988 to 2015 Week 33 i
- Embase 1980 to 2015 Week 33 i
- Embase 1974 to 2015 Week 33 i
- Embase 1974 to 2015 August 18 i
- Embase 1988 to 1995 i
- Embase 1980 to 1987 i
- Embase 1974 to 1979 i

OK Add Group Delete Group

The search page appears:
There are 5 tabs:

Search Journals Books Multimedia My Workspace

Search History (0 searches) (expand) View Saved

Basic Search | Find Citation | Search Fields | Advanced Search | Multi-Field Search

1 Resource selected | [Hide](#) | [Change](#)

Journals@Ovid Full Text August 18, 2015

Search

Limits (expand) Include Multimedia Include Related Terms

Basic search: a natural language search. Enter your search terms in plain English and click the Search button.

Find citation: lets you submit fielded data to retrieve specific journal article citations. More details of this in Appendix B: Find Citation

Search Fields: You can apply fields to a search statement (or field a search) and restrict OvidSP's search to only the text of the fields indicated.

Advanced OVID Search: which is the search this guide will concentrate on -

Multi-field Search: enables you to search using multiple search terms: more complex search than Basic, but not as complex as Advanced.

	<p>Select the Advanced Search tab, and type:</p> <p style="text-align: center;">eating disorders</p> <p>Into the box labelled "Enter Keyword or phrase"</p> <p>Note that the box labelled "map term to subject heading" is checked.</p>
	<p>Click on the Search" button</p>

Search History (0 searches) (expand) View Saved

[Basic Search](#) | [Find Citation](#) | [Search Tools](#) | [Search Fields](#) | [Advanced Search](#) | [Multi-Field Search](#)

1 Resource selected | [Hide](#) | [Change](#)

Embase 1996 to 2015 Week 33

Enter keyword or phrase (* or \$ for truncation) Keyword Author Title Journal

Limits (expand) Include Multimedia Map Term to Subject Heading

 **Why can't we enter the whole question at once?**

It is tempting to put the whole search into the search box in one go.

Don't!!

- It is better to search in stages, searching only for related terms. Searching in stages, is better because: some databases will treat a string of words as one phrase, so you may find nothing or very little
- searching in stages allows you to build up a much more complex and specific search
- searching in stages makes it easier to correct mistakes.

• Mapping to a Medical Subject Heading (MeSH)

 **TIP: WHAT IS MeSH?**
 MeSH is a list of words and phrases that are used to index references in bibliographic databases, such as Embase, Medline, British Nursing Index etc.

Databases in OVID will try to match the term you entered with terms from the list of Medical Subject Headings (MeSH).
 If it cannot find an exact match, you will see a list of suggested terms. If there is a match, there will be only one term. After any MeSH terms you will always have the choice of selecting the free text term, that is, exactly what you typed.

A more detailed explanation of MeSH is available in Appendix A.

 The term eating disorders is automatically mapped to the Medical Subject Heading: “eating disorders”. Note that the subject heading is already selected.

 The free text term eating disorders also appears as a selectable item: “eating disorders.mp (search as keyword)”

 **Select the free text term as well by checking the box on the left.**

Note that the two terms will automatically be OR’d together as OR is displaying in the “combine selections with” box above the subject headings.

Search Journals Books Multimedia My Workspace

four term mapped to the following Subject Headings:
 .lick on a subject heading to view more general and more specific terms within the thesaurus.
 i.e term mapped to thesaurus term

Include All Subheadings
 combine selections with:

Select	Subject Heading	Explode	Focus	Scope
<input checked="" type="checkbox"/>	eating disorder	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	eating disorders.mp. search as Keyword			

 The term eating disorders is automatically mapped to the Medical Subject Heading: “eating disorders”. Note that the subject heading is already selected.

 Now click the “continue” button

 **TIP: WHY SEARCH AS KEYWORD AND MeSH?**
 It is advisable to select the keyword(s) that you have entered even if they are the same as the subject heading. This will find records where the keyword(s) appear in the title or abstract but not as a subject heading: i.e.

free text terms.

Select	Subject Heading
<input checked="" type="checkbox"/>	eating disorder
<input checked="" type="checkbox"/>	eating disorders.mp. search as Keyword

TIP: EXPLODE and FOCUS?
Explode and Focus are ways of broadening and narrowing your search - go to Appendix A for more details.

Explode	Focus
<input checked="" type="checkbox"/>	<input type="checkbox"/>

TIP: SCOPE?

Scope notes provide additional information about indexed terms of a database. The information provided can include when the term was first indexed, how the term is applied in the database, used-for terms and see-terms, and other information relevant to your search.

Scope
i

Having selected both the MeSH and the free text terms, and clicked continue, you are now back at the Main Search Screen, with a view of the results in the Search History box (you may have to click on “search history” to view this).

Search Journals Books Multimedia My Workspace

▼ Search History (1 search) (close) View Saved

<input type="checkbox"/>	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	1	eating disorders.mp. or exp eating disorder/	30487	Advanced	Display More >

Remove Selected Save Selected | Combine selections with: And Or RSS

Save Search History

Basic Search | Find Citation | Search Tools | Search Fields | Advanced Search | Multi-Field Search

1 Resource selected | Hide | Change

Embase 1996 to 2015 Week 33

Enter keyword or phrase Keyword Author Title Journal
(* or \$ for truncation)

► Limits (expand)

Include Multimedia

Map Term to Subject Heading

Search

Searching for the second and third of the first set of keywords.

	Now type <p style="text-align: center;">Anorexia</p> into the search box and click “search”
	This maps you to the MeSH terms “Anorexia” and “anorexia nervosa “Select both MeSH terms by checking the select boxes.
	Select anorexia.mp as a free text term by checking the select box
	Now click “continue”

Search Journals Books Multimedia My Workspace

Your term mapped to the following Subject Headings:
Click on a subject heading to view more general and more specific terms within the thesaurus.
Term mapped through permuted index

Include All Subheadings
Combine selections with:

Select	Subject Heading	Explode	Focus	Scope
<input checked="" type="checkbox"/>	anorexia	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	anorexia nervosa	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	anorexia.mp. search as Keyword			

	Now type <p style="text-align: center;">Bulimia</p> into the search box and click “search”
	This maps you to the MeSH terms “bulimia” Select the MeSH term and also the free text term by checking the select boxes.
	Now click “continue”

Your search history display should look like:

Search Journals Books Multimedia My Workspace

▼ Search History (3 searches) (close) 

<input type="checkbox"/>	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	1	eating disorders.mp. or exp eating disorder/	30487	Advanced	 Display More >>
<input type="checkbox"/>	2	exp anorexia nervosa/ or exp anorexia/ or anorexia.mp.	54983	Advanced	 Display More >>
<input type="checkbox"/>	3	bulimia.mp. or exp bulimia/	9219	Advanced	 Display More >>

| Combine selections with:

 RSS

• Combining Search Terms

The next step is to combine these terms together.

	Select sets 1, 2 and 3 by checking the select boxes
	Combine selections with OR (these keywords are all synonyms)

Search Journals Books Multimedia My Workspace

▼ Search History (4 searches) (close) View Saved

<input type="checkbox"/>	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	1	eating disorders.mp. or exp eating disorder/	30487	Advanced	Display More >
<input type="checkbox"/>	2	exp anorexia nervosa/ or exp anorexia/ or anorexia.mp.	54983	Advanced	Display More >
<input type="checkbox"/>	3	bulimia.mp. or exp bulimia/	9219	Advanced	Display More >
<input type="checkbox"/>	4	1 or 2 or 3	73067	Advanced	Display More >

Remove Selected Save Selected | Combine selections with: And Or RSS

Save Search History



TIP: WHY ARE WE USING "OR"?

You use "OR" to combine search terms that are synonyms, acronyms, alternative spellings or alternative terms. This is because you want the database to find ANY of these terms

• Searching for second set of keywords

You are now back at the main search page, and should start to search for the next set of keywords.

	Type: <input type="text" value="Osteoporosis"/> into the search box and click "search"
	Select the MeSH term and the keyword term. Click Continue.

Search Journals Books Multimedia My Workspace

Your term mapped to the following Subject Headings:
 Click on a subject heading to view more general and more specific terms within the thesaurus.
 Term mapped through permuted index

Include All Subheadings
 Combine selections with:

Select	Subject Heading	Explode	Focus	Scope
<input type="checkbox"/>	corticosteroid induced osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	experimental osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	idiopathic osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	juvenile osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	osteoporosis	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	ovariectomy-induced osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	postmenopause osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	posttraumatic osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	primary osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	secondary osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	senile osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	involutional osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	osteoporosis.mp. search as Keyword			

	<p>TIP: WHY AREN'T WE USING THE OTHER MeSH TERMS, SUCH AS POSTMENOPAUSE OSTEOPOROSIS?</p> <p>Remember that we are looking for articles that discuss eating disorders in adolescent females which may lead to osteoporosis or bone development problems. Therefore, we don't use the MeSH term Postmenopause Osteoporosis, as that would refer to older women not to adolescents.</p>
	<p>Repeat this process for the keyword: <input type="text" value="Bone development"/></p>

• Combining Search Terms

Now combine the sets you have created for osteoporosis and bone development together.

	Select sets 5 and 6 by checking the select boxes
	Combine selections with OR (these keywords are all synonyms)

Your search screen should look like this:

Search
Journals
Books
Multimedia
My Workspace

▼ Search History (7 searches) (close) View Saved

	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	4	1 or 2 or 3	72046	Advanced	Display More >
<input type="checkbox"/>	5	exp osteoporosis/ or osteoporosis.mp.	97720	Advanced	Display More >
<input type="checkbox"/>	6	bone development.mp. or exp bone development/	59195	Advanced	Display More >
<input type="checkbox"/>	7	5 or 6	147430	Advanced	Display More >

Remove Selected
Save Selected
Combine selections with:
RSS

Save Search History



TIP: WHY ARE WE USING "OR"?

You use "OR" to combine search terms that are synonyms, acronyms, alternative spellings or alternative terms. This is because you want the database to find ANY of these terms

- **Combining concepts**

The next stage is to combine the 2 concepts together, i.e. any of the eating disorders with osteoporosis or bone development.

▼ Search History (7 searches) (close) View Saved

<input type="checkbox"/>	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	1	eating disorder.mp. or exp eating disorder/	29359	Advanced	Display More >
<input type="checkbox"/>	2	exp anorexia nervosa/ or exp anorexia/ or anorexia.mp.	54983	Advanced	Display More >
<input type="checkbox"/>	3	bulimia.mp. or exp bulimia/	9219	Advanced	Display More >
<input checked="" type="checkbox"/>	4	1 or 2 or 3	72046	Advanced	Display More >
<input type="checkbox"/>	5	exp osteoporosis/ or osteoporosis.mp.	97720	Advanced	Display More >
<input type="checkbox"/>	6	bone development.mp. or exp bone development/	59195	Advanced	Display More >
<input checked="" type="checkbox"/>	7	5 or 6	147430	Advanced	Display More >

Remove Selected | Save Selected | Combine selections with: RSS



TIP: WHERE HAVE THE FIRST FEW LINES OF MY SEARCH GONE?
 If the first few searches you performed are not listed in your search history, then click on the "expand" button to the right of the search history display to make them appear.

▼ Search History (8 searches) (close) View Saved

<input type="checkbox"/>	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	1	eating disorder.mp. or exp eating disorder/	29359	Advanced	Display More >
<input type="checkbox"/>	2	exp anorexia nervosa/ or exp anorexia/ or anorexia.mp.	54983	Advanced	Display More >
<input type="checkbox"/>	3	bulimia.mp. or exp bulimia/	9219	Advanced	Display More >
<input type="checkbox"/>	4	1 or 2 or 3	72046	Advanced	Display More >
<input type="checkbox"/>	5	exp osteoporosis/ or osteoporosis.mp.	97720	Advanced	Display More >
<input type="checkbox"/>	6	bone development.mp. or exp bone development/	59195	Advanced	Display More >
<input type="checkbox"/>	7	5 or 6	147430	Advanced	Display More >
<input type="checkbox"/>	8	4 and 7	1554	Advanced	Display More >

Remove Selected | Save Selected | Combine selections with: RSS



Select sets 4 and 7 by checking the select boxes



Combine selections with AND



TIP: WHY ARE WE USING "AND"?

You use 'AND' to combine search terms where you want all the words to appear in the articles that are found.

• Limiting the search

The final stage of your search is to apply limits.

Click to expand the Limits option which is beneath the search box.

<input type="checkbox"/>	6	bone development.mp. or exp bone development/	59195	Advanced	Display	More >
<input type="checkbox"/>	7	5 or 6	147430	Advanced	Display	More >
<input type="checkbox"/>	8	4 and 7	1554	Advanced	Display	More >

Remove Selections | Save Selections | Combine selections with:

[Save Search History](#)

[Basic Search](#) | [Find Citation](#) | [Search Tools](#) | [Search Fields](#) | [Advanced Search](#) | [Multi-Field Search](#)

1 Resource selected | [Hide](#) | [Change](#)
 ⓘ Embase 1996 to 2015 Week 33

Enter keyword or phrase (* or \$ for truncation)

Keyword
 Author
 Title
 Journal

Limits (expand) Include Multimedia Map Term to Subject Heading

While there are a few quick limits that we can apply at this level, there are "additional limits".

[Basic Search](#) | [Find Citation](#) | [Search Tools](#) | [Search Fields](#) | [Advanced Search](#) | [Multi-Field Search](#)

1 Resource selected | [Hide](#) | [Change](#)
 ⓘ Embase 1996 to 2015 Week 33

Enter keyword or phrase (* or \$ for truncation)

Keyword
 Author
 Title
 Journal

Limits (close)
 Include Multimedia
 Map Term to Subject Heading

Full Text
 Latest Update
 Abstracts
 Human
 Cochrane Library
 English Language

Publication Year - -

Click to view these.

L i m i t s

Ovid Full Text Available Full Text Latest Update
 Priority Journals Abstracts Human
 Animals Animal Studies Cochrane Library
 Male Female English Language
 Exclude MEDLINE Journals

Publication Year: 2010 - Current

To select or remove multiple items from a list below, hold down the Shift, Ctrl, or "Apple" key while selecting.

Records From: Embase
Clinical Trials: Clinical Trial, Randomized Controlled Trial, Controlled Clinical Trial, Multicenter Study, Phase 1 Clinical Trial
Languages: Chinese, Croatian, Czech, Danish, Dutch, **English**
Human Age Groups: Child <unspecified age>, Preschool Child <1 to 6 years>, School Child <7 to 12 years>, **Adolescent <13 to 17 years>**, Adult <18 to 64 years>, Aged <65+ years>
Routes of Drug Administration:

EBM-Evidence Based Medicine: Evidence Based Medicine, Consensus Development, Meta Analysis, Outcomes Research
Clinical Queries: **Reviews (maximizes sensitivity)**, Reviews (maximizes specificity), Reviews (best balance of sensitivity and specificity), Therapy (maximizes sensitivity), Therapy (maximizes specificity)
Publication Types: Article, Book, Book Series, Conference Abstract, Conference Paper
Experimental Subjects: Animals <Category Heading>,Amphibia,Ape,Bird,Cat
Star Ranking:

- Ensure that search 8 is selected (i.e. the search that combines your 2 concepts) and scroll down the screen and select the following limits:
 - English language
 - Female
 - In publication year: from 2010-current
 - Age Group: scroll down the list to select Adolescent
 - Clinical Queries – select “Reviews (maximizes sensitivity)”
- Click “Limit a search”



TIP: WHY ARE WE USING THESE LIMITS?

Remember the original question we are searching for:

Have there been any review articles published between 2010 and 2015 that discuss eating disorders in adolescent females which may lead to osteoporosis or bone development problems?

Therefore:

- We are limiting by year as we are interested only in article published between 2010 and 2015
- We are limiting by English language because we are only likely to be able to locate English language articles;
- We are limiting by gender and age group because we are interested in adolescent females;
- We are limiting by publication type because we are interested in review articles.



Obviously when you are searching on your own topic, you would vary these limits according to your own needs.

Remember: the more limits you apply, the few articles you will retrieve. Think carefully about whether you really need to use a particular limit.

• Displaying your results

To view the results of your search click “display” at the right of set 9

Search Journals Books Multimedia My Workspace

▼ Search History (9 searches) (close) View Saved

<input type="checkbox"/>	# ▲	Searches	Results	Search Type	Actions
<input type="checkbox"/>	1	eating disorder.mp. or exp eating disorder/	29359	Advanced	Display More >
<input type="checkbox"/>	2	exp anorexia nervosa/ or exp anorexia/ or anorexia.mp.	54983	Advanced	Display More >
<input type="checkbox"/>	3	bulimia.mp. or exp bulimia/	9219	Advanced	Display More >
<input type="checkbox"/>	4	1 or 2 or 3	72046	Advanced	Display More >
<input type="checkbox"/>	5	exp osteoporosis/ or osteoporosis.mp.	97720	Advanced	Display More >
<input type="checkbox"/>	6	bone development.mp. or exp bone development/	59195	Advanced	Display More >
<input type="checkbox"/>	7	5 or 6	147430	Advanced	Display More >
<input type="checkbox"/>	8	4 and 7	1554	Advanced	Display More >
<input type="checkbox"/>	9	limit 8 to (female and "reviews (maximizes sensitivity)" and english and yr="2010 -Current" and adolescent <13 to 17 years>)	28	Advanced	Display More >

Remove Selected Save Selections | Combine selections with: and RSS

Save Search History

You will view a page that looks like:

The screenshot shows a search results interface with the following components:

- Results Tools:** Includes 'Options', 'Print', 'Email', 'Export', 'Add to My Projects', and 'Keep Selected'.
- Search Information:** Shows 'Clear Selected', 'View: Title | Citation | Abstract', '10 Per Page', and 'Next'.
- You searched:**
 - limit 8 to (female and "reviews (maximizes sensitivity)" and english and yr="2010 -Current" and adolescent <13 to 17 years>)
 - Search terms used: anorexia, anorexia nervosa, bone, bone development, bulimia, development disorder, eating, eating disorder, osteoporosis
- Search Returned:** 28 text results
- Sort By:** A dropdown menu set to '-'
- Customize Display:** A link to customize the display.
- Filter By:** A section with 'Add to Search History' and '+ Selected Only (0)'.
- Results:** Three citations are listed:
 - 1. Bone and vitamin D status in patients with anorexia nervosa.**
Eriksen S.A., Prietzel H., Ibsen J.R., Lauritsen M.B., Vestergaard P., Telleus G.K.
Danish medical Journal. 61 (11) (pp A4940), 2014. Date of Publication: 01 Nov 2014.
[Journal: Article]
▶ View Abstract
 - 2. Bone and vitamin D status in patients with anorexia nervosa.**
Eriksen S.A., Prietzel H., Ibsen J.R., Lauritsen M.B., Vestergaard P., Telleus G.K.
Danish Medical Journal. 61 (11) , 2014. Date of Publication: 01 Nov 2014.
[Journal: Article]
Publisher: Danish Medical Association
▶ View Abstract
 - 3. Energy availability, menstrual dysfunction and bone health in sports; an overview of the female athlete triad.**
Marquez S., Molinero O.
- Actions:** For each citation, there are links for 'Abstract Reference', 'Complete Reference', 'Find Similar', 'Find Citing Articles', 'Internet Resources', and 'ejournals@cambridge'.
- Additional Tools:** '+ My Projects' and '+ Annotate' buttons are present below each citation.

The results are displayed as **journal citations**:

Article Author(s), Article Title, Journal (or source) with year, volume, part and page numbers.

By clicking on “**View Abstract**” or “**Abstract reference**”– you will see a summary of the paper. *Note: that there is not always an abstract available.*

By clicking on “**Complete Reference**” – you will see the full database record (*Note: this does not mean the full text of the article*)

There may also be “Full Text” – this will allow you to see the whole article, if the journal is available online through OVID.

	<p>TIP: PUBLICATION TYPES</p> <p>Note that the publication type appears in square brackets after the reference.</p>
---	--

Abstract View:

1. **Can we reduce eating disorder risk factors in female college athletes? A randomized exploratory investigation of two peer-led interventions.**

Becker C.B., McDaniel L., Bull S., Powell M., McIntyre K.

Body Image. 9 (1) (pp 31-42), 2012. Date of Publication: January 2012.

[Journal: Article]

Publisher

Elsevier Ltd (Langford Lane, Kidlington, Oxford OX5 1GB, United Kingdom)

[View Abstract](#)

AB Female athletes are at least as at risk as other women for **eating disorders** (EDs) and at risk for the female athlete triad (i.e., inadequate energy availability, menstrual **disorders**, and **osteoporosis**). This study investigated whether two evidence-based programs appear promising for future study if modified to address the unique needs of female athletes. Athletes were randomly assigned to athlete-modified dissonance prevention or healthy weight intervention (AM-HWI). ED risk factors were assessed pre/post-treatment, and 6-week and 1-year follow-up. Results (analyzed sample, N= 157) indicated that both interventions reduced thin-ideal internalization, dietary restraint, bulimic pathology, shape and weight concern, and negative affect at 6 weeks, and bulimic pathology, shape concern, and negative affect at 1 year. Unexpectedly we observed an increase in students spontaneously seeking medical consultation for the triad. Qualitative results suggested that AM-HWI may be more preferred by athletes. 2011 Elsevier Ltd.

- [Abstract Reference](#)
- [Complete Reference](#)

- [Find Similar](#)
- [Find Citing Articles](#)

- [Internet Resources](#)
- ejournals@cambridge

 + My Projects

Complete Reference View:

1. <input type="checkbox"/>		• Abstract Reference
Accession Number	22019502	
Authors	Becker C.B. , McDaniel L. , Bull S. , Powell M. , McIntyre K.	• Find Similar
Institution	(Becker, McDaniel, Bull, McIntyre) Department of Psychology, Trinity University, One Trinity Place, San Antonio, TX 78212-7200, United States (Powell) Department of Athletics, Trinity University, San Antonio, TX, United States	• Find Citing Articles
Correspondence Address	C.B. Becker, Department of Psychology, Trinity University, One Trinity Place, San Antonio, TX 78212-7200, United States. E-mail: carolyn.becker@trinity.edu	• Internet Resources
Country of Publication	United Kingdom	• ejournals@cambridge
Title	Can we reduce eating disorder risk factors in female college athletes? A randomized exploratory investigation of two peer-led interventions.	
Source	<i>Body Image</i> . 9 (1) (pp 31-42), 2012. Date of Publication: January 2012.	
Publisher	Elsevier Ltd (Langford Lane, Kidlington, Oxford OX5 1GB, United Kingdom)	
Keyword	Athletes, Cognitive dissonance, Eating disorders , Healthy weight, Prevention	
Subject Headings	adolescent adult affect article "athlete" body weight bulimia / pc [Prevention] clinical trial cognition comparative study control controlled clinical trial controlled study "eating disorder / pc [Prevention]" evidence based medicine female follow up health education human low calory diet methodology patient attitude "peer group" psychological aspect	

The abstract for the article is further down the screen. As well as the abstract (available further down the screen) you can view the “Subject Headings”, “Correspondence Address”, and many other fields of information about the article.

Full text view:

There may be an obvious PDF link to some articles:

4. **Effects of exercise on bone mass in young women with anorexia nervosa.**
Waugh E.J., Woodside D.B., Beaton D.E., Cotl P., Hawker G.A.
Medicine and Science in Sports and Exercise. 43 (5) (pp 755-763), 2011. Date of Publication: May 2011.
[Journal: Article]
Publisher
Lippincott Williams and Wilkins
▶ View Abstract

- Ovid Full Text
- Abstract Reference
- Complete Reference
- Find Similar
- Find Citing Articles
- Internet Resources
- ejournals@cambridge

PDF (160KB) + My Projects

You can just click on this link to get straight to the full-text of this article.

To check whether the remaining articles are available either try clicking on the ejournals@cambridge link, or else check against LibrarySearch holdings (<http://search.lib.cam.ac.uk>)

• E-mailing or printing your results

Select the journal articles you want by clicking the box to the left of the article. Then click “keep selected”

The screenshot shows a search results interface. At the top, there are buttons for 'Print', 'Email', 'Export', 'Add to My Project', and 'Keep Selected' (the last one is highlighted with a red box). Below these are navigation options like 'Clear Selected', 'View: Title | Citation | Abstract', '10 Per Page', and '3'. The main content area shows a list of results. The first result is selected, with a red box around the checkbox and the article title: '3. **Development and evaluation of an educational intervention program for...**'. Below the title is the author 'Doyle-Lucas A.F., Davy B.M.', the journal title 'Journal of dance medicine & science : official publication of the International Association for Dance Medicine & Science', volume '15 (2) (pp 65-75)', and year '2011'. To the right of the article is a sidebar with options: 'Abstract Reference', 'Complete Reference', 'Find Similar', 'Find Citing Articles', 'Internet Resources', and 'ejournals@cambridge'. At the bottom right of the article area is a '+ My Projects' button.

Your selected results will be safe in the Search History:

The screenshot shows a table representing search history. The table has columns for a checkbox, a count, a description, a count, a search type, and a display button. The first row shows a checked checkbox, the number '10', the text 'from 9 keep 3-5', the number '3', the search type 'Advanced', and a 'Display' button. Below the table are buttons for 'Remove Selected', 'Save Selected', and a 'Combine selections with:' section with 'And' and 'Or' options. An 'RSS' icon is also visible.

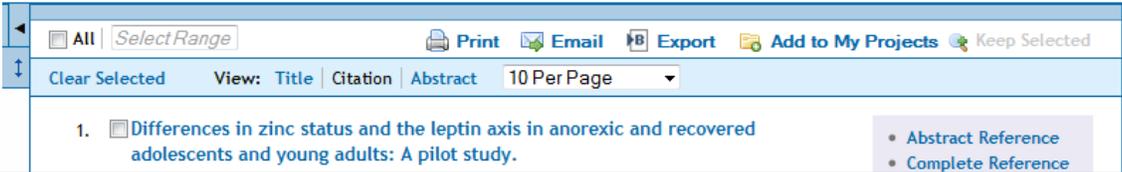
If you select articles from more than one search it may be necessary to amalgamate all the “kept” articles into one set:

<input type="checkbox"/>	10	from 9 keep 3-5	3	Advanced	Display	More >
<input type="checkbox"/>	11	from 1 keep 1, 3-4	3	Advanced	Display	More >
<input type="checkbox"/>	12	from 8 keep 3, 6, 9-10	4	Advanced	Display	More >
<input type="checkbox"/>	13	10 or 11 or 12	10	Advanced	Display	More >

Remove Selected Save Selected | Combine selections with:

Click to display all the articles you've selected.

 Towards the top of the list of articles, you'll see the following options.



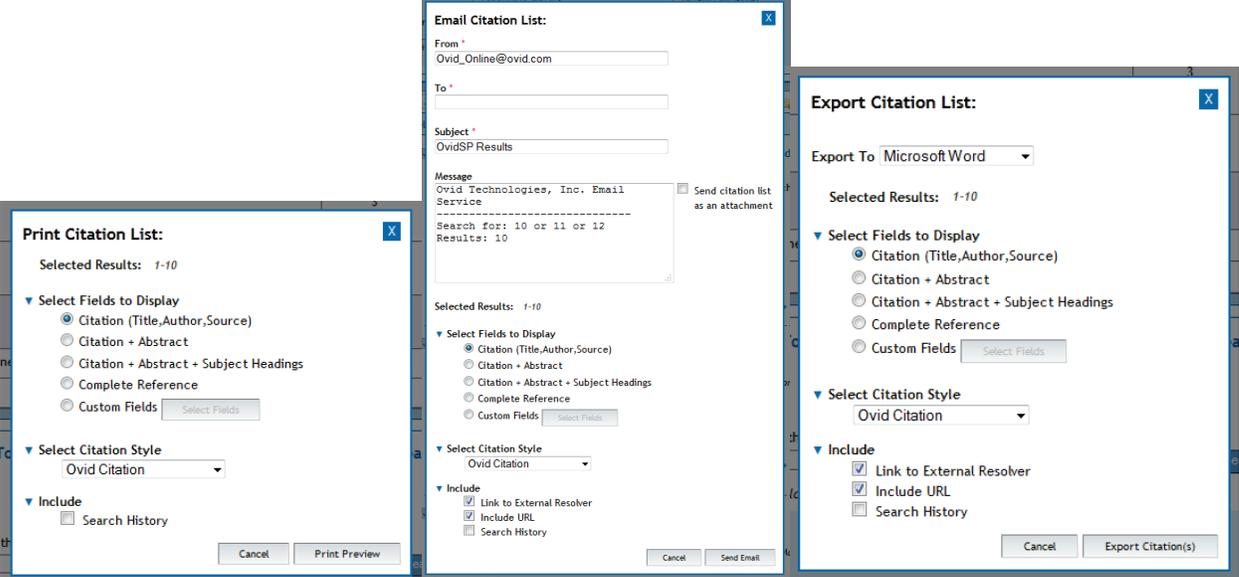
All | View: 10 Per Page

1. Differences in zinc status and the leptin axis in anorexic and recovered adolescents and young adults: A pilot study.

 Tick the "all" button to do something with all the articles you've selected.

 Then decide whether you wish to print, email or export these articles.

 You get different options depending on what you've chosen to do. Simply make the choice that suits you best.



Print Citation List: Selected Results: 1-10

- Select Fields to Display
 - Citation (Title,Author,Source)
 - Citation + Abstract
 - Citation + Abstract + Subject Headings
 - Complete Reference
 - Custom Fields
- Select Citation Style: Ovid Citation
- Include: Search History

Email Citation List:

From: Ovid_Online@ovid.com

To:

Subject: OvidSP Results

Message: Ovid Technologies, Inc. Email Service

Search for: 10 or 11 or 12
Results: 10

Send citation list as an attachment

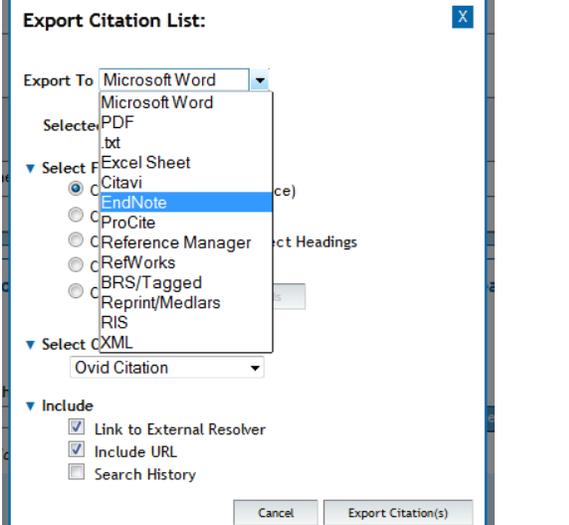
Selected Results: 1-10

- Select Fields to Display
 - Citation (Title,Author,Source)
 - Citation + Abstract
 - Citation + Abstract + Subject Headings
 - Complete Reference
 - Custom Fields
- Select Citation Style: Ovid Citation
- Include: Link to External Resolver, Include URL, Search History

Export Citation List: Export To: Microsoft Word

Selected Results: 1-10

- Select Fields to Display
 - Citation (Title,Author,Source)
 - Citation + Abstract
 - Citation + Abstract + Subject Headings
 - Complete Reference
 - Custom Fields
- Select Citation Style: Ovid Citation
- Include: Link to External Resolver, Include URL, Search History

	<p>The Export option lets you download your article citations as a word document, or as a file that is compatible with a reference management tool.</p>	
---	---	---

	<p>TIP: Why include the Search History? It is useful to include the search history so that you know what terms you used in the search, especially if you are likely to repeat the search, or justify your literature search results.</p>
---	---

	<p>You can now return to the “Main Search Page” and continue searching, changing the key words you use to refine and improve your search.</p>
---	---

	<p>TIP: Refining your search The first set of results you get will rarely be the best, and will probably not be your last - it's always worth trying different words, or different combinations or words.</p>
---	--

- **Keeping up to date**

Once you have a search strategy that is successful, you may want to be kept informed of new articles on the same topic. You can do this via RSS, or creating an email alert. For either of these options you must create a personal account in OVID.



You can see the option to create a Personal account in the top-right hand corner of the main search page.

RSS

					More »
<input type="checkbox"/>	8	4 and 7	1259	Advanced	Display More »
<input type="checkbox"/>	9	limit 8 to (female and english language and "reviews (maximizes sensitivity)" and yr="2000 -Current" and adolescent <13 to 17 years>)	46	Advanced	Display More »
<input type="checkbox"/>	10	from 9 keep 3-5	3	Advanced	Disp More »
<input type="checkbox"/>	11	from 1 keep 1, 3-4	3	Advanced	Disp More »

In the main search page, in the search history box, there is an RSS option.

Once you have logged into your personal account, click the RSS button

Wolters Kluwer Health | OvidSP | Logged in as isla.kuhn at uni of cambridge
My Account | Support & Training | Help | Logoff

Search Journals Books My Workspace

Search Name: RSS 20120731-164306 | Comment: Alert for ... | Type: AutoAlert (SDI) | Save

AutoAlert Options

Scheduling Options

- On Database Update[?]
- Quarterly
- Monthly - on day 1
- Every other week - on Monday
- Weekly - on Monday

Deduping Options

- 60 Days

Delivery Options

- Email
- RSS
- My Projects

Email | **RSS** | My Projects

Email Address & Subject

Separate multiple email addresses with commas. Do not use any spaces between the addresses.

Recipient's Email Address: ilk21@cam.ac.uk

Email Subject: OvidSP Results

Email Options

- Inline
- As an Attachment (Ovid Result Format only)

Output Type

- HTML (Ovid Result Format only)
- ASCII

Include Strategy

Include external resolver link

Fields

- Citation (Title,Author,Source)
- Citation + Abstract
- Citation + Abstract + Subject Headings
- Complete Reference

Select Fields

Result Format

- Ovid Labeled Citation
- BRS/Tagged
- Reprint/Medlars

Sort

Primary: - Ascending

Secondary: - Ascending

Save

Existing Saved Searches

Permanent Searches [\(top\)](#)

As you can see you can...

- Change the name of your alert to make it meaningful
- Chose the frequency of update
- Chose the amount of information about each article
- Change from an RSS feed to an email alert

It is always possible to delete these alerts at a later date.

Appendix A: MeSH in more detail – explode, focus & subheadings

** This appendix uses the Embase MeSH structure **

	<p>TIP: What is MeSH? MeSH is a list of words and phrases that are used to index references in Embase.</p>
---	---

• Explode

First, we will look at exploding MeSH terms. We will use a non-medical example.

	<p>From the Main Search Page, make sure that the "Map term to subject heading" box is ticked. Into the search box, type</p> <p style="text-align: center;">western europe</p>
	<p>Click on "Search ".</p>

Medline will try to match the term you entered with terms from the list of Medical Subject Headings (MeSH). If it cannot find an exact match, you will see a list of suggested terms. If there is a match, there will only be one term. After any MeSH terms you will always have the choice of selecting the free text term, that is, exactly what you typed.

Select	Subject Heading	Explode	Focus
<input checked="" type="checkbox"/>	Western Europe	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	western europe.mp. search as Keyword		

	<p>Click on the MeSH term "Western Europe ". The MeSH term is in blue and is a hyperlink.</p>
	<p>Scroll down until you find the term "Western Europe". It is highlighted in blue. You will see that the list of MeSH terms is arranged hierarchically. Underneath Western Europe are several terms which are indented. These terms include "Germany", "Scandinavia" and "Associated terms". These are all narrower terms, more specific.</p>

<input type="checkbox"/>	western blotting technique ▼				
<input type="checkbox"/>	western e e ▼				
<input type="checkbox"/>	western encephalitis virus ▼				
<input type="checkbox"/>	Western equine encephalitis virus ▼				
<input type="checkbox"/>	Western equine encephalomyelitis alphavirus ▼	160	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Western equine encephalomyelitis virus ▼				
<input checked="" type="checkbox"/>	Western Europe	1238	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	[Used For]				
	europe,western				
	[Broader Terms]				
<input type="checkbox"/>	Europe	33037	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	[Narrower Terms]				
<input type="checkbox"/>	Austria	5235	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Belgium	5626	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Benelux	19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	France	31157	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Germany	36451	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Ireland	4908	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Liechtenstein	11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Luxembourg	177	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Monaco	33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Netherlands	22800	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Scandinavia	1392	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Southern Europe	1596	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Switzerland	7933	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	United Kingdom	87892	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	western germany ▼				
<input type="checkbox"/>	Western Hemisphere ▼	1817	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	western immunoblotting technique ▼				
<input type="checkbox"/>	Western Sahara ▼	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	western samoa ▼				

 The subject terms are arranged alphabetically, but if you look at the detail of the term Western Europe, you can see that broader terms are suggested, and also narrower terms

Using explode you can include narrower terms in your search.

- | | |
|---|---|
|  | Click the "Previous page" button at the top of the screen to go back to the list of mapped MeSH terms. To the right of the term "Western Europe" are two boxes. The first of those boxes is labelled "explode". |
|  | Tick this box. Click on "Continue" (at the top of the screen). |
|  | Your search will give results for all of the terms under the MeSH term Western Europe, and all of the narrower terms indented under it. |
|  | TIP: How do I get back to the main search page
You will now be at the main search page. But if in the future you are not, look for a "Main Search Page" button and click on it. |



TIP: What if there are no MeSH terms?

If there are no MeSH terms, then probably the Map term to subject heading box may not have been ticked. Go to the main search page and tick it, and try again.

We would recommend selecting the free text term (the words you actually typed in the search box) as well as the MeSH term. But try this little exercise:

	Click on "Continue".
	Click on "Continue" on the next screen as well (we deal with subheadings shortly!). You have searched for the MeSH term Eating Disorders without exploding it – how many hits did you get?
	At the main search screen, enter <code>eating disorders</code> click on "Search"
	Tick the "explode" box and click on "Continue". Click on "Continue" on the next screen. How many hits did you get this time? More or less?

Does explode find more results, or fewer?



TIP: Why the difference?

Exploding finds more. This is because you have searched for more MeSH terms by including the narrower terms.

• Focus

	<p>At the main search screen, enter</p> <p style="text-align: center;">eating disorders</p> <p>Click on "Search".</p>
	<p>This time tick the "Focus" box.</p> <p>This is the right hand of those two small boxes. Again, the label is at the top of the column.</p> <p>Click on "Continue".</p> <p>Click on "Continue" again. Compare the results with the “unexploded” (Eating Disorder/) and the “exploded” (exp Eating Disorder/) terms with the “focused” (*Eating Disorder/) term</p>

▼ Search History (3 searches) (Click to close)				
<input type="checkbox"/>	# ▲	Searches	Results	Search Type
<input type="checkbox"/>	1	exp eating disorder/	17840	Advanced
<input type="checkbox"/>	2	eating disorder/	6616	Advanced
<input type="checkbox"/>	3	*eating disorder/	3370	Advanced

Remove Selected Save Selected | Combine selections with:

You have found fewer results than before. This is because you have restricted the search to papers where "eating disorders" are a main theme.

Every reference in any database can be indexed with up to 20 or 30 MeSH terms. If a paper just touches upon eating disorders, it will be indexed under the appropriate MeSH term.

Using “focus” will find the papers where your term is a major theme.

• Subheadings

Subheadings have been displayed in the previous steps of this tutorial. We have ignored them. In this step we will look at subheadings.

	<p>At the main search screen, enter</p> <p style="text-align: center;">eating disorders</p> <p>Click on "Search ".</p>
---	--

	<p>Tick the MeSH term "Eating Disorders ". Click on "Continue ".</p>
---	--

A list of subheadings will appear:

Subheading Display

Subheadings for: **eating disorder**

Combine selections with:

Include All Subheadings (6616)

-- or choose one or more of these subheadings --

- | | |
|--|--|
| <input type="checkbox"/> /co - Complication (114) | <input type="checkbox"/> /et - Etiology (701) |
| <input type="checkbox"/> /cn - Congenital Disorder (1) | <input type="checkbox"/> /pc - Prevention (230) |
| <input type="checkbox"/> /di - Diagnosis (1173) | <input type="checkbox"/> /rh - Rehabilitation (14) |
| <input type="checkbox"/> /dm - Disease Management (86) | <input type="checkbox"/> /si - Side Effect (101) |
| <input type="checkbox"/> /dr - Drug Resistance (3) | <input type="checkbox"/> /su - Surgery (9) |
| <input type="checkbox"/> /dt - Drug Therapy (436) | <input type="checkbox"/> /th - Therapy (1013) |
| <input type="checkbox"/> /ep - Epidemiology (675) | |

Subheadings allow you to restrict your search to a particular aspect.



Tick the box for the "Therapy" subheading, and click on "Continue ". Have a look at the results.

▼ Search History (4 searches) (Click to close)				
<input type="checkbox"/>	# ▲	Searches	Results	Search Type
<input type="checkbox"/>	1	exp eating disorder/	17840	Advanced
<input type="checkbox"/>	2	eating disorder/	6616	Advanced
<input type="checkbox"/>	3	*eating disorder/	3370	Advanced
<input type="checkbox"/>	4	eating disorder/th [Therapy]	1013	Advanced

| Combine selections with:

Choosing subheadings may reduce the number of results considerably. Note that if you select MeSH headings and free text (as we recommend!), you will not be shown subheadings.

Appendix B: Find Citation

The “Find Citation” tab lets you submit fielded data to retrieve specific journal article citations.

[Basic Search](#) | [Find Citation](#) | [Search Tools](#) | [Search Fields](#) | [Advanced Search](#) | [Multi-Field Search](#)

1 Resource selected | [Hide](#) | [Change](#)

 Embase 1996 to 2015 Week 33

Article Title

Journal Name Truncate Name (adds "")

Author Surname Truncate Name (adds "")

Publication Year Enter Author Name; use truncation (\$) when you don't know the full name st Page

Publisher

Unique Identifier

DOI

To search, follow these steps.

	Select the Find Citation tab.
	Fill in as many fields in the form as you can.
	Click the Search button, and then browse the results. Email, or print as per pervious instructions



Further Help

Free help and support in searching databases is available from any NHS Library in the East of England.

At Addenbrooke's and University of Cambridge contact:

Isla Kuhn, Veronica Phillips, Eleanor Barker
Cambridge University Medical Library

Email: librarytraining@medschl.cam.ac.uk

Phone: (01223) 336750

Web: <http://library.medschl.cam.ac.uk>