



## Successful Searching Using: PsycINFO

The Alverno College Library subscribes to a number of databases, all of which have different interfaces and search screens. Some of the databases we have from the company EBSCO include: *PsycINFO*, *ERIC*, *Academic Search Elite* & *CINAHL*

### Path to PsycINFO:

Go to the Library's web page: <http://depts.alverno.edu/library/>  
Find "Finding Information"  
Click on "Databases By Subject"  
Click on the Psychology category; choose PsycINFO

### TO BEGIN:

1. Take a moment to think about your research topic and decide on a few good search terms.
2. Type your search term(s) in the empty search boxes.

For KEYWORD searches – Simply type in your search terms in the spaces provided and click on the "Search" button.

For SUBJECT searches – Select the option from the drop down menu found when you click on "Select a Field (optional)".

You can select a "Search Mode" from the list found under "Search Options."

Remember, EBSCO is the **vendor** while PsycINFO is the **database**

Seeing an address like this is a good reminder that this is NOT a web site, but a database

The screenshot shows the EBSCOhost search interface. The search bar contains the terms "sleep deprivation" and "college students" with "and" connectors. The search mode is set to "Boolean/Phrase". The search options are displayed below the search bar, including "Search modes" and "Apply related words". The URL in the browser is <http://0-web.ebscohost.com.topcat.switchinc.org/ehost/search?vid=1&hid=8&sid=fedc22a7-6b1c-4cd3-99fb-0>.



**START BY ENTERING IN YOUR SEARCH** This person will do a KEYWORD search on "Sleep Deprivation" AND "College Students."

Refine your search by using the “LIMITERS” found on the bottom of the “search Screen.”

The 'Limit your results' sidebar includes the following sections:

- Local Holdings:**
- Linked Full Text:**
- Publication Name:**
- Published Date from:** Month: [dropdown] Year: [input] to Month: [dropdown] Year: [input]
- Publication Type:** [dropdown menu with options: All, All Journals, Peer Reviewed Journal, Peer-Reviewed Status-Unknown]
- Age Groups:** [dropdown menu with options: All, Childhood (birth-12 yrs), Neonatal (birth-1 mo), Infancy (2-23 mo)]
- Intended Audience:** [dropdown menu with options: All, General Public, Juvenile, Psychology: Professional & Research]
- SWITCH Libraries Serial Holdings:**
- References Available:**
- Publication Year from:** [input] to [input]
- Peer Reviewed:**
- Publisher:**
- English:**
- Language:** [dropdown menu with options: All, Afrikaans, Arabic, Bulgarian]
- Population Group:** [dropdown menu with options: All, Human, Animal, Male]
- Document Type:** [dropdown menu with options: All, Abstract Collection, Bibliography, Chapter]

There are many options. You can **LIMIT** by such things as **date**, **language**, **age groups**, and **type of document**. Don't limit too soon.

Our search on “**Sleep Deprivation**” AND “**College Students**” limited to “**SWITCH Library Serial Holdings**” produced 20 hits. Some items are available as “PDF” or “HTML” Full Text and others are listed as owned by a SWITCH Library.

The search results page shows:

- Sort by:** Date (dropdown menu)
- Limit your results sidebar:** Local Holdings ; SWITCH Libraries Serial Holdings ; Filter by Publication Date: 1960 to 2004; Update Results button.
- Search Results:**
  - Sleep Quality, Sleep Propensity and Academic Performance.** Howell, Andrew J.; Jahrig, Jesse C.; Powell, Russell A.; Perceptual and Motor Skills, Vol 99(2), Oct 2004. pp. 525-535. [Journal Article] Abstract: We examined associations between measures of *sleep* propensity on the Epworth Sleepiness Scale, *sleep* quality on the Pittsburgh Sleep Quality Index and academic performance by GPA and grades in introductory psychology for 414 *students*. In the total sample, neither *sleep* propensity nor *sleep* quality correlated with GPA or introductory psychology grades. However, among *students* carrying a full course load, those reporting poor *sleep* quality performed less well on academic measures than those reporting a better quality of *sleep*. Further research is needed to assess the moderating influence of overall demands of daytime functioning on the association between *sleep* quality and academic performance. (PsycINFO Database Record (c) 2007 APA, all rights reserved) Abstract Only [Add to folder](#) Cited References: (29) Times Cited in this Database: (3) Notes: This title held by a SWITCH Library. Please check TOPCAT.
  - Stress, Sleep Loss, and Substance Abuse Create Potent Recipe for College Depression.** Voelker, Rebecca; JAMA: Journal of the American Medical Association, Vol 291(18), May 2004. pp. 2177-2179. [Journal Article] Abstract: Close connections occur between stress, substance abuse, and lack of *sleep*, leading to increased depression in *college students*. Support comes from a study of male Syrian hamsters who, when moved to new cages with lingering odors from previous inhabitants, engaged in a natural dominance "dance", with anterior cingulate cortex (ACC) activity distinguishing dominant from subordinate animals. In human studies, depressed individuals also exhibit differences in ACC activity, compared to healthy controls. The ACC performs in executive decision making that coordinates action, emotion, and our response to antidepressants. The same circuitry is involved in stress reactions and depression. When *college students* do a metaphoric "dance" for social position, their brains respond to stress by activating adrenocorticotrophic hormone and releasing glucocorticoids, the so-called "stress hormones". Glucocorticoid receptors are concentrated in the hippocampus—a site where stress, affect, and cognition meet. A study involving cocaine use among timid and dominant Macaques monkeys transferred into joint living quarters lends further support to the conclusion that the external world influences common brain pathways that produce specific behaviors and characteristics like depressed mood and addiction. (PsycINFO Database Record (c) 2007 APA, all rights reserved) Abstract Only [Linked Full Text](#)

You can also sort by “Source,” “Author” or “Relevance”

These suggested subjects may help you further refine your search.

Full Text is available for this item. Sometimes Full Text is available in PDF format.

There may be a note if the item is owned by a SWITCH Library.

REMEMBER: If you need help, don't hesitate to ask a reference librarian! (Reference Desk # 414-382-6062)