Searching the Evidence using EBSCOHost

Use to search CINAHL with an NHS ATHENS login
(or PsycINFO with University of Cambridge RAVEN login)

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### Searching the Evidence using EBSCOHost

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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.
Introduction

This guide is designed to give you a brief overview of how to search any database via the EBSCOHost interface. Depending on the password you are using, the range of databases will vary: NHS ATHENS gives different databases via EBSCOhost to those that a university password would.

Access to CINAHL is available via EBSCOHost for NHS ATHENS as well as via the ‘Journals and Databases’ interface at www.evidence.nhs.uk

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

This guide will continue, assuming you are searching CINAHL using an NHS ATHENS login, but all of the instructions remain valid if you are searching other databases using a different login.

How to access the EBSCOhost databases

| If you are using an NHS ATHENS login | Go to http://library.medschl.cam.ac.uk/ and click “Research Support” and “databases for literature searching” – scroll down to click Cinahl “via NHS Athens”. Click Cinahl, and log in with your Athens username and password when prompted. |
| If you have a RAVEN login from University of Cambridge | Go to http://library.medschl.cam.ac.uk/ and click “Research Support” and “databases for literature searching” – scroll down to click PsycINFO “via RAVEN”. Click PsycINFO, and log in with RAVEN if you are off campus. |
You are in the “advanced search” as a default setting. This is better than the “basic” search, as it allows you to build up a search strategy that accurately reflects the question you wish to answer.

Advanced search will also give you the option to use the “suggest subject terms” option, which will be explained later in this guide. Leave this unticked for now.

Planning your search

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?

First you need to clarify the question you wish to answer, and the keywords you will search with.

In this guide we will search for papers that might answer the following question:

How effective is cognitive behaviour therapy for smoking cessation?

In this search there are two key terms:

Cognitive behaviour therapy
Smoking
It is important to consider other synonyms and spelling variations: *behaviour* will find a different set of results from *behavior*

<table>
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<th>Boolean Logic</th>
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<td>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.</td>
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This means that the strategy might look like this:

- cognitive behaviour therapy OR cognitive behavior therapy
- smoking OR smoke OR smoker or tobacco

<table>
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<th>Phrase Searching:</th>
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<tr>
<td>If you want to search for a distinct phrase put it in quotation marks e.g. &quot;healthcare worker&quot;. This will instruct the database to find only those words next to each other in that order. Otherwise the search will be e.g. healthcare AND worker</td>
</tr>
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<th>Truncation</th>
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<td>By adding a * at the end of the word ensures the database also finds plurals and variations in word ending. For example, worker* will find both worker and workers.</td>
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<th>Synonyms</th>
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<td>Always remember that the computer is a machine - it will search for the words you type in. It will not automatically find articles talking about tobacco or cigarettes just because you search for smoking - even if those connections seem obvious to you.</td>
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Our strategy can be amended:

- "cognitive behaviour therapy" OR "cognitive behavior therapy"
- OR CBT OR "cognitive therapy"
- AND
- smok* OR tobacco

Type one keyword/phrase in at a time from the first set of terms. You can use “ ” to increase the relevance if you want.

The results from all your searches will be logged in the Search History.
Once you have typed in all the search terms you can think of for the first part of your search it’s time to combine them using OR.

Tick all the lines that give synonymous terms for Cognitive Behaviour Therapy, and click “search with OR”.

See that a new line has entered your Search History. S1 OR S2 OR S3 OR S4 is a combination of all/any of the search terms. One line represents all the terms – the number of hits is big, but don’t be alarmed.
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.

Go through the same process with the search terms around smoking.

smok* OR tobacco

This time you can use * to truncate smoking to smok* so that your search will retrieve smoke, smoker, smoking, smokes, smoked. This is a much more efficient way of search.

Remember to combine smok* with tobacco using OR.

The number of hits you get for each line of your search might feel overwhelming, but the number of hits you get when you combine the 2 lines using AND will reduce the hits to a more manageable number.
Combining your search terms
We need to link the two lines of your search - to retrieve papers that are talking about BOTH cognitive behaviour therapy AND ALSO smoking.

Tick line S5 and also S8 (these are the lines that combine all the individual terms for each part of your search), and “Search with AND”

You can now view results. The number of hits is now much more realistic, but you may still want to refine the search further.
Limiting / refining your search

When you look at the results of your search, there is a panel on the left of the screen which will allow you to refine your search.

Perhaps you only want articles in English, or published in the last ten years? The toolbar on the left will allow you to make these refinements.

Make your selection from the choices available, and update to apply the limits to your search.

When you refine your search the result will go into your Search History. This means that you will always be able to revert back to the original set of hits if you feel you have made too many refinements, or want to search differently.
Viewing your results:
Looking at the results of your search

CINAHL shows us a summary record, giving details of title, authors, source (i.e. journal title, year, month, volume, part and pages), and the first few words of the abstract.

Click on the title to view the full amount of information held. This includes the abstract, keywords, and an option to "find similar results" (an easy way to find more relevant articles).
You can print or email or export the reference at this stage, by using the options on the right, but it might be more useful to “Add to folder”. This option will let you gather up all the references you find useful, and then do something with all of these references in one batch, rather than individually - a more efficient way of working.

Access to full text is also highlighted, but if there is no PDF listed, don’t worry.

To go back to viewing the whole list of results click "result list" (above the title of the paper).

When you have put a reference in the “folder” you will be reminded of this in the results list

Using extended cognitive behavioral treatment and medication to treat dependent smokers.

Authors: Hall, Sharon M; Hurford, Gary L; Mufioz, Ricardo F; Reus, Victor I; Prochaska, Judith J; Robbins, Julie A.
Source: American Journal of Public Health
Date: 2011
Publication Type: Academic Journal
Subjects: Exposure; Cognitive Behavioral Therapy; Drug Therapy; Smoking Cessation; Tobacco Smoking; Adulthood (18 yrs & older); Male; Female
Abstract: Objectives: We evaluated smoking cessation efficacy of an extended course of sustained-release bupropion (SR) and cognitive-behavioral treatment (CBT). Methods: 5

Preferences

The default view is that the results are presented by with the newest at the top. If you prefer a different ordering of the list you can make a choice.
You can also choose to view up to 50 articles per page, and make other viewing choices from the Page Options available.
Access to Full-Text Articles

Access to the full text of papers will depend on which journals the NHS have subscribed to. Some access will be very obvious:

The number of full text papers will not be as great when you search CINAHL via EBSCOhost compared with the same search using the HDAS version of CINAHL via http://www.evidence.nhs.uk

This means that once you have identified useful papers that are not immediately available as a PDF it’s important to double check whether the journal is accessible using the MyJournals search at https://journals.nice.org.uk/

This will allow you to check whether the library subscribes to the journal that you need.

Go to https://journals.nice.org.uk/

Remember to log in with your NHS ATHENS details if you’re not logged in already.

Type in the name of the journal you need, and check whether it is available, and click through to browse to access the paper you need.

If the journal you need is not listed, then perhaps your local NHS library will have a paper copy. The library staff will certainly be able to help you order the paper if they do not hold it. Remember, if you have logins from other organisations (perhaps from a university if you are doing a course), check their catalogues to see if you can access the papers you need via some other route.
Selecting references to save/print/email

While you can print or email or export the references one at a time when you click the title to read the abstract, it might be more efficient to "Add to folder".

This option will let you gather up all the references you find useful, and then do something with all of these references in one batch, rather than individually - a more efficient way of working.

Once you've added all the articles that you want to the folder, scroll up to the top of the page, to open the folder.

In the folder, you can select all the articles, and send them to print or email, or export them to a reference management tool.
To export to Endnote, Mendeley, Zotero or Endnote Web, choose the ‘DirectExport to RIS format’ option. This will create a file which can then be opened in your chosen reference manager.
In the Search History view, there is an option to save your search history. It is necessary to create an additional username and password, but the advantage of saving your search history is that you can:

- run your strategy again at a future date, perhaps amending it
- set up regular emails alerting you to new articles of interest.

Once you have registered and logged in, you can
- give your search a name
- save it permanently
- set up an email alert
If you chose to set up an email alert you will have more choices:
**Suggest Subject Terms** - how to make your search more comprehensive

**TIP: WHAT ARE SUBJECT TERMS?**

Subject Terms are a list of words and phrases that are used to index references in databases such as CINAHL. They provide a consistent term to identify all the papers talking about a particular topic, rather than just the papers that use the keywords you know about.

In this way, a Subject Term search might get more hits than a "freetext" search – because there are lots of ways of talking about a topic: the result is a more sensitive search. The opposite also occurs sometimes – a subject term search retrieves fewer hits than a freetext search. The hits you retrieve with the subject term search will be more specific.

Subject headings are arranged in a hierarchy like a family tree – so that there are some broader terms (i.e. general – such as respiratory disorder), and some narrower ones which lie beneath the broader terms (i.e. more specific – such as asthma).

You may have heard about MeSH (Medical Subject Headings) in relation to Medline/Pubmed searches. Other databases, including PsycINFO, use a similar system.

Type in a keyword from your search, and click the "suggest subject terms" box, and "search"

The database will try to match your term against the controlled vocabulary in the Thesaurus. If it can find an exact match, great, but sometimes it will try to suggest terms that you may find relevant.
You can read a definition by clicking on the “scope”.

If you decide that this term is the right one for your search, you should tick either the “explode” (if you have the chance) or “major concept” box.

**Explode and Major Concept**

*If you **explode** you will include any terms that are *narrower* - any more specific terms.*

In this example, if you “explode” cognitive therapy, the search results will include papers that are talking particularly about Acceptance and Commitment Therapy. This will increase the number of hits you retrieve.

If you pick a very broad term, using the **explode** option will significantly increase the number of hits.

*If you tick the **major concept** option, your search will retrieve only those papers for which this is the main topic – so you will retrieve very many fewer hits, and might miss some relevant papers.*

*It is generally better to tick **explode**, and to have a larger number of hits, since you can use the search history to combine different search terms to get the best strategy, and so the best selection of papers to choose from.*
Tick the “explode” option for smoking.

To see what additional terms will be included in your search, click on the term “smoking”.

You can see every branch of the subject tree that smoking sits on, and that “smoking cessation” is a narrower term than “smoking”. This shows that papers talking about “smoking cessation” will be included in your search results if you “explode” smoking.

Click to return to the original list.
Tick the “explode” option for smoking.

You will be given the choice of a whole selection of “subheadings”. Stick with the default option of “Include all subheadings”.

Click “search database” to add this term into your search history.

In this example, the subject term gets fewer hits than the freetext search – but the hits will be more specific i.e. more relevant. Combine the line with the subject terms with other lines in your strategy as instructed in this guide.

Further Help

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