

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 Premier & CINAHL**

Path to PsycINFO:

Go to the Library's web page: <http://www.alverno.edu/library/>
Select **"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)"**.

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

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

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 "SEARCH OPTIONS" found on the bottom of the "Search Screen."

Search Options

Search Modes and Expanders

- Search modes ?
- Boolean/Phrase
- Find all my search terms
- Find any of my search terms
- SmartText Searching [Hint](#)

Apply related words

Also search within the full text of the articles

Limit your results

Local Holdings

References Available

Publication Name

Published Date

Month Year - Month Year

Tests & Measures

Linked Full Text

Supplemental Materials

- audio
- computer software
- data sets
- dvd/cd

Publication Year

Peer Reviewed

Publisher

Publication Status

- All
- first posting
- fully published

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 "Peer Reviewed" items produced 98 hits. Some items are available as "PDF" or "HTML" Full Text.

You can also sort by "Source," "Author" or "Date"

Search Results: 1 - 10 of 98

Relevance Page Options Share

Refine Results

Current Search

Boolean/Phrase:
sleep deprivation AND college students

Limiters
Peer Reviewed

Limit To

- Local Holdings
- Linked Full Text
- References Available

1960 Publication Date 2015

Show More Options set

Source Types

- All Results
- Academic Journals (98)

Subject: Major Heading

Subject

Publication

Language

Modify your search by selecting options from this list.

1. Sleep quality and body mass index in college students: The role of sleep disturbances.



Vargas, Perla A.; Flores, Melissa; Robles, Elias; Journal of American College Health, Vol 62(8), Nov, 2014 pp. 534-541. Publisher: Taylor & Francis; [Journal Article] Abstract: Objective: Obesity and its comorbidities have emerged as a leading public health concern. The aim of this study was to explore the relationship between body mass index (BMI) and sleep patterns, including duration and disturbances. Methods: A convenience sample of 515 college students completed an online survey consisting of the Pittsburgh Sleep Quality Index (PSQI), and self-reported height and weight to calculate BMI. Univariate and multivariate logistic regression analyses were performed using components of the PSQI as predictors of overweight (BMI ≥ 25). Results: One-third of the participants had BMI ≥ 25, and 51% were poor-quality sleepers (PSQI > 5). Controlling for age and sex, only sleep disturbances were associated with overweight (odds ratio = 1.66, 95% confidence interval [1.08, 2.57]). Conclusions: Sleep disturbances, rather than sleep duration, predicted overweight among young adults; this is consistent with the most recent evidence in the literature. These findings support expanding the scope of wellness programs to promote healthy sleep among students. (PsycINFO Database Record (c) 2015 APA, all rights reserved)

Subjects: Body Mass Index; College Students; Obesity; Sleep; Sleep Deprivation; Adulthood (18 yrs & older); Young Adulthood (18-29 yrs); Thirties (30-39 yrs); Male; Female

Cited References: (97)

Link to Full Text Check Full Text

6. Failure to find executive function deficits following one night's total sleep deprivation in university students under naturalistic conditions.



Pace-Schott, Edward F.; Hutcherson, Cendri A.; Bemporad, Brenda; Morgan, Alexandra; Kumar, Arjun; Hobson, J. Allan; Stickgold, Robert; Behavioral Sleep Medicine, Vol 7(3), Jul, 2009 pp. 136-163. Publisher: Taylor & Francis; [Journal Article] Abstract: Young adult male students participated in a naturalistic, group-design experiment to ascertain the effects of one night's total sleep deprivation (TSD) on performance of diverse executive function tasks presented as an extended, multitask battery. On the majority of component tasks in this battery, performance has been reported to be impaired following one night's TSD when tasks are administered in isolation. However, participants sleep deprived 35 to 39 hr showed few performance deficits among tests in this battery when compared with non-sleep-deprived controls. Sleep-deprived participants showed only poorer recognition memory and overconfidence in incorrect temporal judgments. Behavioral and physiological adaptation to chronically sleep-restricting lifestyles may confer resistance to the cognitive effects of sleep deprivation in high-functioning young adults. (PsycINFO Database Record (c) 2015 APA, all rights reserved)

Subjects: Cognitive Impairment; College Students; Memory; Sleep Deprivation; Executive Function; Adulthood (18 yrs & older); Young Adulthood (18-29 yrs); Male

Show all 9 images



Cited References: (102) Times Cited in this Database: (7)

PDF Full Text

PDF Full Text is available for this item

REMEMBER: If you need help, don't hesitate to ask a librarian!