

EBSCO User Guide

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EBSCO is an advanced search platform that allows you to perform advanced literature searches. The EBSCO platform provides access to a number of different research databases. It is good practice to search each database individually. Searching more than one database at a time will disable the thesaurus feature, which is not advisable for comprehensive systematic searching.

The following databases are available via EBSCO:

- Psychology and Behavioral Sciences Collection – contains journals relating to psychology and behavioural science
- CINAHL - Cumulative Index to Nursing and Allied Health Literature. CINAHL includes the top nursing and allied health literature journals.
- GreenFILE – contains information relating to the human impact to the environment.
- Medline - comprehensive biomedical database. Contains journal articles relating to medicine, nursing, pharmacy, dentistry, veterinary medicine, and health care.

[A: Accessing EBSCO Databases and Creating a Personal Account](#)

1. Accessing EBSCO Databases

- The quickest way to access EBSCO is via the NHS Knowledge and Library Hub. If you are on a Trust device, there should be an icon on the desktop:
- Double-click on this icon to open the Knowledge and Library Hub.
- If you are not on a Trust computer, you can access the Knowledge and Library Hub from the [Rotherham NHS Foundation Trust](#)



[Library & Knowledge Service website](#) by selecting the **Resources** Tab and clicking on the link for the **Knowledge & Library Hub**.

Resources



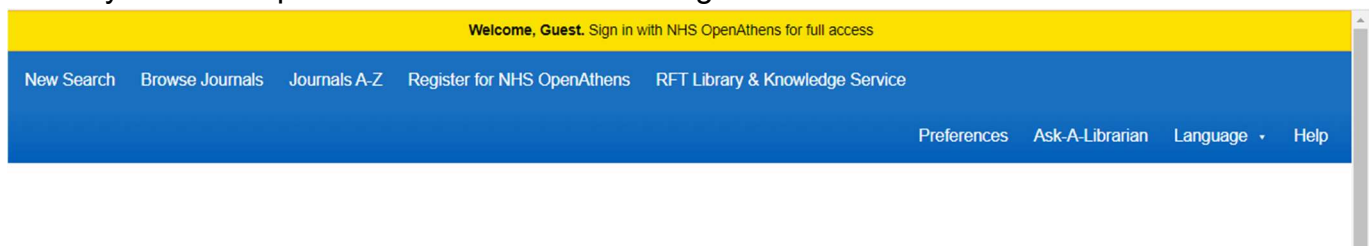
New! Discover the new [NHS Knowledge & Library Hub](#): a single gateway to journals, books, databases, clinical decision support resources including NICE Guidelines, BMJ Best Practice and DynaMed, and one-click links to full-text.

- Scroll down the page and click on the **NHS Knowledge and Library Hub** underneath where it says **Start your Search** and click on the link

Start your search

The [NHS Knowledge and Library Hub](#) connects NHS staff and learners to high quality knowledge and evidence resources in one place.

- Along the top of the page you should see a yellow ribbon, prompting you to log in with your NHS Open Athens user name and login.



- NHS Open Athens is used to authenticate that you are an NHS member of staff. Being logged in grants you access to the full range of full text resources available and allows you to access the health and social care databases such as CINAHL.
- Log in with the link in the yellow ribbon if you are have already signed up. If you have not previously registered, select **Register for NHS Open Athens**.



- Fill in your details and you will be sent your username and password. If you have already registered but have forgotten your details, please email the library at tr.libraryhealthcare@nhs.net and we will be happy to assist you.
- On the Knowledge and Library Hub page, scroll down to **In-depth searching**.

In-depth searching

AMED
British Nursing Index
CINAHL
Cochrane Library
EMBASE
EMCARE
HMIC (Health Management Information Consortium)
Medline
PsycINFO
Pubmed
Social Policy & Practice

2. Select **CINAHL**. *We recommend searching one database at a time*. You will be asked to sign in with your NHS Open Athens Username and password.
3. You can begin searching; however, it is a good idea to **create a personal/ research account to save your searches and results**. If you already have a personal account, login to it now.
4. To enable full functionality (save searches and results) and allow access to your **Folder** (previous searches, etc.), click the **Sign In** link on the top bar



5. From here, either **sign into your existing Personal Account**, or fill in your details and select **Create Account**. This account is for an account with EBSCO and different to your NHS Open Athens account.
6. If you would like to change your database, from the menu above the search bar you will see the database you are currently searching, and here you can change the database by clicking on **Choose Databases**

Searching: **CINAHL** [Choose Databases](#)

The

☐ Suggest Subject Terms

Select a Field (optional) ▼

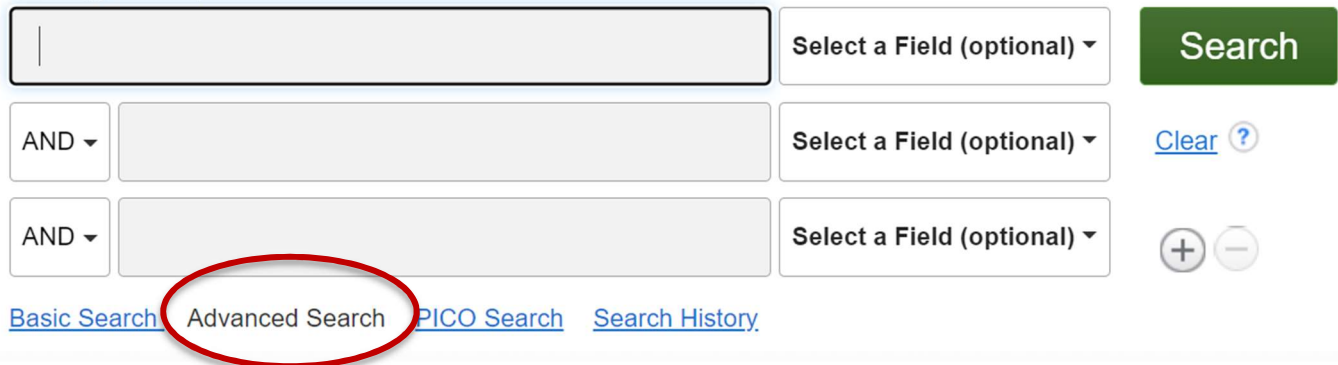
Search

B: Searching with free-text terms

7. To start a search, ensure **Advanced Search** is selected:

Searching: **CINAHL** | [Choose Databases](#)

☐ Suggest Subject Terms



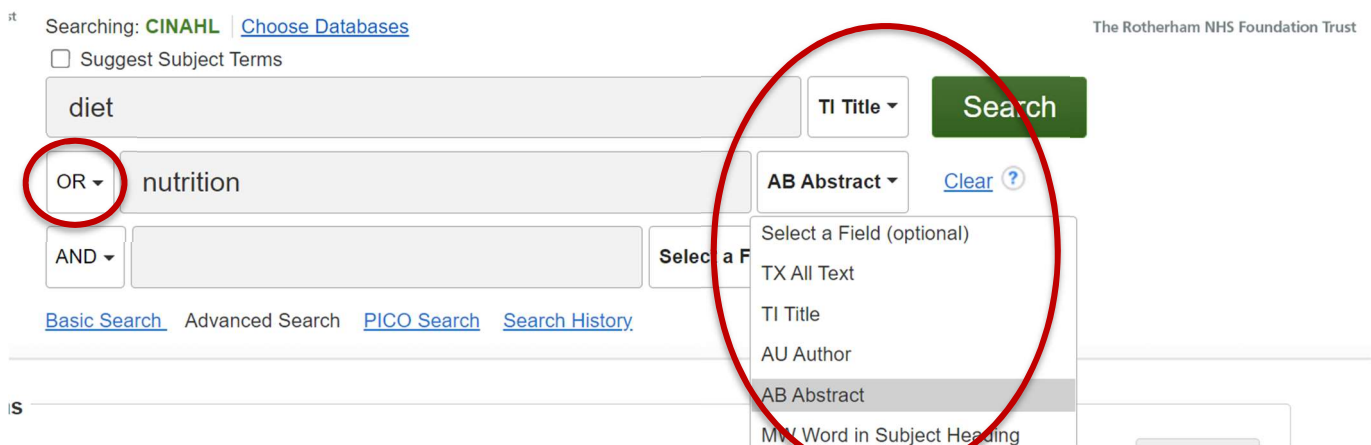
Search

AND ▼

AND ▼

[Basic Search](#) **Advanced Search** [PICO Search](#) [Search History](#)

8. You can now start entering your search terms in the fields. To select which fields you would like to search, use the drop-down menus. You can choose to search all text in an item's record, or narrow your search down to specific fields
9. If you want to search more than one specific field, for example, Title and Abstract, you need to search for these on separate rows using **OR**. Once you've entered your search term, select **Search**:



Searching: **CINAHL** | [Choose Databases](#)

☐ Suggest Subject Terms

diet

OR ▼

nutrition

Search

TI Title ▼

AB Abstract ▼

Select a Field (optional)

TX All Text

TI Title

AU Author

AB Abstract

MW Word in Subject Heading

[Basic Search](#) [Advanced Search](#) [PICO Search](#) [Search History](#)

Advanced searching tips and techniques

10. **Phrase searching:** if you need to search for two or more words, for example 'cognitive behavioural therapy', to tell the database that you would like all of these terms to appear next

to one another, e.g., as a phrase you can do this by putting the terms in "" inverted commas.. For example, "occupational therapy" or "attention deficit disorder". Otherwise, the database will search for these terms, where they appear together but also where they appear separately and in any order.

- 11. Truncation:** **Truncation** is an advanced searching technique that allows you to truncate words, which takes into consideration plurals or variations of words. The truncation symbol in EBSCO is *

Adding a truncation symbol will search for a word with any number of characters that appear after where you place the *

E.g. **therap*** will retrieve all instances of therapy, therapies, or therapeutic or **Schizo*** will retrieve schizophrenia, schizophrenic, schizophrenics, schizoaffective.

- 12.** It is useful to search for variations of the same term (this is known as 'synonyms') as different authors may use different words and phrases to describe the same thing. Language can change over time or different words and spellings may be used in different locations. For example, cancer and neoplasm or randomised or randomized.
- 13.** Start to write out your search terms in the search boxes and select which field you would like to search with, e.g. Title or Abstract:

Searching: **CINAHL** | [Choose Databases](#) The Rotherham

☐ Suggest Subject Terms

diet or nutritio* or food or drink* or fruit or vegetable*

OR ▾

diet or nutritio* or food or drink* or fruit or vegetal

TI Title ▾

AB Abstract ▾

Search

Clear ?

AND ▾

Select a Field (optional) ▾

+

-

[Basic Search](#) |
 [Advanced Search](#) |
 [PICO Search](#) |
 [Search History](#)

Click **Search**

- 14.** This will generate your first search line. If this doesn't display, click on **Search History**.

C: Searching for Subject Headings

Subject Headings, also referred to as Index terms are headings/ keywords that have been added to the article when they have been added to the database. They are worth including in your search as the indexer (person from the database who has added the keywords) has read the full article and there may be things that are mentioned in the full paper that aren't mentioned in the title or abstract.

15. To search for **Subject Headings**, select **Suggest Subject Terms**.

The Rotherham NHS Foundation Trust Searching: **CINAHL** | [Choose Databases](#) The I

☒ Suggest Subject Terms

Select a Field (optional) ▼ Search

AND ▼ Select a Field (optional) ▼ Clear ?

AND ▼ Select a Field (optional) ▼ (+) (-)

[Basic Search](#) [Advanced Search](#) [PICO Search](#) [Search History](#) ▼






16. Type in what subject headings you want to search for and click **Search**

Subjects

CINAHL Subject Headings  [View Tutorials](#)

Results For: diet Search Database

Check box to view subheadings. Click linked term for tree view.

	Explode (+) ?	Major Concept	Scope
<input type="checkbox"/> Diet	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Diet, Paleolithic	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Diet, Fat-Restricted	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Diet, Low Carbohydrate	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Diet, Antineoplastic	<input type="checkbox"/>	<input type="checkbox"/>	

Search Term **Explode (+)** **Major Concept**
















Check a box to select a subject heading to begin building your search strategy.

17. The database will take you to the most relevant subject heading.

18. If you click on the term, it will open up the term and show you where it sits within the broader database thesaurus. If it shows further related terms, that are indented, this means that there are narrower indexing terms, e.g.:

◀ Back to Term List Tree View For: Diet

☐ Check box to view subheadings. Click linked term for tree view.

	Explode (+)	Major Concept	Scope
<input type="checkbox"/> <input type="checkbox"/> Biochemical Phenomena, Metabolism, Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Adolescent Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Child Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> <input type="checkbox"/> Diet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> DASH Diet	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Diet, Nordic	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Energy Density	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Energy Intake	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Fluid Intake	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input checked="" type="checkbox"/> Food Intake	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Diet, Reducing	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Nutrient Density	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Plant-Based Diet	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> <input type="checkbox"/> Vegetarianism	<input type="checkbox"/>	<input type="checkbox"/>	

19. Ticking **Explode** will broaden your search and will include any of the narrower terms that sit under that term

20. Selecting **Major Concept** will narrow your search and will only search for articles where that term has been marked as the 'major focus' of the article by the indexers.

21. Clicking on the **Scope** speech mark symbol, will give you the definition used by the indexers.

☐ [Biochemical Phenomena, Metabolism, Nutrition](#)

☐ [Nutrition](#)

☐ ☐ Adolescent Nutrition

☐ ☐ Child Nutrition

☒ [Diet](#)

☐ ☐ DASH Diet

☐ ☐ Diet, Nordic

☐ ☐ Energy Density

Scope Note: The regular intake of food and beverages consumed by an organism.
[Close Window]

CINAHL Subject Headings [View Tutorials](#)

[Back to Term List](#) Tree View For: Diet Subheadings for: Diet

☐ Check box to view subheadings. ☐ Click linked term for tree view.

	Explode (+)	Major Concept	Scope
<input type="checkbox"/> Biochemical Phenomena, Metabolism, Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Adolescent Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Child Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Diet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> DASH Diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Diet, Nordic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Energy Density	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Energy Intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Fluid Intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Food Intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Diet, Reducing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

☒ Include All Subheadings
Or select one or more subheadings to restrict your search

☐ Adverse Effects/AE

☐ Classification/CL

☐ Contraindications/CT

☐ Drug Effects/DE

☐ Economics/EC

☐ Education/ED

☐ Equipment And Supplies/ES

☐ Ethical Issues/EI

☐ Evaluation/EV

☐ History/Hi

☐ Immunology/IM

☐ Legislation And Jurisprudence/LJ

Search Database

Search Term: Diet Explode (+) Major Concept

☒ ☐ ☐

Select which term you want to search for and tick if you want to **Explore** or **Major Focus** and select **Search Database**

[Back to Term List](#) Tree View For: Diet Subheadings for: Diet

☐ Check box to view subheadings. ☐ Click linked term for tree view.

	Explode (+)	Major Concept	Scope
<input type="checkbox"/> Biochemical Phenomena, Metabolism, Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Adolescent Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Child Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> DASH Diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Diet, Nordic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> Energy Density	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

☒ Include All Subheadings
Or select one or more subheadings to restrict your search

☐ Adverse Effects/AE

☐ Classification/CL

☐ Contraindications/CT

☐ Drug Effects/DE

☐ Economics/EC

☐ Education/ED

☐ Equipment And Supplies/ES

☐ Ethical Issues/EI

Search Database

Search Term: Diet Explode (+) Major Concept

☐ ☐ ☐

Top tip! Searching for free text terms as well as indexing terms will give you widest set of results.

D: Combining Search Terms and Subject Headings

22. Combine your search terms and subject headings by selecting the line numbers you want to combine Then click **Search with OR**:

Search History/Alerts

[Print Search History](#) [Retrieve Searches](#) [Retrieve Alerts](#) [Save Searches / Alerts](#)

☒ Select / deselect all **Search with AND** **Search with OR** Delete Searches Refresh Search Results

Search ID#	Search Terms	Search Options	Actions
<input checked="" type="checkbox"/> S2	(MH "Diet")	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (63,254) View Details Edit
<input checked="" type="checkbox"/> S1	TI (diet or nutritio* or food or drink* or fruit or vegetable*) OR AB (diet or nutritio* or food or drink* or fruit or vegetable*)	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (339,457) View Details Edit

23. If you are searching for a second or third concept as part of your question, **repeat steps 7-22** to search for free text and indexing terms for additional concepts.

E: Combining search lines using AND

24. Once you have searched all your concepts, combine them using **AND**. In the example below, line 3 combines the results for one concept (diet) and line 6 for the second concept (cholesterol)

Search History/Alerts

[Print Search History](#) [Retrieve Searches](#) [Retrieve Alerts](#) [Save Searches / Alerts](#)

☐ Select / deselect all **Search with AND** Search with OR Delete Searches Refresh Search Results

Search ID#	Search Terms	Search Options	Actions
<input checked="" type="checkbox"/> S6	S4 OR S5	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (92,164) View Details Edit
<input type="checkbox"/> S5	TI (cholesterol or lipids or Lipoproteins) OR AB (cholesterol or lipids or Lipoproteins)	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (87,035) View Details Edit
<input type="checkbox"/> S4	(MH "Cholesterol")	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (17,776) View Details Edit
<input checked="" type="checkbox"/> S3	S1 OR S2	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (362,079) View Details Edit
<input type="checkbox"/> S2	(MH "Diet")	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (63,254) View Details Edit
<input type="checkbox"/> S1	TI (diet or nutritio* or food or drink* or fruit or vegetable*) OR AB (diet or nutritio* or food or drink* or fruit or vegetable*)	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	View Results (339,457) View Details Edit

If you want to change the order that the search lines appear in, click on **Search ID#**.

Combining these concepts will search for all articles that discuss diet AND cholesterol. To do this select the lines that you have combined using OR, e.g., line 3 and line 6 and click on **Search with AND**

F: Filtering and Saving Results

25. If you scroll down the page, along the left-hand side you will see **Limit to**. Here you can restrict your results by publication date, language, source type (e.g. academic journal). If you are undertaking a systematic review, you may need to report whether you have used limits in your search and clarify why you have done so in your methods.

26. You can save individual results by **clicking the folder icon** (on the top right-hand corner of each result). This will turn the folder icon gold.

1. [Crataegus pinnatifida: A botanical, ethnopharmacological, phytochemical, and pharmacological overview.](#)



(includes abstract) Li, Ruiyu; Luan, Fei; Zhao, Yunyan; Wu, Mengyao; Lu, Yang; Tao, Chengtian; Zhu, Lv; Zhang, Chi; Wan, Li Journal of Ethnopharmacology, Jan2023; 301 N.PAG-N.PAG. 1p. (Article) ISSN: 0378-8741

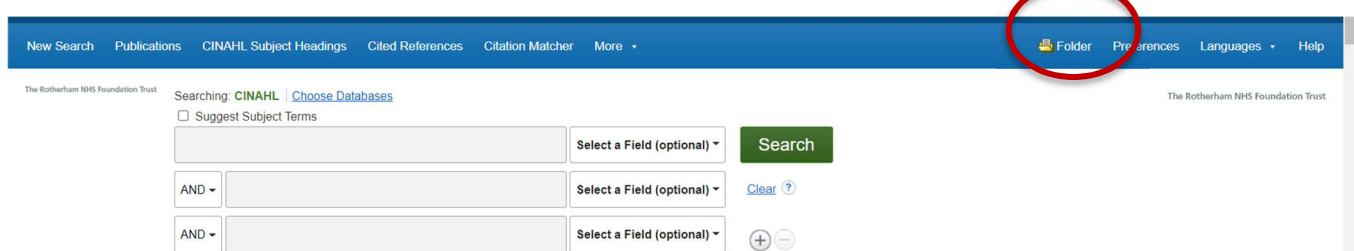
Crataegus pinnatifida belongs to the Rosaceae family and extensively distribute in North China, Europe, and North America. Its usage was first described in "Xinxu Ben Cao." The dried fruits of ...

[Full Text via LibKey Link](#)

2. [Er-Xian decoction attenuates ovariectomy-induced osteoporosis by modulating fatty acid metabolism and IGF1/PI3K/AKT signaling pathway.](#)



27. You can access these saved results by clicking on the **Folder** icon at the top of the page



The screenshot shows the top navigation bar of the search interface. The 'Folder' icon, which is a gold folder, is circled in red. Below the navigation bar, the search interface is visible, including a search bar, a 'Search' button, and a 'Clear' button. The search bar contains the text 'Searching: CINAHL | Choose Databases'. Below the search bar, there are three rows of search criteria, each with a dropdown menu for 'AND' and a 'Select a Field (optional)' dropdown. The 'Search' button is green and located to the right of the search criteria. The 'Clear' button is blue and located to the right of the search criteria. The 'Folder' icon is located in the top right corner of the search interface.


28. There are two ways to export your results.

1) In your **Search Results** > select **Share**

Search Results: 1 - 50 of 322

Date Newest ▾ Page Options ▾ **Share ▾**


EBSCO'S OPEN-ACCESS INFORMATION ON COVID-19 & ORTHOPOX VIRUSES (MONKEYPOX)


 DynaMed Orthopoxvirus Infections Topic DynaMed COVID-19 Topic

EBSCO COVID-19 Health & Wellness Resources COVID-19 Resources



Select **Add to Folder > Results 1-50**

Add to folder :

 [Results \(1-50\)](#)

 Add search to folder: [S3 AND S6](#)

Create an alert :


 [E-mail Alert](#)  [RSS Feed](#)

Use Permalink :

Persistent link to search (copy & paste)

<https://search.ebscohost.com/login.asp>

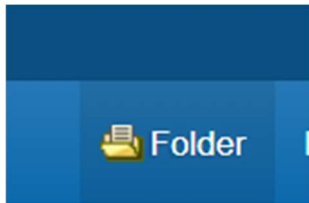
Export results :

 [E-mail a link to download exported results \(up to 322\)](#)

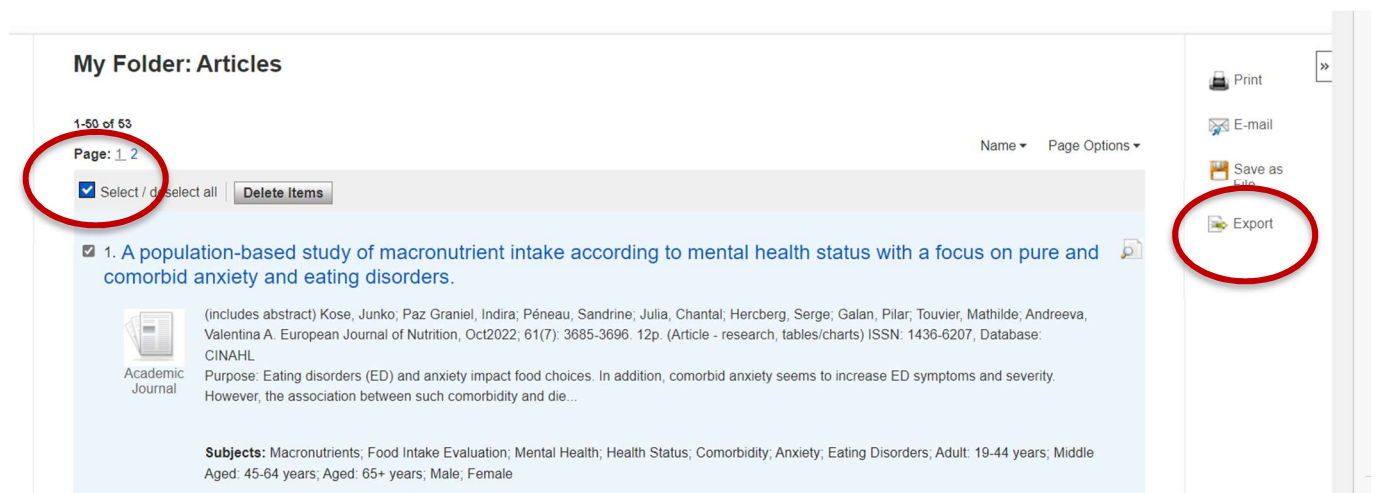
Scroll down to the end of the page and click on Page 2 and select **Share > Add to Folder > Results 1-50**.

Page: 1 2 3 4 5 Next ▶

Repeat this step until you reach the end. Scroll to the top of the page and click on the **Folder** icon



In **My Folder: Articles** select **Select/ deselect all** and **Export**




My Folder: Articles

1-50 of 53
Page: 1 2

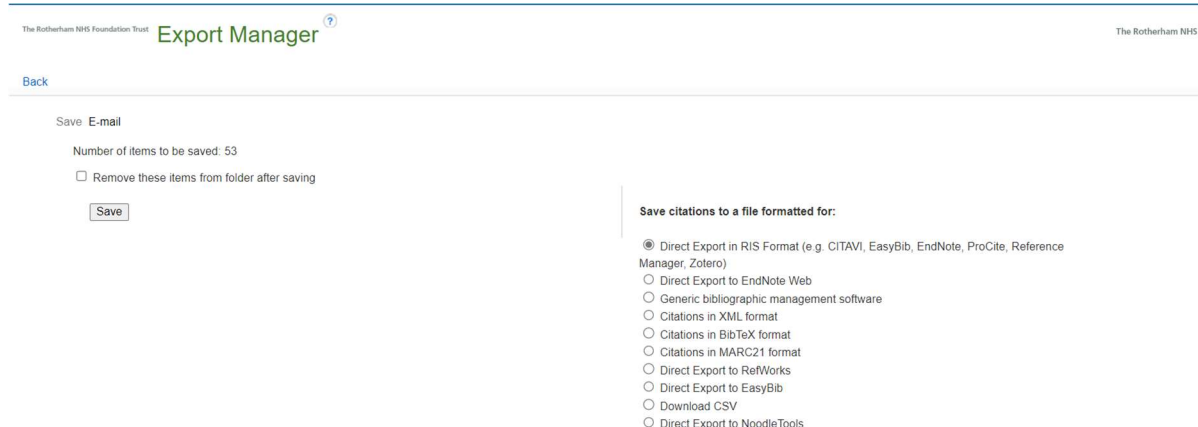
☒ Select / deselect all


1. [A population-based study of macronutrient intake according to mental health status with a focus on pure and comorbid anxiety and eating disorders.](#)

 (includes abstract) Kose, Junko; Paz Graniel, Indira; Péneau, Sandrine; Julia, Chantal; Hercberg, Serge; Galan, Pilar; Touvier, Mathilde; Andreeva, Valentina A. European Journal of Nutrition, Oct2022; 61(7): 3685-3696. 12p. (Article - research, tables/charts) ISSN: 1436-6207, Database: CINAHL
Purpose: Eating disorders (ED) and anxiety impact food choices. In addition, comorbid anxiety seems to increase ED symptoms and severity. However, the association between such comorbidity and die...
Subjects: Macronutrients; Food Intake Evaluation; Mental Health; Health Status; Comorbidity; Anxiety; Eating Disorders; Adult: 19-44 years; Middle Aged: 45-64 years; Aged: 65+ years; Male; Female

Print
E-mail
Save as PDF
Export

In **Export Manager**, you will be asked which format you want to export to. If using reference management software, such as EndNote, select **RIS format**. Click **Save**.



The Rotherham NHS Foundation Trust **Export Manager** 

[Back](#)

Save **E-mail**

Number of items to be saved: 53

☐ Remove these items from folder after saving

Save citations to a file formatted for:

☒ Direct Export in RIS Format (e.g. CITAVI, EasyBib, EndNote, ProCite, Reference Manager, Zotero)

☐ Direct Export to EndNote Web

☐ Generic bibliographic management software

☐ Citations in XML format

☐ Citations in BibTeX format

☐ Citations in MARC21 format

☐ Direct Export to RefWorks

☐ Direct Export to EasyBib

☐ Download CSV

☐ Direct Export to NoodleTools

Your export file will be automatically saved in your **downloads folder**.


29. If you need a copy of your search strategy you can generate this by selecting **Print Search History**. This will generate a PDF of the search history. You can save this for your records.

[Basic Search](#) [Advanced Search](#) [PICO Search](#) [Search History](#) ▼

Search History/Alerts


[Print Search History](#) [Retrieve Searches](#) [Retrieve Alerts](#) [Save Searches / Alerts](#)

☐ Select / deselect all [Search with AND](#) [Search with OR](#) [Delete Searches](#) [Refresh Searches](#)

Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/> S8	 S4 AND S7	Expanders - Apply equivalent subjects	View Results (24,330) View Details E

Don't forget!

If you have any questions or would like to meet with one of our experienced searchers to work through your search – please get in touch.

 <p>Rotherham NHS Foundation Trust Library</p>	<p>The Rotherham NHS Foundation Trust Rotherham Hospital Level D Email: rgh-tr.libraryhealthcare@nhs.net Telephone: 01709 427139</p>
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Acknowledgements:

This guide was adapted from the Northern Care Alliance NHS Library Trust's EBSCO Guide.