

# PsycINFO Quick Reference

Searching: APA PsycInfo | Choose Databases

meditation

AND - "well being"

AND -

Search

Basic Search | Advanced Search | Search History

PsycINFO is an online index that allows you to search thousands of psychology resources including journals, dissertations, conference presentations, and book chapters. Middlebury students, faculty, and staff can access PsycINFO at [go.middlebury.edu/psycinfo](http://go.middlebury.edu/psycinfo). To find and save materials efficiently, use tools like filters, links, and folders. You can always ask a librarian for help.

## Use Filters to Refine Results

Filters narrow your search. Look for them on the results page under **Refine Results**. Try these filters:

### Limit To

- Full Text
- References Available
- Peer Reviewed

Use **Limit To > Peer Reviewed** to narrow your search to peer-reviewed journals. Most articles in peer-reviewed journals have been evaluated by experts.

### Subject

- well being (83)
- meditation (71)
- stress (40)
- intervention (31)
- mindfulness (30)
- major depression (20)

Use **Subject** to narrow your search to the subtopics that are covered in your results list. Another benefit of using the **Subject** filter: Reviewing the list of subjects can provide ideas about how to narrow your topic.

### Age

- adulthood (18 yrs & older) (87)
- young adulthood (18-29 yrs) (51)
- thirties (30-39 yrs) (41)
- middle age (40-64 yrs) (38)
- adolescence (13-17 yrs) (24)
- aged (65 yrs & older) (20)

Use **Age** to narrow your search to materials about people of specific ages. For example, if you're researching topics related to teenagers, select **adolescence (13-17 yrs)**. This is more efficient than typing a list of terms like *teenager\** or *"young adult"* or *adolescent\**.

### Methodology

- literature review (538)
- empirical study (394)
- quantitative study (335)
- systematic review (222)
- longitudinal study (89)
- interview (81)

Use **Methodology** to narrow your search to specific types of studies. For example, if you need an overview of a topic, select **literature review**, and if you need primary research articles, select **empirical study**.

## Find Related Materials

When you find an interesting article, you can find more like it by following links for **Cited References** and **Times Cited**.

- **Cited References** links to the article's bibliography.
- **Times Cited** links to later publications that list the article in *their* bibliographies.

## Look for Full Text or Interlibrary Loan Links

When you're ready to read the materials you've found, you may need to leave PsycINFO to get the full text. In some cases, you'll need to request items via Interlibrary Loan.

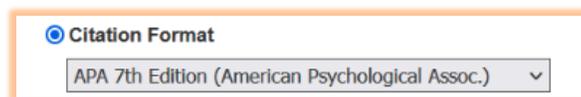
- If you see **Full Text** under the description of the item, you can read the article online immediately.
- If you see **Interlibrary Loan** under the description of the item, fill out the Interlibrary Loan Request Form and we'll get the item from another library for you for free.

## Save Your Search Results

To save your search results, send them to yourself via email using PsycINFO's folders. PsycINFO will send you a message with persistent links that will work later on, even after you close your browser. Be sure to request citations for your bibliography, too.

Here's how to send your results via email with links and citations:

1. For each item, click on the **blue folder** beside the title of the item.  
2. Select **Folder View**.
3. Select **Email**.
4. Select a **Citation Format** (usually, APA 7<sup>th</sup>). 
5. Enter your email address and select **Send**.



## Get Expert Help from a Middlebury Librarian

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