



## 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 – Put a check in the "Suggest Subject Terms" box by clicking on it. Type in your search terms. Then click on the "**Search**" button. EBSCO will retrieve relevant subject headings. You will need to go through the list and checkmark all appropriate search headings and then click the "**Add**" button to make the terms part of your search.

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

Address [http://0-web116.epnet.com.topcat.switchinc.org/search.asp?tb=1&\\_ug=sid+824594FE%2D6EFF%2D4EE2%2D8E](http://0-web116.epnet.com.topcat.switchinc.org/search.asp?tb=1&_ug=sid+824594FE%2D6EFF%2D4EE2%2D8E)

EBSCO Research Databases [New Search](#) | [View Folder](#) | [Preferences](#) | [Help](#)

[Sign In to My EBSCOhost](#) [Basic Search](#) [Advanced Search](#) [Visual Search](#) [Choose Databases](#) **ALVERNO COLLEGE**

[Keyword](#) [Thesaurus](#) [Indexes](#) [Cited References](#)

**Find:**  in    

in

in

in    Suggest Subject Terms

[Refine Search](#) [Search History / Alerts](#) [Results](#)

**Limit your results:** [Limiters](#) | [Expanders](#)

Local Holdings

SWITCH Libraries Serial Holdings

Linked Full Text



**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” and “EXPANDERS” found on the bottom of the “search Screen.”

**Limit your results:** Limiters | Expanders | Reset

Local Holdings

SWITCH Libraries Serial Holdings

Linked Full Text

References Available

Publication Name

Publication Year: Yr:  to Yr:

Published Date: Month  Yr:  to Month  Yr:

Peer Reviewed

Publisher

Publication Type: All, All Journals, Peer Reviewed Journal, Non-Peer-Reviewed Journal

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 26 hits. Some items are available as “PDF” or “HTML” Full Text and others are listed as owned by a SWITCH Library.

✓ Limiters set

To store items added to the folder for a future session, [Sign In to My EBSCOhost](#)

1 - 10 of 26 Pages: 1 2 3 Next

Sort by: Date

1. [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. [Original 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) 2005 APA, all rights reserved)

[Cited References \(29\)](#)

**Notes:** This title held by a SWITCH Library. Please check TOPCAT.

2. [How sleep deprivation affects psychological variables related to college students' cognitive performance](#). Pilcher, June J.; Walters, Amy S.; Journal of American College Health, Vol 46(3), Nov 1997. pp. 121-126. Abstract: 44 **college students** completed the Watson-Glaser Critical Thinking Appraisal after either 24 hrs of **sleep deprivation** or approximately 8 hrs of **sleep**. After completing the cognitive task, Ss completed 2 questionnaires, one assessing self-reported effort, concentration, and estimated performance, the other assessing off-task cognitions. **Sleep deprivation** Ss performed significantly worse than the nondeprived Ss on the cognitive task. However, the **sleep**-deprived Ss rated their concentration and effort higher than the nondeprived Ss did. In addition, the **sleep**-deprived Ss rated their estimated performance significantly higher than the nondeprived Ss did. Findings indicate that **college students** are not aware of the extent to which **sleep deprivation** negatively affects their ability to complete cognitive tasks. (PsycINFO Database Record (c) 2005 APA, all rights reserved)

[Times Cited in this Database \(19\)](#)

**Notes:** This title held by a SWITCH Library. Please check TOPCAT.

[HTML Full Text](#)

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

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

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

These suggested subjects may help you further refine your search.

Narrow Results by Subject:

- [Sleep Deprivation](#)
- [REM Sleep](#)
- [Sleep](#)
- [College Students](#)
- [Sleep Onset](#)
- [Emotional States](#)
- [Human Biological Rhythms](#)
- [Sleep Wake Cycle](#)

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