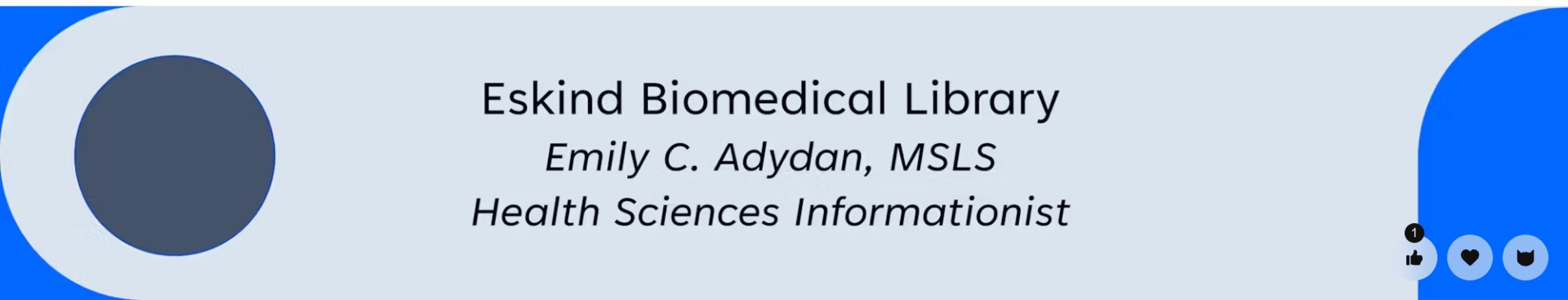


Instructions





Library Resources & Finding Evidence



Eskind Biomedical Library
Emily C. Adydan, MSLS
Health Sciences Informationist

Hello! I'm Emily...

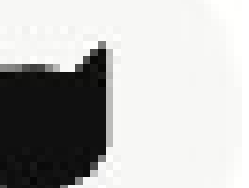
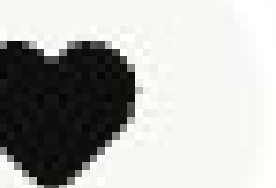
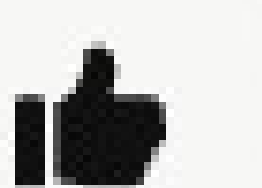


Health Sciences Informationist,
Eskind Biomedical Library

Emily.c.Adydan@vanderbilt.edu



Instructions



What's Your Go-To Coffee Shop Order?

sparkling water

ginger lemon and honey te

hot chocolate

black and super strong

iced white chocolate latt

sweet tea brew

dirty chi

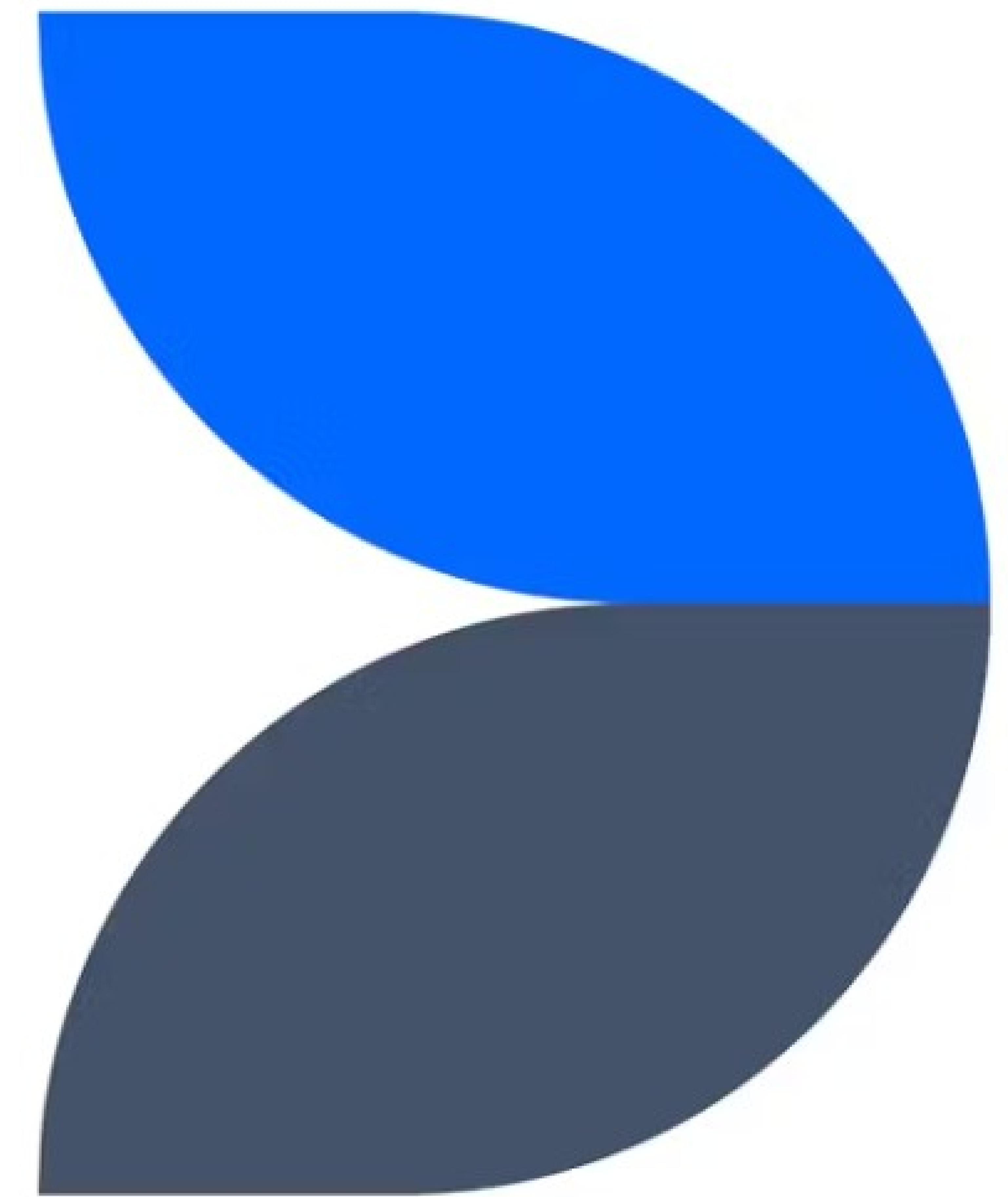
Agenda



Introduction to Eskind
Research Tools & TA/ OA
Finding the Evidence
Searching in PubMed



Intro to Eskind Biomedical Library



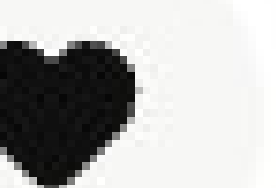
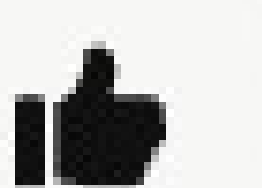
Eskind Biomedical Library

- 1st Floor
- Computer access, printing access, & meeting/ study spaces
- Access using VU/ VUMC ID (see *hours*)



Eskind Biomedical Library Hours:

<https://www.library.vanderbilt.edu/biomedical/hours/>



Eskind Biomedical Library: **Remote Research Support**

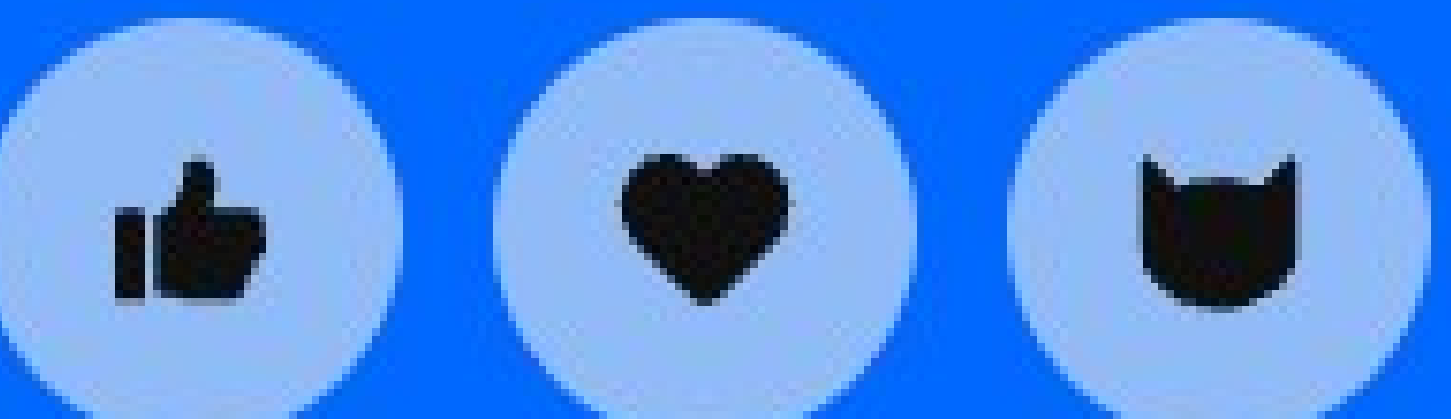
24/7 Digital Collections

Ask Biomedical

Virtual Research
Consultations

Review Tutorials

Request Training



Eskind Biomedical Library: Website Highlights

QUICK GUIDE

Students Staff and Faculty VUMC

Ask Biomedical

CINAHL

Consumer Health Information

Databases A-Z

Document Delivery Service

EBL Research Guides

History of Medicine Collections

Journals

Library Resource Training

Literature Review Search
Request

Literature Review Guide

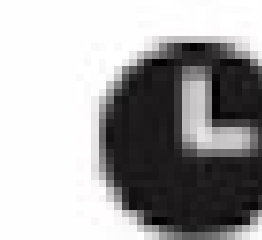
Most Used Resources

PubMed

Purchase Suggestions

Transformative and Open
Access Agreements

UpToDate

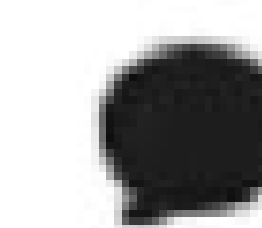


Today's Building Hours

7:30am-8pm

Access limited to students, staff,
faculty, and alumni from VUSN, VUSM,
and VUMC: 6pm-8pm

[View full schedule](#)

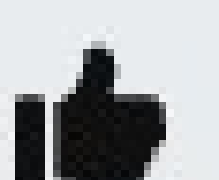


Ask Biomedical

[615-936-1410](#)

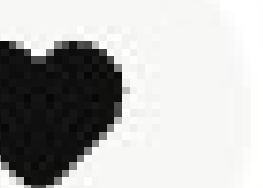
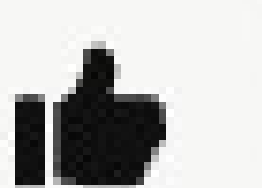
[Email](#)

[Staff Directory](#)



Eskind Biomedical Library Website:

<https://www.library.vanderbilt.edu/biomedical/>



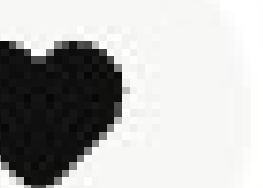
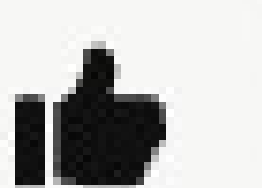
Getting Started with Reviews Tutorial

- What is the difference between review types?
- What are the essential elements for each review type?
- Our “**Getting Started with Reviews**” Tutorial can help!

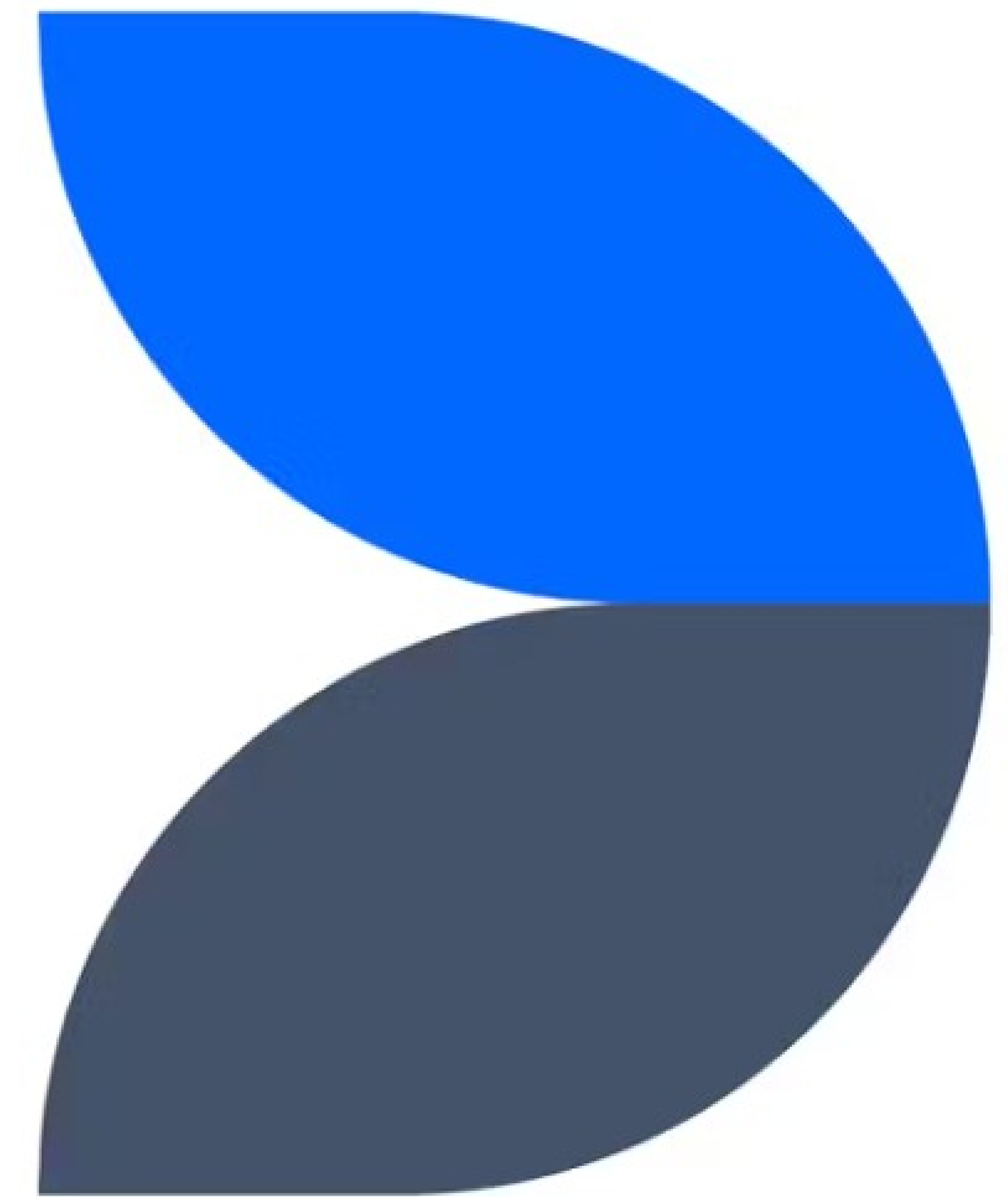


Getting Started with Reviews Tutorial:

<https://tutorials.library.vanderbilt.edu/ebf/#/>



Research Tools & TA/OA



Eskind Biomedical Library: **Databases & Tools**

- *Research Tools:*

Covidence
ORCID ID

- *Citation Managers:*

Mendeley
Zotero
EndNote



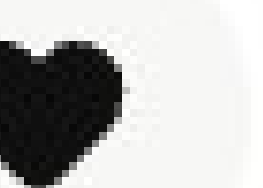
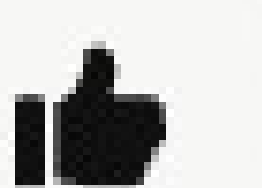
- *Databases:*

PubMed
Embase
Cochrane
UpToDate
Web of Science



Literature Review Research Guide (Tools):

<https://researchguides.library.vanderbilt.edu/biomedresearch>

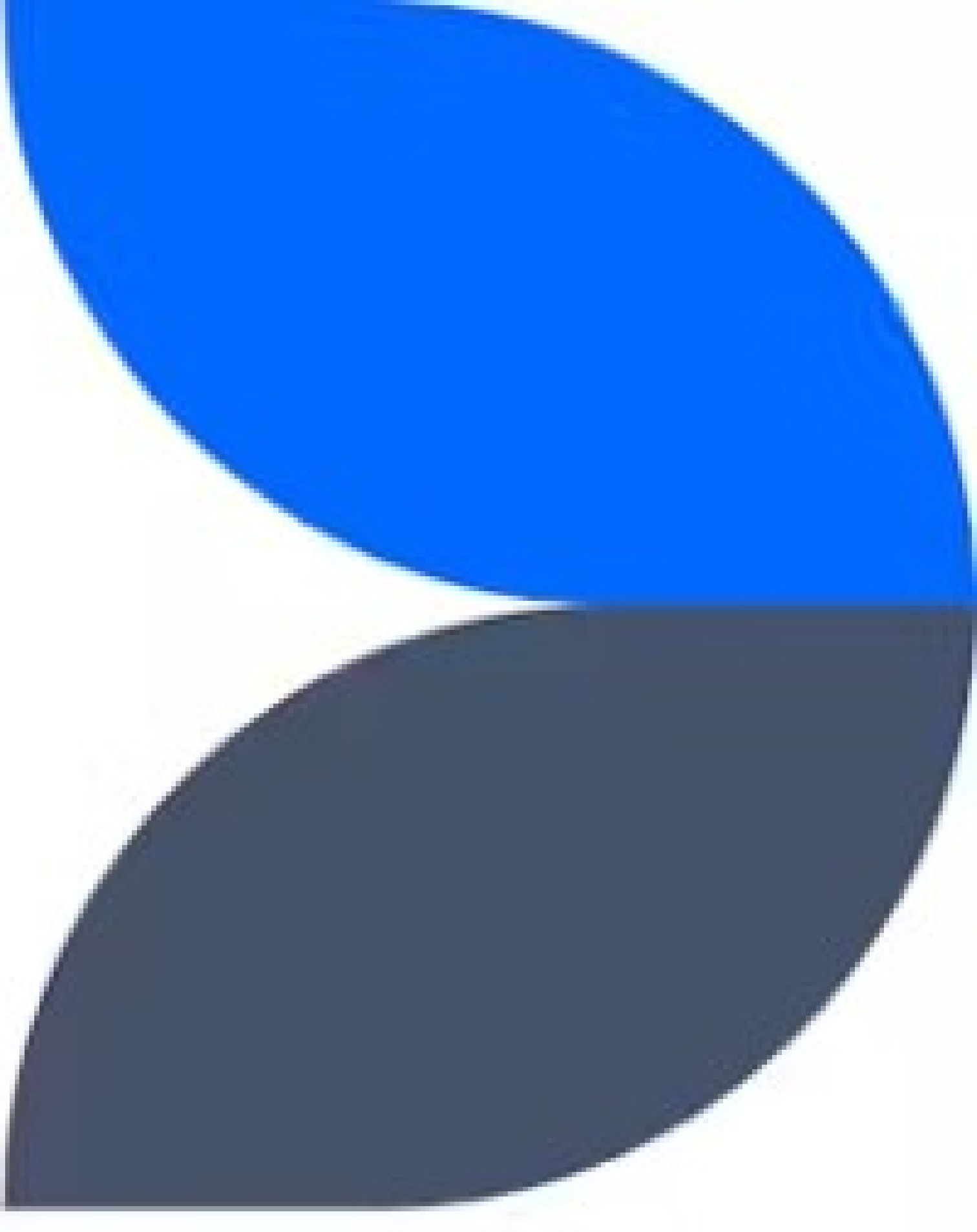




Open Researcher and Contributor ID

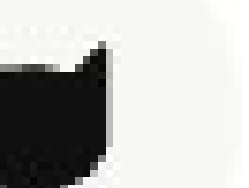
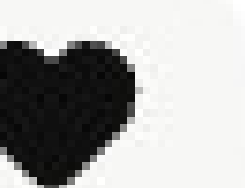
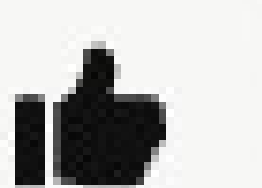
- Unique & persistent digital identifier that distinguishes researchers from one another
- It's uniquely yours
- Keeps your research directly linked to you
- Name changes are no issue





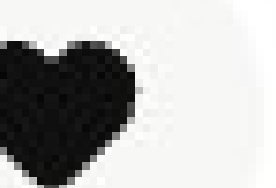
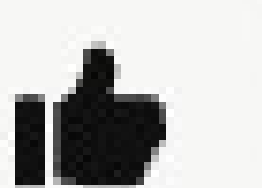
ORCID ID Registration:

<https://orcid.org/register>



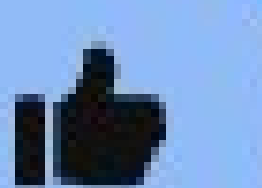
ORCiD ID Registration:

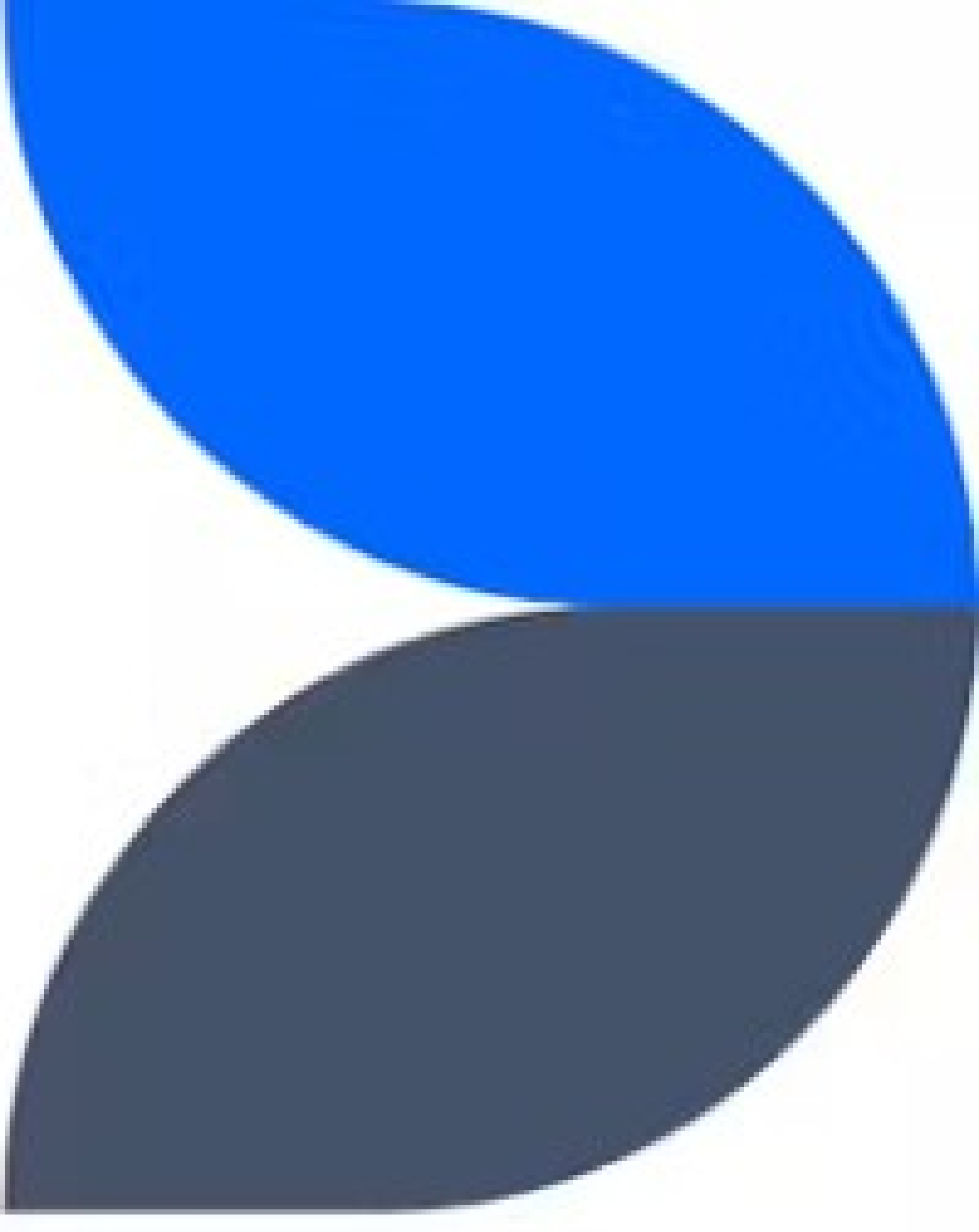
<https://orcid.org/register>



National Center for Biotechnology Information/ PubMed (NIH)

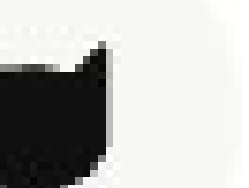
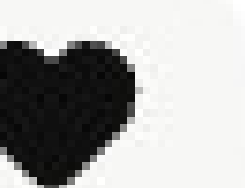
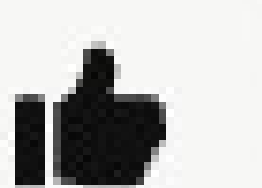
- Save your PubMed searches
- Select display formats
 - Set filter options
- Automatic searching





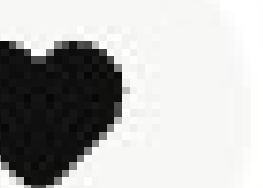
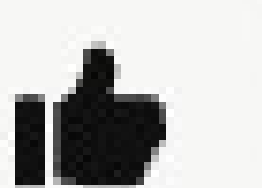
MyNCBI Account Sign Up:

<https://account.ncbi.nlm.nih.gov/signup/>



MyNCBI Account Sign Up:

<https://account.ncbi.nlm.nih.gov/signup/>



Citation Managers

Why Use a Citation Manager?

- Often free to use
- Personal library of references
- Track, upload, organize, & annotate references
- Collaborate w/ research team members



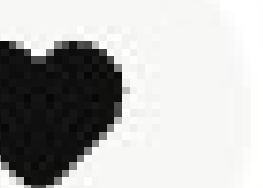
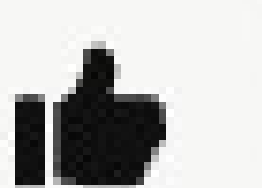
Citation Managers

- Eskind Library provides training & support for...
 - ✓ Mendeley
 - ✓ EndNote
 - ✓ Zotero



Citation Managers Research Guide:

<https://researchguides.library.vanderbilt.edu/biomedresearch/citation-management>



Covidence

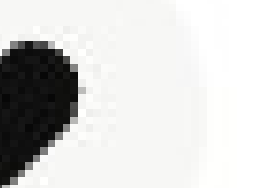
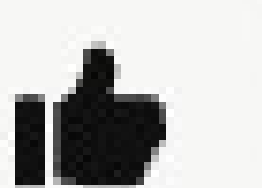
Comprehensive screening software for the entire review process...

- ✓ Title & abstract screening
- ✓ Full text review
- ✓ Quality assessment
- ✓ Data extraction



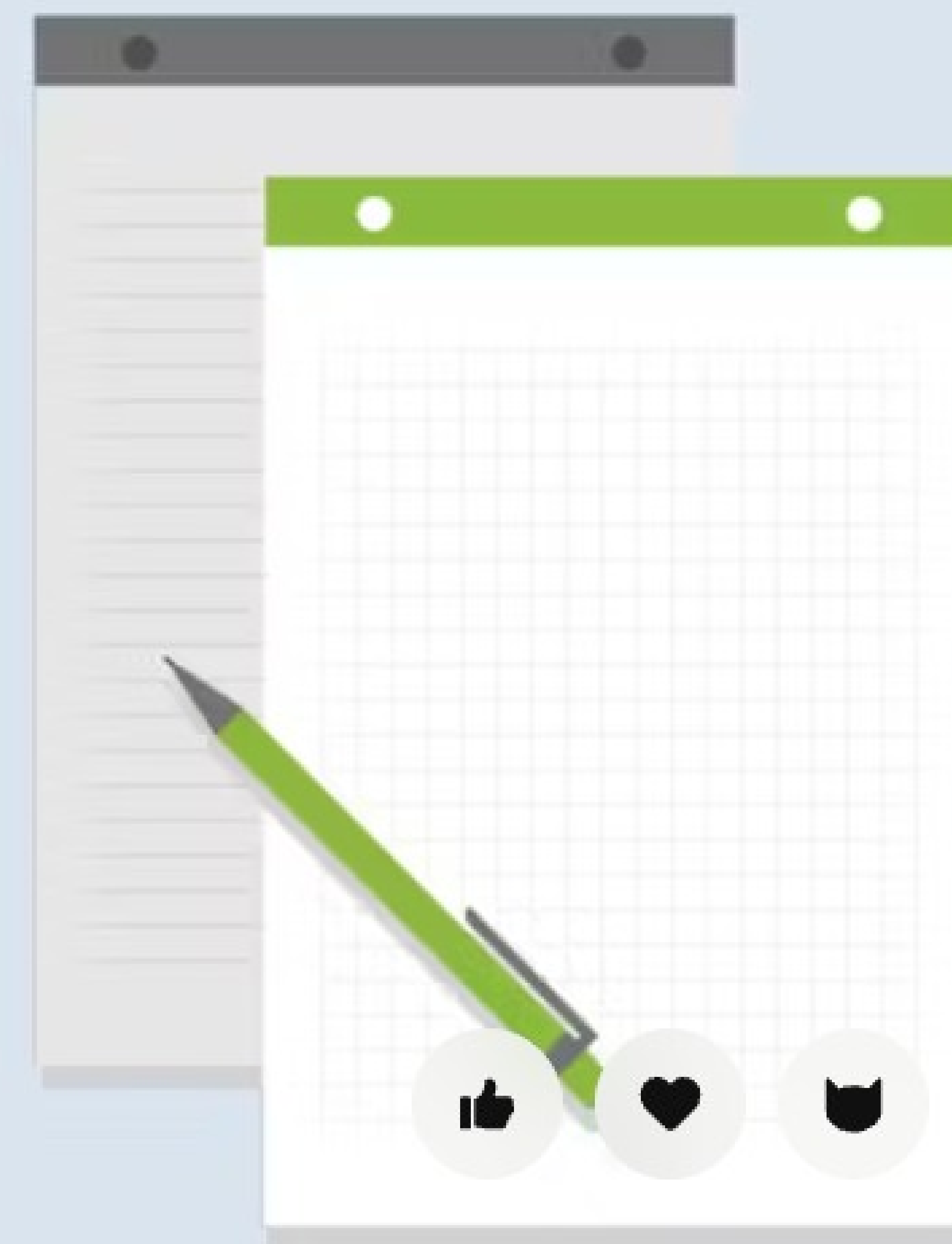
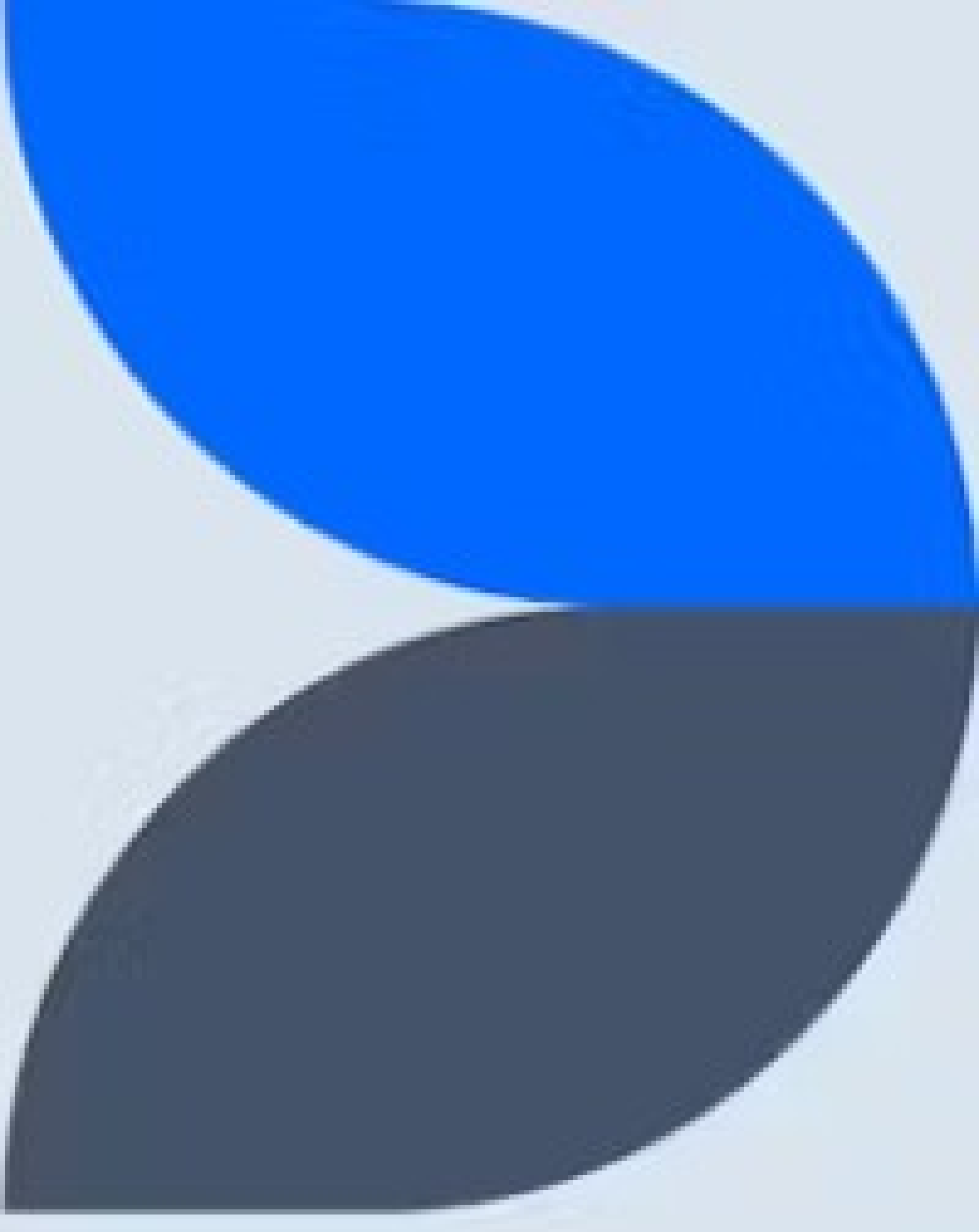
Covidence Vanderbilt Sign Up Link:

<https://app.covidence.org/organizations/3eM47/signup>



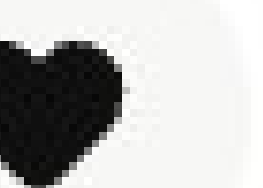
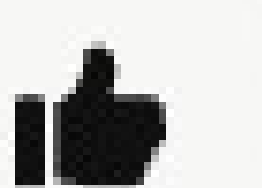
Publishing

- Publishing agreements available through Eskind Library
- Transformative Agreements/ Open Access (TA/OA)
- Discounted or Waived article processing charges (APCs)
- Searchable research guide



Publishing TA/OA Research Guide:

<https://researchguides.library.vanderbilt.edu/AuthorServices/vuoaagreements>



Finding the Evidence

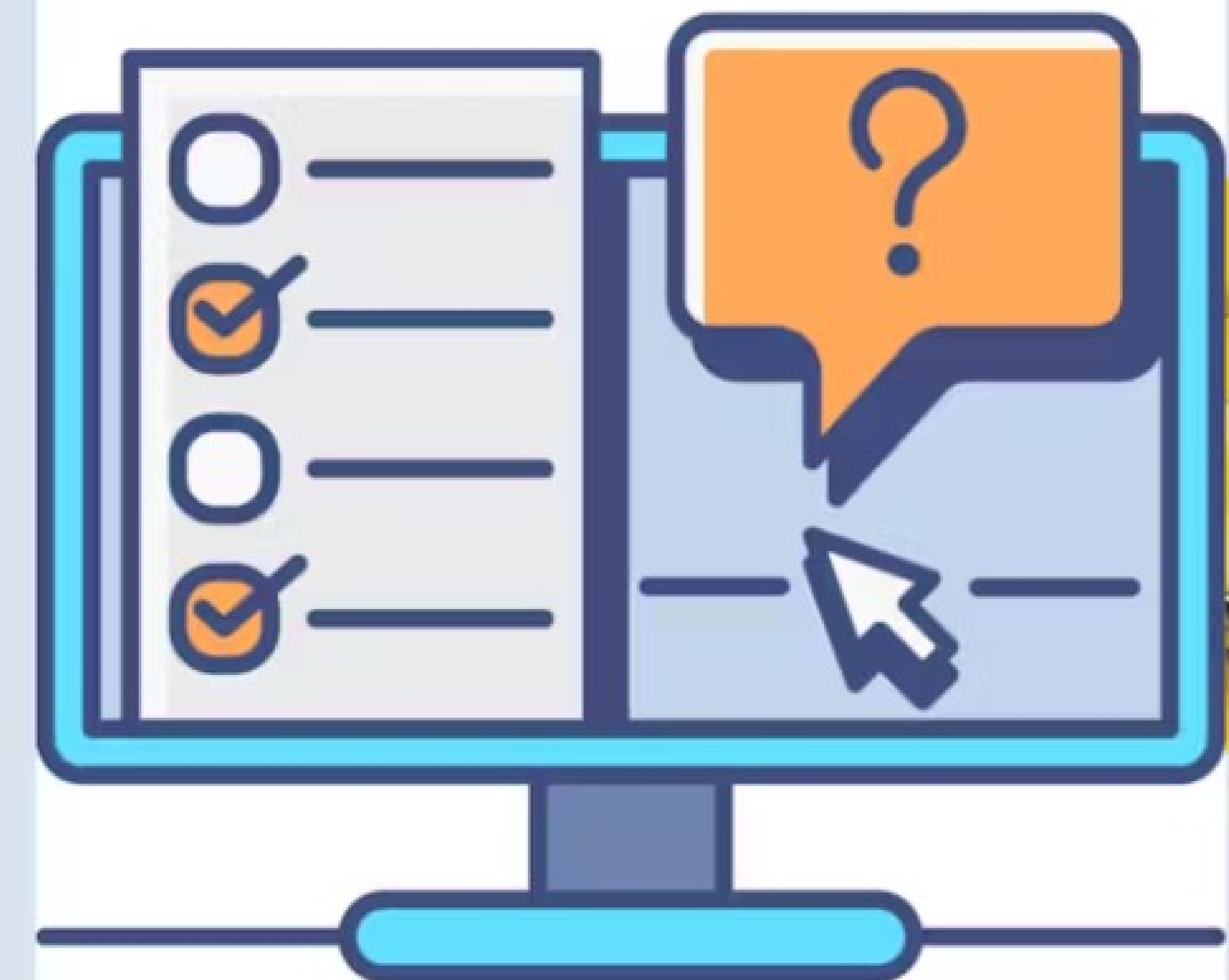
Question
Formulation



Search
Strategy
Creation

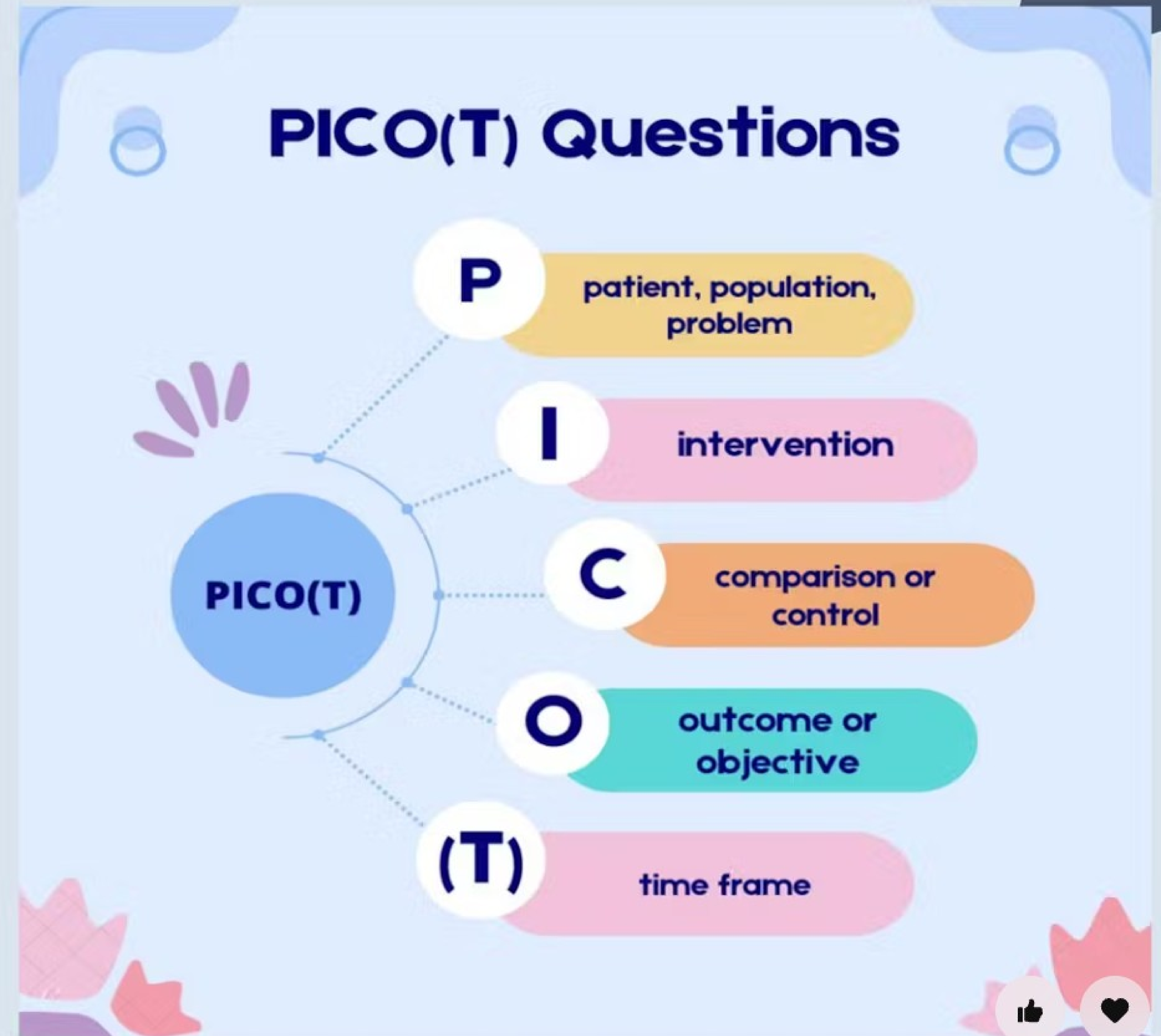


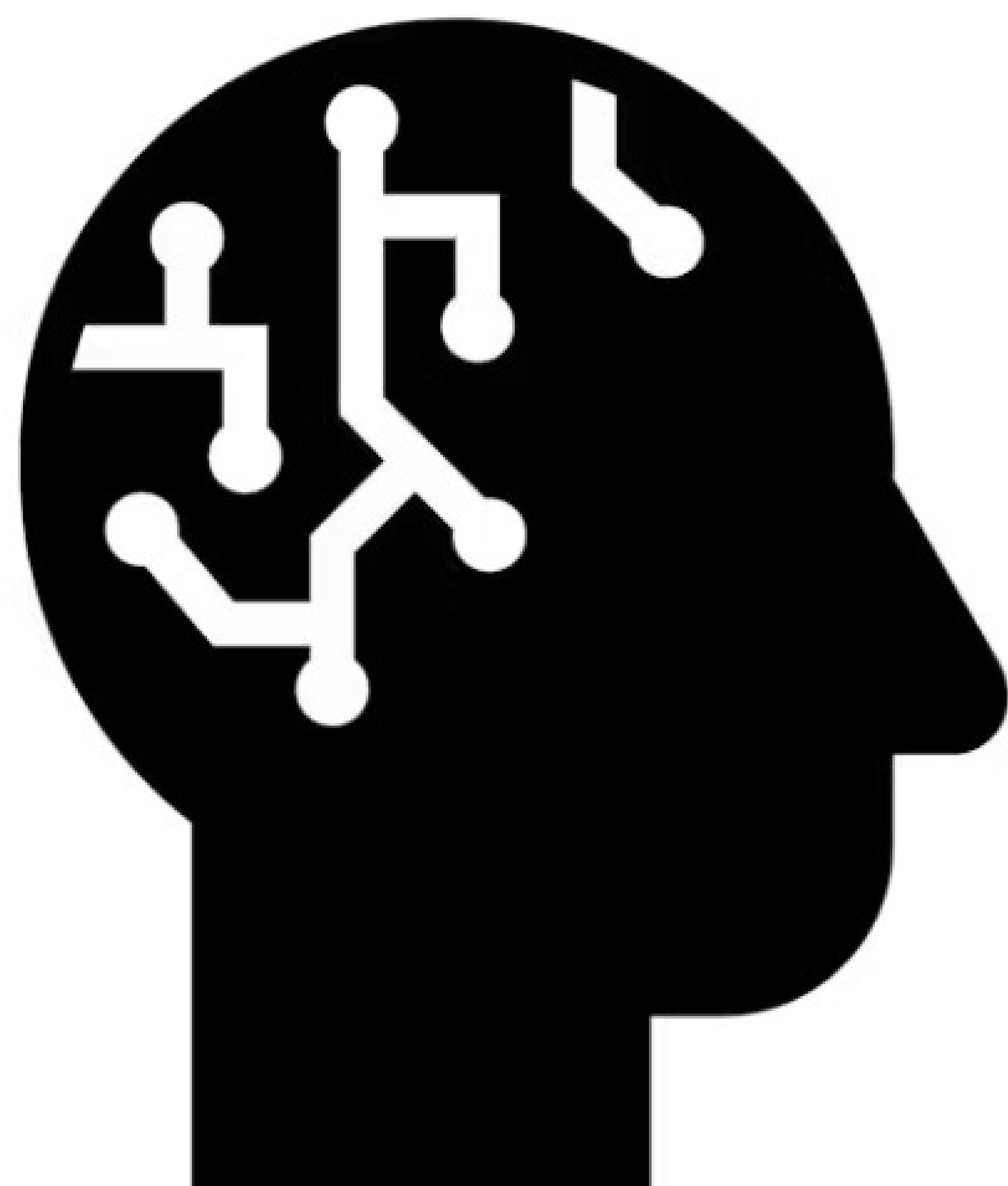
Database
Searching



Creating a PICO Question

- Searchable Question
- Leave out directional terms (improve, decrease, increase)





PICO Question Example

**In adolescents with anxiety or depression (P),
how does cognitive behavioral therapy (I)
compared to current practice (C) affect
treatment outcomes (O)?**



PICO → Key Concepts



In **adolescents** with **anxiety or depression** (P), how
does **cognitive behavioral therapy** (I) compared to
current practice (C) affect patient outcomes (O)?



Alternative Keyword Brainstorming



Things to keep in mind...

- All possible keyword/ phrase variations
- Alternative spellings (other countries)
 - Alternative endings
- Formatting keywords



Keywords for "Adolescents"?

School children

minor

Teens

youth

youth

high school children

Teenagers

Teen*

Keywords for "Adolescents"?

Young adults

Children

mental health disorder

mental health
condition

Depress

cbt

Keywords for "Anxiety" or "Depression"?

Anxious

Sad

fear

gloomy

Anxi*

emo

Blu*

Depress

Keywords for "Anxiety" or "Depression"?

mental health

CBT

counselling

Occupational therapy

Keywords for "Cognitive Behavioral Therapy"?

counselling

talk therapy

Psychosocial
treatment

Cbt

CBT

Alternative Keywords



Anxiety/
Depression

Depressed
Depressive
Depression
Anxiety
Anxiousness
Angst
Nervousness

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (ies)
Cognitive Behaviour Therapy (ies)

Mindfulness
Cognitive Restructuring
Cognitive Reframing
Cognitive Psychotherapy (ies)

Adolescents

Adolescent (s)
Youth (s)
Teen (s)
Teenager (s)



Search Connectors

Boolean Operators

AND



All search terms
must be present
in results



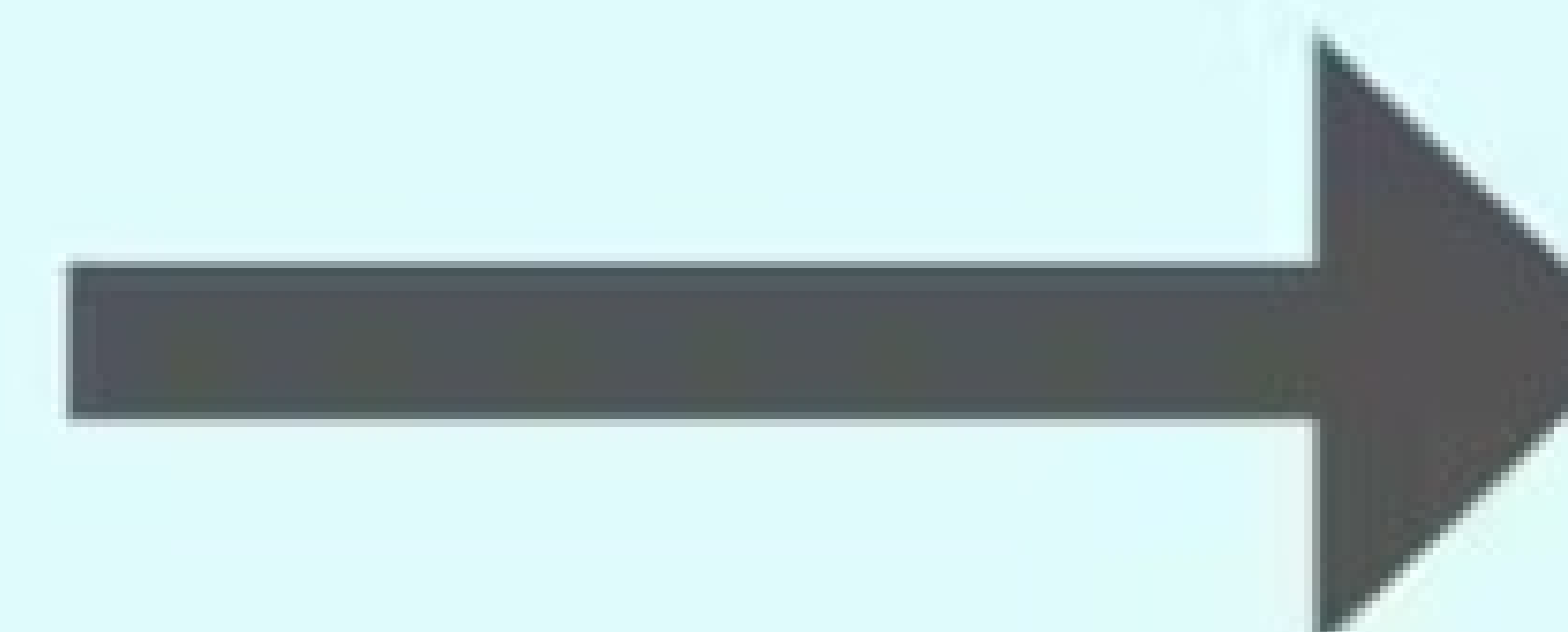
OR



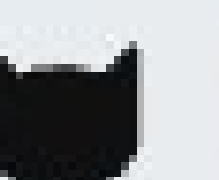
Any of the
search terms
can be selected



NOT



Ignore
search
terms



Building the Strategy

Wildcard

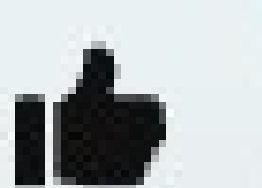


Results include all terms with any ending of the root word

Nesting



Grouping all like alternative terms

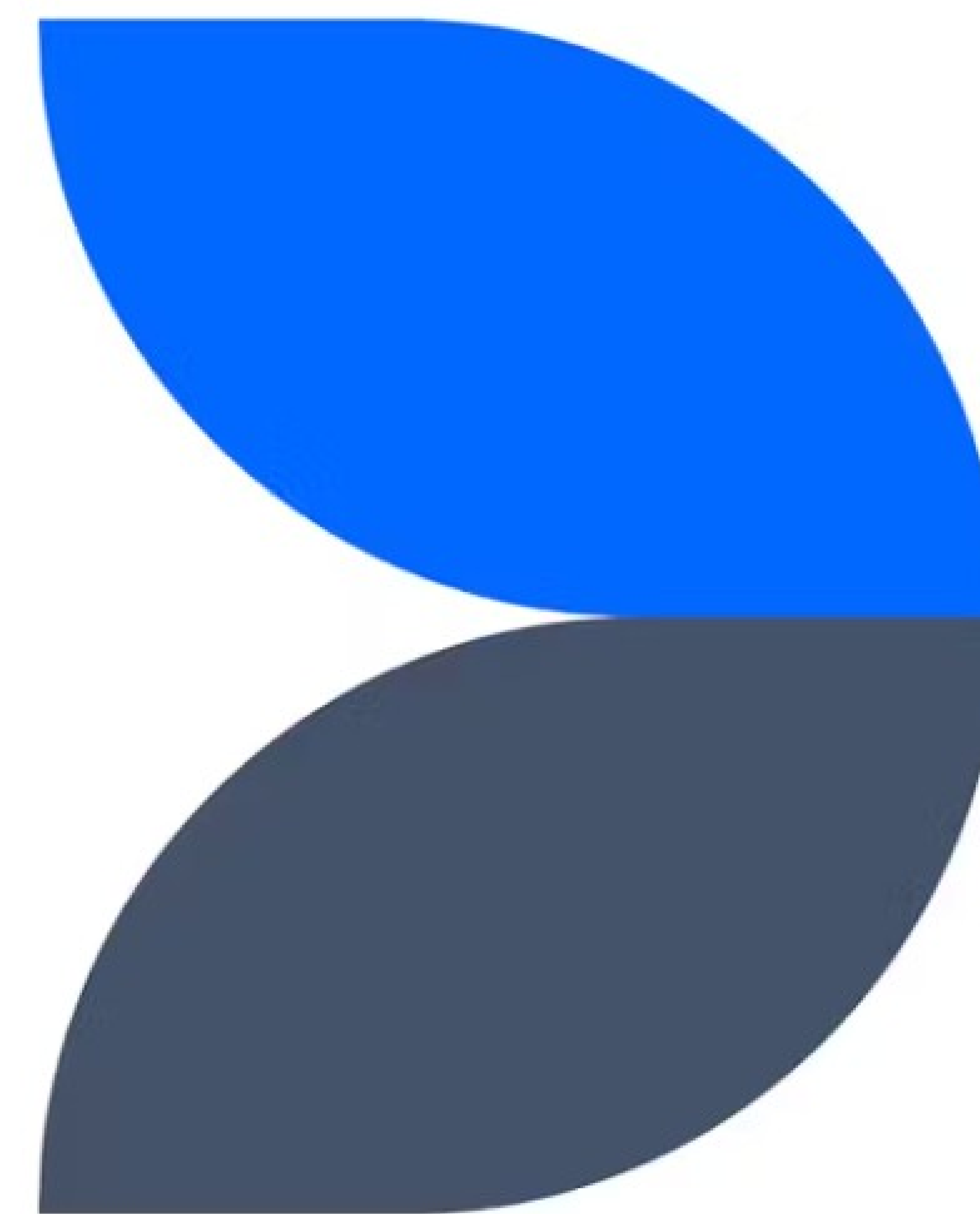


Search Strategy

(Adolescent* OR Youth* OR Teen*) AND
(depress* OR Angst OR Anxiety OR Anxious* OR
Nervous* OR Hypervigilance*) AND (“Cognitive
Behavioral Therap*” OR “Cognitive Behaviour
Therap*” OR mindfulness OR “cognitive
restructuring” OR “cognitive reframing”)



Searching in PubMed



Intro to

PubMed.gov



- All searches should start in PubMed!
- World's largest biomedical and health sciences literature database
- 38 million citations & abstracts available



Access to PubMed/ Databases

VU/ VUMC Full Access

- Visit Eskind Library Website
- Scroll to Quick Guide
- Select Most Used Resources

QUICK GUIDE

Students Staff and Faculty

VUMC

Ask Biomedical

CINAHL

Consumer Health Information

Databases A-Z

Document Delivery Service

EBL Research Guides

History of Medicine Collections

Journals

Library Resource Training

Literature Review Search Request

Literature Review Guide

Most Used Resources

PubMed

Purchase Suggestions

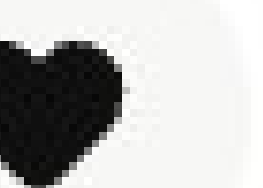
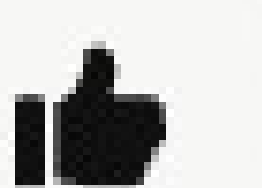
Transformative and Open Access Agreements

UpToDate



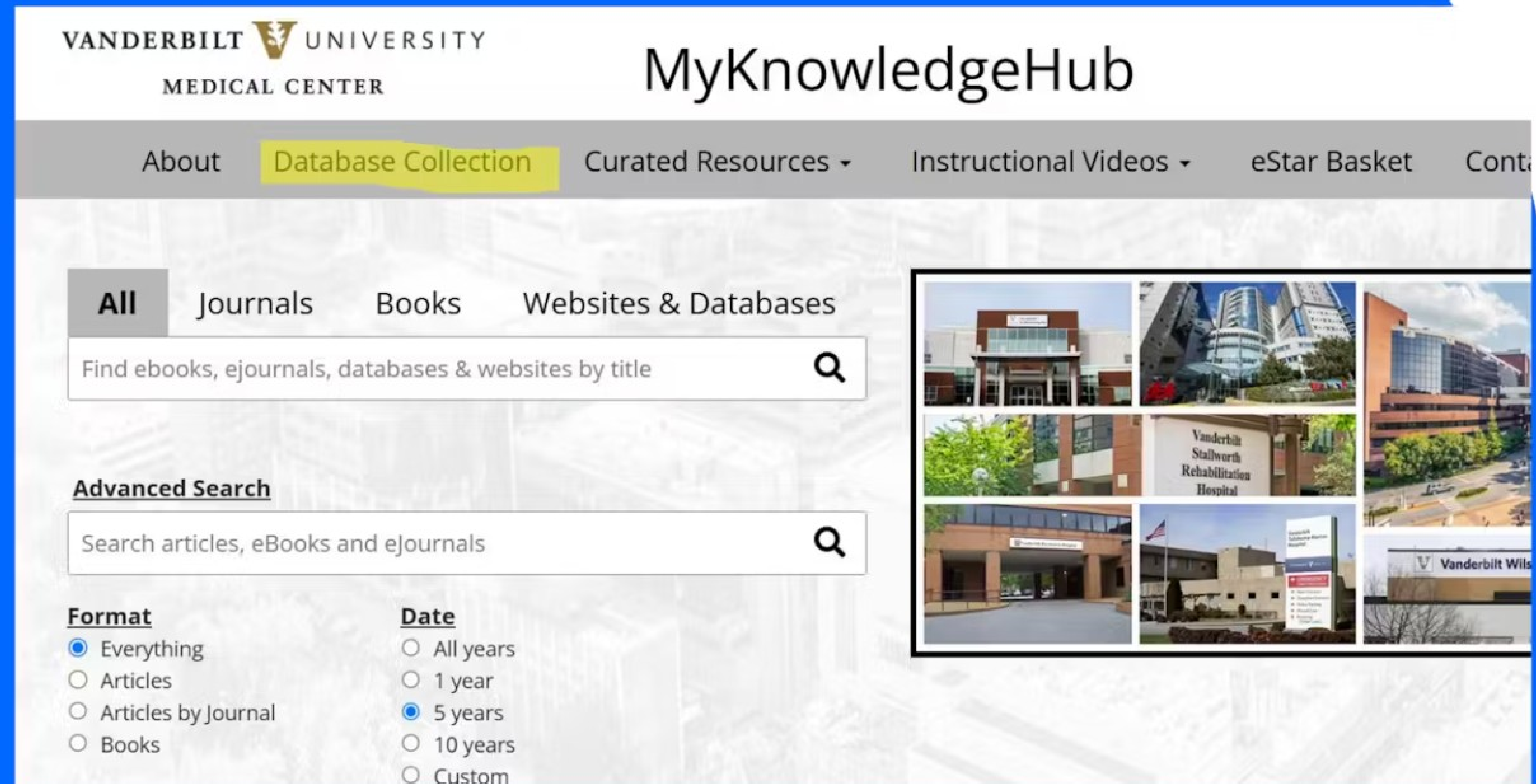
Most Used Resources Guide:

<https://researchguides.library.vanderbilt.edu/healthsciences>



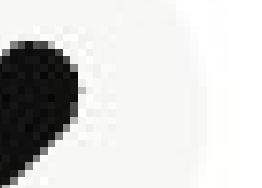
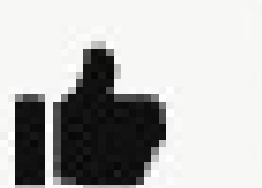
Access to PubMed/ Databases VUMC

- Visit VUMC's MyKnowledgeHub
- Sign in with your VUMC credentials
- Select Database Collection



VUMC's MyKnowledgeHub:

<https://myknowledgehub.vumc.org/>



Let's Narrow our Search Strategy Further



We can use field tags such as

[tiab]

after each keyword to only retrieve results
with the keyword in the title or abstract

(Adolescent*[tiab] OR Youth*[tiab] OR Teen*[tiab]) AND
(depress*[tiab] OR Angst[tiab] OR Anxiety[tiab] OR Anxious*[tiab]
OR Nervous*[tiab] OR Hypervigilance*[tiab]) AND (“Cognitive
Behavioral Therap*”[tiab] OR “Cognitive Behaviour Therap*”[tiab]
OR mindfulness[tiab] OR “cognitive restructuring”[tiab] OR
“cognitive reframing”[tiab])



Search Tracking

PubMed 5/16/25 - 1,952 results

(Adolescent*[tiab] OR Youth*[tiab] OR Teen*[tiab]) AND
(depress*[tiab] OR Angst[tiab] OR Anxiety[tiab] OR Anxious*[tiab]
OR Nervous*[tiab] OR Hypervigilance*[tiab]) AND (“Cognitive
Behavioral Therap*”[tiab] OR “Cognitive Behaviour Therap*”[tiab]
OR mindfulness[tiab] OR “cognitive restructuring”[tiab] OR
“cognitive reframing”[tiab])

Filters: English Language

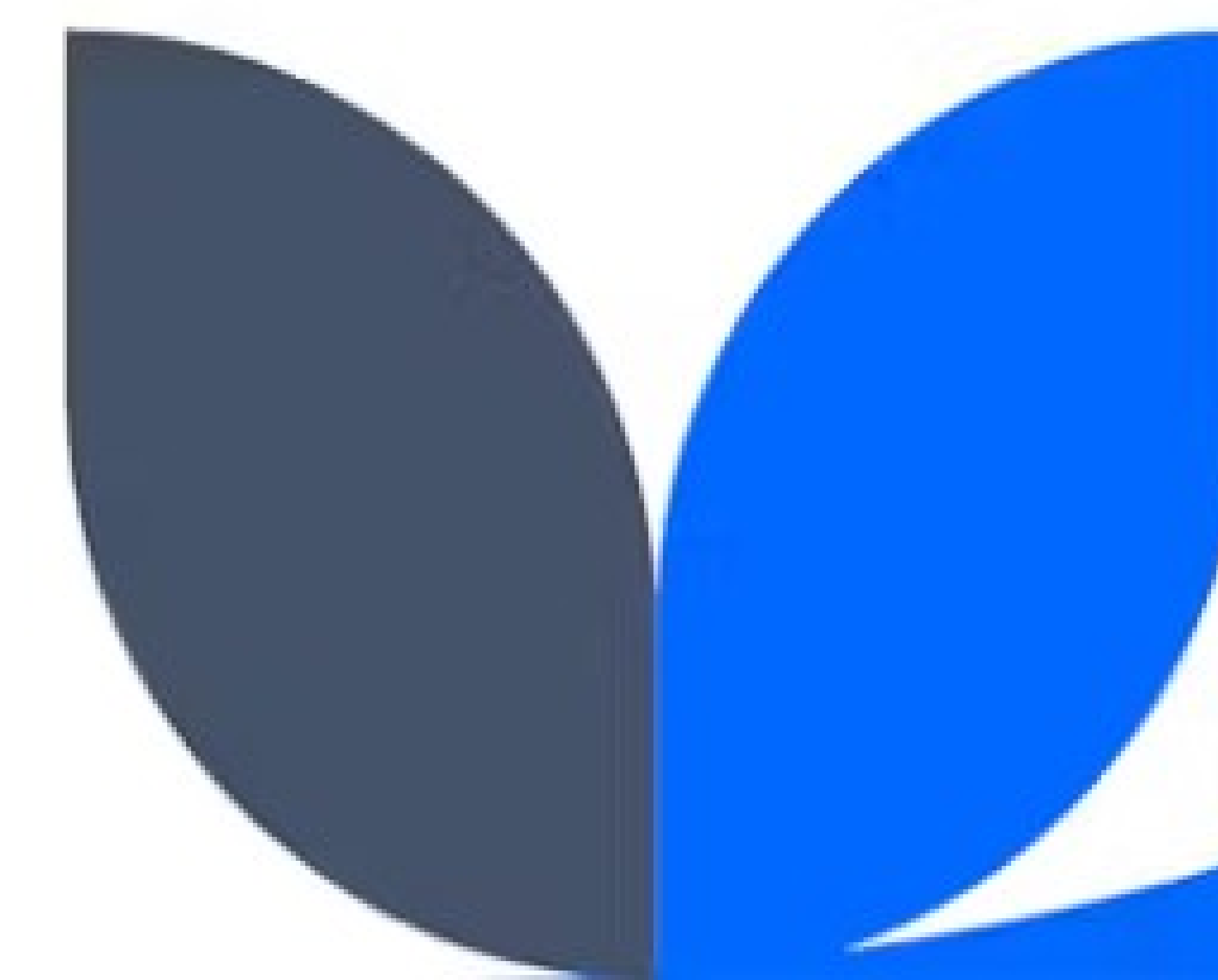


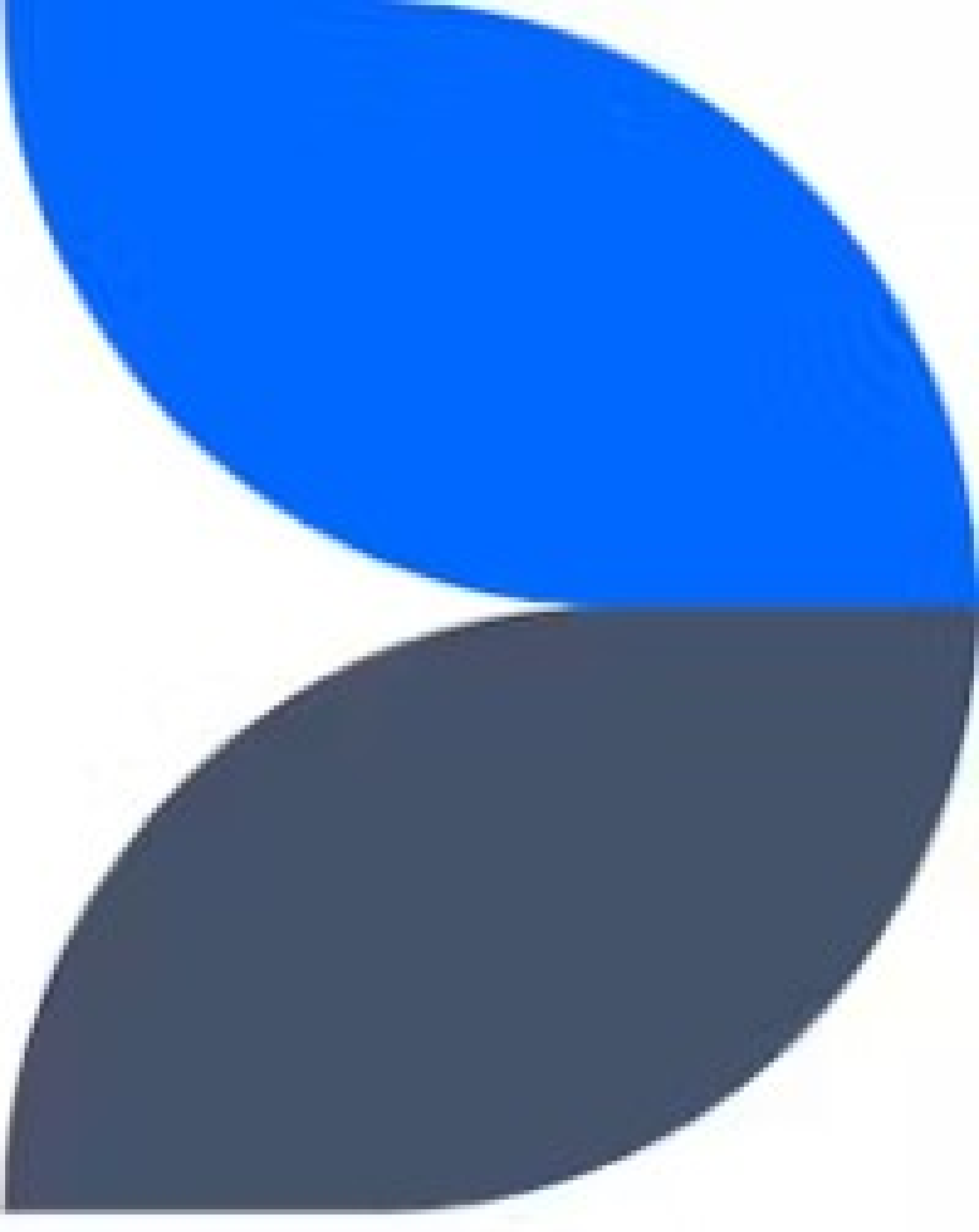
Have Questions?

Need help with...

- ✓ Search strategy development
- ✓ Database selection
- ✓ Library resource training
- ✓ Review project assistance

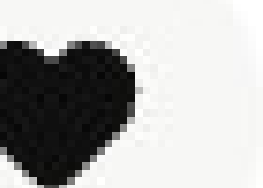
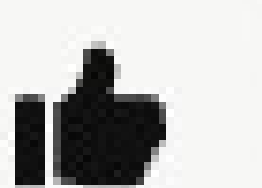
Reach out to us via our Ask Biomedical
form!





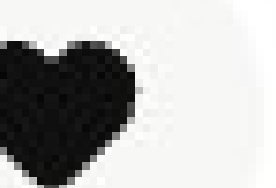
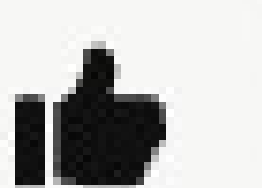
Ask Biomedical Form:

<https://redcap.link/askbiomed>



Ask Biomedical Form:

<https://redcap.link/askbiomed>



Feedback?



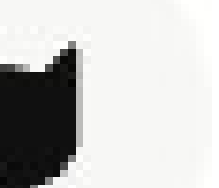
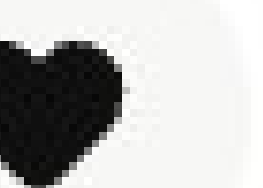
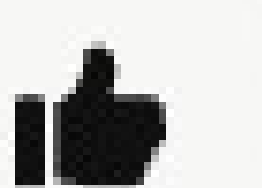
Five Question Instructional Survey

Your feedback helps us improve
our instructional sessions!



Instructional Assessment Survey:

<https://redcap.link/EBLsession>



Thank you!

Emily Adydan

Health Sciences Informationist,
Eskind Biomedical Library

Emily.c.Adydan@vanderbilt.edu

