

[Library Home](#) > [Ask Us](#) > [DIY Center](#) > [Handouts](#) > **Finding Articles**

Once you have [chosen a topic](#), you are ready to begin gathering information for your research project. Articles are excellent sources of information. Reference works like encyclopedias, for example, often provide articles that are overviews of a topic and are written by individual authors.

Additionally, articles in periodicals like magazines, newspapers, and journals offer information that is up-to-date, focused, developed or any combination of these. Periodicals differ in their scope and purpose, from entertainment to scholarly research, but they all have unique titles (e.g. New Orleans Times-Picayune is the name of our local newspaper), and they are all published at established intervals, whether daily, weekly, monthly, or quarterly.

Here are some examples of periodical types, their intended purposes, and sample titles.

TYPE OF PERIODICAL	PURPOSE	SOME SAMPLE TITLES	
Magazines	news, culture, and entertainment	<i>Psychology Today</i>	<i>People</i>
Journals	academic, research	<i>Journal of Psychology</i>	<i>American Journalism Review</i>
Newspapers	news & culture	<i>New York Times</i>	<i>Rolling Stone</i>
Encyclopedias	academic	<i>Britannica Online</i>	<i>Encyclopedia of Religion</i>
For more information on the differences between scholarly and popular, click here . To learn more about primary and secondary literature, click here .			

Students working on term papers and research projects usually focus on academic/research sources (e.g., journal literature). That said, magazines, newspapers, and encyclopedias provide valuable background information when you're starting out on a project and conducting a literature review. The Britannica Online, CQ Researcher, and Academic Search Complete provide introductions to complex topics.

Don't forget that dictionaries provide useful definitions to new terminology. A useful dictionary and thesaurus is Merriam-Webster.

Searching for articles

To find articles, you will select and search one or more indexes. An index is a print or electronic publication that lists references to articles or books by subject and/ or author. The library refers to its online indexes as databases.

1. Select a database or index to search

From the [library's homepage](#), choose the Search + Find tab, and then Databases by Subject. Or go directly to the database page from Database Quick Links box.

The database page is arranged by disciplinary subject. You can also search for databases alphabetically by title.

Here are a few examples of multidisciplinary and subject-specific databases.

MULTIDISCIPLINARY DATABASES (COVER LOTS OF SUBJECTS)	SUBJECT-SPECIFIC DATABASES (COVER ONE SUBJECT)	
Academic Search Complete	Health Source: Nursing/Academic Edition	Subject: health
LexisNexis Academic	ATLA Religion Database with ATLASerials (ATLAS)	Subject: religion
New York Times	Business Source Complete	Subject: business
New Orleans Times-Picayune	Communication & Mass Media Complete	Subject: communication

2. Sample search

Here is an example of a step-by-step approach to finding a scholarly article in a journal. Our sample topic will be “does yoga reduce stress?”

- A. From the [library’s homepage](#), choose the Search + Find tab, and then Databases by Subject. Or go directly to the database page from Database Quick Links box.
- B. Select the category Nursing and Health under the heading SCIENCES.
- C. You will see a long list of possible databases you could search on this topic.

Note: Each database listed includes a brief description and its years of coverage. Of special importance are the icons that indicate whether or not the database includes full text versions of the articles it indexes.

- D. Select *Health Source: Nursing/Academic Edition*
- E. Type your search terms (*yoga and stress*) in the **Find** box.
- F. You can limit your search results to only scholarly articles. To do this, click on the **Scholarly (Peer Reviewed) Journals** box to **limit** your search.
- G. You can also **limit** your search results to only **Full Text**.

Note: Keep a look out for features that limit your search results to scholarly articles and full text when you’re searching other databases.

- H. Click the **Search** button.
- I. Next, you will see a search results page. This is a list of citations (title, author, journal, date, volume) on your topic. The list also gives you links to the full text of an article if available in the database. If the database does not have the full text, click on the **Get it!** button to automatically search in one of the library’s other databases for the article.

1 to 6 (of 6) Pages: 1 Sort by: Date

1. [Stress and Sleep Deprivation in Pregnancy](#); International Journal of Childbirth Education, Mar2004, Vol. 19 Issue 1, p16, 3p
[PDF Full Text](#) (692K) [Get It!](#)
2. [Fitness Trends for 2004](#); Physician & Sportsmedicine, Jan2004, Vol. 32 Issue 1, p9, 1/3p
[HTML Full Text](#) [Get It!](#)
3. [Stressed at work?](#); Australian Nursing Journal, Jul2002, Vol. 10 Issue 1, p29, 1/8p
[HTML Full Text](#) [PDF Full Text](#) (226K) [Get It!](#)
4. [Beyond the mind-body exercise hype](#); By: Ives, Jeffrey C.; Physician & Sportsmedicine, Mar2000, Vol. 28 Issue 3, p67, 6p, 1 chart, 1c
[Get It!](#)
5. [Yoga in the heartland](#); By: McCarthy, Michael.; Lancet, 8/7/93, Vol. 342 Issue 8867, p357, 2p
[HTML Full Text](#) [Get It!](#)
6. [Medicine and the Media](#); By: Lock, Stephen; Price, John; Thomas, K.B.; BMJ: British Medical Journal, 7/26/80, Vol. 281 Issue 6235, p303,
[Get It!](#)

The results list can be sorted by date, source (journal), author, or relevance.

J. Click on the **title** of record #4, "Beyond the mind-body exercise," to read the **abstract** and learn more about the article.

K. This next page provides more information about the article, including the abstract and useful subject terms.

4 of 6 Result List | Refine Search | Print | E-mail | Save | Folder is empty

Formats: Citation

Title: [Beyond the mind-body exercise hype.](#)

Subject Terms: [MIND & body](#); [ALTERNATIVE medicine](#); [TAI chi chuan](#); [YOGA -- Therapeutic use](#); [HEALTH](#)

Source: [Physician & Sportsmedicine](#), Mar2000, Vol. 28 Issue 3, p67, 6p, 1 chart, 1c

Authors: [Ives, Jeffrey C.](#)

Abstract: Investigates claims about the benefits of mind-body exercise methods. Legal and professional ramifications of alternative therapies; Influence of the mind-body concept on sports medicine; Ability of *yoga* and tai chi to reduce *stress*, decrease hypertension, and improve the cardiorespiratory system; Absence of enough evidence to support replacing conventional medical treatments with somatic methods. INSET: How are instructors trained?

Accession Number: 2678036

ISSN: 0091-3847

Persistent link to this record: <http://search.epnet.com/login.aspx?direct=true&AuthType=cookie.jp.url.uid&db=hch&an=2678036>

Database: Health Source: Nursing/Academic Edition

3. Subject Terms & Author Links

The subject terms can be used to conduct a new search or to refine the initial search. For example, we could drop the word *stress* from our search and use *health*, for a new search with "yoga and health." It's important to try different terms and a variety of combinations when developing your search. Click on the subject phrase "YOGA -- Therapeutic use" to conduct a completely new search. This is a useful way to learn the terminology in a given field. Note too, that the author's name is a link. You can click on that and search for additional articles by this author.

4. Full Text


Many of the library's databases provide links to the full text of the article from the result list. The database may include one or more electronic formats, including: [Full text](#), [HTML Full Text](#), or [Page Image - PDF](#). You will be able to view both text and HTML documents from within your browser. You will need Adobe Acrobat Reader plug-in on your computer to view PDF documents.

Once you have the full text, many databases give you the option **to save, print, or email** the article. Remember, it is very important to keep the citation (or bibliographic) information about the articles you use for your research. Click [here](#) to learn more about creating a bibliography and citing sources.


5. What to do when you can't find the full text

Our example citation does not include full text. Here are the steps you should take if the database you are searching does not provide a link to the full text of the article you'd like to read. Keep in mind that we have periodicals electronic and print formats, so your search for full-text articles may include the search for online and/or print items.

Ives, Jeffrey C. "Beyond the Mind-Body Exercise Hype."
 Physician & Sports medicine 28, no. 3 (2000): 67.

- I. Click on the **Get it!**  button and see if Get it! will find the full text in another database.

Get it! found our article in another database. Here's how it looks:

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SOURCE: THE PHYSICIAN AND SPORTSMEDICINE [0091-3847] IVES
YR: 2000 VOL: 28 ISS: 3 PG: 67

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Beyond the Mind-Body Exercise Hype

Jeffrey C. Ives, PhD; Jacob Sosnoff

THE PHYSICIAN AND SPORTSMEDICINE - VOL 28 - NO. 3 - MARCH 2000

In Brief: Mind-body exercise methods are spreading rapidly throughout the health, fitness, and rehabilitation fields. Many of the claimed benefits for these activities are not supported by clinical evidence, and, as alternative therapies, they carry legal and professional ramifications. Understanding the nature of mind-body exercise and knowing the scientific evidence behind claims for its benefits can help clinicians make appropriate recommendations to patients. For example, yoga and tai chi can reduce stress, decrease hypertension, and avert cardiorespiratory benefits, and tai chi can improve balance in seniors. However, there is not enough evidence to support replacing conventional medical treatments with somatic methods.

The rapid growth of alternative and complementary therapies has influenced sports medicine (1). Mind-body exercise has become widely popular in fitness facilities for performance enhancement and general wellness, and it is sometimes combined with conventional physical therapy for patients who require musculoskeletal rehabilitation (2,3).

Mind-body exercise methods may have benefits that are different from traditional exercise; however, important differences and precautions should be considered before recommending the activities to patients. Unlike conventional exercise, most types of mind-body exercise

- II. **Get it!** found our article in this example. It's important to note that Get it! is limited in its ability to retrieve articles because it only searches databases that use open source technology. Thus said, you may be able to access the article you want, but you'll need to look in other places
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