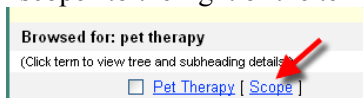


## Accessing the Database

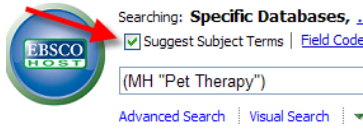
1. Go to the Laupus Library homepage at <http://www.ecu.edu/laupuslibrary/>.
2. Click on the link that says "Electronic Resources."
3. You will see a link for "CINAHL via Ebsco." Click on that to begin your search.

## Subject Searching

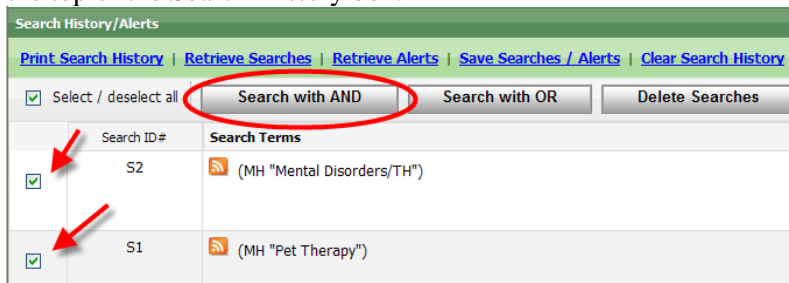
1. This database is geared towards subject searching, so break your search down into simple concepts. For example, if you want articles on the use of pet therapy for people with mental disorders, search for pet therapy first, then mental disorders. You can combine searches later.
2. Type one concept into the search box and click on the button that says "Search."
3. You will be taken to a screen with different subject heading to choose. Choose the one that best meets your needs. If you are unsure of the meaning of the heading, you can click on the link that says "scope" to the right of the term. A definition will open up in a new window.



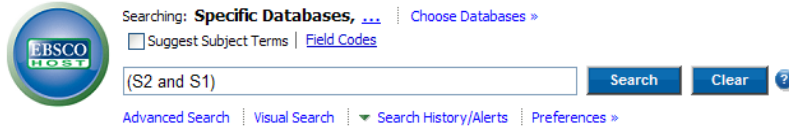
4. Check the box to the left of the term, and click on the button near the top of the screen that says "Search Database." (NOTE: If there is a box to the right of the term that allows you to "explode" use it. It will make your search more comprehensive. Use "Major Concept" only if you have already run the search and come up with too many results).
5. You will be on a screen with a search box at the top of the screen. Before you enter your next concept, make sure the "Suggest Subject Terms" box is checked.



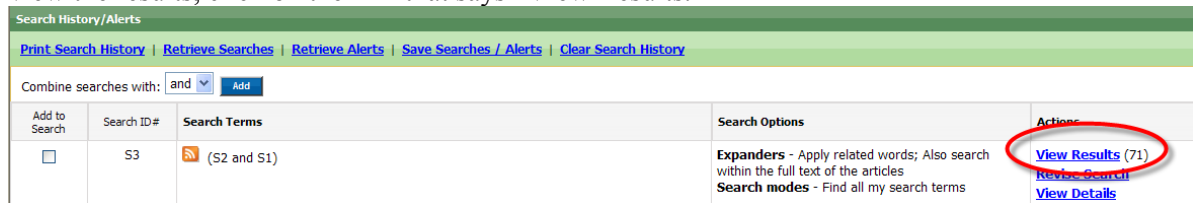
6. Now, clear the search box, enter your next concept into the box (for this example it's mental disorders), and click the "Search" button.
7. Repeat steps 3-4 for each additional concept.
8. Finally, you will be back on the screen with the search history box. First, make sure that you clear your search box of all text. Now, you want to combine your search sets, so, check the boxes to the left of the searches you already ran, and then click on the little button that says "Search with And" at the top of the Search History box.



- Now, you should see that the search box at the top of the screen looks something like the picture below.

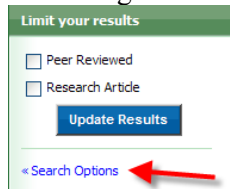


- Click on the "Search" button, and the screen will add a new search to your search history box. To view the results, click on the link that says "View Results."



## Refining Your Search

- If you need to find information on a certain age group, from a certain time period (e.g. the last ten years) or of a certain publication type (like peer reviewed), you will want to limit your results. To do this, click on the link that says "Search Options" located in the "Limit Your Results" box on the bottom right side of the "Search History" area.





- Now, select the limits that are appropriate to your search. Keep in mind that you may select more than one, but the more you choose, the fewer results you will get. You might want to limit to only a few options at a time.
- When you have selected your limits, go to the top or bottom of the new screen that appears and click on the "Search" button. Once again, you will see a new search with the option to "View Results."

## Finding Full Text

- To see if full text is available, look at the bottom of your citation. If full text is available, you will see a link that says either, PDF or HTML. If you do not see either of those links, you will need to click on the "Find It" button. **Find It!**

## Printing and Emailing Results

- If you want to print or email citations, you can do so by clicking on the little folders near the bottom of the citations.
  - [In case you haven't heard...](#)   
Mental Health Weekly, 2008 Dec 24; 17 (48): 8 (journal)  
Abstract Only  
[Add to folder](#)   
**Find It!** [Check Find It](#)
- Once you have selected all the appropriate citations, go to the top of the screen and click on the folder icon at the top right of the screen. Now, you will see links for emailing or printing citations.