CINAHL

ACCESSING THE DATABASE

1. Go to the Laupus Library homepage at http://www.ecu.edu/laupuslibrary/
2. Under **Electronic Resources** click on the link for "CINAHL"

NOTE: If you are off-campus, you will need to enter your PIRATE ID and password before you can access CINAHL

SUBJECT SEARCHING

1. 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 first for pet therapy, then mental disorders. You can combine these search concepts later.

2. Be sure to set your screen to **ADVANCED SEARCH**, which is located below the search box. Before you enter your concept, also make sure the **SUGGEST SUBJECT TERMS** box is checked.
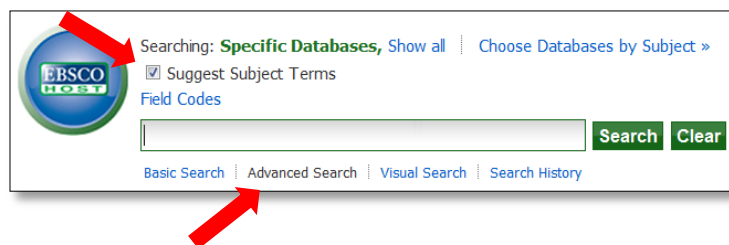

3. Type one concept into the search box and click on the **SEARCH** button.

4. You will be taken to a screen with different subject headings to choose. Select the one that best meets your needs. If you are unsure of the meaning of the heading, click on the **SCOPE** icon; a definition will open in a new window.
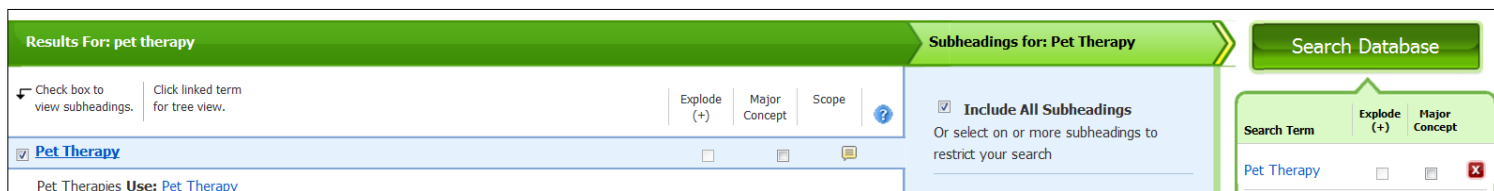

5. Check the box to the left of the term. Move to the right side of the screen to **SEARCH DATABASE**.
   a. **Explode**: If available, place a check in the box to **Explode** the term; it will make your search more comprehensive.
   b. **Major Concept**: Place a check in this box only if you have already run your search and come up with too many results.
   c. **Include All Subheadings**: This box is checked by default. You can restrict your search to particular subheadings by selecting individual ones (e.g. economics, ethical issues, trends, etc.)
6. Once you click **SEARCH DATABASE**, you will be able to view your search history and results.

7. Enter your next concept into the search box (for this example, it's mental disorders.) Select the appropriate subject; explode, if possible; select specific subheadings, if desired; and click **SEARCH DATABASE**.

8. Once you enter each of your concepts, you are ready to combine your search sets. To do this, check the boxes to the left of the search terms you already ran, and then click the button labeled **Search with AND** at the top of the Search History/Alerts box.
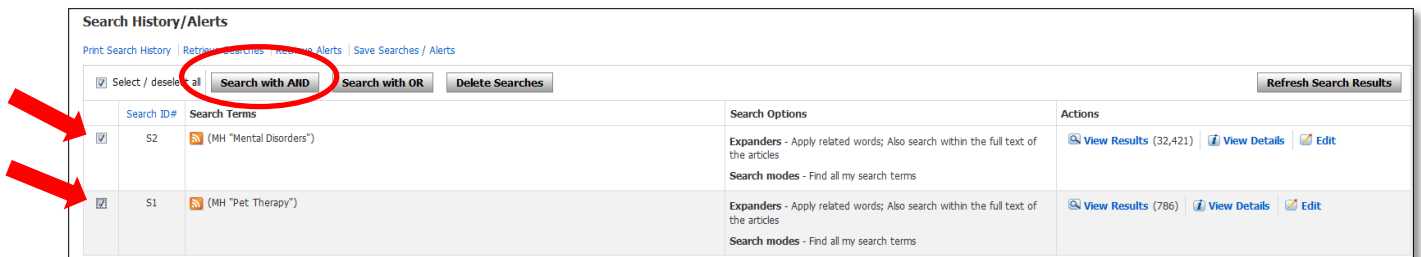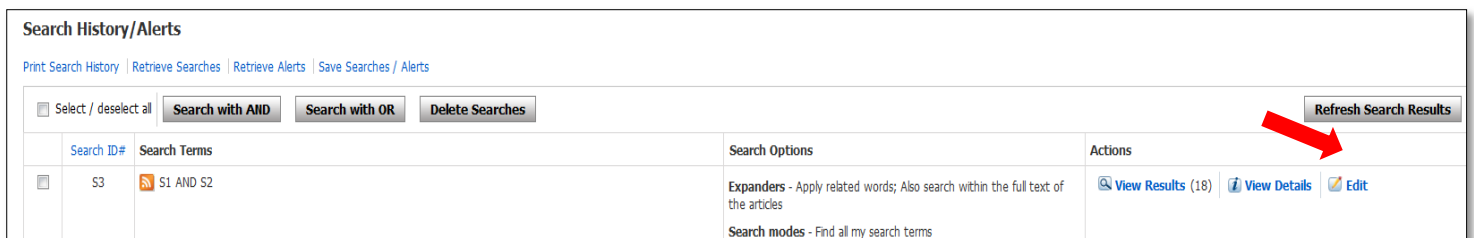

9. To view the results, click on the **VIEW RESULTS** link, or scroll down the page.
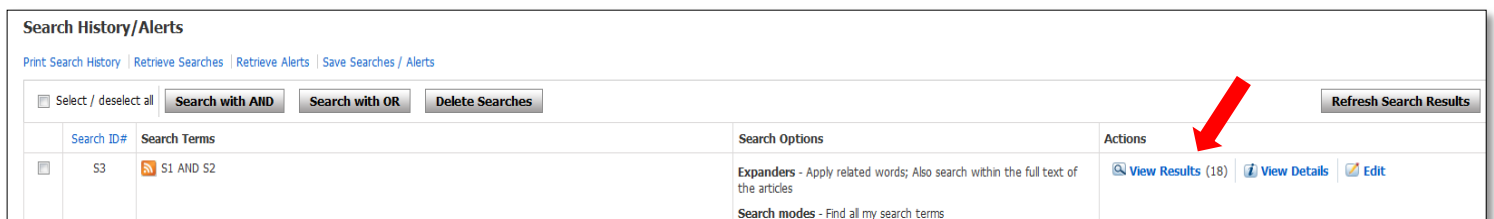
REFINING YOUR SEARCH

1. 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 (such as peer reviewed), you will want to limit your results. To do this, click on the **EDIT** link.

2. 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.

3. When you have selected your limits, click on the **SAVE** button to view the new results.

FINDING FULL TEXT

1. If full text is available, you will see a link to either a PDF or HTML version. If you do not see either of those links, click on the **Find It!** icon.