**Transcript - Find journal articles on 'the effects of skipping breakfast on concentration' in the PubMed database**

This video will help you find journal articles in a library database for your assignment.

Let's look for articles about ‘Is skipping breakfast bad for concentration?’ Before searching, think of some keywords and alternatives that best describe the topic. Here are some suggestions. If you don’t get the best results from your first search, try another search with different words.

Let’s try PubMed. All articles you find in PubMed are from scholarly, academic journals and are all peer-reviewed. Let’s do a search for “breakfast”. As you enter your search terms, the database will show some other similar search terms. You may want to try these suggested terms in another search.

Now we have our search results, but there are quite a few. Here are some suggestions to narrow your results. For recently published material use publication date and select 5 years. ‘Additional filters’ will provide more options, such as choosing English only articles. ‘Article types’ is a great way to reduce your results number.

Choose customize and see options such as ‘review’ or ‘systematic review’ and many more. To find more relevant results including another concept is worthwhile. This is a good option to narrow your search results. We can use the ‘Advanced’ option. Our search history can be seen. We can select ‘add’ to place that query into the search builder. Let’s add “cognitive function” to our search. Note that our two queries are combined using the Boolean operator AND - this way our results should have both concepts in the same journal article.

Our search results are brief. They contain the title for the paper, authors’ names, journal name, year, month, volume, and page numbers. Elements you will need to record to reference the paper in your assignment. To help you decide which articles to use in your assignment see if there is an abstract or summary of the article. You can read the abstracts of articles by selecting the individual title link. Or to see abstracts for all of your search results select Summary link and then abstract.

The abstract of the article will help you determine if the results are relevant, or if you need to re-do your search. When you are happy with your results you can now read the articles. If you see a ‘Publishers’ link, that’s great, you can click on the link to access the article. Here is the option to download the PDF of the article. Otherwise, click on ‘Find-It’ to see if the Library has access to the article. LibrarySearch will show you which other database holds the journal article. Select the database title link.

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