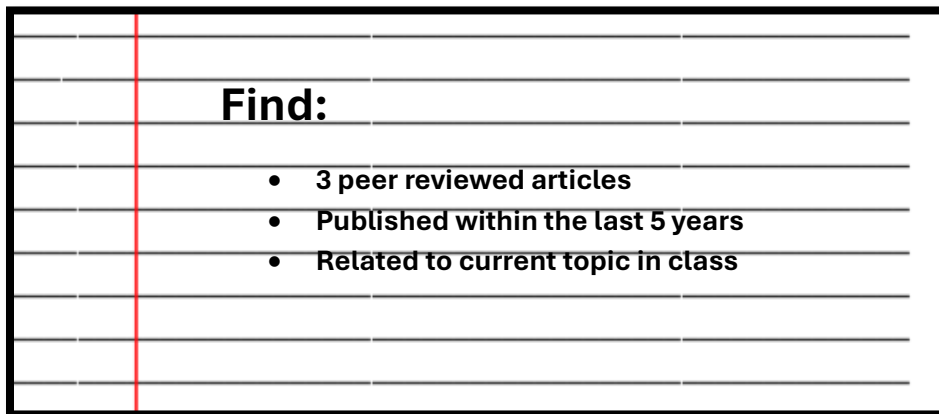


# Finding Scholarly Articles in the new EBSCOhost interface

## Overview

In this tutorial you will learn how to use search features in the new EBSCOhost interface to meet the requirements of a scholarly article assignment. We also highlight a few database tools to improve efficiency and organization.

Start by reviewing your assignment's requirements. Then go to the library homepage.

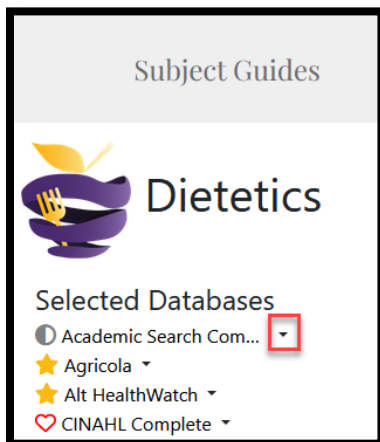


## Searching

Click on Subject Guides, then choose the Guide for your current course or major.

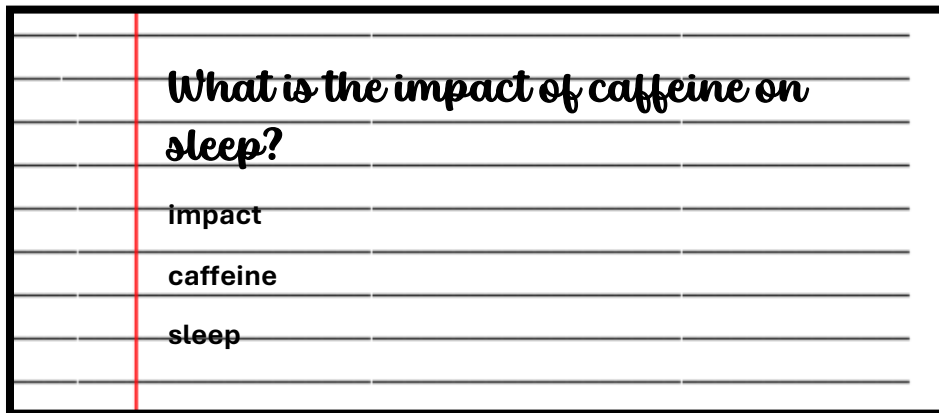
All Subject guides featured recommended article databases in the left column. To read the description of each database, click on the triangle next to the title. Click on the title to connect to the database.

Academic Search Complete is a good starting place for most majors at Olivet.

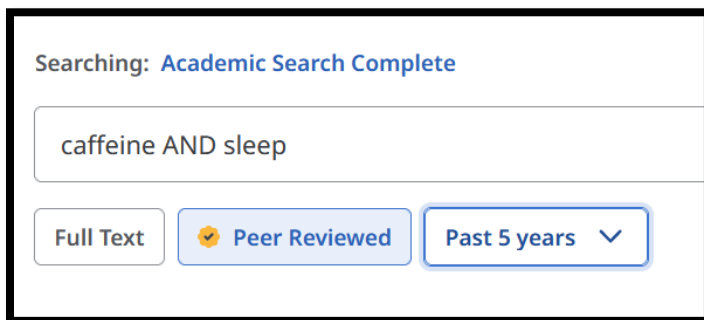


Before starting your search, take a moment to break your research topic into manageable parts.

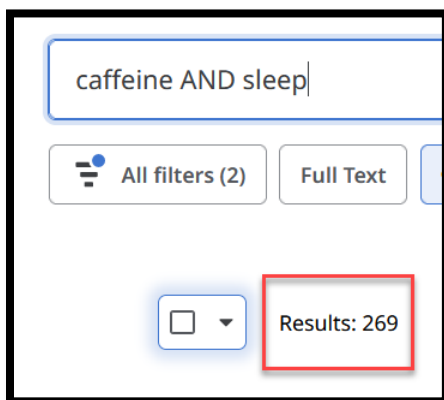
For example if your topic is “What is the impact of caffeine on sleep?” It could be simplified to a search for articles about “caffeine AND sleep.” We’ll come back to the “impact” a bit later.



As you type your search words, remember the assignment requirements. EBSCOhost makes it easy to limit by peer review and date. You don’t need to worry about full text as our Interlibrary Loan team can quickly get you access to almost any article. Our Interlibrary Loan team is award-winning, and we have automated connections between all of our subscription databases, so there is usually no need to limit yourself to full text at this point.



If you think the number of results is too many to browse,



you can add another search word, perhaps for a specific population or issue in your field:

caffeine AND sleep AND students

Or, you could think of search words that describe the kind of impact you want to learn about:

caffeine AND sleep AND anxiety

If you can't think of another search word to add on your own, skim the results list. Specifically, concentrate on relevant terms in the article title

**Caffeine** Consumption, **Sleep Quality** and **Mental Health** Outcomes Among Malaysian University Students.

or in the listed "Subjects."

### **The Effect of Caffeine and Sleep Quality on Military Pilot Students' Flight Performance-Related Cognitive Function.**

To assess the effect of *caffeine* and *sleep* quality on the flight performance-related cognitive function. High levels of cognitive perfor... [Show more](#)

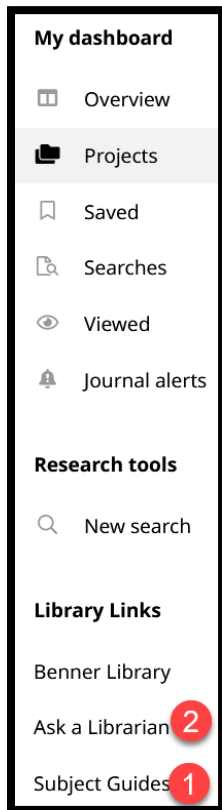
**Subjects:** TRAINING of military air pilots; **COGNITIVE ability**; NEUROPSYCHOLOGY; **SLEEP** physiology; **TASK performance**; **REACTION time**

**Published in:** International Journal of Aerospace Psychology, Apr-Sep2022

Keep trying different combinations of search words in this database,

[1] or in a different one until you find article that interest you and meet the assignment requirements.

Research is messy and takes real time and effort. And if you're having trouble, stop by the Info Desk to get some help. [2] ---



## Access Options

Let's shift gears to actually reading articles, once you find something relevant.

Before looking into access options, consider reading the abstract to confirm that an article will really help you. Click on "view details" or on the article title to see the abstract and other details.

## The Relationship Between *Caffeine* Consumption and Depression, Anxiety, Stress Level and *Sleep* Quality in Medical *Students*.

Objective: This study examined the relationship between *caffeine* use and depression, anxiety, stress level and *sleep* quality in medical *students*. Materials and Met... [Show more](#)

**Subjects:** [SLEEP](#) quality; [CONFIDENCE](#) intervals; [MEDICAL students](#); [FOOD](#) consumption; [CROSS-sectional](#) method; [CAFFEINE](#); +9 more

**Published in:** Journal of Turkish *Sleep* Medicine, Mar2023

**Database:** Academic Search Complete

**By:** [Akova, İrem](#); [Duman, Elif Nur](#); [Sahar, Ayça Elçim](#); [Sümer, Ergün Haldun](#)

 [Access now \(PDF\)](#)

[View details](#)

Scroll to find the abstract. Confirm that it's relevant to your topic and makes sense when you read through it.

### Abstract (English)

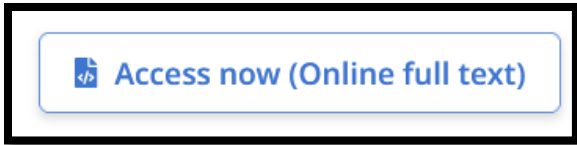
Objective: This study examined the **relationship** between **caffeine use and depression, anxiety, stress level** and sleep quality in medical students. Materials and Methods: This cross-sectional study was conducted between March 1, and April 15, 2022, by applying a face-to-face questionnaire to 700 medical students. Depression Anxiety Stress Scale-21 and the Pittsburgh Sleep Quality Index were used. Results: In the last month, more than 80% of medical students **consumed caffeine as tea, solid foods containing caffeine, and coffee.** Female gender, increasing age, class level, smoking, family income and place of residence were the factors affecting the caffeine use among students. Caffeine consumption increased in those with high anxiety and stress scores. 73.1% of medical students had poor sleep quality, and as sleep quality worsened, students' caffeine use increased. Conclusion: It may be offer medical students other alternatives instead of increased caffeine consumption to cope with anxiety and stress and to improve sleep quality. [ABSTRACT FROM AUTHOR]

When you're satisfied that you want to read more, return to the top of the page for Access Options.

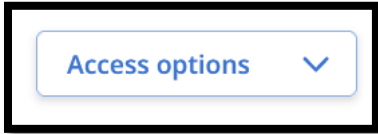
If there is only a .pdf or retyped, HTML version available, the Access Options will look like this:

 [Access now \(PDF\)](#)

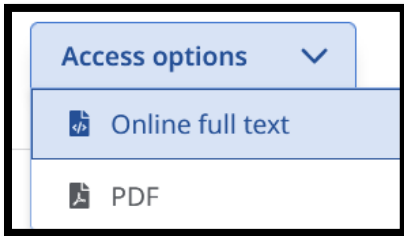
 [Download](#)



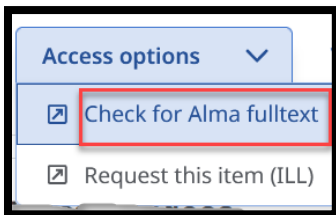
If both formats are available, or the article is not included in this database you'll see a different Access Option icon:



You might be given the option to choose the HTML or .pdf:



Or you might be prompted to check for full text using this link to our other Benner databases



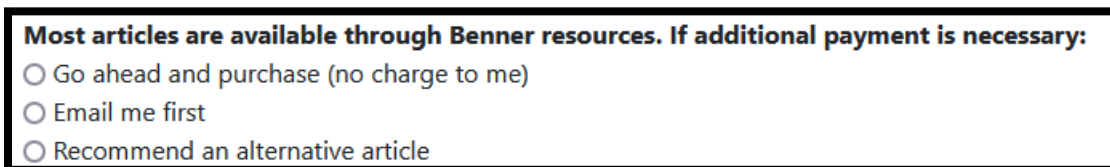
If we have the full text, it will open in a new window.

If we do not have the full text, we can get it for you for free, from a partner library. Our Interlibrary Loan team is fast! When you make a request, you'll end up with a .pdf of the article as an attachment in your ONU email. Keep the file forever.

To make a request, go back to the tab with the database and choose "Request this item (ILL)"

The article details area already filled in on this form. Add your Olivet contact info.

When you get to this section,



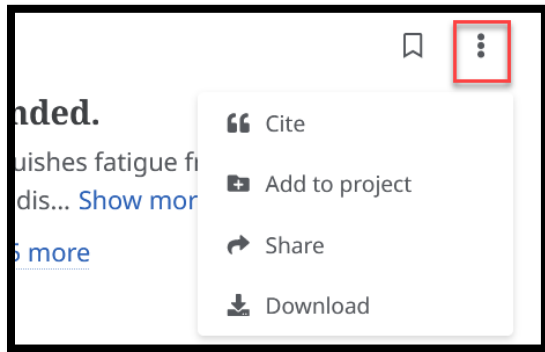
use it to give us feedback about how badly you need THIS article. Rarely, we're asked to pay for an article. If this happens with your request, indicate if you want us to recommend something else,

check with you by email before paying, or get the article no matter what? In any case, YOU will not pay. The library already has a budget for these rare cases, so it's okay to ask for what you need.

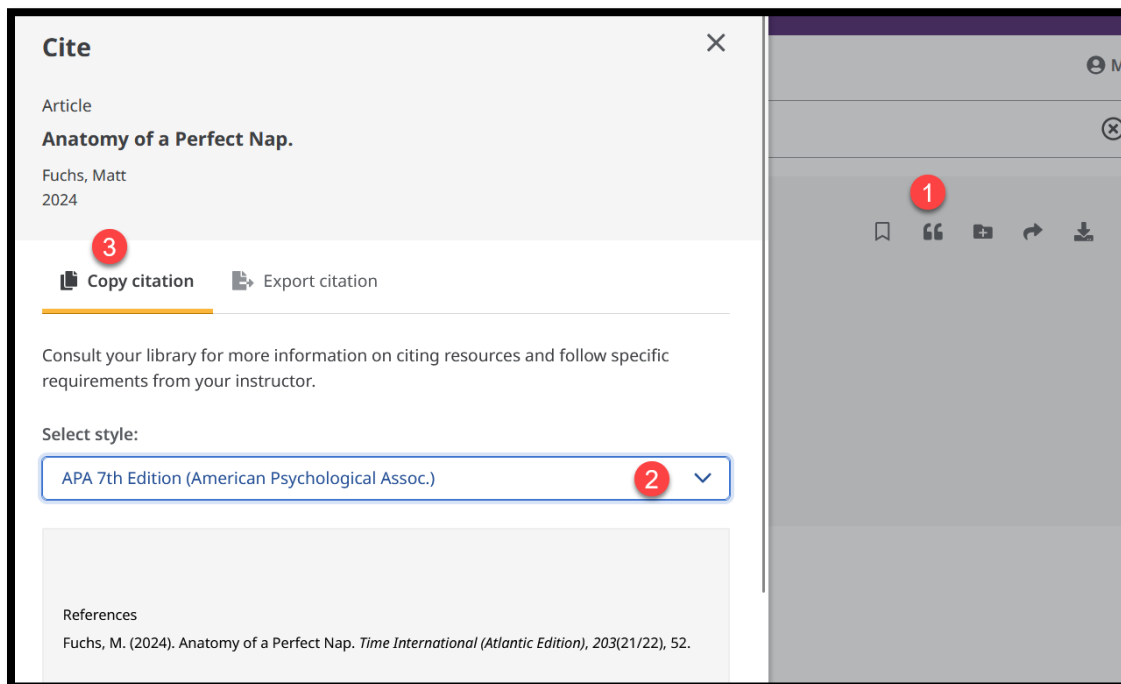
## Database Tools

Now let's look at how to find the citation, save, share, and download tools in EBSCOhost. Most database companies provide these same tools to help researchers stay organized.

You can access the tools from the results list, by clicking on the three dots to the right of the citation



If you're already on the detailed view of your article, look at the top of the page, above the title to find these tools. Here's a pro tip: Use the citation tool, choose the citation style for your assignment, then click on "Copy Citation."



Remember to compare this citation with a style guide or materials from your professor. Incorrect capitalization is a common problem in citations generated by article databases.

## Wrap Up

Thanks for watching this video about how to use assignment requirements to inform your use of search words and limits. Utilize the abstract, Access Options, and organization tools provided by the EBSCOhost interface for maximum efficiency!