University of CUMBRIA

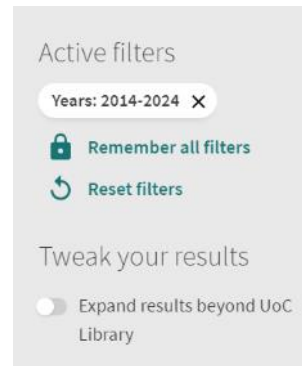## Quick guide to Advanced searching in OneSearch

4. Use the '**Tweak your results'** option to limit by date.

N.B. the *peer review* option doesn't work in OneSearch, it removes too many relevant results. *Subjects* vary across the databases, so are not consistent but may help.

Active filters

Years: 2014-2024 ✕

🔒 Remember all filters

↻ Reset filters

Tweak your results

⬤ Expand results beyond UoC Library

5. If you are doing a few searches use the padlock to fix your date range. This saves you adding it each time.

6. Expanding your results will bring back articles that we don't subscribe to.

OneSearch is the University of Cumbria Library search engine. It searches most of our journal collections (databases) in one go, bringing back <u>full text</u> results.

This guide focuses on search tips for using the Advanced search to find journal articles. There is a basic guide for books and simpler searching. This and lots of other videos and guides can be found under Help and Guidance within OneSearch.

OneSearch is linked from the student hub or scan this QR code or click for the link.

Save the search | Citations References | Save the article

☐ 0 selected   PAGE 1   1-10 of 632 Results ▼   📌 Save query   ⬤ Personalize

1 | ARTICLE
The acute and sub-chronic effects of cocoa flavanols on mood, cognitive and cardiovascular health in young healthy adults: a randomized, controlled trial
Massee, Laura A ; Ried, Karin ; Pase, Matthew ; Travica, Nikolaj ; Yoganathan, Jaesshanth ; Scholey, Andrew ; Macpherson, Helen ; Kennedy, Greg ; Sali, Avni ; Pipingas, Andrew
Frontiers in pharmacology, 2015-05, Vol.6, p.93-93
❝ Cocoa supplementation has been associated with benefits to cardiovascular health... ❞
🏛 PEER REVIEWED   🔓 OPEN ACCESS
📄 Download PDF ⧉   🔗 Available Online ›

Click on the title to read the "description" (abstract or summary) and if it looks useful download the pdf..

Finding Information	https://my.cumbria.ac.uk/findinginfo
Videos + on finding books, ebooks, articles and search tips	https://my.cumbria.ac.uk/Student-Life/Learning/Resources/OneSearch/
Search tips guide	https://my.cumbria.ac.uk/media/MyCumbria/Documents/Searching-tips.pdf
Search form	https://my.cumbria.ac.uk/media/MyCumbria/Documents/Library/Search-Form-.doc
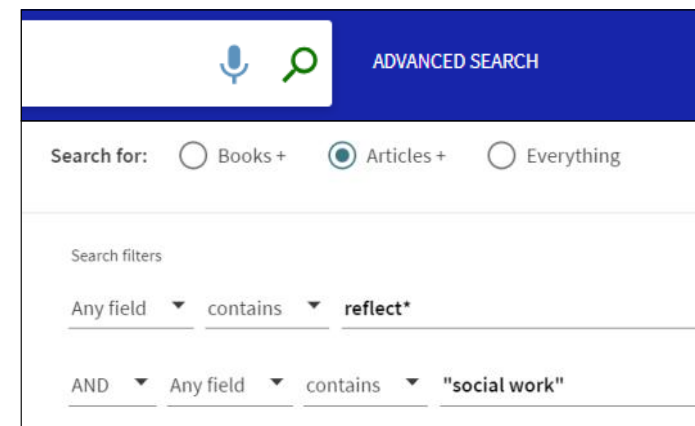
🎤 🔍   **ADVANCED SEARCH**

Search for: ◯ Books +   ⬤ Articles +   ◯ Everything

Search filters

Any field ▼   contains ▼   **reflect***

AND ▼   Any field ▼   contains ▼   "social work"

Plan your search

Use the search form linked in the QR code.

1. Think about your search terms—keywords

- are there alternative American spellings? If so do you include them or choose your spelling to exclude American results?
- Are there synonyms or alternative words that you could also use?
- Are there more specific terms to narrow your search or broader terms to widen the search if you don't find what you need?

2. Identify any key phrases or truncation of multiple endings.

Phrase Searching "cardiovascular health"	Adding quotation marks, finds the words next to each other, making your results more relevant
Truncation child* will find child and children	A star* at the root of the word finds various endings without having to repeat the search.

3.   Combine with Boolean Operators AND, OR and NOT

AND narrows your search as it has to include both terms	Health AND chocolate
OR broadens your search with an either/or.	Chocolate OR cocoa
NOT excludes a subset of results .	NOT review - if you want primary research, not a literature review.

These are embedded within OneSearch and other academic databases. They need to be in CAPITALS for the search engines to recognise and use them.

Select the Advanced search
 (to the right of the main search box)

ADVANCED SEARCH

1.   Select **Articles +** above the search box (*Everything* will bring back books and videos as well and we are looking for articles).

2.   Enter your terms, **1 concept per row**, this allows you to manipulate individual parts of the search. Here we are looking for "cardiovascular health" AND (chocolate OR cocoa) but in this instance we don't want a literature review.

Search for: Books +   ● Articles +   Everything

AND NOT

filters

contains   "cardiovascular health"   **Phrase**

AND   Any field   contains   chocolate* OR cocoa   **OR**

NOT   Any field   contains   review

+ ADD A NEW LINE   **As many as you need**

3. Ignore the extra search options on the right and click on the magnifying glass.

🔍 SEARCH

TIP—Make sure you have signed in to be able to save individual articles and your search (then you can come back to it later).