What is CINAHL Plus

- Main database for Nursing and Allied Health Professions, indexing approximately 4,9000 journals.

- Subject coverage includes; nursing, physiotherapy, occupational therapy, podiatry, speech and language, radiography, palliative care, rehabilitation, sports medicine, complementary therapies and consumer health.

- Coverage starts in 1937 and CINAHL Plus is updated weekly.
Example search question

- We are going to search for information on the topic ‘physical activity interventions to reduce sedentary behaviour in young children’

Before you start a search, think about any alternative terms for your keywords;

- physical activity could also be exercise
- sedentary behaviour can also be described screen time
- young children can also be described as pre-schoolers
CINAHL Plus will automatically open up onto the advanced search screen. The Suggest Subject Terms box should be ticked. This means we will be searching using the inbuilt indexing.
Type your first term into the search box and click on Search to find the articles.
CINAHL Plus will then suggest some headings. In this example the preferred heading for physical activity is an exact match.

Click on Scope for further information.
The Scope will give you information about how CINAHL Plus defines a term.

**Scope Note:** A general term used for any activities that involve voluntary movement of the skeletal muscles resulting in increased energy expenditure. May coordinate with specific activities such as EXERCISE; ACTIVITIES OF DAILY LIVING, etc. Consider also HUMAN ACTIVITIES or PHYSICAL FITNESS.
To select a term check the box to the left of it.

<table>
<thead>
<tr>
<th>Results For: physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check box to view subheadings.</td>
</tr>
<tr>
<td>□ Physical Activity</td>
</tr>
<tr>
<td>□ Physical Education, Adapted</td>
</tr>
<tr>
<td>□ Physical Activity (Omaha)</td>
</tr>
<tr>
<td>□ Activity Therapy (Iowa NLC)</td>
</tr>
</tbody>
</table>

Physical Activity, Adapted Use: Physical Education, Adapted
Physical Activities Use: Physical Activity

If a tick appears in the Explode box it means more specific headings are available. In this example there are no narrower headings.

If Major Concept is selected only articles in which the topic is the main content will be returned. Use with caution as this could remove articles that may be useful.
To carry out a search, select the heading by checking the box to the left before clicking on **Search Database**.

Include all subheadings is automatically selected.
Your first search will be displayed on the main search screen in Search History/Alerts
Repeat the process with the next term, exercise.
Once selected a tick appears in the Explode box. This indicates there are narrower, more specific headings available. Click on the heading, Exercise, to view the narrower terms. You can then decide whether to include them in the search.
The more specific, narrower terms are displayed as a list indented under the broader Subject Heading.

To include all headings keep the Explode box ticked (as in this example).

If you only wanted to use the broad term or a combination of the narrower terms unclick the Explode box and click on each heading you wish to use.
Click on Search Database in the top right of the screen to continue
You will now have 2 terms in the Search History

<table>
<thead>
<tr>
<th>Search ID#</th>
<th>Search Terms</th>
<th>Search Options</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>S2</td>
<td>(MH “Exercise+”)</td>
<td>Search modes - Boolean/Phrase</td>
<td><img src="69,422" alt="View Results" /></td>
</tr>
<tr>
<td>S1</td>
<td>(MH “Physical Activity”)</td>
<td>Search modes - Boolean/Phrase</td>
<td><img src="22,441" alt="View Results" /></td>
</tr>
</tbody>
</table>
We will start to combine terms using OR. OR is used to combine similar or like terms, creating 1 larger set of results.

Select the similar terms you want to combine, by clicking into the boxes beside them.

Combine by clicking on **Search with OR**
This will combine the similar terms into one larger search, S3.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>S3</td>
<td>S1 OR S2</td>
<td>Search modes - Boolean/Phrase</td>
<td>View Results (88,059)</td>
</tr>
<tr>
<td>S2</td>
<td>MH &quot;Exercise+&quot;</td>
<td>Search modes - Boolean/Phrase</td>
<td>View Results (69,422)</td>
</tr>
<tr>
<td>S1</td>
<td>MH &quot;Physical Activity&quot;</td>
<td>Search modes - Boolean/Phrase</td>
<td>View Results (22,441)</td>
</tr>
</tbody>
</table>
Move on to the next set of terms, starting with sedentary behaviour.
This time the preferred subject heading is Lifestyle, Sedentary. Select and click on search database.
## Search History/Alerts

- **Print Search History** | **Retrieve Searches** | **Retrieve Alerts** | **Save Searches / Alerts**

<table>
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<th>Search ID</th>
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</tr>
</thead>
<tbody>
<tr>
<td>S4</td>
<td>(MH &quot;Life Style, Sedentary&quot;)</td>
<td>Search modes - Boolean/Phrase</td>
<td><a href="3,880">View Results</a></td>
</tr>
<tr>
<td>S3</td>
<td>S1 OR S2</td>
<td>Search modes - Boolean/Phrase</td>
<td><a href="88,059">View Results</a></td>
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Repeat with the next term, screen time. This time no suitable subject heading is suggested, scroll to the bottom of the page and select the **Search as Keyword** option. Click on Search Database to continue.

Use this option to search for very specific terms that do not have a Subject Heading or to make sure you are returning all items that mention your term regardless if they have been assigned an indexing term or not.
Combine this second set of terms with OR.
Combine the different terms by clicking into the relevant boxes containing the combined OR results.

This time we will combine the combination physical activity search S3 with the combination sedentary search S6. **Click on Search with AND.**
Combining with AND will reduce the number of articles found.

Only articles containing at least 1 term from each set must be returned.
Limit a search (by publication year, age group, study type etc.) by clicking on the Edit button at the end of the S7 row.
You can now limit to publication years - 2005-2015 and age groups – Child, Preschool 2-5 years and Child, 6-12 years (hold down the shift key to select more than 1 option).

Click on Save to apply limits.
The search is now complete. Click on View Results to look at the articles.

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<tr>
<td>S7</td>
<td>S3 AND S6</td>
<td>Limiters - Publication Year: 2005-2015; Age Groups: Child, Preschool 2-5 years, Child, 6-12 years Search modes - Boolean/Phrase</td>
<td><img src="493" alt="View Results" /></td>
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<td>S4 OR S5</td>
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<tr>
<td>S5</td>
<td>&quot;screen time&quot;</td>
<td>Search modes - Boolean/Phrase</td>
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ACCESSING FULL TEXT
If full text directly from the database is available it will be clearly marked.
When full text is not directly available from the database, use the U Find It button to link out to the Library’s Electronic Journals Catalogue. This will check if we subscribe to the journal from an alternative supplier.
ORIGINAL ARTICLE

Associations of maternal influences with time of two-year-olds: Findings from the Healthy Beginnings Trial

Huilan Xu,1,2 Li Ming Wen1,2 and Chris Rissel1

1School of Public Health, University of Sydney and 2Health Promotion Service, South Western Sydney & Sydney Local Health Districts, Sydney, New South Wales, Australia

Aim: This study aims to investigate if maternal influences are associated with children's outdoor playtime and screen time at the age of 2 years.

Methods: A cross-sectional study with 497 first-time mothers and their children was conducted using the data from the Healthy Beginnings Trial undertaken in Sydney, Australia during 2007–2010. Maternal influences included their own physical activity and screen time, television rules for their child, perceived neighbourhood environment, parental self-efficacy and parenting style (warmth and hostility). Children's outdoor playtime, screen time and maternal influences were collected through face-to-face interviews with participating mothers when the children were 2 years old. Logistic regression analysis was conducted to examine the associations between maternal influences and children's outdoor play and screen time.

Results: Mothers with low levels of parental hostility and high perceived safe outdoor play environment were more likely to have children playing outdoor for ≥2 h/day with adjusted odds ratio (AOR) 2.65 (95% confidence interval (CI) 1.68–4.20, P < 0.0001) and AOR 2.44 (95% CI...
If you see a screen like the one above you can use the links to check the Library Catalogue and/or Google Scholar for full text. You will need to copy and paste the title of the journal/article respectively into each resource. If no full text is available can use the Library Document Delivery Service, [http://library.ulster.ac.uk/documentdelivery/](http://library.ulster.ac.uk/documentdelivery/)
Off Campus Access

- When accessing journals off campus you may encounter interim password screens.
- Ignore any prompts to enter a password and user name.
- Instead look on the screen for ‘Athens Login’ or ‘Login’ click here and this will take you to the journal or article.

- For more information and help including videos and screenshots go to the Life and Health Sciences off campus access help page http://guides.library.ulster.ac.uk/LHS/offcampus
## Saving a search

Click on Save Searches/Alerts

<table>
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To save a search you will need to create a personal account.

Sign In to My EBSCOhost

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- Create a new Account

Sign in to access your personalized account

- Save preferences
- Organize your research with folders
- Share your folders with others
- View others' folders
- Save and retrieve your search history
- Create email alerts and/or RSS feeds
- Gain access to your saved research remotely

Forgot your password?
Forgot your user name and password?
Give the search a name and Save.
To retrieve a search, Sign In and click on the Folder icon.

Retrieve the search and Rerun
Exporting to Refworks

To select references click the folder icon
Scroll to the top of the screen and click on the Folder icon to open

Next select the references to send to Refworks by clicking in box beside each one (or the box at the top to select all) and click on Export
Make sure Direct Export to Refworks is selected and click on Save.

Refworks will automatically open and the selected references, exported.
Help

- Use your Subject Guide, select from the A-Z list

- All databases have their own excellent online Help, find the link along the top of the webpage

  - Ask the [Librarians](#) for help