

# PsycINFO

## About the Database

**PsycINFO** has book chapters, dissertations in psychology, behavioral science and mental health as well as full text, peer-reviewed scholarly articles from nearly 80 psychology journals published by the American Psychological Association (APA) from 1894 to the present.

## Getting Started

To find PsycINFO:

1. At [www.pcc.edu/library](http://www.pcc.edu/library) click “Databases” in the “Shortcuts” box
2. Click the “P” shortcut, or scroll down to P
3. Click the database title, PsycINFO

(If you are off-campus, enter your MyPCC user name and password)

## Searching

Begin with one or several (not more than 4) keywords that describe your topic.

Searching: **PsycARTICLES**, [Show all](#) | [Choose Databases](#)

<input type="text" value="dementia cognition aerobic"/>	Select a Field (optional) ▾	<input type="button" value="Search"/>
AND ▾ <input type="text"/>	Select a Field (optional) ▾	<input type="button" value="Clear"/> ?
AND ▾ <input type="text"/>	Select a Field (optional) ▾	<input type="button" value="+"/> <input type="button" value="-"/>

## Limit Your Results

Before you click the search button check out the unique ways to limit your search results that PsycINFO offers lower down on the screen.



Limit your results

<p><b>Full Text</b> <input checked="" type="checkbox"/></p> <p><b>Impact Statement Available</b> <input type="checkbox"/></p> <p><b>Year of Publication</b> [ ] - [ ]</p> <p><b>Scholarly (Peer Reviewed) Journals</b> <input type="checkbox"/></p> <p><b>Age Groups</b></p> <ul style="list-style-type: none"> <li>All</li> <li>Childhood (birth-12 yrs)</li> <li>Neonatal (birth-1 mo)</li> <li>Infancy (2-23 mo)</li> </ul> <p><b>Methodology</b></p> <ul style="list-style-type: none"> <li>All</li> <li>BRAIN IMAGING</li> <li>CLINICAL CASE STUDY</li> <li>CLINICAL TRIAL</li> </ul> <p><b>Document Type</b></p> <ul style="list-style-type: none"> <li>All</li> <li>Additional Content</li> <li>Abstract Collection</li> <li>Bibliography</li> </ul> <p><b>References Available</b> <input type="checkbox"/></p>	<p><b>Publication Name</b> [ ]</p> <p><b>Open Access</b> <input type="checkbox"/></p> <p><b>Published Date</b> Month [ ] Year [ ] - Month [ ] Year [ ]</p> <p><b>Tests &amp; Measures</b> [ ]</p> <p><b>Population Group</b></p> <ul style="list-style-type: none"> <li>All</li> <li>Human</li> <li>Animal</li> <li>Male</li> </ul> <p><b>Classification Codes</b></p> <ul style="list-style-type: none"> <li>All</li> <li>2100 General Psychology</li> <li>2140 History &amp; Systems</li> <li>2200 Psychometrics &amp; Statistics &amp; Methodology</li> </ul> <p><b>Supplemental Materials</b></p> <ul style="list-style-type: none"> <li>All</li> <li>3-d modeling images</li> <li>appendixes</li> <li>audio</li> </ul>
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For example, limiting your search to **Population Group: Human** will exclude experiments on rats.

**Population Group**

- All
- Human**
- Animal
- Male

You can also select an **Age Group**, such as **Aged** or **Very Old**.

**Age Groups**

- Thirties (30-39 yrs)
- Middle Age (40-64 yrs)
- Aged (65 yrs & older)
- Very Old (85 yrs & older)**

Or a specific **Methodology**, such as a **Quantitative Study**.

**Methodology**

- QUANTITATIVE STUDY**
- SCIENTIFIC SIMULATION
- TREATMENT OUTCOME
- TWIN STUDY

## Search Tips

Truncation is an asterisk \* and will get multiple versions of the root word.

**cogni\*** = cognitive or cognition or cognitively

Adding “quotation marks” around phrases will find words exactly as you entered them, in that order.

The **Find It** icon indicates the full text is not in the PsycINFO database. Click on it to find full text through another library database or to request through Interlibrary Loan (ILL).

## Results

Below is an example of one article you might find with searching the database.

1. [A 9-week aerobic and strength training program improves cognitive and motor function in patients with dementia: A randomized, controlled trial.](#) 

 Bossers, Willem J. R.; van der Woude, Lucas H. V.; Boersma, Froukje; Hortobágyi, Tibor; Scherder, Erik J. A.; van Heuvelen, Marieke J. G.; The American Journal of Geriatric Psychiatry, Vol 23(11), Nov, 2015 pp. 1106-1116. Publisher: Elsevier Science; [Journal Article] Abstract: Objective: To compare training and follow-up effects of combined aerobic and strength training versus aerobic-only training on cognitive and motor function in institutionalized patients with dementia and to explore whether improved motor function mediates improved cognitive function. Methods: Using a 9-week, parallel, three-group, single-blind, randomized, controlled trial with a follow-up assessment at week 18, we assessed 109 patients with dementia (age 85.5 ± 5.1 years) in a psychogeriatric nursing home. Each 9-week intervention consisted of 36, 30-minute sessions. A combined group (N = 37) received and completed two strength and two walking sessions per week, an aerobic group (N = 36) completed four walking sessions, and a social group (N = 36) completed four social visits per week. Cognitive and motor functions were assessed at baseline, after the 9-week intervention, and after a consecutive 9 weeks of usual care. Results: Baseline corrected post-test scores in the combined versus the social group were higher for global cognition, visual memory, verbal memory, executive function, walking endurance, leg muscle strength, and balance. Aerobic versus social group scores were higher for executive function. Follow-up effects reversed toward baseline values. Motor improvement did not significantly mediate cognitive improvement. Conclusion: Compared with a nonexercise control group, a combination of aerobic and strength training is more effective than aerobic-only training in slowing cognitive and motor decline in patients with dementia. No mediating effects between improvements in cognitive function via improved motor function were found. Future research into the underlying mechanistic associations is needed. (PsycINFO Database Record (c) 2016 APA, all rights reserved), Database: PsycINFO

**Subjects:** Aerobic Exercise; Cognitive Ability; Dementia; Motor Processes; Physical Strength; Adulthood (18 yrs & older); Aged (65 yrs & older); Very Old (85 yrs & older); Male; Female



The **title** of the article is in **blue**. Click on it to get more information about the article, citation and saving tools, and full text access.

The **‘Abstract’** is a summary of the article and its research conclusions. It is important, and part of the article. Read it; then decide if you want the entire article. The abstract may suggest keywords for searching and ways to focus your topic.

Click on **‘Full Text’** to see the complete article. You can print, save, or email from the PDF or HTML version.

## Refine Results

On the right side of the screen you will see **Refine Results**, a list of different ways you can limit or expand the information your search finds.

If you don’t see what you want in this database, uncheck **Full Text** to expand your results to include articles available through other databases or ILL.

Use the **Subject** terms to focus your search on a specific topic area.

#### Subject

- cognitive ability (2)
- aging (1)
- glucose (1)
- health care costs (1)
- mice (1)
- physical activity (1)

## Save Your Research

Click on the article title to see the following options on the right side of the screen, in the **Tools** menu. This includes the very handy Cite and E-mail tools.

Email the article to yourself with the APA style citation (other options are available). Be sure to fill out the Subject and Comments field to include information about the article so it's easy to find among all your other email.

Remember to proofread the citation. Premade citations are very useful, but they will sometimes contain errors.

## Get Help from PCC Librarians

### Call a Librarian

- Cascade: 971-722-5269
- Rock Creek: 971-722-7239
- Southeast: 971-722-6289
- Sylvania: 971-722-4500

### Email or Chat a Librarian

- Email: [refer@pcc.edu](mailto:refer@pcc.edu)
- Chat: Click the yellow “Chat” button  on the top right of every page on [pcc.edu/library](http://pcc.edu/library)