Activity #1: Find MeSH

You will access the MeSH Database, identify the research question & isolate concepts, and locate MeSH that are suited to the research question.

Access the MeSH Database via PubMed:

1. a. Vist UVic Libraries Database homepage.

   b. Click **PubMed** from the list of **Frequently used databases** - OR - search all databases by name and type **PubMed.**

   c. Click the **Sign in to UVic** button to login via ez-prozy

2. From the PubMed homepage, click **MeSH Database** under the heading Explore.
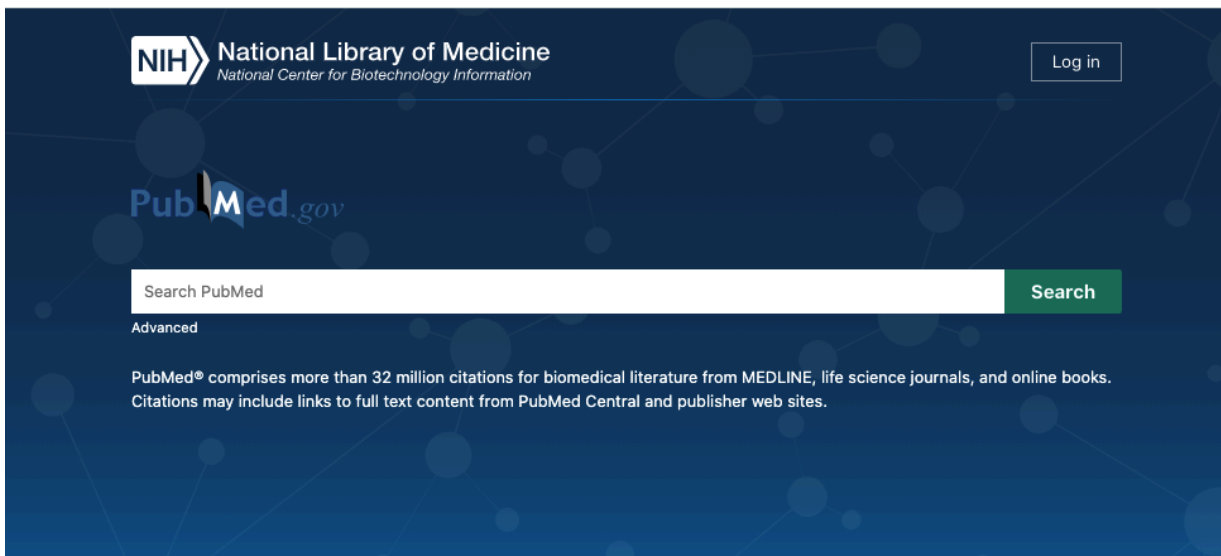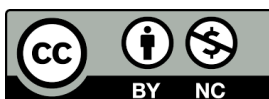
2. Click the **Sign in to NCBI** in the upper right-hand corner of the MeSH Database.

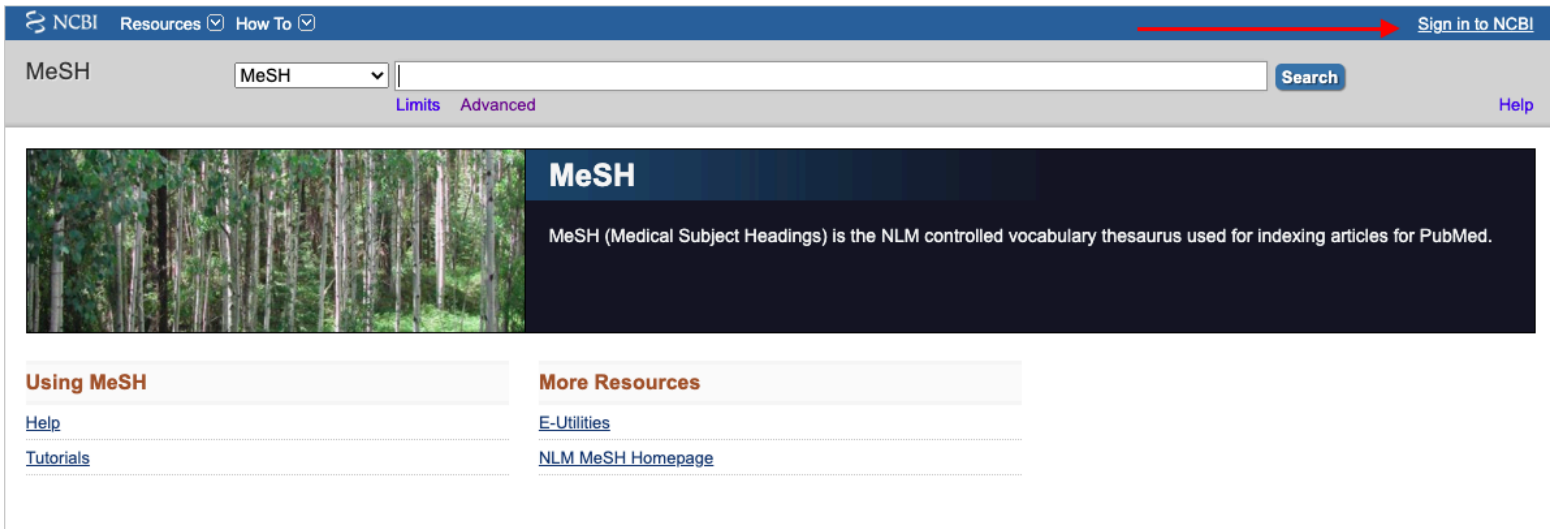3. Sign in with your credentials, or if you have not done so, <u>set up your account</u>.

Identify the Research Question & Isolate Concepts:

1. Select **one** of the following research questions - OR - form a research question from a topic you'd like to research.

<mark>Research Questions:</mark>

A. Is counseling or light therapy more helpful in treating Seasonal Affective Disorder (SAD)?

B. Is consuming red wine beneficial for heart health?

C. How has the quality of telehealth improved since the COVID-19 pandemic?

D. Do Tweet reminders help teenagers manage Type 1 Diabetes?

E. Has traditional medicine been introduced into the Canadian health care system?
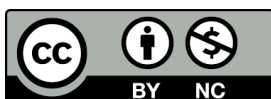
2. Break down your research question into its primary search concepts.

Note: See option below to use the [PubMed Search Builder Worksheet](#).

Locate MeSH:

1. Search the [MeSH database](#) to determine if any of the concepts are also MeSH.

REMEMBER TO:

- Record the **Preferred Term** = the preferred term is one of possibly several entry terms in a MeSH descriptor record. Entry terms map to the preferred term.

- Read the **Scope Note** = the scope note is a definition of a MeSH term. Read it to make sure your definition matches.

- Examine the **Tree** = MeSH are arranged hierarchically from general to specific. The branched representation of this hierarchy (the **tree**) tells viewers what terms are *broader* and *narrower*.

- Consider the **Explode feature** = a MeSH search automatically **explodes** the more narrow terms found below its location on the tree. You can opt to **not** to engage this feature by adding the MeSH to the Search Builder after checking the box:

☐ Restrict to MeSH Major Topic.
☑ Do not include MeSH terms found below this term in the MeSH hierarchy.

Optional - Use the PubMed Search Builder:

The PubMed Search Builder is a worksheet to help you keep track of keywords, MeSH, and Boolean Operators. It enhances search efficiency by recording search steps and increases reproducibility.
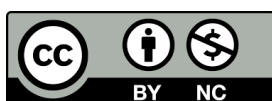
1.   Open the PubMed Search Builder in Google Docs - OR - download a local copy of the worksheet.

Note: You can view a completed/sample version of the PubMed Search Builder.

| Research Topic			
	Keywords, abbreviations, equivalent terms	MeSH	PubMed Search Builder (copy and paste from the PubMed Advanced Search Builder)
Concept One	OR	=	
AND	AND	AND	AND
Concept Two	OR		
AND	AND	AND	AND

PubMed Search Builder adapted with gratitude from:
University of British Columbia Library
Identifying major concepts worksheet
UBC Library Systematic and Scoping Review Search Methods Workshop, 2020
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>> Proceed to Activity #2
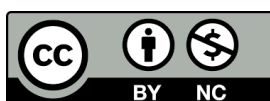
Helpful resources:

- [Introduction: What is MeSH?](#) / National Library of Medicine tutorial
- [PubMed Subject Search: How It Works](#) / National Library of Medicine tutorial