

Psychology

Information heuristics

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INFORMATION HEURISTICS

- **Information heuristics** is a set of strategies, techniques and tools used to find, evaluate and organise information necessary to execute a specific research task.
- **Key elements of information heuristics:**
 - **Identification of information needs:**
Clear definition of what information is needed and what it will be used for.
 - **Creation of search strategies:**
Planning the search information process depending on the topic and available tools.
 - **Critical evaluation of sources:**
Checking the credibility, topicality and accuracy of the found information.

Why is strategy important?

- It enables selective search for valuable information.
- It reduces "information overload" (unimportant search results).
- It helps to quickly reach full-texts and necessary data.

**THE ROLE OF SEARCH STRATEGIES IN
SCIENTIFIC WORK**

SEARCH STRATEGIES

Purpose: Learning to create effective search queries

Elements of an effective search strategy:

1. Selection of keywords - examples

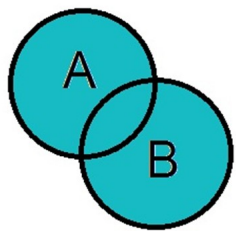
- **Keywords concerning quality of life in the context of mental health:**
„psychological well-being,” „subjective happiness,” „mental health,” „resilience”
- **Keywords related to interpersonal relations:**
„relationship satisfaction,” „social support,” „interpersonal connections,” „family dynamics”
- **Keywords concerning work and personal life:**
„work-life balance,” „job satisfaction,” „personal growth,” „life satisfaction”
- **Keywords related to environmental factors:**
„quality of life in urban areas,” „impact of environment on well-being,” „green spaces and mental health,” „community engagement”

Synonyms – examples

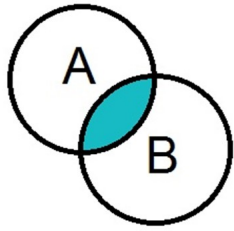
- **Psychological well-being** – „mental health”, „emotional stability”, „psychological resilience”
- **Life satisfaction** – „subjective well-being,” „personal fulfilment,” „happiness”
- **Social support** – „interpersonal support,” „community involvement”, „emotional backing”

SEARCH STRATEGIES

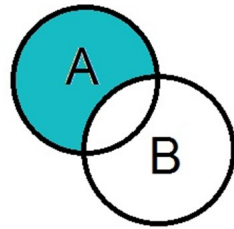
PURPOSE: Learning to create effective search queries



A OR B



A AND B



A NOT B

Elements of an effective search strategy:

2. Logical operators:

- **OR:** Extension of the search scope through synonyms or related terms:
 - „life satisfaction OR subjective well-being”
 - „mental health OR psychological well-being”
 - „social support OR community engagement”
- **AND:** Search for results, which have to contain both of the given terms:
 - „quality of life AND resilience”
 - „work-life balance AND mental health”
 - „social relationships AND life satisfaction”
- **NOT:** It eliminates unwanted results:
 - „life satisfaction NOT financial success”
 - „mental health NOT clinical disorders”
 - „resilience NOT physical fitness”

SEARCH STRATEGIES

PURPOSE: Learning to create effective search queries

Elements of an effective search strategy:

3. Advanced search tools - search optimisation tools

A) Filtering:

- ▢ **Publication date**– searching for publications from a definite time period (e.g. publications from the last 5 years)
- ▢ **Language**– search for content in a definite language (e.g. English, Polish)
- ▢ **Source type** – e.g. Limiting results to scientific articles, books, reviews, clinical research
- ▢ **Scientific discipline**– limiting searches to a definite field e.g. psychology, psychiatry, neurobiology
- ▢ **Full-text** – selection of only full-text articles
- ▢ **Words in definite fields** – search for keywords e.g. only in titles, abstracts, content

SEARCH STRATEGIES

Purpose: Learning to create effective search queries

Elements of an effective search strategy:

3. Advanced search tools – search optimisation tools

B. Quotation marks: Search for precise phrases, e.g.

„business decision-making strategies”

„consumer behavior analysis in marketing”

„organizational change management techniques”

„employee motivation and productivity”

SEARCH STRATEGIES

Purpose: Learning to create effective search queries

Elements of an effective search strategy

3. Advanced search tools-search optimisation tools

C. Masking characters

Asterisk (*) – replaces any number of characters:

- therap* - will find: therapy, therapies, therapist, therapeutic
- depress* - will find: depression, depressive, depressed
- psycholog* - will find: psychology, psychologist, psychological

Hashtag (#) – replaces one or more characters (used in some databases, e.g. Web of Science)

- col#r – will find: color, colour

Question mark (?) – replaces a single character:

- wom?n – will find: woman, women

Quotation mark with asterisk („*“) –will find the exact phrase with different endings (used in some systems, e.g. ProQuest)

- „post-traumatic stress*“ – will find : post-traumatic stress, post-traumatic stress disorder.

SEARCH STRATEGIES

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Elements of an effective search strategy

3. Advanced search tools-search optimisation tools

D. Using brackets

Brackets are used in search queries to group terms and logical operators in order to determine the order of operations. They enable more complex and precise searches.

▪ **Extension of terms connected with the quality of life:**

(„psychological well-being” OR „mental health”) AND („life satisfaction” OR „happiness”)

▪ **Extension the search using synonyms:**

(„work-life balance” OR „personal-professional equilibrium”) AND („stress management” OR „emotional stability”)

▪ **Exclusion of unwanted terms from the group**

(„social support” OR „community engagement”) AND („resilience” OR „coping strategies”) NOT („financial support”)

Attention! In the queries in the search engine, the terms in brackets are processed first

PRACTICAL EXAMPLES

Defining keywords for the research topic:

Topic: The impact of work-life balance on quality of life and mental well-being among young adults

Keywords:

„work-life balance”, „quality of life”, „psychological well-being”, „life satisfaction”, „young adults”, „job stress”, „mental health”, „workplace flexibility”

Creation of expanded search queries:

„life satisfaction” OR „subjective well-being”

„psychological well-being” OR „mental health”

(„life satisfaction” OR „happiness”) AND („psychological well-being” OR „mental health”) AND („social support” OR „community engagement”) NOT „financial stability”

(„quality of life” OR „resilience”) AND („emotional stability” OR „stress management”)

WHEN LOOKING FOR INFORMATION IT IS IMPORTANT TO:

- adjust the search strategy and tactic to a specific problem and your own individual needs;
- do not rely only on one source of information, but verify data in different sources;
- get to know available sources of information and learn how to differentiate them;
- get to know what kind of information can be found in particular databases, as well as electronic and traditional publications;
- master the ability to locate sources of information, i.e. know where to look for them and how to access them;
- learn to effectively search for necessary information in different sources;
- select sources adequate to your needs and critically evaluate their content

RECOMMENDED WAYS TO SEARCH FOR INFORMATION

Searching databases and electronic sources available due to the University Library of the John Paul II Catholic University of Lublin (licenced, access to which has been purchased or made available due to the funding from the Ministry)

IT IS WORTH FINDING OUT WHAT RESOURCES ARE PROVIDED BY THE LIBRARY AND HOW TO USE THEM

Searching for open-access sources of scientific information on the Internet

It is worth knowing copyright, which regulates issues concerning access to information and how to use it

SEARCH TOOLS allowing you to find useful scientific materials



Google scholar and other „universal” scientific search engines



Catalogues of scientific libraries, central catalogues, distributed catalogues



Databases:

- full-text and bibliographical
- multidisciplinary and domain-specific
- licensed (closed)
- open access



Domain- specific guides, thematic websites



Social science portals (Academia.edu; ResearchGate)

Google Scholar is an online scientific search service, and **Google** – is not (although it also enables searching for information and scientific publications)

AI? ChatGPT?

SEARCHING FOR RESOURCES OF THE UNIVERSITY LIBRARY OF THE JOHN PAUL II CATHOLIC UNIVERSITY OF LUBLIN

Homepage of the University Library of the John Paul II Catholic University of Lublin

Library catalogue

PRIMO VE
Multisearch engine

Digital library

Databases made available by the
HAN system

- Science
- Current affairs
- Information about test databases
- Information about trainings

HOW TO USE ELECTRONIC RESOURCES AVAILABLE AT THE UNIVERSITY LIBRARY OF THE JOHN PAUL II CATHOLIC UNIVERSITY OF LUBLIN?

From electronic full-text, bibliographical or abstract resources (databases) purchased by the John Paul II Catholic University of Lublin for a given year, you can use without logging in to the network of the John Paul II Catholic University of Lublin, i.e. on computers located in the buildings of the John Paul II Catholic University of Lublin (also via wi-fi)

Employees and students of the John Paul II Catholic University of Lublin also have the possibility to remotely use these resources outside the network of the John Paul II Catholic University of Lublin, on any device with Internet access. The condition is to own an **active library account**

Catalogue and PRIMO VE multisearch engine Start page

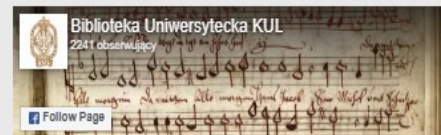
Access to PRIMO VE
<https://katalog.kul.pl>

Or via a tab from the
Library website



A screenshot of the Primo VE search engine start page. At the top, there is a navigation bar with tabs for "NEW SEARCH", "JOURNAL SEARCH", "INDEXES", "NEW BOOKS", "IKKAR ELECTRONIC CARD CATALOGUE", "DATABASES", and "...". Below this is a large search bar with the placeholder text "Search anything" and a microphone icon. To the right of the search bar is a link for "ADVANCED SEARCH". Below the search bar, there are two dropdown menus: "that contain my query words" and "anywhere in the record". A red arrow points from the text "Catalogue and PRIMO VE multisearch engine Start page" to the search bar. The main content area is divided into several sections: "How it works?" with a description of PRIMO and a list of resources; "BU KUL Catalog" with a description of the university's online library catalog; "Signing up for a library account allows you to:" with a list of benefits; "Where can I get help?" with a link to "CHAT WITH THE LIBRARIAN" and a list of phone numbers; "Instructions:" with a list of links for logging in and registering; "Questions? Comments?" with a link to "Let us know what you think!"; and "Regulations and price lists" with a list of links for regulations and price lists. At the bottom right, there is a "Like us on:" section with a Facebook icon and a link to "Biblioteka Uniwersytecka KUL".

Like us on:

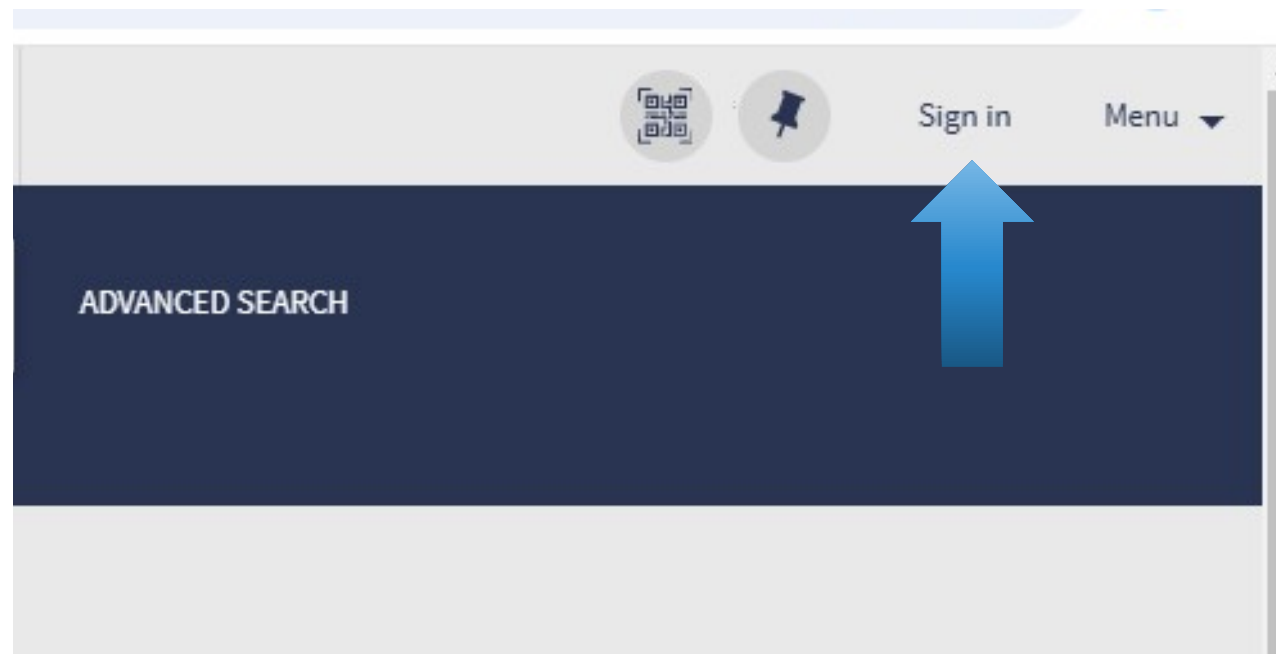


Before starting the search, it is worth logging in to your library account. Logging in enables wider access to the Library's resources and PRIMO Ve functionalities, including the opportunity to order, prolong and reserve books, and the remote access to electronic resources for employees, postgraduates and students of the John Paul II Catholic University of Lublin

It is worth providing your e-mail address in your personal data (library card), which will facilitate contact with the Library.

The Library's resources can be searched using:

- Index search
- Simple search
- Advanced search



It is possible to passively browse the catalogue without logging in, however you cannot fully use the library resources, remember searches, go to online resources (full-text), or order materials to the Reading Room and Lending Room.

Using the position available on-line directly from the catalogue

KUL Biblioteka Uniwersytecka

Tweak your results

Expand My Results

Sort by Relevance

ARTICLE

Loneliness and Self-Esteem as Mediators Between Social Support and Life Satisfaction in Late Adolescence

Kong, Feng ; You, Xuqun

Dordrecht: Springer

Social indicators research, 2013-01, Vol.110 (1), p.271-279

“ This study examined both the mediation effects of loneliness and self-esteem for the relationship between social support and life satisfaction...”

PEER REVIEWED

Download Article [Read Article](#)

View Issue Contents

Send to

EXPORT TO EXCEL EXPORT RIS CITATION PERMALINK EMAIL

In the catalogue (PRIMO VE multisearch engine) you can check the availability of both traditional versions of publications and online versions from databases subscribed to by the John Paul II Catholic University of Lublin and open access resources. The link usually redirects to the full text.

View Online

Full text availability

JSTOR Archival Journals and Primary Sources Collection

Available from 01/05/1974 volume: 1 issue: 1.
Most recent 4 year(s) not available.
Dostęp na komputerach w sieci KUL + dostęp zdalny
Elektroniczne archiwum czasopism naukowych z zakresu nauk humanistycznych. Dostęp do wszystkich 27 głównych kolekcji czasopism archiwalnych i publikacji źródłowych.

JSTOR Arts and Sciences VI

EBSCOhost SociINDEX with Full Text

Available from 01/01/2004.
Most recent 1 year(s) not available.

EBSCOhost Sociology Source Ultimate

Available from 01/01/2004.
Most recent 1 year(s) not available.

Education Database

Available from 01/01/1999 volume: 46 issue: 1.
Most recent 1 year(s) not available.

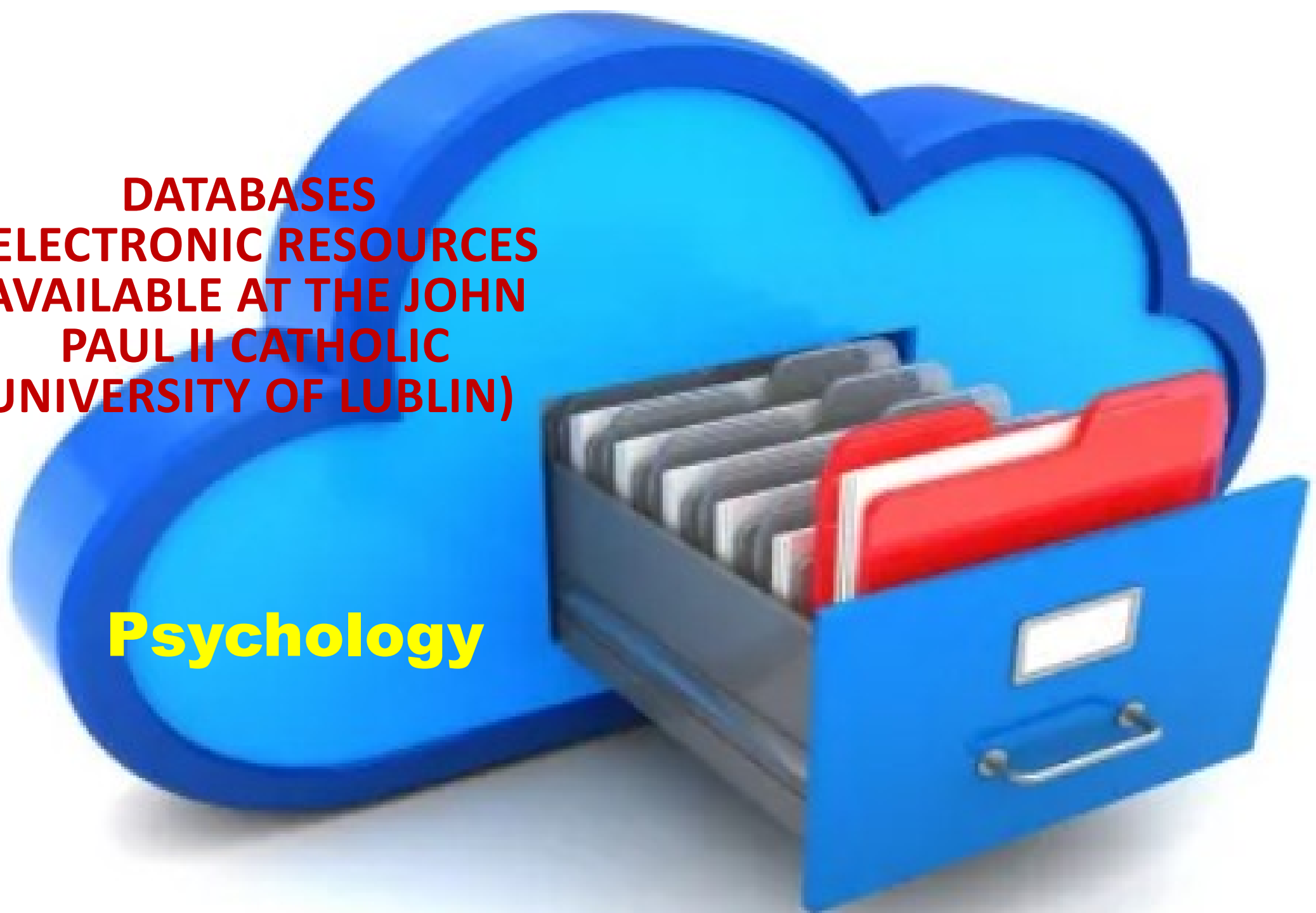
ProQuest Central

Available from 01/01/1999 volume: 46 issue: 1.

We will receive one or several links, which should redirect us to the full text - it is the best to select the link to licensed databases (full text after logging in to the library account).
Attention! Links to open access databases may not work correctly

**DATABASES
(ELECTRONIC RESOURCES
AVAILABLE AT THE JOHN
PAUL II CATHOLIC
UNIVERSITY OF LUBLIN)**

Psychology



Aktualności

Rok Zygmunta
Klukowskiego

Biblioteka Cyfrowa

Bazy danych

Zasoby

Szkolenia

Cennik usług
bibliotecznych

Zapytaj bibliotekarza

Projekty

Prace doktorskie

O Bibliotece

Biblioteki specjalistyczne

Biblioteka Uniwersytecka
KUL w Stalowej Woli

Wystawy

BIBLIOTEKA

Wypożyczalnia: 81 454 52 72
Informacja Naukowa: 81 454 52 75
Sekretariat: 786 935 530
e-mail: sekbibl[at]kul.pl, infnauk[at]kul.pl

KUL ▸ Biblioteka

Multiwyszukiwarka Primo

Katalog biblioteki + zasoby online

Wszystko

Szukaj

Wyszukiwanie zaawansowane
Moje konto

Aktualności

Księgozbiór w Wolnym Dostępie w Bibliotece Głównej KUL

Zapraszamy do korzystania z księgozbioru w Wolnym Dostępie zgromadzonym w Czytelni Głównej i Czytelni Teologiczno-Filozoficznej (IVp.). Są to najnowsze książki pozyskane do zbiorów oraz najbardziej poszukiwane pozycje z różnych dziedzin.

Szczegółowe informacje

BIBLIOTEKA GŁÓWNA KUL

WOLNY DOSTĘP



Czat on-line z
bibliotekarzem

 **Primo**

Multiwyszukiwarka
PRIMO



Here you can see the databases currently available at the Library and access them after logging in to your library account

Access to databases from the e-kul level

The screenshot displays the e-KUL website's 'Libraries' section. On the left, a dark sidebar contains a 'Menu' icon and a list of navigation items: Menu, News, Notifications, Messenger, Mail, Tickets, Projects, Decisions, Orders, Virtual HR, Didactics, Remote work, Libraries (circled in blue), Profile, Help, Tools, and Guide. The main content area is titled 'Libraries' and features four cards, each with a 'Select' button. The cards are: 'Library - log in', 'Library - password', 'Library databases' (circled in blue), and 'KUL Journals'. Below these are two more cards: 'KUL Repository' and 'KUL Publishing House Online Store'. The 'Library databases' card is highlighted with a blue circle. A blue rounded rectangle at the bottom right contains the text: 'You should enter the "Libraries" tab" and select „Library databases“. The website will redirect you to the proper Library's page'.

You should enter the "Libraries" tab" and select „Library databases“. The website will redirect you to the proper Library's page

Książki elektroniczne IBUK LIBRA *opis*

Lista publikacji aktualnie dostępnych przez IBUK Libra

Allgemeines Künstlerlexikon/Artists of the world *opis wejście*

L'Annee Philologique *opis wejście*

CAS SciFinder[®] *opis wejście* należy się zarejestrować (adres e-mail z domeny KUL: kul.lublin.pl, kul.pl, kul.edu.pl, kul.eu), link do rejestracji: <http://buhan.kul.pl/han/cas-register/>

Early English Books Online - ProQuest *opis wejście ulotka*

EBSCO wejście **EBSCO kanał na YouTube**

- Academic Search Ultimate *opis*
- Agricola *opis*
- APA PsycTests *opis*
- APA PsycTherapy *opis*
- ATLA Religion Database with ATLASerials PLUS *opis*
- Business Source Ultimate *opis*
- CINAHL Ultimate *opis*
- ERIC *opis*
- European Views of the Americas: 1493 to 1750 *opis*
- GreenFILE *opis*
- Health Source: Consumer Edition *opis*
- HealthSource: Nursing / Academic Edition *opis*
- Humanities Source Ultimate *opis*
- LegalSource *opis*
- Library, Informaton Science & Technology Abstracts *opis*
- MasterFILE Premier *opis*
- Medline *opis*
- MEDLINE Ultimate *opis*
- Newspaper Source *opis*
- Philosopher's Index *opis*
- PsycArticles *opis*
- PsycINFO *opis*
- Regional Business News *opis*
- Sociology Source Ultimate *opis*
- Teacher Reference Center *opis*

Currently available databases

EBSCO eBooks Collection *opis wejście* lista dostępnych tytułów

EMIS Next Global (wcześniej: EMIS University) *opis wejście*

Encyclopedia of the Bible and Its Reception Online *opis wejście*

De Gruyter *opis* | **wejście** | lista dostępnych tytułów książek | lista dostępnych tytułów czasopism

Index Religiosus - Brepols *opis wejście*

In Principio - Brepols *opis wejście*

International Medieval Bibliography *opis wejście* (dostęp dla 3 jednoczesnych użytkowników)

Journalism History (archiwum czasopisma za l. 1974-1996) w bazie

Taylor&Francis *opis wejście*

JSTOR Archival Journal and Primary Sources Collection *opis wejście*

Legalis *opis wejście* (dostęp zdalny dla studentów i pracowników WPPKiA) **UWAGA!** po pojawieniu się okna logowania do bazy należy kliknąć "Logowanie po IP"

Lex System Informacji Prawnej *opis wejście*

Library of Latin Texts Online - Complete - Brepols *wejście*

MathSciNet *opis wejście*

nature.com Complete *opis wejście*

Oficjalne Dokumenty Stolicy Apostolskiej *opis wejście*

Oxford Academic - *opis wejście*

Oxford University Press - Medicine Collection *opis wejście*

PROQUEST Central + PQDT A&I (Dissertations & Theses Abstract and Index) *opis wejście*

ProQuest Ebook Central *opis wejście* lista dostępnych tytułów

Sage Premier - *opis wejście* Lista tytułów

Science (czasopismo) *opis wejście*

ScienceDirect - Elsevier *opis wejście*

Scopus - Elsevier *opis wejście*

Sources Chrétiennes Online - Brepols *wejście*

SpringerLink *opis wejście*

Taylor&Francis *opis wejście* Lista tytułów pdf Lista tytułów xls

Thesaurus Linguae Graecae *opis wejście* należy utworzyć osobiste konto

Twentieth Century Religious Thought - ProQuest *opis wejście*

Web of Science *opis wejście*

Wiley Online Library *opis wejście*

Multidisciplinary databases

– collections of information from different fields of science e.g.
EBSCO - Academic Search Ultimate, Proquest Central, Taylor&Francis

- Licensed databases
 - Open access databases

Types of databases

Domain-specific databases

– collections of information from one or several related fields e.g.
PsycArticles, PsycINFO

Bibliographic abstract or annotated databases

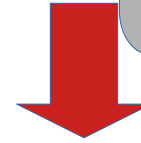
– except for description of publication they own added abstract and keywords e.g. PsycInfo

Full text databases

With access to full content documents e.g. PsycArticles

To use EBSCO databases remotely,
you have to be logged in to
your library account

Access from the website of the
University Library of the John
Paul II Catholic University
of Lublin
"Databases" tab



EBSCO wejście EBSCO kanał na YouTube

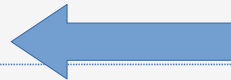
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- APA PsycTests *opis*
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- Philosopher's Index *opis*
- PsycArticles *opis*
- PsycINFO *opis*
- Regional Business News *opis*
- Sociology Source Ultimate *opis*
- Teacher Reference Center *opis*

Select Resource

KATOLICKI UNIWERSYTET LUBELSKI JANA PAWLA II



Bazy Naukowe EBSCO



EBSCO Discovery Service

In the new EBSCO interface, we enter the search engine at once – all available databases are searched



My dashboard

- Projects
- Saved
- Recent activity
- Holds & checkouts
- Alerts

Research tools

- New search
- Help

Search articles, books, journals & more

Searching: All databases (30)

Search articles, books, journals & more

Full Text Peer Reviewed All time



If we want to use only some databases – we should select them by clicking "All databases" and mark a specific database there



Select databases to search

At least one database must be selected. Selecting all databases for search may result in slow response time.

Select all

- | | |
|--|---|
| <input checked="" type="checkbox"/> MEDLINE Ultimate | <input checked="" type="checkbox"/> European Views of the Americas: 1493 to 1750 |
| <input checked="" type="checkbox"/> CINAHL Ultimate | <input checked="" type="checkbox"/> GreenFILE |
| <input checked="" type="checkbox"/> APA PsycTherapy | <input checked="" type="checkbox"/> Health Source - Consumer Edition |
| <input checked="" type="checkbox"/> Atla Religion Database with AtlaSerials PLUS | <input checked="" type="checkbox"/> Health Source: Nursing/Academic Edition |
| <input checked="" type="checkbox"/> APA PsycInfo | <input checked="" type="checkbox"/> Library, Information Science & Technology Abstracts |
| <input checked="" type="checkbox"/> APA PsycArticles | <input checked="" type="checkbox"/> MasterFILE Premier |
| <input checked="" type="checkbox"/> APA PsycTests | <input checked="" type="checkbox"/> MEDLINE |
| <input checked="" type="checkbox"/> Legal Source | <input checked="" type="checkbox"/> Newspaper Source |
| <input checked="" type="checkbox"/> Philosopher's Index with Full Text | <input checked="" type="checkbox"/> Regional Business News |
| <input checked="" type="checkbox"/> Academic Search Ultimate | <input checked="" type="checkbox"/> Teacher Reference Center |
| <input checked="" type="checkbox"/> Humanities Source Ultimate | <input checked="" type="checkbox"/> MasterFILE Premier Reference eBook Subscription (EBSCOhost) |
| <input checked="" type="checkbox"/> Agricola | <input checked="" type="checkbox"/> OpenDissertations |
| <input checked="" type="checkbox"/> Business Source Ultimate | <input checked="" type="checkbox"/> MathSciNet via EBSCOhost |
| <input checked="" type="checkbox"/> eBook Collection (EBSCOhost) | <input checked="" type="checkbox"/> Sociology Source Ultimate |
| <input checked="" type="checkbox"/> ERIC | <input checked="" type="checkbox"/> eBook Open Access (OA) Collection (EBSCOhost) |

Cancel

Select

We have access to the series of EBSCO databases, including:

general

- Academic Research Source eJournal
- Academic Search Source eBooks
- eBook Collection
- MasterFILE Premier
- MasterFILE Reference eBook Collection
- eBook Open Access, Open Dissertation

from the field of psychology :

- **APA PsycArticles**
- **APA PsycInfo,**
- **APA PasycTest**
- **APA PsycTherapy**

from the field of health sciences and medicine:

- CINAHL Ultimate
- MEDLINE Ultimate
- AHFS Consumer Medication Information
- Health Source – Consumer Edition
- Health Source: Nursing/Academic Edition

APA PSYCARICLES

APA PsycArticles database is a full-text database offered by the American Psychological Association (APA), which constitutes one of the most important sources of knowledge in the field of psychology. It contains articles published in high-quality scientific journals.

It is a valuable source of information for scientists and researchers looking for materials for analysis and publication, for students working on graduate works and doctoral theses, lecturers, and specialist practitioners in the field of psychology

The database includes:

- Scientific journals published by the APA and associated organisations, such as the Canadian Psychological Association. There are articles from over 120 peer-reviewed journals.
- Articles refer to a wide range of topics. They are: clinical psychology, social psychology, developmental psychology, health psychology, neuropsychology, research methodology and statistics.
- The time range includes publications from 1894 to the present, which enables analysis of both historical and contemporary research.
- The database content is constantly updated

- **APA PsycArticles is an invaluable tool for people interested in psychology, providing access to reliable and up-to-date scientific content**

My dashboard

- Projects
- Saved
- Recent activity
- Holds & checkouts
- Alerts

Research tools

- New search
- Help

Search articles, books, journals & more

Searching: [APA PsycArticles](#)

[Advanced search](#) [PICOT](#)

(„quality of life" OR „resilience") AND („emotional stability" OR „stress management")

Full Text

Peer Reviewed

All time

All time

Past 12 months

Past 5 years

Past 10 years

We can narrow down the search e.g. select the latest publications, from the last 5 years, limit the search only to scientific journals or full text

APA PsycArticles – search results

You can download the full text – in PDF format, we also often have access to the full text online

My dashboard

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Research tools

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- Help

Searching: APA PsycArticles

MyEBSCO

(„quality of life" OR „resilience") AND („emotional stability" OR „stress management")

All filters (0)

Full Text

Peer Reviewed

All time

Source type

All Journals (80)

Peer Reviewed Journals (80)

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1



Peer reviewed

Single-factor

systematic review.

By: [Tuck, David](#); [Berger, Emily](#); [Wiley, Joshua](#); +1 more • In: *International Journal of Stress Management*, Feb, 2022 • APA PsycArticles

The purpose of this systematic review was to investigate practices that improve psychological **resilience** in tertiary education students. The current systematic review uses poly-strengths theory (Hamby et al., 2018) to compare **stress management** research fr... [Show more](#)

Subjects: [Coping Behavior](#); [Intervention](#); [Mental Health](#); [Resilience \(Psychological\)](#); +10 more

Access options

PDF

Online full text

2



Peer reviewed | journal, Peer reviewed journal

The effectiveness of interventions aimed at improving well-being and **resilience** to **stress** in first responders: A systematic review.

By: [Wild, Jennifer](#); [El-Salahi, Shama](#); [Esposti, Michelle Degli](#) • In: *European Psychologist*, 2020 • APA PsycArticles

The database enables filtering the results according to the facets

APA PsycArticles – search articles

KATOLICKI UNIWERSYTET LUBELSKI JANA PAWLA II

EBSCOhost

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Research tools

- New search
- Help

Searching: APA PsycArticles

(„quality of life" OR „resilience") AND („emotional stability" OR „stress management")

All filters (0)

Full Text

Peer Reviewed

All time

Source type

1



Peer reviewed | Journal, Peer Reviewed Journal

Single-factor interventions to promote **resilience** in tertiary education students: A systematic review.

By: [Tuck, David](#); [Berger, Emily](#); [Wiley, Joshua](#); +1 more • In: International Journal of *Stress Management*, Feb, 2022 • APA PsycArticles

The purpose of this systematic review was to investigate practices that improve psychological **resilience** in tertiary education students. The current systematic review uses poly-strengths theory (Hamby et al., 2018) to compare **stress management** research fr... [Show more](#)

Subjects: [Coping Behavior](#); [Intervention](#); [Mental Health](#); **[Resilience \(Psychological\)](#)**; +10 more

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Subject

Publisher

Publication

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Methodology

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APA PsycArticles – a specific article

The screenshot shows the EBSCOhost interface. At the top, it says 'KATOLICKI UNIWERSYTET LUBELSKI JANA PAWLA II'. The search bar contains 'single factor interventions to promote'. The search results show 'All results' and 'Evidence-based care sh'. A 'Cite' modal window is open, displaying the article title 'Single-factor interventions to promote resilience in tertiary education students: A systematic review.' by Tuck, David; Berger, Emily; Wiley, Joshua; 2022. The modal window has a 'Cite' button highlighted with a red box and a red arrow pointing to it. Below the 'Cite' button are 'Add to project', 'Share', and 'Download' options. The modal window also shows 'Copy citation' and 'Export citation' options. The selected citation style is 'APA 7th Edition (American Psychological Assoc.)'. The modal window also contains a 'References' section with the full citation: 'Tuck, D., Berger, E., Wiley, J., & Patlamazoglou, L. (2022). Single-factor interventions to promote resilience in tertiary education students: A systematic review. *International Journal of Stress Management*, 29(1), 44-60. https://doi.org/10.1037/str0000236'. There is a 'Copy to clipboard' button below the references. The modal window has a 'Close' button at the bottom right.

You can use system tools to place the article on the Google Drive, OneDrive, send it via e-mail, print it, save it on the computer, check how to cite it in the selected format or send data to the bibliography manager etc.

APA PsycArticles – a particular article

After selecting the „full text online” option instead of „PDF option” in access options – we can work with the text

Single-factor interventions to promote resilience in tertiary education students: A systematic review.

Single-factor interventions to promote resilience in tertiary education students: A systematic review.

Published in: International Journal of Stress Management, Feb, 2022, APA PsycArticles

By: Tuck, David; Berger, Emily; Wiley, Joshua; Patlamazoglou, Lefteris

By: David Tuck ;

Faculty of Education, Monash University

Emily Berger

Faculty of Education, Monash University

Joshua Wiley

Department of Psychology, Monash University

Lefteris Patlamazoglou

Faculty of Education, Monash University

Acknowledgement: The authors declare no conflict of interest in the preparation of this manuscript and that this work is original. No part of this work or accompanying data have been published before and is not currently being considered for publication elsewhere.



Table of contents

Purpose of the Study

Research Question

Method

Protocol and Registr

Criteria for Inclusion

Search Strategy

Data Extraction and
Assessment

Results

Search Results

Study Characteristics

Measures

The text can be translated



Single-factor interventions to promote resilience in tertiary education students: A systematic review.

Authors: Tuck, David Berger, Emily Wiley, Joshua Patlamazoglou, Lefteris

Translation

Translate to

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or listened to

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Advanced searching

Search articles, books, journals & more

Searching: [APA PsycInfo](#)

Basic search PICOT

<input type="text"/>	All fields
AND <input type="text"/>	All fields
AND <input type="text"/>	All fields

+ Add fields

Search

Filters Search options Subjects

Limit your results

Clear all

- Linked Full Text
- References Available
- Open Access
- Impact Statement Available
- Peer Reviewed
- English language
- Exclude Dissertations

Supplemental Materials

All

Source

Advanced searching enables the use of logical operators and limitation of results

Publication Date

- All time
- Past 12 months
- Past 5 years
- Past 10 years
- Custom range

Publisher

Tests & Measures

Publication Status

All

Publication Type

All

Language

All

Age Groups

All

Population Group

All

Intended Audience

All

Document Type

All

Book Type

All

Methodology

All

Classification Codes

All

PSYCINFO

PsycInfo is a comprehensive database developed by the American Psychological Association (APA), which is a basic tool for searching scientific literature from the field of psychology and related fields. It contains bibliographical information, summaries and indexes of publications related to psychology.

Database thematic scope: clinical psychology, social psychology, developmental psychology, health psychology and behavioural medicine, neuropsychology and neurobiology, education, psychometrics and research methodology.

Types of publications: articles from peer-reviewed scientific journals, book chapters and books, research and conference reports, dissertations and doctoral theses.

Time range: literature from the late 19th century to the present, allowing for insight into historical and contemporary research.

Language of publications - 29 languages, summaries in English

Geographical scope - publications from around the world.

PsycInfo – search results

Hence PsycInfo is a bibliographical database, it does not provide access to the full content – but, in many cases we have a „linked full text” attached, and then we can enter directly to the text in PDF format

EBSCOhost

Searching: APA PsycInfo

MyEBSKO

("quality of life" OR "resilience") AND ("emotional stability" OR "stress management")

All filters (0) **Linked Full Text** Peer Reviewed All time Source type

Advanced search

Cancer and chronic pain: The effects of *resilience* on *quality of life* and personality.

By: Butler-Baldwin, Janelle Marie • In: Dissertation Abstracts International: Section B: The Sciences and Engineering, 2023 • APA PsycInfo

According to the American Cancer Society (2023), over 1.9 million new cancer cases will be diagnosed in the US in 2023. Using a chronic pain module introduced in the 2019 National Health Interview Survey edition, Yong et al. (2022) established that 50.2 milli... [Show more](#)

Subjects: [Chronic Pain](#); [Emotional Stability](#); [Extraversion](#); [Neoplasms](#); +3 more

2

Peer reviewed | Journal, Peer Reviewed Journal

Functions of resiliency traits and processes in differential effects of CBSM on *quality of life* in breast cancer survivors: A moderated mediation model.

By: St Fleur, Ruth G.; St George, Sara M.; Feaster, Daniel J.; +2 more • In: International Journal of Behavioral Medicine, Aug, 2024 • APA PsycInfo

Background Although there is evidence that cognitive behavioral therapy (CBT)-based group interventions can improve *quality of life* (QoL) in women undergoing treatment for breast cancer (BC) little is known about factors that mediate and moderate the... [Show more](#)

Subjects: [Breast Neoplasms](#); [Coqnitve Behavior Therapy](#); [Optimism](#); [Personality Traits](#); +11 more

APA PSYCTHERAPY

The APA PsycTherapy database is a resource offered by the American Psychological Association, which concentrates on the psychological therapy. It contains wide educational material, including video films which present various therapeutic techniques in practice.

It is particularly valuable for people connected with psychology and psychotherapy because it enables insight into actual therapeutic processes, which is difficult to get in traditional coursebooks.

The database includes:

- Recordings of therapy sessions (videos presenting actual or simulated therapy sessions with the participation of professional therapists ; examples of various therapeutic approaches)
- Variety of topics (working with different age groups, issues concerning various mental disorders)
- Educational materials (a tool useful for practicing psychologists, students, lecturers to analyse and learn therapeutic techniques; a possibility of comparing therapeutic styles and approaches of various specialists)
- Search according to criteria (the possibility of filtering content by the type of therapy, clinical problem, age of a patient and level of difficulty)
- Sessions are conducted by respected specialists in the field of psychotherapy

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stress reduction techniques

All filters (0)

All time



Advanced search



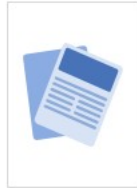
Results: 2

Show: 10

Relevance



1



Video



EMDR for Trauma: Eye Movement Desensitization and Reprocessing

By: [Shapiro, Francine](#) • In: [PsycTHERAPY](#), July 20, 2012 • APA PsycTherapy

Dr. Francine Shapiro works with a police officer struggling with his partner's homicide. Starting with the client's log of thoughts, emotions, and physical sensations over the past week, Dr. Shapiro helps him process this information, moving toward a ... [Show more](#)

Subjects: [Self-Control](#); [Stress Management](#); [Cognitive Processes](#); [Eye Movement Desensitization Therapy](#); [+5 more](#)

Access options

2



Video



Relational-Cultural Therapy for Hopelessness (Session 2 of 5)

By: [Jordan, Judith V.](#) • In: [PsycTHERAPY](#), September 06, 2011 • APA PsycTherapy

Jordan works with a 42-year-old woman who has been divorced two times and is raising two children alone. The client suffers from hopelessness, financial strain, worry, and an extreme sense of loss. Jordan uses empathy and supportive listening to buil... [Show more](#)

Searching: APA PsycTherapy

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stress reduction techniques



← Results

Video

EMDR for Trauma: Eye Movement Desensitization and R

Published in: PsycTHERAPY, July 20, 2012

Database: APA PsycTherapy

By: Shapiro, Francine

Access options

Watch Video on PsycTHERAPY

Additional information

Title

EMDR for Trauma: Eye Movement Desensitization and Reprocessing

Therapist

[Shapiro, Francine](#)

Duration

51 minutes 29 seconds

Publication Date



Cite

Video

EMDR for Trauma: Eye Movement Desensitization and Reprocessing

Shapiro, Francine

2012

Copy citation

Export citation

Select style:

APA 7th Edition (American Psychological Assoc.)

References

Shapiro, F. (2012, July 20). EMDR for Trauma: Eye Movement Desensitization and Reprocessing. In *PsycTHERAPY*. <https://doi.org/10.1037/v00431-001>

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APA PSYCTHERAPY



APA PsycTherapy®

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Transcript

Relational-Cultural Therapy for Hopelessness (Session 2 of 5)

[00:00] DR. JUDITH V. JORDAN Good to see you again.

CHRISTINE: It's good to see you.

DR. JUDITH V. JORDAN: I was wondering if you have any reactions to last time when you left, anything came up for you, if you have any questions?

CHRISTINE: No I

[00:16] CHRISTINE it's always difficult meeting someone for the first time and explaining, you know trying to let someone know what's going on in a short period to time and there is long, so much I have to say and so much going on ...(crosstalk)

APA PSYCTESTS

APA PsycTests is a specialistic database developed by the American Psychological Association (APA, which includes information about psychological tests and measurement tools. It is an invaluable source for researchers, practising psychologists, and students searching for tests for research, diagnosis and education

Content of the database:

- **Tests and measurement tools** (full descriptions of psychological tools, including questionnaires, scales, surveys, protocols and other measurement methods; some tests are available in full text (together with instructions and keys for interpretation)
- **A wide range of topics** (mental and emotional health, social behaviours, developmental psychology, education and academic performance, clinical issues, neuropsychology, physical health.
- **Sort of information:** details concerning test construction (authors, history of the tool), description of theoretical construction and validation, data on the use and limitations of tests.
- **Links to scientific publications** in which the tests were used
- **Time range:** Tests from the early 20th century to the present

APA PsycTests – search results

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Searching: APA PsycTests

MyEBSCO

behavioral therapy



All filters (0)

Full Text

Peer Reviewed

All time ▼

Advanced search



Results: 181

Show: 10 ▼

Relevance ▼



1



PsycTESTSRecord



Cognitive-Behavioural Therapy Scale for Eating Disorders

By: [Beard, Jessica](#); [Cooper, Zafra](#); [Masson, Philip](#); +8 more • In: PsycTESTS, 01012024 • APA PsycTests

The Cognitive-Behavioural Therapy Scale for Eating Disorders (CBTS-ED; Beard et al., 2024) was designed to be an observational to measure **therapy** quality in the delivery of cognitive-behavioural therapy in the treatment of eating disorders (ED). Initiall... [Show more](#)

Subjects: [Cognitive Behavior Therapy](#); [Eating Disorders](#); [Professional Competence](#); [Psychotherapeutic Processes](#); +9 more



2



PsycTESTSRecord



Cognitive Behavioral Therapy Competence Scale

By: [Rodriguez-Quintana, Natalie](#); [Choi, Seo Youn](#); [Bilek, Emily](#); +4 more • In: PsycTESTS, 01012021 • APA PsycTests

The Cognitive Behavioral Therapy (CBT) Competence Scale (CCS; Rodriguez-Quintana et al., 2021) is a self-report measure to assess provider competence for CBT delivery. An initial 59 items were generated by three lead clinicians and CBT experts at the T... [Show more](#)

Subjects: [Cognitive Behavior Therapy](#); [Health Care Delivery](#); [Knowledge Level](#); [Perception](#); +10 more

APA PsycTests – search results- selected test

□ 2



PsycTESTSRecord

Cognitive Behavioral Therapy Competence Scale

By: Rodriguez-Quintana, Natalie; Choi, Seo Youn; Bilek, Emily; [+4 more](#) • In: PsycTESTS, 01012021 • APA PsycTe

The Cognitive **Behavioral Therapy** (CBT) Competence Scale (CCS; Rodriguez-Quintana et al., 2021) is a self-repor provider competence for CBT delivery. An initial 59 items were generated by three lead clinicians and CBT exper

Subjects: [Cognitive Behavior **Therapy**](#); [Health Care Delivery](#); [Knowledge Level](#); [Perception](#); [+10 more](#)

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



PsycTESTS®

doi: <http://dx.doi.org/10.1037/t83659-000>

Cognitive Behavioral Therapy Competence Scale CCS

Please indicate your **level of expertise** for each strategy listed using the following 0-4 scale:

0 = Very low: I do not really understand this skill

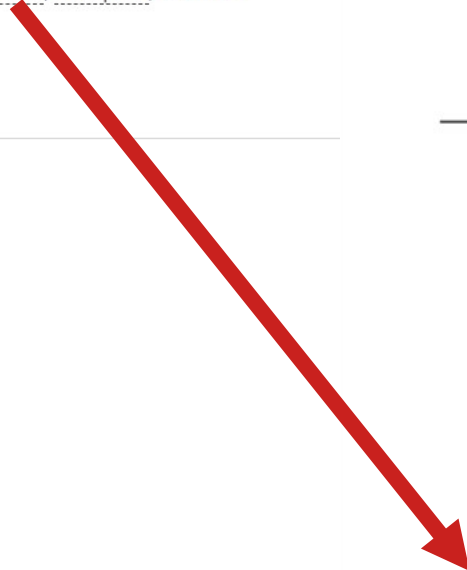
1 = Low: My understanding of this skill is limited

2 = Moderate: I think I understand this skill, but I would benefit from additional practice/learning

3 = High: I understand this skill well

4 = Very high: I have significant expertise in this skill and understand it very well

Level of expertise:	0 Very Low	1 Low	2 Moderate	3 High	4 Very High
1. Teaching students to notice and measure their thoughts, emotions, and behavior in the context of a given situation					
2. Teaching 3-5 different relaxation or physical coping techniques					
3. Teaching students to challenge their unhelpful or illogical automatic thoughts					
4. Teaching students how to replace automatic thoughts with more helpful or realistic "coping" thoughts					
5. Providing a definition and rationale for exposure					
6. Helping students to design and build a Fear Hierarchy or Fear Ladder					
7. Implementing an exposure plan and incorporating incentives					
8. Creating and using a Behavioral Activation Schedule					



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Basic search screen

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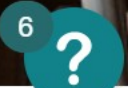
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Full text Peer reviewed ⓘ

[Search tips](#)



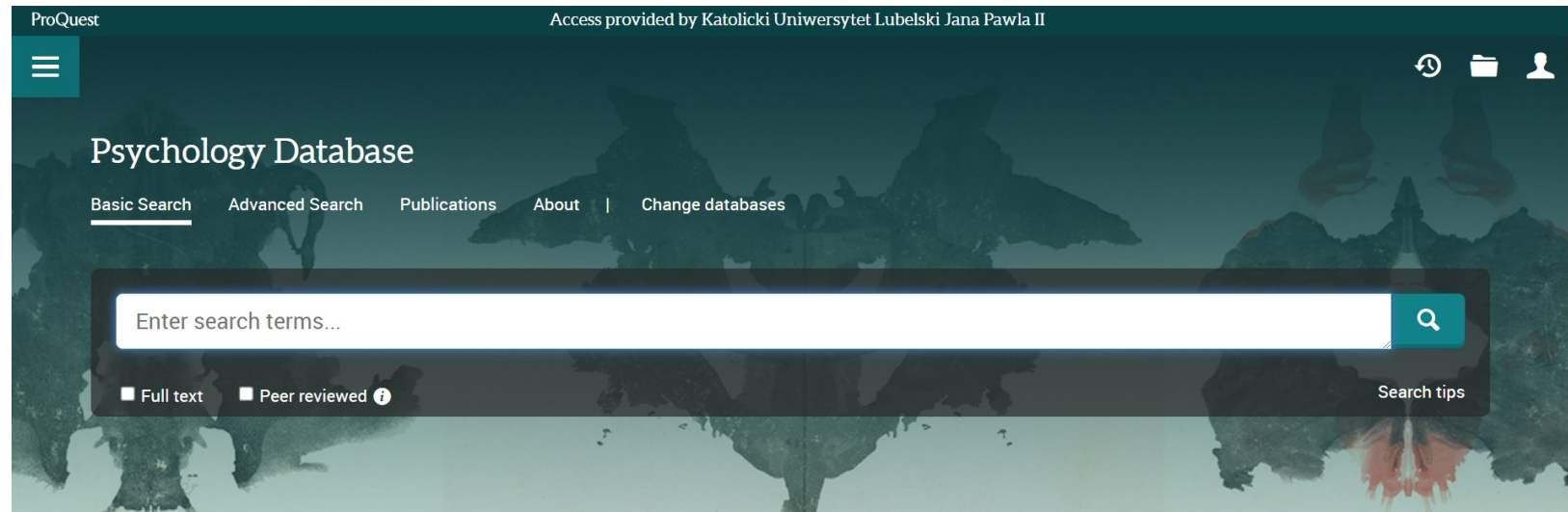
The database includes summaries and indexation of key publications in the field of psychology, many of which are available in full text. Many of these titles are indexed in PsycINFO. The thematic scope includes behavioral, clinical, cognitive, developmental, experimental, industrial and social psychology, as well as personality, psychobiology and psychometrics.



Databases in the field of psychology in ProQuest

Subject coverage

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- Personality, Psychobiology
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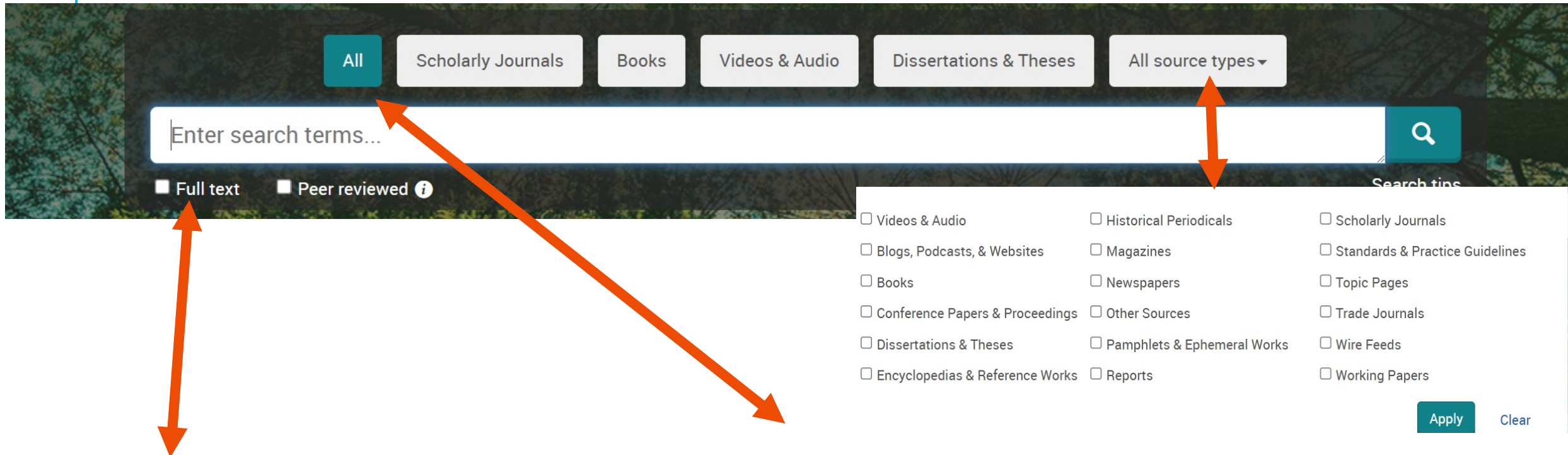
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Select databases to search, then click **Use selected databases** to go to the search form.

Use selected databases

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Subject Area(s): Social Sciences
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Subject Area(s): Social Sciences , Health & Medicine
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Health, Medicine - journals articles, magazines, news, reports and dissertations
Subject Area(s): Health & Medicine

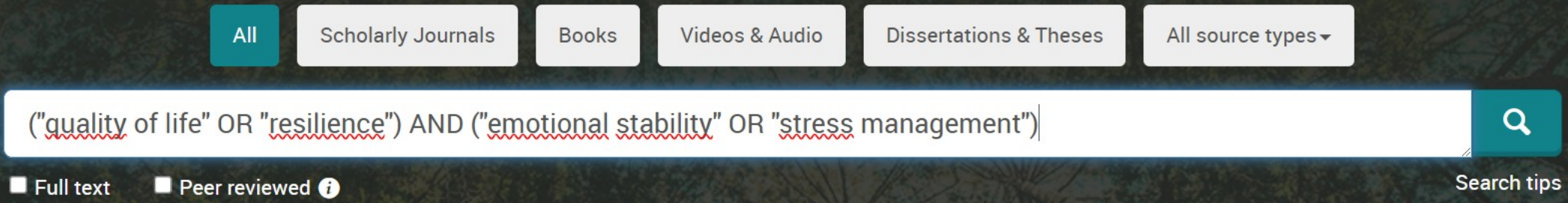
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Simple search



A screenshot of a search interface. At the top, there are several filter buttons: "All" (highlighted in teal), "Scholarly Journals", "Books", "Videos & Audio", "Dissertations & Theses", and "All source types" with a dropdown arrow. Below these is a search bar containing the query: ("quality of life" OR "resilience") AND ("emotional stability" OR "stress management"). To the right of the search bar is a teal search button with a magnifying glass icon. Below the search bar, there are two checkboxes: "Full text" and "Peer reviewed" with an information icon. To the right of the checkboxes is a "Search tips" link.

We can enter any words into the search field and use masking characters *, ?, enter a searched phrase in speech marks, combine words with the use of logical operators **AND, OR, NOT**

Psychology Database

Basic Search

Advanced Search


Publications

About

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("quality of life" OR "resilience") AND ("emotional stability" OR "stress management")

Full text

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Search tips

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Psychology Database

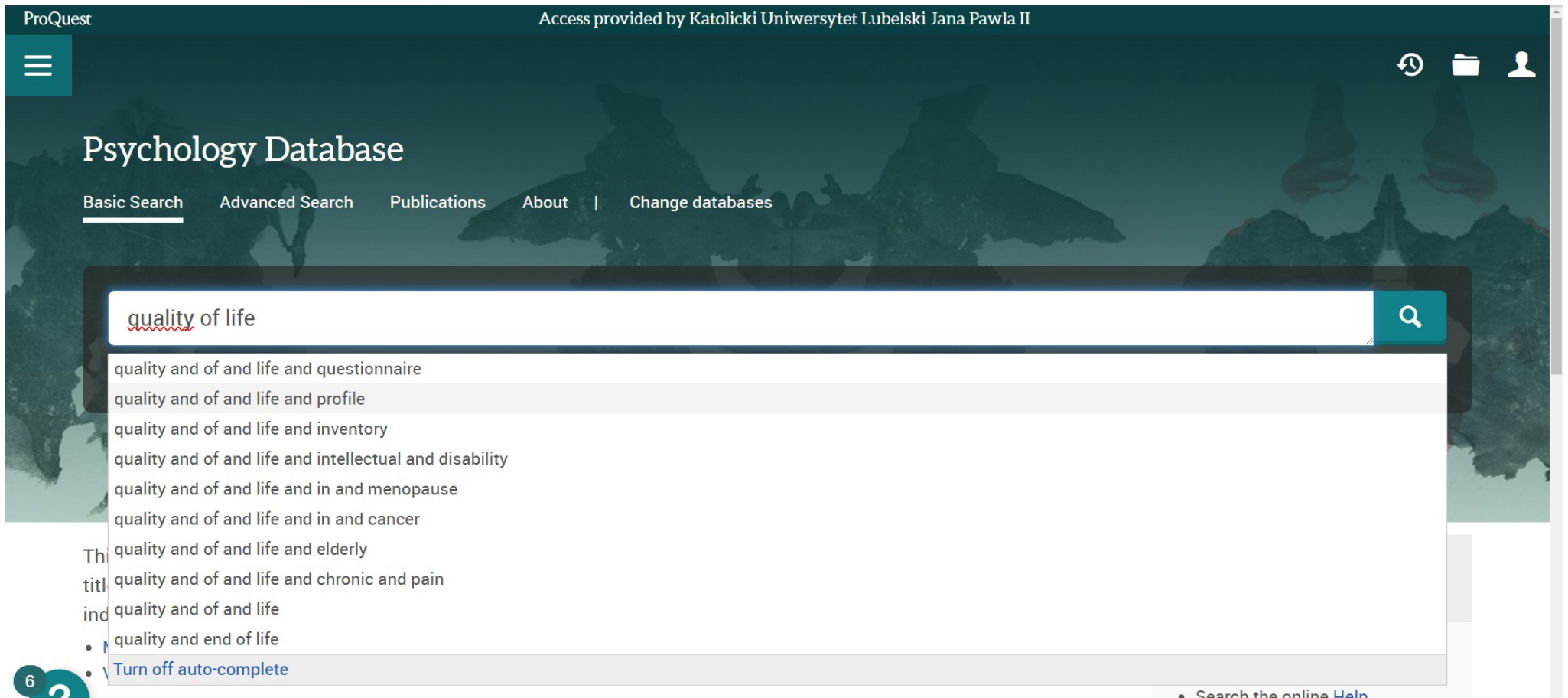
Basic Search Advanced Search Publications About | Change databases

quality of life

- quality and of and life and questionnaire
- quality and of and life and profile
- quality and of and life and inventory
- quality and of and life and intellectual and disability
- quality and of and life and in and menopause
- quality and of and life and in and cancer
- Th quality and of and life and elderly
- titl quality and of and life and chronic and pain
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6

• Search the online [Help](#)



Auto-complete – suggesting search terms when entering them

Auto-complete function suggests search terms based on prior searches of ProQuest users. This list is updated when writing and it always contains prior searches beginning from the sequence of characters currently entered. You can click on any term to start searching for it.

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Search results

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Psychology Database

"quality of life"

199,600 results

Modify search Recent searches Save search/alert

Sorted by Relevance

Limit to

- Full text
- Peer reviewed

Source type

- Scholarly Journals (182,210)
- Dissertations & Theses (15,660)
- Magazines (231)

Select 1-20

Quick look

1

Scholarly Journal

The Effect of Social Cohesion on Subjective Individual Quality of Life in European Countries

Bottoni, Gianmaria; Addeo, Felice. Social Indicators Research; Dordrecht Vol. 171, Iss. 3, (Feb 2024): 1111-1133.

...quality of life. This study aims to analyse the effect of social cohesion...
...of a country on subjective quality of life. In addition, we also tested...
...quality of life. To test our hypotheses we estimated a multilevel regression...

Abstract/Details Full text - PDF (749 KB) 87 References

Full Text

2

Self-Stigma and Quality of Life in Patients With Depressive Disorder in Psychiatric

Search results can be limited with the use of facets



You can try to select Polish in facets
 – unfortunately, all positions in which there are Polish words
 are marked, but there appear also entire articles in Polish

Search results

481,858 results

Modify search Recent searches Save search/alert

Sorted by Select 1-20 [Quote] [Email] [Print] [More]

Language

Include	Exclude	Language	Count
<input type="checkbox"/>	<input type="checkbox"/>	English	477,232
<input type="checkbox"/>	<input type="checkbox"/>	Spanish	3,422
<input type="checkbox"/>	<input type="checkbox"/>	Portuguese	817
<input type="checkbox"/>	<input type="checkbox"/>	Turkish	619
<input type="checkbox"/>	<input type="checkbox"/>	French	556
<input type="checkbox"/>	<input type="checkbox"/>	Polish	527
<input type="checkbox"/>	<input type="checkbox"/>	Italian	352
<input type="checkbox"/>	<input type="checkbox"/>	Czech	154
<input type="checkbox"/>	<input type="checkbox"/>	Dutch	149

APERS IN INTERNATIONAL PSYCHOGERIATRICS: 2. QUALITY ADJUSTED LIFE YEARS IN OLDER ADULTS WITH SYMPTOMS AND CHRONIC MEDICAL DISORDERS; TOP CITED PAPERS IN INTERNATIONAL PSYCHOGERIATRICS: ADJUSTED LIFE YEARS IN OLDER ADULTS WITH DEPRESSIVE SYMPTOMS AND CHRONIC MEDICAL DISORDERS; T ... Full Text

Ames, David. **International Psychogeriatrics**; Cambridge Vol. 21, Iss. 2, (Apr 2009): 265-6, discussion 266-7.

..., chronic medical disorders, and health-related quality of...
 e, we were able to show that in this large sample of...
 work on the impact of and quality of care for...

Full text Full text - PDF (101 KB) Times cited 2 on ProQuest 6 on Web of Science

fe of patients in renal replacement therapy in Brazil: comparison of treatment modalities Full Text

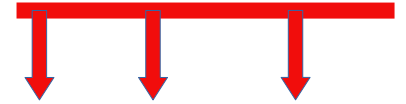
a; Cesar, Cibele Comini; de Assis Acurcio, Francisco; Andrade, Eli Iola; Gurgel; Cherchiglia, Mariangela Leal. **Quality of Life Research**; 21, Iss. 6, (Aug 2012): 983-91.

fe of patients in renal replacement therapy in Brazil...
 ose This study aimed to analyze and compare the quality...
 e and the relationship between quality of life and treatment...

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Cancel Apply Full text Full text - PDF (205 KB) Times cited 4 on ProQuest 43 on Web of Science 34 References

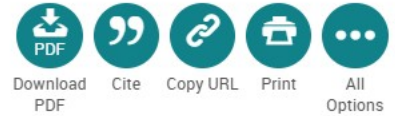
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Miłość jako bufor chroniący przed lękiem egzystencjalnym

Alternate title: Love as a protective buffer against existential anxiety

Gawda, Barbara; Korniluk, Adrian. *Journal of Psychiatry and Clinical Psychology*; Warsaw Vol. 23, Iss. 4, (2023): 318-323. DOI:10.15557/PIPK.2023.0039



Full text - PDF

Abstract/Details

Psychiatr Psychol Klin 2023, 23 (4), p. 318–323
DOI: 10.15557/PIPK.2023.0039

Otrzymano: 13.12.2023
Zaakceptowano: 27.12.2023
Opublikowano: 29.12.2023

Barbara Gawda, Adrian Korniluk

Miłość jako bufor chroniący przed lękiem egzystencjalnym

Love as a protective buffer against existential anxiety

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Adres do korespondencji: Barbara Gawda, Katedra Psychologii Emocji i Osobowości, Uniwersytet Marii Curie-Skłodowskiej, ul. Giełboka 45, 20-612 Lublin, e-mail: bgawda@wp.pl

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Correspondence: Barbara Gawda, Department of Psychology of Emotion and Personality, Maria Curie-Skłodowska University, Giełboka 45, 20-612 Lublin, Poland, e-mail: bgawda@wp.pl

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2. Adrian Korniluk <https://orcid.org/0000-0001-9311-0257>

Streszczenie

Wprowadzenie i cel: Niniejsze badanie ma na celu ukazanie związków pomiędzy miłością i lękiem egzystencjalnym wśród dorosłych Polaków. W piśmiennictwie wskazuje się na istotny wpływ miłości na dobrostan i jakość życia człowieka. Pozytywne relacje, bliskość i miłość mogą mieć znaczenie ochronne przed poczuciem pustki egzystencjalnej. Można założyć – na podstawie literatury przedmiotu – że niepokój egzystencjalny jest negatywnie powiązany z namiętnością, intymnością i zaangażowaniem w miłość. **Materiał i metody:** Przebadano grupę 274 osób dorosłych wyłonionych z populacji ogólnej (142 kobiet i 132 mężczyzn). Średni wiek badanych wynosił 33,45 roku (odchylenie standardowe, *standard deviation*, *SD* = 15,89). Respondenci wypełniali dwa kwestionariusze: dedykowany pomiarowi doświadczenia miłości (Trójczynnikowa Skala Miłości Sternberga) i mierzący lęk egzystencjalny (Kwestionariusz Lęku Egzystencjalnego Weemsa i zespołu). **Wyniki:** Wielozmiennowe analizy regresji wykazały, że namiętność i intymność są istotnymi predyktorami lęku egzystencjalnego, w przeciwieństwie do zaangażowania w miłość. Wyższe wyniki w zakresie intymności i namiętności są powiązane z obniżonym lękiem egzystencjalnym. **Wnioski:** Uzyskane przez nas dane wskazują na znaczenie miłości, bliskich relacji, intymności i namiętności w redukowaniu niepokojów egzystencjalnych. Osoby szczęśliwe, tworzące pozytywne relacje postrzegają swoje życie jako wartościowe i mające sens. Nie czują się samotne i nie odczuwają intensywnego lęku egzystencjalnego. Bliskość i pozytywne emocje związane z miłością wydają się mieć znaczenie ochronne przed poczuciem pustki egzystencjalnej. Wyniki naszych badań mogą stanowić wskazówki dla terapeutów zajmujących się problemami egzystencjalnymi pacjentów.

Research Assistant BETA

Here is the key takeaway.

Love can be a protective/therapeutic buffer against existential anxiety, with passion and intimacy playing pivotal roles in this context.

Additional topics discussed in the text are: the relationship between commitment and existential anxiety, the role of cultural love in buffering fear of death, and the dynamics of love in therapeutic applications. These topics are significant for researchers as they explore the multifaceted nature of love and its implications for mental health and relationship dynamics.

The exploration of love as a buffer against existential anxiety highlights the importance of passion and intimacy in fostering emotional resilience and well-being.



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The screenshot displays the ProQuest Psychology Database interface. A modal window titled "Cite" is open, showing citation options for a selected article. The article title is "Miłość jako bufor chroniący przed lękiem egzystencjalnym" by Gawda, Barbara; Korniluk, Adrian, published in the *Journal of Psychiatry and Clinical Psychology*. The citation text is: "Gawda, B., & Korniluk, A. (2023). Miłość jako bufor chroniący przed lękiem egzystencjalnym. [Love as a protective buffer against existential anxiety] *Journal of Psychiatry and Clinical Psychology*, 23(4), 318-323. doi:https://doi.org/10.15557/PIPK.2023.0039". The modal offers options to "Copy citations directly into your paper" (with a dropdown for "APA 6th - American Psychological Association, 6th Edition"), "RefWorks", and "Export to a citation manager or file" (with icons for RefWorks, EndNote, RIS, NoodleTools, EasyBib, and Microsoft Excel Format). A blue arrow points to the "Cite" button in the top right of the interface. A light blue box at the bottom contains the text: "You can also export the description to the bibliography manager".

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Gawda, Barbara; Korniluk, Adrian. *Journal of Psychiatry and Clinical Psychology*; Wars

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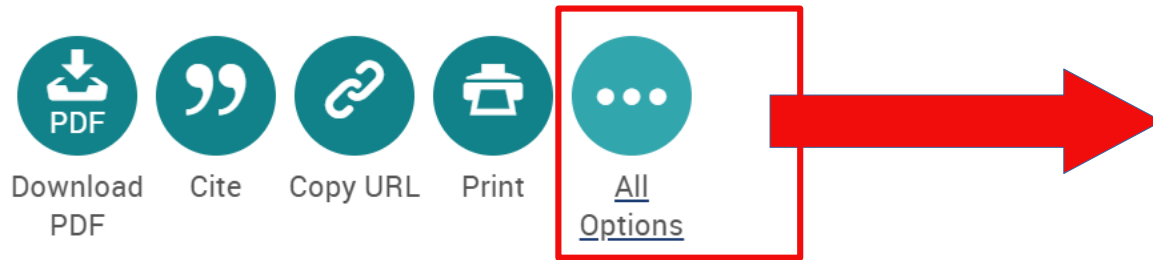
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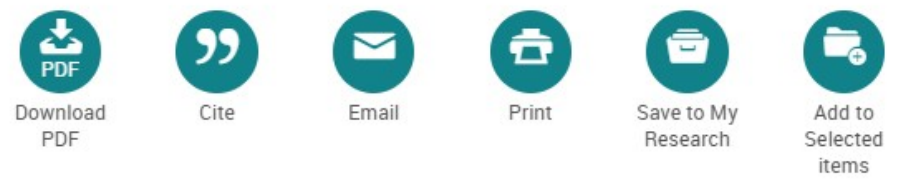
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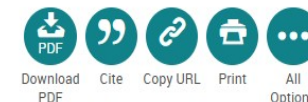
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Nazarpour, Soheila; Simbar, Masoumeh; Kiani, Zahra; Khalaji, Neda; Mobina Khorrami Khargh; et al. > [BMC Psychiatry](#); London Vol. 24, (2024): 1-12.
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Abstract

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Background

Women with medical problems during pregnancy, including women with Gestational Diabetes Mellitus (GDM), experience an increased prevalence of mental health disorders which can affect their quality of life. This study aimed to assess the relationship between GDM-related quality of life and depression, anxiety, and stress.


Methods

This analytical cross-sectional study was performed on 150 women with GDM. The participants were selected using a multi-stage sampling including quota and then randomized method from maternal care centers affiliated with Shahid Beheshti University of Medical Sciences, Tehran-Iran. The data were collected using a personal information questionnaire, the GDM-

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Wohrer, Fiona; et al. *Frontiers in Human Neuroscience*. (20 Feb 2024)

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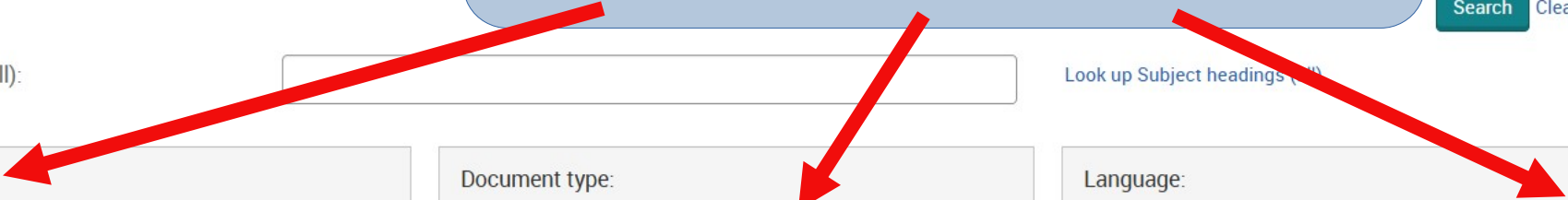
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
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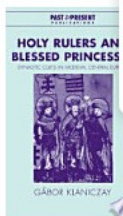
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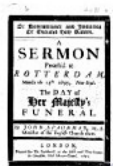
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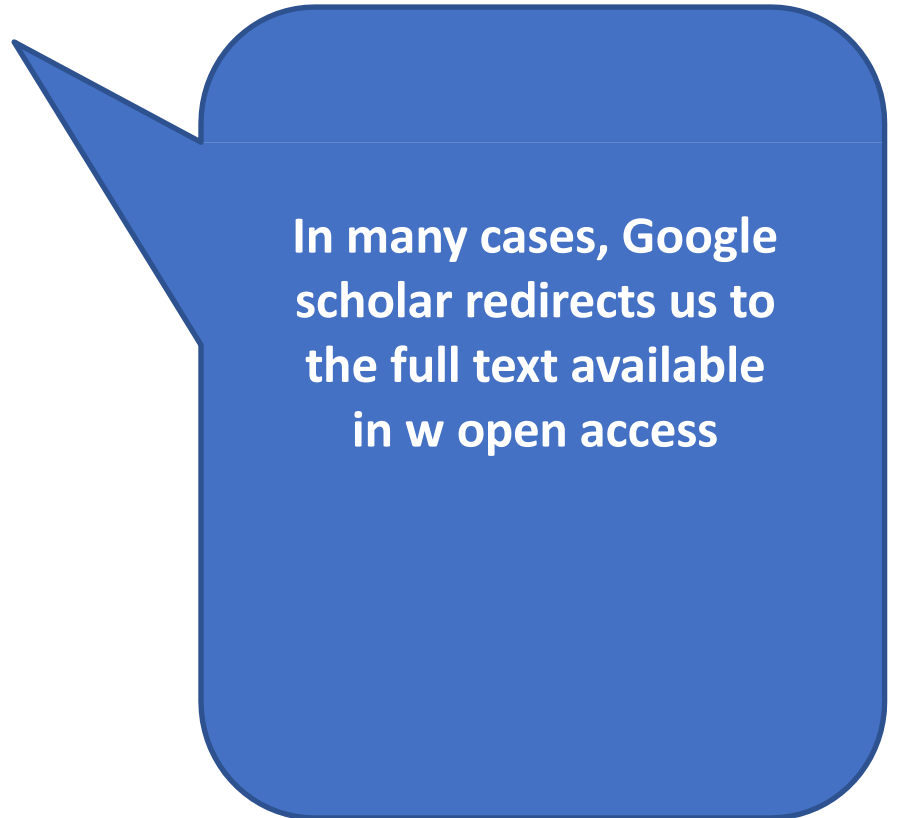
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The problem of **quality of life**

SM Hunt - *Quality of life Research*, 1997 - JSTOR

... years), attempt to combine some estimate of **life's** length with the **quality** of that **life**. The ... prefer a **life** that is shorter but coupled with a satisfactory state of health, to a longer **life** with a ...

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Full View

Methods for quality of life studies

Getting familiar with publications citing a given article enables extension of our search with additional positions

EVALUATION OF THE SOURCES CREDIBILITY

Type of publication – does the source come from a peer-reviewed scientific journal?

Examples: Articles from databases such as EBSCO, ProQuest, Taylor&Francis, SpringerLink, Sage are more credible than blog posts.

Is it a book or an academic article? Is it a research report or a popular science publication?

Authorship

Who is the author? Is he or she qualified in the studied field? Are his/ her works cited in other publications?

Publisher

Does the publication come from a recognised academic publisher e.g. Wiley Springer, Elsevier

Topicality

Is the source up-to- date enough in the context of the topic being researched?

Objectivity

Does the author present different points of view or is he or she biased?

We should avoid sources which clearly thrust one opinion without providing evidence

VERIFICATION OF INFORMATION

Comparison of sources

- We should make sure that different sources confirm the same facts or interpretations.
- If the sources differ significantly, we should search for additional publications in order to resolve doubts.

Citing and avoiding plagiarism

- We should use accurate citations and provide source for any information we use

RESTRICTIONS AND PITFALLS IN USING INFORMATION SOURCES

Information overload

- Not every source is essential – you should always choose those which the best answer the research question

False and low-quality publications

- You should always be careful with articles published in pseudoscientific journals (predatory journals)
- Not all sources available on the Internet are credible – you should always check the publisher and make sure if the publication has undergone a review process

Inappropriate use of citations

- Citation taken out of context or incomplete – you should always make sure if the cited source certainly supports the argument and does not contradict it.

SUMMARY

- ❑ **Critical thinking** – you should always evaluate the quality and credibility of the source
- ❑ **Precise search** – you should use advanced search options in databases
- ❑ **Organisation of information** – it is worth managing the collected literature using bibliography managers or other similar tools
- ❑ **Scientific ethics** – you should always cite the sources of your information and avoid plagiarism
- ❑ **Selection of tools** – you should select appropriate databases in which you will search for information and adjust strategy to the research topic.



Thank you
for
attention

INFORMATION
PROCESSING

DATA
FORMATION
PROCESSING