Finding information for your:

ORAL REPORT AND WRITTEN SUMMARY

MCD6080

Katie Julian & Ines Sincock, Subject Librarians
Objectives for today

- How to develop a search strategy
- Database search
- Start to critically evaluate information
- Find citing & referencing help
Finding journal articles in databases

For more information on using the databases check out iLearn

Module 4 – Databases
Using Search

Practice:
In what formats is this book available?

“Australian psychologist” journal published by the Australian Psychological Society.
In what format is it available?
Where can you find this journal?
Finding Information

To gain an overview of your topic, read from:
• Textbooks
• Books
• Medical encyclopaedias
• Psychology or medical dictionaries

To find more detailed, specific information read from:
• Articles recommended by your teacher
• Articles from databases such as ProQuest, EBSCO or Google Scholar
Accessing Resources

Library homepage

- Reading lists
- Databases
- Library guides
- Research & Learning Online

Monash University Library

Find books, articles, journals, databases and more

Advanced search
Analysing your topic

Compare interventions designed to enhance coping strategies for stress in the workplace. Workplace stress is costing the Australian economy nearly 15 billion dollars per year. Compare different interventions that enhance workers abilities to cope with on-the job stress, thus increase productivity and reducing the cost to employers. Focus on articles relating to one particular employment area.

Use one of the following databases to find relevant information:

ProQuest, EBSCOHost or Google Scholar
Developing a Search Strategy

Brainstorm & identify key terms and concept

- coping strategies
- workplace stress
- interventions
Developing a Search Strategy

Workplace stress
- burnout
- anxiety

Ineffective coping
- behavioral
- cognitive
- emotional

Coping strategies
- exercise
- Social support groups
- meditation

Interventions
- Mindfulness based stress reduction (MBSR)
Boolean Searching – AND

AND

A
workplace stress

AND

B
coping strategies

AND limits results as both terms must be present
Boolean Searching – OR

OR

A Meditation

A MBSR

OR expands results as only one term must be present
Databases for Psychology

ProQuest, Academic OneFile, EBSCOhost or Google Scholar
ProQuest
“workplace stress”
AND
“coping strategies” OR intervention*
Limiter: peer reviewed
Not all coping strategies are created equal: a mixed methods study exploring physicians’ self reported coping strategies

DOI:10.1186/1472-6963-10-208

Abstract

Physicians experience workplace stress and draw on different coping strategies. The primary goal of this paper is to use interview data to explore physicians’ self reported coping strategies. In addition, questionnaire data is utilized to explore the degree to which the coping strategies are used and are associated with feelings of emotional exhaustion, a key symptom of burnout. This mixed methods study explores factors related to physician wellness within a large health region in Western Canada. This paper focuses on the coping strategies that physicians use in response to work-related stress. The qualitative component explores physicians’ self reported coping strategies through open ended interviews of 42 physicians representing diverse medical specialties and settings (91% response rate). The major themes extracted from the qualitative interviews were used to construct 12 survey items that were included in the comprehensive quantitative questionnaire. Questionnaires were sent to all eligible physicians in the health region with 1178 completed surveys (404 response rate). Questionnaire items were used to measure how often physicians draw on the various coping strategies. Feelings of burnout were also measured in the survey by 5 items from the Emotional Exhaustion subscale of the revised Maslach Burnout Inventory. Major themes identified from the interviews include coping strategies used at work (e.g., working through stress, talking with coworkers, taking a time out, using humor) and after work (e.g., exercise, quiet time, spending time with family). Analysis of the questionnaire data showed three often used workplace coping strategies were positively correlated with feeling emotionally exhausted (e.g., keeping stress to oneself (r = .23), concentrating on what to do next (r = .16), and going on as if nothing happened (r = .07)). Some less often used workplace coping strategies (e.g., taking a time out) and all those used after work were negatively correlated with frequency of emotional exhaustion. Physicians’ self reported coping strategies are not all created equal in terms of frequency of use and correlation with feeling emotionally exhausted from one’s work. This knowledge may be integrated into practical physician stress reduction interventions.

Details

Subject

- intervention
- Stress
- burnout
- Medical personnel
- Occupational health

Check subject terms for other possible key words

Cited by (41)

Related Items

Physician wellness: a missing quality indicator.

The Effects of Stress on Physical Activity and Exercise
Evaluating Information

- Abstract
- 8+ pages in length
- Who wrote it?
- Lots of references
- Appropriate language
Additional resources

**Additional Help:**

- Monash College Library Guide
- Subject Librarians: Katie Julian
  Samantha Helfrich
  Ines Sincock

**Subject Specific Library Guides:**

- Psychology Library Guide

**Assignment Help:**

- [Research & Learning Online](#)