

# MHS LIBRARY RESOURCE GUIDE

## *Health, Child Psychology, and Food Services Edition*

URL:<sup>1</sup> [http://www.galepages.com/mlin\\_c\\_milfhs](http://www.galepages.com/mlin_c_milfhs)

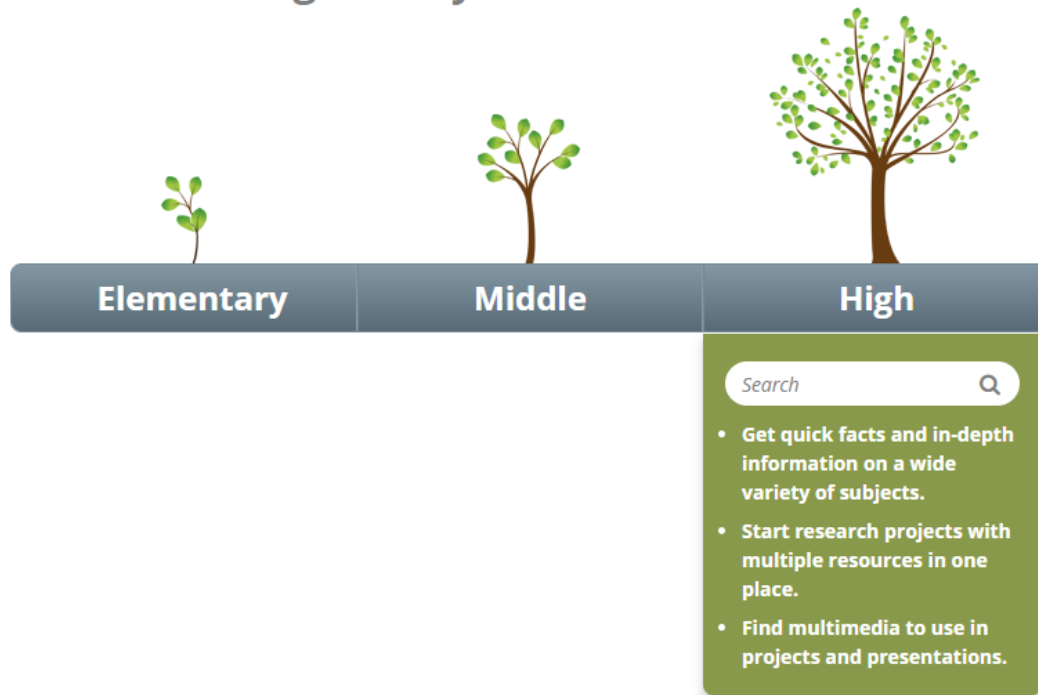


<sup>1</sup> Also available through the library's homepage at [milfordpublicschools.com](http://milfordpublicschools.com)

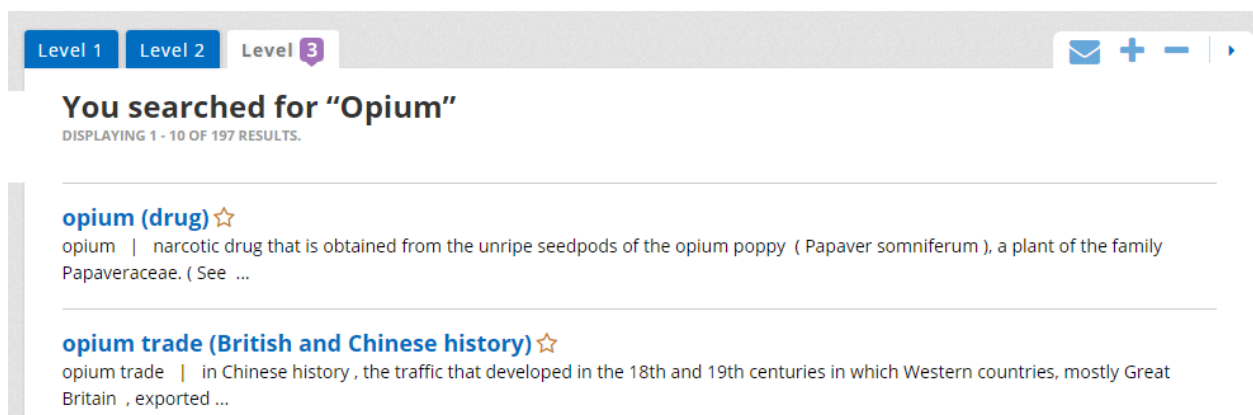


Use this for general overviews of particular topics. This is a good alternative to Wikipedia, especially Wikipedia entries that are still under development.

Select learning for any level.



Start with High School. For students having difficulty you can adjust the reading level within the search results by selecting a different level (1= Elementary School; 2=Middle School; 3= High School).




The article itself has many features:

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Article Reading Level 1 2 3

## Introduction



Erik Fenderson

Opium, narcotic drug that is obtained from the unripe seedpods of the [opium poppy](#) (*Papaver somniferum*), a plant of the family Papaveraceae. (See [poppy](#).) Opium is obtained by slightly incising the seed capsules of the poppy after the plant's flower petals have fallen. The slit seedpods exude a milky latex that coagulates and changes colour, turning into a gumlike brown mass upon exposure to air. This raw opium may be ground into a powder, sold as lumps, cakes, or bricks, or treated further to obtain such derivatives as morphine, codeine, and heroin. Opium and the drugs obtained from it are called opiates.

It can be translated to virtually any language by selecting the 🌐 icon.

It can be read aloud by clicking the 🔊, which is especially useful for EL students

It can be cited by clicking the ✓ icon. The system can cite in APA, MLA, Chicago and Harvard:

### Cite

While every effort has been made to follow citation style rules, there may be some discrepancies. Please refer to the appropriate style manual or other sources if you have any questions.

#### Select citation style

MLA ▼

"Opium." *Britannica School*, Encyclopædia Britannica, 12 Jul. 2010.  
[school.eb.com/levels/high/article/opium/57209](http://school.eb.com/levels/high/article/opium/57209).  
Accessed 3 Oct. 2017.

You can also email an article to your entire class by selecting the ✉️, and adding a special email list.



**Health Reference Center Academic is for learning about current research in the health sciences. This is a more advanced database.**

**Search by keyword or use the more advanced search functions (author, periodical title, etc.). You can also use “Topic Finder” which will select resources for you (discussed below).**

A screenshot of the Health Reference Center Academic website. The top navigation bar includes links for "Logout", "My Library Links", "English", and login options for "Sign in with Google" and "Sign in with Microsoft". The main header area displays the site name and navigation icons for "Advanced", "Bookmark", and "More". Below this, a central banner reads "DISCOVER PERIODICALS AND REFERENCE BOOK CONTENT SUPPORTING RESEARCH IN HEALTH STUDIES". A search bar contains the text "Sports Concussion" and a "Basic Search" dropdown menu. Two buttons, "SUBJECT GUIDE SEARCH" and "PUBLICATION SEARCH", are positioned below the search bar. The "TOPIC FINDER" section on the left explains its function: "Use the Topic Finder to discover the context of your search term and uncover hidden connections." The "TOP SEARCHES" section on the right features a grid of buttons for "Gluten Free", "Immunization", "Sports Concussion", "Twitter", and "Youth Sports". A footer note states: "Health Reference Center Academic contains 24,352,946 articles and was last updated as recently as October 02, 2017."

Articles can be sorted by date or relevance. See the variety below. If it says “Citation” it means you don’t have access to the entire article. If it says “Full-Text” it means you do.

## Academic Journals (1,397)

Search Terms: *Basic Search* (Sports Concussion)

Sort by: Relevance

Citation: *REPORT*

### [Do sideline concussion assessments predict subsequent neurocognitive impairment after sport-related concussion?](#)

Alicia Sufrinko, Jamie McAllister-Deitrick, Melissa Womble, and Anthony Kontos.

Journal of Athletic Training.

52.7 (July 2017) p876. Word Count: 4797. Reading Level (Lexile): 1680.



Full-text: *REPORT*

### [Sport concussion management using Facebook: a feasibility study of an innovative adjunct "iCon"](#)

Osman Hassan Ahmed, Anthony G. Schneiders, Paul R. McCrory, and S. John Sullivan.

Journal of Athletic Training.

52.4 (Apr. 2017) p339. Word Count: 6787. Reading Level (Lexile): 1590.

Context: Sport concussion is currently the focus of much international attention. Innovative methods to assist athletic trainers in facilitating management after this injury need to be investigated. Objective: To...



Citation: *REPORT*

### [Sex differences in high school athletes' knowledge of sport-related concussion symptoms and reporting behaviors](#)

Jessica Wallace, Tracey Covassin, and Erica Beidler.

Journal of Athletic Training.

52.7 (July 2017) p882. Word Count: 5473. Reading Level (Lexile): 1670.



Each article has several “tools” you and your students can use.

The screenshot shows a journal article page with a 'Tools' sidebar on the right. The article title is 'Sport concussion management using Facebook: a feasibility study of an innovative adjunct "iCon"'. The authors are Osman Hassan Ahmed, Anthony G. Schneiders, Paul R. McCrory and S. John Sullivan. The journal is 'Journal of Athletic Training', volume 52.4 (Apr. 2017), page p339. The DOI is http://dx.doi.org/10.4085/1062-8050-52.2.13. The copyright is 2017 Allen Press, with the URL http://www.nata.org/journal-of-athletic-training. The 'Tools' sidebar includes options for Citation Tools, E-mail, Download, Print, Highlights and Notes (2), Save, Download MP3, and Share. There is also a 'Translate Article' dropdown menu and a search bar for 'within publication' with a 'limit to this issue' checkbox and a '+ Related Subjects' link.

< Search Results [Download PDF](#) [Related Resources](#)

### Sport concussion management using Facebook: a feasibility study of an innovative adjunct "iCon"

Osman Hassan Ahmed, Anthony G. Schneiders, Paul R. McCrory and S. John Sullivan  
*Journal of Athletic Training*. 52.4 (Apr. 2017): p339.  
DOI: <http://dx.doi.org/10.4085/1062-8050-52.2.13>  
Copyright: COPYRIGHT 2017 Allen Press  
<http://www.nata.org/journal-of-athletic-training>

Listen

Full Text:

Context: **Sport concussion** is currently the focus of much international attention. Innovative methods to assist athletic trainers in facilitating management after this injury need to be investigated.

Objective: To investigate the feasibility of using a Facebook **concussion-management program** termed iCon (interactive **concussion** management) to facilitate the safe return to play (RTP) of young persons after **sport concussion**.

Design: **Observational study**.

Setting: Facebook group containing interactive elements, with moderation and support from trained health care professionals.

Patients or Other Participants: Eleven participants (n = 9 men, n = 2 women; range, 18 to 28 years old) completed the study.

Data Collection and Analysis: The study was conducted over a 3-month period, with participant questionnaires administered preintervention and postintervention. The primary focus was on the qualitative experiences of the participants and the effect of iCon on their RTP. Usage data were also collected.

**Tools**

- Citation Tools
- E-mail
- Download
- Print
- Highlights and Notes (2)
- Save
- Download MP3
- Share

Translate Article

within publication

☐ limit to this issue

Related Subjects

To add highlights, simply click the mouse and scroll over the text you want to highlight. A box will appear that lets you choose the color and add notes.

To view all highlights and notes, select Highlights and Notes from the tool bar.

To cite the source (APA, MLA, Chicago, Harvard) select Citation Tools from the tool bar.

To save to your Google drive, select Download from the toolbar.

To share an article via Social Media select Share from the toolbar.





**Culinary Arts Collection works like all the other databases and has the same tools available, so here we will use the “Topic Finder”.**

**Start by typing in a keyword. After the initial analysis, you will get a word-graphic with various sub-topics related to gluten.**

## Topic Finder

Find new topics or keywords and discover new connections found in the top results.

[View Search Results](#)

Search Terms: Gluten

There are two ways to visualize below which words and subjects are found most often in the text of your search results.

Visualization: ☐ Wheel ☒ Tiles

[Reset](#) [Help](#)



## Results

Clicking on a topic wheel or tile narrows your original search results to the documents also containing that subject or term.

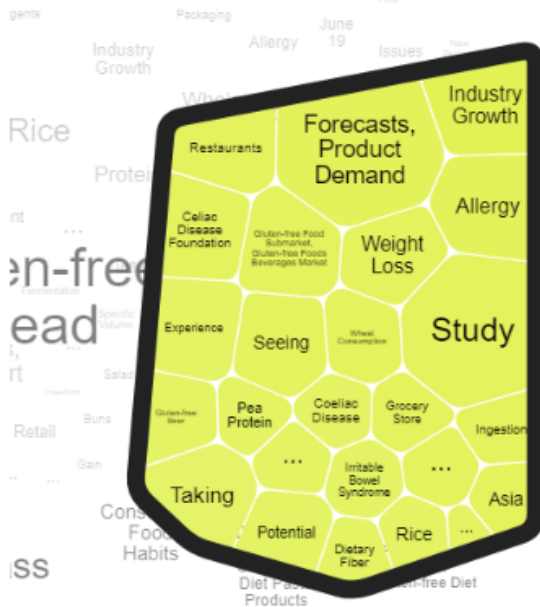


Click on a section to display results.

**Selecting one of those begins to show articles on the right.**

There are two ways to visualize below which words and subjects are found most often in the text of your search results.

Visualization: ☐ Wheel ☒ Tiles

[Reset](#) [Help](#)

## Results

Clicking on a topic wheel or tile narrows your original search results to the documents also containing that subject or term.

Results for topic: **Celiac Disease** (31)

1. Canadian Celiac Association and Allergen Control Group: Demand for Gluten-free Foods Is on the Rise

The growing awareness of **Celiac Disease** is driving increased demand for glutenfree foods according to a new report released by The Canadian Celiac Association CCA and the Allergen Control Group ACG The 2016... [Allergens] [Allergy] [Americans] [Canadian Celiac Association] [Gluten] [Gluten-free diet]

- ## 2. Research and Markets Adds New Report Focused on Pea Protein Market Analysis

Research and Markets has announced the addition of the [Pea Protein Market Analysis By Product Isolates Concentrates Textured By Form Dry Liquid By Application Meat Substitutes Bakery Goods Dietary... \[Gluten\] \[Gluten-free diet\]](#)

- ### 3. Gluten-Free Foods & Beverages Market Forecast & Analysis 2017-2027

**You can further refine your topic by continuing to select words from the word-graphic on the left.**





**Academic OneFile searches all databases across disciplines.**

A screenshot of the Academic OneFile homepage. The header is dark grey with the "GALE Academic OneFile" logo on the left and navigation links "Advanced", "Bookmark", and "More" on the right. Below the header is a "Browse by Discipline" section. The main content area has a blue background with a search bar and buttons for "SUBJECT GUIDE SEARCH" and "PUBLICATION SEARCH". Below this is a "BROWSE BY DISCIPLINE" section with buttons for various fields. At the bottom, there are two sections: "TOPIC FINDER" with a circular icon and "TOP SEARCHES" with buttons for current topics.

**GALE Academic OneFile** Advanced Bookmark More

Browse by Discipline

DISCOVER A COMPREHENSIVE COLLECTION  
OF AUTHORITATIVE PERIODICALS AND SCHOLARLY JOURNALS

Search... Basic Search >

SUBJECT GUIDE SEARCH PUBLICATION SEARCH

**BROWSE BY DISCIPLINE**

Biology Chemistry Criminal Justice Economics Environmental Science

History Marketing Political Science Psychology

**TOPIC FINDER**  
Use the Topic Finder to discover the context of your search term and uncover hidden connections.

**TOP SEARCHES**

Affordable Care Act Climate Change Depression

Police Brutality White Supremacy Women in Technology

The best use of Academic OneFile is to ‘Browse by Discipline’. By selecting a discipline, you’ll then see that discipline divided into several sub-categories:

Select a discipline and choose a topic to view articles.

Biology	Chemistry	Criminal Justice	Economics	Environmental Science
History	Marketing	Political Science	Psychology	

Achievement motivation Anxiety disorders Auditory perception (Ear, hearing, sound) Behavioral genetics Behaviorism Central nervous system, depressants, and stimulants Cerebral hemispheres Classical conditioning Cognitive behavior therapies Cognitive psychology Concept formation Conformity and obedience Consciousness Critical thinking Development (Prenatal, child, and adolescent)	Evolutionary psychology Experimental research Eye, sight, and vision Forgetting Group therapy Heredity Hunger Hypnotic trance Intelligence and intelligence testing Language Language development Learning and learning theories Light Long-term memory Love and interpersonal attraction Meditative state Memory	Neurotransmitters and pain Obsessive-Compulsive Disorder Operant conditioning Perception Personality assessment, development, and traits Personality disorders Psychoanalysis Psychologists Psychotherapy Research ethics and methods and the scientific method Schizophrenic disorders Self-control Self-efficacy Sexual orientation Short-term memory
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Selecting any of these sub-categories will reveal articles:

### Search Results

Terms: Topic Search (Anxiety disorders)

Academic Journals | (1,522)

Full-text: *REPORT*  
**Cognitive behavioural therapy attenuates the enhanced early facial stimuli processing in social anxiety disorders: an ERP investigation**  
 Jianqin Cao, Quanying Liu, Yang Li, Jun Yang, Ruolei Gu, Jin Liang, et al.  
 Behavioral and Brain Functions.  
 13.1 (July 28, 2017) Word Count: 8068. Reading Level (Lexile): 1530.  
 Author(s): Jianqin Cao1, Quanying Liu2,3, Yang Li1, Jun Yang1, Ruolei Gu4,5, Jin Liang4,5, Yanyan Qi4,5, Haiyan Wu4,5 and Xun Liu4,5 Background Social anxiety disorder (SAD) is a mental disorder characterized by...

[Download PDF](#) [Save](#)

Full-text: *REPORT*  
**Long-term disability in anxiety disorders**  
 Sanne M. Hendriks, Jan Spijker, Carmilla M. M. Licht, Florian Hardeveld, Ron de Graaf, Neeltje M. Batelaan, et al.  
 BMC Psychiatry.  
 16.1 (July 19, 2016) Word Count: 4395. Reading Level (Lexile): 1420.  
 Author(s): Sanne M. Hendriks1, Jan Spijker2, Carmilla M. M. Licht3, Florian Hardeveld4, Ron de Graaf5, Neeltje M. Batelaan3, Brenda W. J. H. Penninx3 and Aartjan T. F. Beekman3 Background Disability is often...

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Full-text: *AUTHOR ABSTRACT*  
**A two-site, two-arm, 34-week, double-blind, parallel-group, randomized controlled trial of reduced nicotine cigarettes in smokers with mood and/or anxiety disorders: trial design and protocol**  
 Sophia I. Allen, Jonathan Foulds, Gladys N. Pachas, Susan Veldheer, Corinne Cather, Nour Azzouz, et al.

### Content Types

Academic Journals (1,522)  
 Magazines (147)  
 News (267)  
 Videos (1)

### Search within results

Search within results [Q](#)

### Limit Search by:

☐ Full Text  
☐ Peer Reviewed Journals  
☐ Contains Images

### Publication Dates:

Past Week  
 Past Month  
 Past Year  
 Custom Date Range

### Subjects

Anxiety (1857)  
 Depression (Mood dis... (301)  
 Medical research (117)

### Document Type

Article (787)  
 Report (653)  
 Brief article (338)

### Publication Title

[+](#)

**For certain projects or groups of students, it makes sense to skip the academic articles altogether and utilize the magazine articles, which provide more engaging readings that summarize important implications of various studies:**

## Magazines (147)

Search Terms: Topic Search (Anxiety disorders)

Sort by: Relevance

Full-text: BRIEF ARTICLE

[Under the skin: the negative impact of secrets may stem from the way they lurk in our minds](#)

Micaela Heck.

Psychology Today.

50.5 (September-October 2017) p17. Word Count: 257. Reading Level (Lexile): 1330.

KEEPING A SECRET sometimes requires deliberate acts of deception, like diverting attention midway through a sensitive conversation or striking certain details from a story about what you did last night. But new research...

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Full-text: ARTICLE

[The ninja cure for anxiety: the self-medicating effects of extreme-fitness TV](#)

James Parker.

The Atlantic.

319.1 (January-February 2017) p30. Word Count: 1410. Reading Level (Lexile): 1170.

What do you do, reader, when the imps of agitation are upon you? When they're running up and down your insides, each with his little wavering bouffant of blue flame, making the present tense an...

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Full-text: ARTICLE

[Psilocybin, From Magic Mushrooms, Eases Anxiety and Depression in Cancer Patients; It's too soon to be sure, but the effect of the drug could be permanent](#)

Douglas Main.

Newsweek.

167.22 (Dec. 16, 2016) Word Count: 2112. Reading Level (Lexile): 1240.

Byline: Douglas Main In 2010, doctors diagnosed Dinah Bazer with ovarian cancer. After treatment and chemotherapy, it went into remission, but as the months wore on, she became increasingly terrified that the disease...

## Content Types

Academic Journals (1,522)

**Magazines (147)**

News (267)

Videos (1)

## Search within results

Search within results 

## Limit Search by:

- ☐ Full Text
- ☐ Contains Images

## Publication Dates:

- Past Week
- Past Month
- Past Year
- Custom Date Range

## Subjects

- Anxiety (141)
- Depression (Mood dis... (16)
- Stress (Psychology) (8)

## Document Type

- Brief article (67)
- Article (64)
- Cover story (5)

## Publication Title

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**Narrow your search to...** [Show Less](#)

Location




Material Type

Reading Level From  to

Interest Level From  to  [?](#)

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## Search by keyword:

	<b>GMO Myths and Truths : Condensed and Updated</b> <a href="#">Details</a> Call #: 631.5 ROB Claire Robinson, Michael Antoniou, John Fagan. Published 2015	<b>1 of 1 available</b> <a href="#">Add to this List</a>
	<b>The GMO handbook : genetically modified animals, microbes, and plants in biotechnology</b> <a href="#">Details</a> Call #: 660.6 GMO edited by Sarad R. Parekh. Published 2004	<b>1 of 1 available</b> <a href="#">Add to this List</a>
	<b>GMO food a reference handbook</b> <a href="#">Details</a> <a href="#">Open</a> Call #: 664 Newton, David E. Series: Contemporary world issues Published 2014 Interest Level: Adult	<b>Unlimited copies</b> <a href="#">Add to this List</a>

Titles: 1 - 3 of 3

Print books will have a  icon, eBooks will have a  icon, videos will have a  icon.

To access an eBook, you will have to sign up for an account (select “create account” in the top right corner)

Some eBooks have unlimited access, meaning an entire class can look at the same book at the same time. Others limit the amount of users to as few as one at a time.



If you notice a shortcoming in the library's collection, you can use Follett's Titlewave to find books, videos, and eBooks, and recommend them for purchase.

Follow the steps online to create an account. Once you have, use the search functions to locate titles. For the example, I searched for "diet drugs".

A multi-user eBooks is only \$49.43.



[Preview](#)

### Conquering diet drug abuse (#516GMS7)

by [Faulkner, Nicholas](#)

Best of Titlewave

[1 review or award](#) | [1 full-text review](#)

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**Conquering diet drug abuse** by [Faulkner, Nicholas](#) (#516GMS7)

Follett eBook (multi-user access) — Rosen Publishing, 2016

Price: **\$49.43**

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Tags: [Drugs, Alcohol & Substance Abuse](#) [Includes Glossary](#) [Includes Index](#)

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