

## **Libraries and Wellness Resources**

Listed below is a short document created by Sara Tompson, Associate Dean for Public Service, USC Libraries, to assist Faculty, Staff and Students in finding wellness resources through the USC libraries and the USC libraries website. A more comprehensive document covering this subject is available at <http://isd.usc.edu/~sarat/USC%20Libraries%20Wellness%20Research%20Guide%20draft%204.pdf>.

### **DEFINITIONS**

The American Heritage® Dictionary of the English Language (Fourth Edition, 2000; <http://www.bartleby.com/61/>) defines “wellness” as:

“The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.”

USC’s Center for Work Family Life (<http://www.usc.edu/dept/socialwork/cwfl/healthwellness.html>) defines wellness as:

“living a healthy, balanced lifestyle that incorporates positive attitudes and productive behaviors related to the physical, emotional, psychological, family, social, spiritual and occupational spheres of your life.”

### **LIBRARY RESOURCES**

There are very many articles, and many books, on wellness topics like those mentioned in the definitions – “good mental health,” “exercise”, “family,” and so on. This guide will introduce you to just a few resources at USC and beyond.

One very good reason to search USC Libraries resources first, is that the books, databases, and journals in our collections have been reviewed as appropriate for a research university. The information on the open Web/Internet has not all been reviewed!

You can use words like those in the definitions, as well as synonyms (similar words, e.g. “health” can be a synonym for “wellness”) to search the USC Libraries HOMER catalog (<http://library.usc.edu>). HOMER is your best gateway to find printed and electronic/online/web books at USC.

### **PRINT**

There are more than a dozen libraries at USC. The libraries with the most printed materials on wellness include these libraries on the University Park Campus:

The Edward L. Doheny Jr. Memorial Library (<http://www.usc.edu/libraries/locations/doheny/>)

The Gerontology Library (<http://www.usc.edu/libraries/locations/gerontology/>)

The Government Documents collection in the Grand Avenue Library (<http://www.usc.edu/libraries/locations/grand/>).

You will also find some resources at:

the Thomas and Dorothy Leavey Library (<http://www.usc.edu/libraries/locations/leavey/>) and, the Science & Engineering Library (<http://www.usc.edu/libraries/locations/science/>), as well as at the Norris Medical Library on the Health Sciences Campus (<http://www.usc.edu/hsc/nml/>).

## Libraries and Wellness Resources

### ELECTRONIC

The USC Libraries subscribe to thousands of online journals for students, faculty, and staff to use. Online journals are often called “electronic journals,” or even “e-journals” for short. There are two ways to get at the articles in online journals. You can:

Use a citation/index/abstract database to find articles by topic, title, or author. This is the best approach, because the database selects the relevant journal(s) for you; you do not have to try to decide which journal to search. But you can also...

Go to the journal itself, and browse in it. If you know, for example, you know you really want to use an article from the journal “Advances in Health Sciences Education” as a basis for your paper on teaching wellness, then it is quicker to go to the journal directly, rather than use a database to search for it.

To find an online journal by title, go to the Libraries’ E Journals A to Z page: <http://www.usc.edu/ejournalstatoz>. This tool is called Serials Solutions, and lists all of USC’s subscriptions, by title, and by broad subject categories. The subjects are not very specific. But if you want to use this option, choose “Health & Biological Sciences” in the subject search box, and then select categories from the next screen, like “World Health.”

The best way to get to the millions of articles in the thousands of online journals and magazines we in the USC Libraries collection is to search an article index database. These databases combine a search engine (like Google) with standard information (like abstracts) for all the results, plus links to the articles found.

You can access USC databases from anywhere on campus. You can also access databases, AND electronic journals, from anywhere in the world off campus by using the “proxy server”! This server requires you to login with your USC user name and password. The server is available via this Web page: <https://libproxy.usc.edu/login>.

ProQuest is one of the easiest databases collections to search, and a good choice for wellness research. You can find it on the USC Libraries Databases page – <http://www.usc.edu/libraries/erms/databases/index.php> – as one of the choices in the QuickLinks pulldown menu, see the screenshot below.

The screenshot shows the USC Libraries website interface. At the top, there is a navigation bar with the text "University of Southern California" and "USC LIBRARIES". Below this, there are several tabs: "Quick Search", "Advanced Search", "eJournals", "Databases", "Selected Resources by Subject", and "Find by Citation". The "Databases" tab is selected. Below the tabs, there is a search bar and a "Quick Links" dropdown menu. The "Quick Links" menu is open, and "ProQuest" is highlighted. Other options in the menu include "RefWorks", "Interlibrary Loan", "Ask-a-Librarian", and "Help". Below the search bar, there is a list of database recommendations, including "19th CENTURY MASTERFILE", "20th Century African-American Poetry", "20th Century American Poetry", and "20th Century English Poetry".

## **Libraries and Wellness Resources**

A helpful feature of ProQuest, and many other databases, too, is that it provides you with a list of suggested search terms when it displays the results of your search. If your search results do not look very useful, try using the terms the database recommends!

### **HOW TO SEARCH FOR WELLNESS MATERIALS BEYOND USC**

#### **A. Use Trustworthy Sources**

This is always important in any sort of research, but can be of even more critical importance when dealing with health issues. Since emotions naturally surround many health topics, unscrupulous people with products to sell exploit those emotions for their own gain. If you are worried about a health issue, you may miss the fact that the source you are using does not have any credentials. For more guidelines on searching the

Internet, please see the Libraries' Research Guide "Evaluating Internet Resources":

<http://dotsx2.usc.edu:3002/read/book/84> .

#### **B. Recommended Search Engines**

If you really want to search the Internet in general, using a free search engine, USC librarians recommend:

Google Scholar (<http://scholar.google.com>; we have linked many electronic journals to Scholar ) or, For science resources, Scirus.com (<http://scirus.com>).

These engines are more selective in the resources they search, and generally will not retrieve totally off-base results, if you are thoughtful about the words you use for your search.

It is a good idea to start with "wellness" PLUS some other more specific term, like a place, or aspect of wellness, for your search. A general Internet search of wellness will return so many results the best ones could get lost in the shuffle!

### **FOR MORE INFORMATION**

The librarians of USC hope this research guide is useful to you in getting started on wellness research. There are other databases that can be useful, and other tips for doing more complex searches. If you would like to know more, please feel free to contact Sara Tompson, the Libraries' Associate Dean for Public Service, who compiled this guide (sarat@usc.edu), or any other librarian, who you can find by our subject librarian locator -- [http://www.usc.edu/libraries/about/directory/subject\\_librarian.php](http://www.usc.edu/libraries/about/directory/subject_librarian.php), or by using the Ask-A-Librarian Reference service, for email or IM/chat:

[http://www.usc.edu/libraries/services/ask\\_a\\_librarian/](http://www.usc.edu/libraries/services/ask_a_librarian/).

**FOR AN EXCELLENT COMPREHENSIVE GUIDE THAT GOES INTO MORE DETAILS ON HOW TO FIND INFORMATION ON WELLNESS USING THE USC LIBRARIES, PLEASE SEE "LIBRARY RESOURCES FOR WELLNESS RESEARCH" BY SARA TOMPSON.**

<http://isd.usc.edu/~sarat/USC%20Libraries%20Wellness%20Research%20Guide%20draft%204.pdf>