Literature searching for Mindfulness
Task today - searching

• Working with one other student in COU751, complete a 2500 word literature review on one aspect of mindfulness based interventions in mental health and counselling (e.g. depression, stress, parenting, illness and pain), synthesise the results and evaluate its appropriate use for differing populations (children, adolescents, elderly, people with religious or cultural differences)
Break down the topic

• Mindfulness

• Counselling  Counseling  - to get both variations use
• Counsel*

• psychotherapy

• Area of intervention eg. Stress, pain, anxiety

• Last 10 years
Sources to use

• PsycNet - Database

• Mindfulness - Journal
Find databases by name

- Databases list A - Z
  - A  B  C  D  E  F  G  H  I  J  K  L  M  N  O  P  Q  R  S  T  U  V  W

Find databases by subject

- Arts and humanities
- Business
- Education
- Engineering
- Environmental sciences
- Health
- Law
  - Psychology
- Research
- Science
- Social science
- Sport sciences
- Newspapers, current affairs and statistics
- Bibliographic
- Databases for USC Alumni
Psychology Databases

Find articles

PsycNET (APA)

PsycNET provides access to international literature in psychology and related disciplines by bringing together the PsycINFO index, PsycARTICLES, PsycTEST, APA Books, and APA Handbooks. This database includes literature from an array of disciplines related to psychology such as psychiatry, education, business, medicine, nursing, pharmacology, law, linguistics, and social work.
By selecting Abstract as a search option you will get more relevant results.

Counsel* will get counselling and counseling

Limit to the last 10 years
Change to Relevance
| 1. | The mindfulness imperative: How the pedagogical principles of mindfulness provide the foundation for biofeedback.  
Lichtenstein, Brad.  
Biofeedback, Vol 44(3), Fall 2016, 121-125  
http://dx.doi.org/10.5298/1081-5937-44.3.07 |
| 2. | Effectiveness of brief mindfulness techniques in reducing symptoms of anxiety and stress.  
Call, David; Miron, Lynsey; & Orcutt, Holly.  
Mindfulness, Vol 5(6), Dec 2014, 658-668  
http://dx.doi.org/10.1007/s12671-013-0218-6 |
Effectiveness of brief mindfulness techniques in reducing symptoms of anxiety and stress.

David Call

ISSN: 1868-8527, 1868-8535

Fulltext available

Send to

Log in to access all resources and to place requests

Full text available at: SpringerLink 1
Available from 2010 volume: 1 issue: 1

Related Items
Items that are related to this article

How does mindfulness reduce anxiety, depression, Nicholas Van Dam
ARTICLE suggested by hX

Mindfulness-Based Stress Reduction and Mindfulness-L. O. Fjorback
ARTICLE suggested by hX

A Brief Mindfulness Intervention for Healthy Gregory Buchanan
ARTICLE suggested by hX

Mindfulness-Based Stress Reduction as a Stress Manoj Sharma
Effectiveness of Brief Mindfulness Techniques in Reducing Symptoms of Anxiety and Stress
More references

• Go to the References list


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Finding a journal

- Go to Library Homepage
- Go to Journal titles
- Type in Journal title - Mindfulness
1 Results

**Journal**
*Mindfulness.*
New York, N.Y.: Springer 2010-

- [Online access](#)
- [View Journal Contents (via BrowZine)](#)
Mindfulness

ISSN: 1868-8527 (Print) 1868-8535 (Online)

All Volumes & Issues

Search within the journal

stress
Summary

• Two sources to look at – PsycNet database and *Mindfulness* journal

• Limit searching to abstract and last 10 years
• Search within the *Mindfulness* journal