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# Find it Fast! Part 8

## How to Google better

Elaine Shallcross, Susan McCourt  
and Janet MacKay  
2011/12



Library  
Special Collections  
and Museums

[www.abdn.ac.uk/library](http://www.abdn.ac.uk/library)

# This workshop covers...



- How to search the web successfully for scholarly literature
- How to use Internet search engines effectively (particularly Google and Google Scholar)
- Other useful web search tools
- The importance of evaluating the information you find



# First of all...

Do **NOT** go to Google first to search for information!

- We spend £2.4m on scholarly literature; £2m of this on electronic materials
- Databases must be your primary source of information!
- Use Google to search for additional background information



# Tools to find information on the Web

- Search engines
- Subject gateways
- Others:
  - Blogs and wikis
  - Social networking – e.g. Nature Network, Twitter



The tools you choose depend on your requirements



# Search engines

- Use to find **specific** information
- **Robot/Crawler/Spider** trawl for occurrences of keywords in individual websites
- **They do not evaluate results**



# Web Search engines



- **Google** popular – <http://www.google.com>
  - Indexes billions of pages; ranks results
  - Good reputation for relevancy, **wide subject coverage** and **image search**
  - **Advanced Search** features
  - Always be careful what you use for academic work – **evaluation essential**
  - Can include web pages in your bibliography
- **Google Scholar** – <http://scholar.google.com>
- **Scirus** – <http://www.scirus.com>
  - Science-specific
  - +350 million scientific items including journal content, scientists' homepages, courseware, pre-prints, patents, institutional repository and website information



# Search rules for Google & Google Scholar



- Automatically links keywords (ideas) with Boolean Operator – **AND**
- Link alternative meanings with Boolean Operator – **OR**
- Uses “**phrase searching**”
- Automatic stemming (truncation)  
e.g. **diet** finds **diet** and **diets** and **dietary**



# Example topic



## Chocolate: Health Food or Health Risk?





# “Chocolate – health food or health risk?”



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Concepts	Alternative keywords		
Idea 1	chocolate	cocoa	“dark chocolate”
Idea 2	nutrition	diet	health
Idea 3	cardiovascular	heart	Cardiac
Idea 4	I may want to pursue another concept to do with specific constituents of chocolate e.g. cholesterol, flavinoids, polyphenols, antioxidants, “trans fatty acids”		

↑  
a  
n  
d  
↓



Library  
Special Collections  
and Museums



or



[www.abdn.ac.uk/library](http://www.abdn.ac.uk/library)

# Google at [www.google.co.uk](http://www.google.co.uk)

Doing a search on the **Basic Search** option

The Google logo in its multi-colored font, with 'UK' written in a smaller, black font directly below the 'le' part of the word.

(diet OR nutrition OR health) AND (cocoa OR chocolate OR "da

Google Search

I'm Feeling Lucky

 [Make Google my homepage](#)



(cocoa OR chocolate OR "dark chocolate") AND (diet OR nutrition OR heal



Advanced search

Search

About 629,000,000 results (0.07 seconds)

- Everything
- Images
- Maps
- Videos
- News
- Shopping
- More
- Show search tools

**Chocolate - Health Benefits of Chocolate**  
[longevity.about.com/od/lifelongnutrition/p/chocolate.htm](http://longevity.about.com/od/lifelongnutrition/p/chocolate.htm)  
 26 Apr 2009 – **Chocolate** is one of the world's favorite foods. Recent research shows that eating moderate amounts of **dark chocolate** also brings **health ...**

**Dark Chocolate's Health Benefits**  
[www.allchocolate.com/health/basics/](http://www.allchocolate.com/health/basics/)  
**Dark chocolate's health** benefits: possible improved cardiovascular health, and blood sugar, potential cancer-fighting properties of dark chocolate.

**The Chocolate Diet**  
[www.faddiet.com/chocolatediet.html](http://www.faddiet.com/chocolatediet.html)  
 Here Is The **Chocolate Diet** Plan: Each day is the same, you have to use di lowfat pasta sauces and different varieties of fruits to make it less monoton

**Health by Chocolate**  
[www.webmd.com/diet/features/health-by-chocolate](http://www.webmd.com/diet/features/health-by-chocolate)  
 How enjoying a little **chocolate** might actually help your **health**.

**Cocoa Rich in Health Benefits**  
[diabetes.webmd.com/news/20110323/cocoa-rich-in-health-benefits](http://diabetes.webmd.com/news/20110323/cocoa-rich-in-health-benefits)  
 23 Mar 2011 – Consumption of **cocoa**, used throughout history as a folk ...

Show more results from webmd.com

**Calories in Dark Chocolate**  
[fatsecret.com/calories-nutrition/food/dark-chocolate](http://fatsecret.com/calories-nutrition/food/dark-chocolate)  
 Find detailed calories information for **Dark Chocolate** including Regular Serving Sizes

**Finds a huge number of results - nothing evaluated!**

**May come from special interest groups = biased**

**Many hits are not authoritative nor academic**

diet nutrition health cocoa OR chocolate OR "dark chocolate" site:.ac.uk

### Find web pages that have...

all these words: diet nutrition health

this exact wording or phrase:

one or more of these words: cocoa OR chocolate OR "dark chocolate"

### But don't show pages that have...

any of these unwanted words:

### Need more tools?

Reading level: no reading level displayed

Results per page: 10 results

Language: any language

File type: any format

Search within a site or domain: .ac.uk

(e.g. youtube.com, .edu)

### [Date, usage rights, region, and more](#)

Date: (how recent the page is) past year

[Usage rights:](#) not filtered by license

Where your keywords show up: anywhere in the page

Region: United Kingdom

Numeric range:  ..

(e.g. \$1500..\$3000)

# Google

Always use **Advanced Search** for more flexible searches.

Can limit searches to:

- domain, e.g. academic institution or government dept.
- date page last updated



Search

About 23,000 results (0.22 seconds)

Everything

Past year > Pages from the UK ✕

Images

Scholarly articles for **diet nutrition health cocoa OR chocolate OR "dark chocolate" site:.ac.uk**

Maps



[Plasma antioxidants from chocolate](#) - Serafini - Cited by 205

[... of a general nutrition knowledge questionnaire for ...](#) - Parmenter - Cited by 104

Videos

News

**Mending a broken heart | The Rowett Institute of Nutrition and Health...**

[www.abdn.ac.uk/rowett/news/629/](http://www.abdn.ac.uk/rowett/news/629/)

14 Feb 2011 - Rowett Institute of **Nutrition and Health** Homepage ... The foods of love and the link between **diet** and cardiovascular disease will be discussed at ... by talking about aphrodisiac foods such as champagne, **chocolate**, bananas and oysters and ...

Shopping

More

The web

Pages from the UK

**Yummy mummies: achieving optimum health through diet during ...**

[www.ion.ac.uk/information/onarchives/yummymummies](http://www.ion.ac.uk/information/onarchives/yummymummies)

6 Jul 2011 - **Nutrition** Courses, **Nutritional** Therapy Diploma. Home · About us ...

Yummy mummies: achieving optimum **health** through **diet** du  
Hope ...

Any time

Past hour

Past 24 hours

Past week

Past month

Past year

Custom range...

**Chocolate** heaven at Loughry | CAFRE

[www.cafre.ac.uk/index/featured.../chocolate\\_heaven\\_at\\_lou](http://www.cafre.ac.uk/index/featured.../chocolate_heaven_at_lou)

21 Apr 2011 - As you can probably imagine students on Food  
**Nutrition and Health** courses quite enjoy exploring **chocolat**  
this ...

**Healthy diet, healthy mind | News | Edge Hill Unive**

[www.edgehill.ac.uk](http://www.edgehill.ac.uk) > News

22 Mar 2011 - Dr Anne Coufopoulos, **Nutrition and Health** Programme Leader and ...

For example a **diet** rich in fruit and vegetables, wholegrain cereal foods and some

Sorted by

relevance

**Google Results**

Much better quality results BUT still need to be **evaluated!**

# Google results

Use the **Cited by** link available in some entries to expand your search to other related materials

Pages from the UK

5 Sep 2011 - interventions include diet, complementary therapies, healing and psychological and ... **health** professionals - who need to protect themselves from personal involvement in their work - can hardly ..... Cocoa, our first PAT (Pets as Therapy) Dog. ...

Any time  
Past hour  
Past 24 hours  
Past week  
Past month  
**Past year**  
Custom range...

[\[PDF\] Barriers to healthy eating in adolescence 1 1 RUNNING HEAD ... bura.brunel.ac.uk/bitstream/2438/4932/1/Fulltext.pdf](#)  
File Format: PDF/Adobe Acrobat - [Quick View](#)  
by C Stevenson - 2007 - **Cited by 25** [Related articles](#)  
28 May 2011 - Over the last few years, the quality of the adolescent **diet** in the western world has become of increasing concern to researchers and **health** professionals. .... knowledge about **nutrition** and food risks does not often translate into more healthy ... sweets, **chocolate** and other energy-dense foods was clearly established as a ...

**Sorted by relevance**  
Sorted by date

[\[PDF\] Bibliographic Citations www.library.salford.ac.uk/help/userguides/general/bibcit.pdf](#)  
File Format: PDF/Adobe Acrobat - [Quick View](#)  
by ILSG Guide - [Related articles](#)

**All results**  
Sites with images  
Related searches

28 Feb 2011 - **Diet** of a native carnivore, the spotted-tailed quoll ... Paoletti, R. (2009). **Chocolate**, lifestyle, and **health**. *Critical Reviews in Food Science and Nutrition*, 49 (4), pp. ...

Timeline  
Dictionary  
Reading level  
Translated foreign pages  
Reset tools

[Holy Cross - Healthy Eating www.holy-cross.lancsngfl.ac.uk/School/HealthyEating.php](#)  
4 May 2011 - If you can't see that on a label then read the **Nutritional** Information panel and ... fun way to enjoy a **healthy** and **nutritious diet**' but a dentist might disagree. ... strawberry and banana fruit smoothie · White **chocolate** and apricot rice crisp bars ...

[\[PDF\] THE CITY OF BRISTOL](#)  
[http://www.bristol.gov.uk/Assets/Uploads/2011/05/...](#)

# Cited by link in Google opens papers citing the original research in Google Scholar

Google scholar  Search [Advanced Scholar Search](#)  
 Search within articles citing [Stevenson: Adolescents' views of food and eating: identifying barriers to healthy eating](#)

Scholar Articles and patents anytime include citations  Create email alert Results 1 - 10 of about 26. (0.08 sec)

## [Household and food shopping environments: do they play a role in socioeconomic inequalities in fruit and vegetable consumption? A multilevel study among Dutch ...](#)

K Giskes, FJ van Lenthe, CBM Kamphuis... - ... of epidemiology and ..., 2009 - [jech.bmj.com](#)

Methods: Cross-sectional data were obtained by a postal questionnaire among 4333 adults (23–85 years) living in 168 neighbourhoods in the south-eastern Netherlands. Participants agreed/disagreed with a number of statements about the characteristics of their ...

[Cited by 11](#) - [Related articles](#) - [FindIt@Aberdeen](#) - [All 11 versions](#) - [Import into RefWorks](#)

## [From nutrients to nurturance: A conceptual introduction to food well-being](#)

LG Block, SA Grier, TL Childers... - [Journal of Public ...](#), 2011 - [Am Marketing Assoc](#)

Abstract The authors propose a restructuring of the “food as health” paradigm to “food as well-being.” This requires shifting from an emphasis on restraint and restrictions to a more positive, holistic understanding of the role of food in overall well-being. The authors ...

[Cited by 3](#) - [Related articles](#) - [FindIt@Aberdeen](#) - [All 3 versions](#) - [Import into RefWorks](#)

[\[PDF\] from cuny.edu](#)

## [\[PDF\] A alimentação saudável na ótica dos adolescentes: percepções e barreiras à sua implementação e características esperadas em materiais educativos](#)

N Toral, MA Conti... - [Cad Saude Publica](#), 2009 - [SciELO Public Health](#)

A alimentação saudável na ótica dos adolescentes: percepções e barreiras à sua implementação e características esperadas em materiais educativos ... Healthy eating according to teenagers: perceptions, barriers, and expected characteristics of teaching materials

[Cited by 5](#) - [Related articles](#) - [View as HTML](#) - [All 4 versions](#) - [Import into RefWorks](#)

[\[PDF\] from scielosp.org](#)  
[FullText@Aberdeen](#)

## [Validity of a Competing Food Choice Construct Regarding Fruit and Vegetable Consumption among Urban College Freshmen](#)

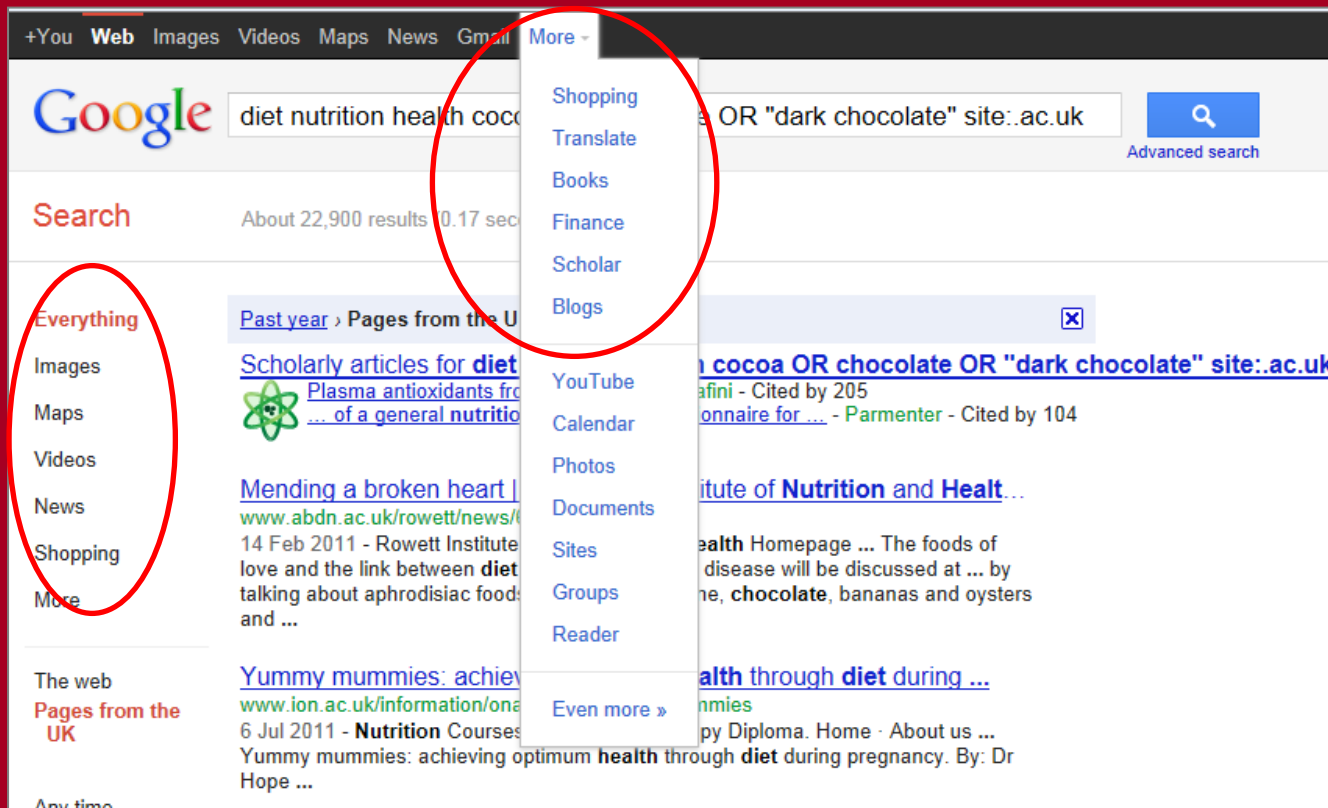
MC Yeh, B Matsumori, J Obenchain... - [Journal of Nutrition ...](#), 2010 - [Elsevier](#)

OBJECTIVE: This paper presents the reliability and validity of a “competing food choice” construct designed to assess whether factors related to consumption of less-healthy food were perceived to be barriers to fruit and vegetable consumption in college freshmen. ...

# Other search options in Google



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- Images
- Videos
- Books
- Blogs
- Scholar



# Searching for information: Google Scholar



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<http://scholar.google.co.uk>

- **Not a substitute for academic databases which we pay for**
- Searches scholarly literature
- **Peer-reviewed papers, theses, books, preprints, abstracts, technical reports**
- From academic publishers, professional societies, institutional repositories, universities
- **Useful support** – may contain papers published outside the date range of the database you first used
- Mostly electronic information – but we have **much more on the shelves** = you may have to visit the library!



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Special Collections  
and Museums

[www.abdn.ac.uk/library](http://www.abdn.ac.uk/library)

# Google Scholar

Set **Scholar Preferences** to allow export to RefWorks, search for pages in another language, use SFX linking service



[Advanced Scholar Search](#) [Scholar Preferences](#)

Articles (  include patents)  Legal opinions and journals

**Stand on the shoulders of giants**

[About Google Scholar](#) - [About Google](#) - [Go to Google Scholar](#) - [My Citations](#)

# Google Scholar

## Set Scholar Preferences

Save your preferences when finished and return to search.

Save Preferences

### Scholar Preferences

#### Interface Language

Display Google tips and messages in:

#### Search Language

Search for pages written in any language (Recommended).

Search only for pages written in these language(s):

- |  |                                   |                                     |                                  |
|--|-----------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> Chinese (Simplified)  | <input type="checkbox"/> French   | <input type="checkbox"/> Korean     | <input type="checkbox"/> Turkish |
| <input type="checkbox"/> Chinese (Traditional) | <input type="checkbox"/> German   | <input type="checkbox"/> Polish     |                                  |
| <input type="checkbox"/> Dutch                 | <input type="checkbox"/> Italian  | <input type="checkbox"/> Portuguese |                                  |
| <input type="checkbox"/> English               | <input type="checkbox"/> Japanese | <input type="checkbox"/> Spanish    |                                  |

#### Collections

Search articles ( include patents)

Search legal opinions and journals.

#### Library Links

[\(what's this?\)](#)

Find Library

e.g., *Harvard*

Show library access links for (choose up to three libraries):

University of Aberdeen - FullText@Aberdeen



- Dutch
- Italian
- Portuguese
- English
- Japanese
- Spanish

### Collections

- Search articles (  include patents).
- Search legal opinions and journals.

### Library Links

[\(what's this?\)](#)

e.g., *Harvard*

Show library access links for (choose up to three libraries):

- University of Aberdeen - FullText@Aberdeen
- Open WorldCat - Library Search

Online access to library subscriptions is usually restricted to patrons of that library. You may need to login with your library password, use a campus computer, or configure your browser to use a library proxy. Please visit your library's website or ask a local librarian for assistance.

### Number of Results

Google's default (10 results) provides the fastest results.

### Results Window

- Open search results in a new browser window.

### Bibliography Manager

- Don't show any citation import links.
- Show links to import citations into

# Google Scholar

Useful to set up export  
link to RefWorks

FullText@Aberdeen=SFX

Save your preferences when finished and **return to search**.

[PDF] Plasma antioxidants from chocolate

M Serafini, R Bugianesi, G Maiani, S Valtuena... - Nature, 2003 - eprints.gla.ac.uk
... milk may interfere with the absorption of antioxidants from chocolate in vivo and may therefore negate the potential health benefits that ... Nutrition Research, Via Ardeatina 546, 00178 Rome, Italy e-mail: serafini@inran.it †Plant Products and Human Nutrition Group, Graham ... Diet. ...
Cited by 205 - Related articles - View as HTML - BL Direct - All 19 versions - Import into RefWorks

[PDF] from gla.ac.uk
FullText@Aberdeen

[PDF] Development of a general nutrition knowledge questionnaire for adults

K Parmenter... - European Journal of Clinical Nutrition, 1999 - ucl.ac.uk
... WHO (1990): Diet, Nutrition and the Prevention of Chronic Diseases ... 1 Do you think health experts recommend that people should be eating more, the same amount, or less of the following?
nutrition knowledge questionnaire for adults K Parmenter and J Ward
Cited by 104 - Related articles - View as HTML - BL Direct - All 10 versions

[PDF] from ucl.ac.uk
FullText@Aberdeen

[PDF] The use of economics in the evaluation of nutritional policy

T Ensor - Working Papers, 1990 - york.ac.uk
... 4. NUTRITIONAL POLICY In this section the relationship between food intake and health
intervention is ... The report of the multidisciplinary committee on The Nutrition Survey
in 1988 called ... have been calculated for a wide range of diseases that are diet-related (p.111) ...
Related articles - All 12 versions - Import into RefWorks

[PDF] nutritional problems and policy

T Ensor - york.ac.uk
... 4. NUTRITIONAL POLICY In this section the relationship between food intake and health
intervention is ... The report of the multidisciplinary committee on The Nutrition Survey
in 1988 called ... have been calculated for a wide range of diseases that are diet-related (p.111) ...
Import into RefWorks

Google Scholar

If you move from Google to Google Scholar – your previous search from Google is run automatically

BUT always use Advanced Search for more flexible searches

Find articles with **all** of the words  
with the **exact phrase**  
with **at least one** of the words  
**without** the words  
where my words occur

diet OR nutrition OR health  
cocoa chocolate "dark chocola  
anywhere in the article ▾

Results per page: 10 ▾

**Author** Return articles written by  
e.g., "PJ Hayes" or McCarthy  
**Publication** Return articles published in  
e.g., J Biol Chem or Nature  
**Date** Return articles published between  
e.g., 1996

**Collections** **Articles and patents**

Search articles in all subject areas (  include patents).

Search only articles in the following subject areas:

Biology, Life Sciences, and Environmental Science  Medicine, Pharmacology, and Health Sciences  
 Business, Administration, Finance, and Economics  Physics, Astronomy, and Earth Sciences  
 Chemistry and Materials Science  Social Sciences, Arts, and Humanities  
 Engineering, Computer Science, and Mathematics

**Legal opinions and journals**

Search all legal opinions and journals.  
 Search opinions of

# Google Scholar

## Advanced Search

can limit searches to:

- author, publication title and date published
- broad subject area
- articles (incl. patents)
- legal journals and opinions

Search only in Medicine, Pharmacology, and Veterinary Science. Search in all subject areas.

Scholar

Articles excluding patents ▾

anytime ▾

include citations ▾

[Create email alert](#)

Results 1 - 10 of about 53,300. (0.16 sec)

### [Mediterranean diet, cocoa and cardiovascular disease: a sweeter life, a longer life, or both?](#)

C Ferri... - *Journal of hypertension*, 2003 - [journals.lww.com](#)

There is a large body of evidence indicating that vascular atherosclerosis exerts a key role in the pathogenesis of cardiovascular diseases and that, among lifestyle patterns, the dietary ones are of fundamental importance in the atherogenic process. In this regard, the ...

[Cited by 14](#) - [Related articles](#) - [BL Direct](#) - [All 6 versions](#) - [Import into RefWorks](#)

### [Evidence that the antioxidant flavonoids in tea and cocoa are beneficial for cardiovascular health](#)

PM Kris-Etherton... - *Current opinion in lipidology*, 2002 - [journals.lww.com](#)

Epidemiologic studies suggest an inverse association of tea consumption with cardiovascular disease. The antioxidant effects of flavonoids in tea (including preventing oxidative damage to LDL) are among the potential mechanisms that could underlie the protective effects. Other ...

[Cited by 221](#) - [Related articles](#) - [BL Direct](#) - [All 6 versions](#) - [Import into RefWorks](#)

### [Aging and vascular responses to flavanol-rich cocoa](#)

NDL Fisher... - *Journal of hypertension*, 2006 - [journals.lww.com](#)

... Wolters Kluwer Health Logo. All Issues. ... drank a single cocoa dose (230 ml) over several minutes, and the acute effect of cocoa on blood ... during admission, but abstained from coffee, tea and other caffeine sources, as well as chocolate, during the ...

[Cited by 36](#) - [Related articles](#) - [FindIt@Aberdeen](#) - [BL Direct](#) - [All 5 versions](#) - [Import into RefWorks](#)

### [Short-term administration of dark chocolate is followed by a significant increase in insulin sensitivity and a decrease in blood pressure in healthy persons](#)

D Grassi, C Lippi, S Necozione... - ... of *clinical nutrition*, 2005 - *Am Soc Nutrition*

1 From the Department of Internal Medicine and Public Health, University of L'Aquila, L'Aquila, Italy. ... 2 Supported by the Italian Ministero della Università e della Ricerca Scientifica ... 3 Reprints not available. Address correspondence to C Ferri, Università di L'

[\[PDF\]](#) from [thehealingpowersofchocola](#)

[\[HTML\]](#) from [ajcn.org](#)

[FullText@Aberdeen](#)

Find articles with all of the words  Results per page: 10

with the **exact phrase**

with **at least one** of the words

**without** the words

where my words occur

**Author** Return articles written by   
e.g., "PJ Hayes" or McCarthy

**Publication** Return articles published in   
e.g., J Biol Chem or Nature

**Date** Return articles published between  —   
e.g., 1996

**Collections**  Articles and patents

Search articles in all subject areas (  include patents).

# Google Scholar Advanced Search

Further limit my search to:

**Date:** keywords found in articles published in 2009

**Exclude:** certain keywords that are NOT of interest  
e.g. rats, rabbits, mice





[Diet and acne: a review of the evidence](#)

EH Spencer, HR Ferdowsian... - International journal of ..., 2009 - Wiley Online Library

... between diet and acne using the following keywords: "acne," "acne vulgaris," "diet," "nutrition," "food," "food ... and interventional human studies with participants of any age, sex, or health status were ... single-blind), Male 15-25 years, 43, Dermatologist, Low-glycemic- load diet, 12 weeks ...

[Cited by 25](#) - [Related articles](#) - [All 3 versions](#) - [Import into RefWorks](#)

[\[HTML\] Dark chocolate or tomato extract for prehypertension: a randomised controlled trial](#)

K Ried, O Frank... - BMC complementary and ..., 2009 - biomedcentral.com

... such as weight reduction (to maintain normal BMI 18.5-24.5), consumption of a diet rich in ... it is possible that smaller reductions in BP may have long-term cardiovascular health benefits. ... to date on the effect of chocolate on blood pressure chose a one-week cocoa/flavanol-free ...

[Cited by 28](#) - [Related articles](#) - [Cached](#) - [All 20 versions](#) - [Import into RefWorks](#)

[FullText@Aberdeen](#)

[\[HTML\] from biomedcentral.com](#)

[FullText@Aberdeen](#)

**FullText@Aberdeen** = SFX linking service  
 – menu of access options to e-resources for members of UoA  
**SFX** is available in **Primo**, electronic databases, **Google Scholar**

# SFX

## Menu of options for linking to e-resources



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S·F·X

SFX Services for this record, provided by Aberdeen University Library

**Title:** Diet and acne: a review of the evidence

**Source:** International journal of dermatology [0011-9059] Spencer yr:2009 vol:48 iss:4 pg:339

### ^ [Read this now](#)

#### Full Text

Full text available via [NESLI2 Wiley Online Library Journals 2011](#)

Year:  Volume:  Issue:  Start Page:

Full text available via [SwetsWise](#)

Year:  Volume:  Issue:  Start Page:

### ^ [Get this later](#)

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#### Table of contents

Table of contents from [SwetsWise](#)

Year:  Volume:  Issue:

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initials

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INSTITUTIONAL LOGIN >  
You are logged in via your institution

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University of Aberdeen






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# International Journal of Dermatology



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## Diet and acne: a review of the evidence



Elsa H. Spencer PhD, Hope R. Ferdowsian MD, MPH, Neal D. Barnard MD

Issue

Article first published online: 19 MAR 2009

DOI: 10.1111/j.1365-4632.2009.04002.x

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International Journal of  
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Volume 48, Issue 4, pages  
339–347, April 2009

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## download/print/save the PDF of the paper

International Journal of Dermatology Volume 48, Issue 4, Article first published

online: 19 MAR 2009



[Abstract](#) | [Full Article \(HTML\)](#) | [References](#) | [Cited By](#)

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Review

## Diet and acne: a review of the evidence

Elsa H. Spencer, PhD, Hope R. Ferdowsian, MD, MPH, and Neal D. Barnard, MD

From the Washington Center for Clinical Research, and Department of Medicine, George Washington University School of Medicine, Washington DC

### Correspondence

Hope Ferdowsian, MD, MPH  
Washington Center for Clinical Research  
5100 Wisconsin Ave., Suite 400  
Washington DC 20016  
E-mail: hferdowsian@washingtonccr.org

### Introduction

Acne vulgaris is the most common dermatologic condition in the USA, affecting more than 17 million Americans of all ages, although it is especially common in adolescents.<sup>1</sup> Moreover, approximately 80–90% of American adolescents experience acne.<sup>2</sup> Severe acne is associated with low self-esteem, poor body image, social withdrawal, and depression.<sup>3</sup>

Two large twin studies<sup>16,17</sup> have reported on the heritability of acne. Estimated heritability (genetic variance/phenotypic variance) ratios for acne risk and severity range from 0.5 to 0.9 among adolescent<sup>16</sup> and adult<sup>17</sup> pairs of monozygous and dizygous twins. Walton *et al.*<sup>18</sup> reported that sebum excretion is influenced by genetic factors, but that the development of clinical disease is mediated by environmental factors. These studies suggest that genetic factors alone do not fully account for the same risk. Despite the genetic regulation of sebaceous

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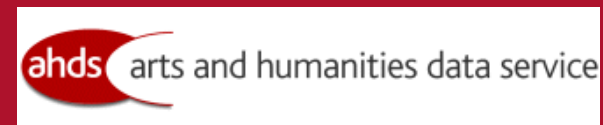
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# Subject Gateways



- Focus on specific subject areas
- Collections of high quality websites
- Run and evaluated by subject specialists
- High quality results but return fewer results than other tools
- Browseable and searchable
- Evaluate websites they contain



# Subject Gateway

## Intute (www.intute.ac.uk)



Helping you find the best websites  
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# Subject Gateway platform - **PINAKES**

<http://www.hw.ac.uk/libwww/irn/pinakes/pinakes.html>



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Featured in the [BBC Web Wise](#) guide to the Internet, and many other online and print publications.

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# Web Resources – evaluation checklist



- **Accuracy** – Spelling errors? Content – editorial control?
- **Authority** – Check credentials; domain
- **Objectivity** – Aim? Bias? Sponsored?
- **Currency** – up-to-date? Undated = no authority
- **Coverage** – topics (in-depth or summary) Supported by evidence? Research? References?
- Subscribe to a **code of practice**?
- **Source** – Evaluated (e.g. subject gateway)?
- **Contact information**?
- **Links** to reputable websites?





# Now...

- Try things out for yourself
  - see instruction sheet
- Ask for help – that's what we're here for
- Presentation available at  
<http://aberdeenunilibskills.pbworks.com/>

