

1. Journal article from a database

The screenshot shows a web browser window with the URL [web.ebscohost.com/ehost/resultsadvanced?sid=43820dd2-f1de-40d5-9df4-ac691d3cee27%40sessionmgr15&vid=4&hid=24&bquery=\(eat](http://web.ebscohost.com/ehost/resultsadvanced?sid=43820dd2-f1de-40d5-9df4-ac691d3cee27%40sessionmgr15&vid=4&hid=24&bquery=(eat). The browser tabs include Twitter, 10 oddball mc, WeightWatche, NoodleTools, Library Media, EBSCOhost: Re, and Standard Searc. The search results are displayed on the EBSCOhost website, showing two search results.

Yellow labels with red arrows pointing to specific elements in the search results:

- Title of article**: Points to the title of the first article, "How Frequent Are Eating Disturbances in the Population? Norms of the Eating Disorder Examination-Questionnaire."
- Icon tells you what type of source it is**: Points to the "Academic Journal" icon next to the first article.
- Author/s**: Points to the author information for the first article: "By: Hilbert, Anja; de Zwaan, Martina; Braehler, Elmar. PLoS ONE. Jan2012. Vol. 7 Issue 1, p1-7. 7p. DOI: 10.1371/journal.pone.0029125."
- Publication or Journal Title**: Points to the journal title "PLOS ONE" in the author information.
- Date of publication**: Points to the date "Jan2012" in the author information.
- Database name**: Points to the database name "Academic Search Premier" at the bottom of the first article's entry.

The search results show two articles:

- 6.** **Academic Journal**
Title of article: How Frequent Are Eating Disturbances in the Population? Norms of the Eating Disorder Examination-Questionnaire.
Author/s: By: Hilbert, Anja; de Zwaan, Martina; Braehler, Elmar. PLoS ONE. Jan2012. Vol. 7 Issue 1, p1-7. 7p. DOI: 10.1371/journal.pone.0029125.
Subjects: EATING disorders; APPETITE disorders; PATHOLOGICAL psychology; NUTRITION disorders; PSYCHOMETRICS; PSYCHOLOGICAL tests
Database name: Academic Search Premier
Publication or Journal Title: PLOS ONE
Date of publication: Jan2012
PDF Full Text (77KB)
- 7.** **Academic Journal**
Title of article: Relationship Between Eating-Behavior Disorders and Psychological Parameters in Male First-Year Physical Education Students.
Author/s: By: Flaire, Edith; Treuve, Patrick; Toumi, Hechmi. International Journal of Sport Nutrition & Exercise Metabolism. Oct2012, Vol. 22 Issue 5, p383-391. 9p. 3 Charts.
Subjects: ADJUSTMENT (Psychology); ATTITUDE (Psychology); COLLEGE students; COMPARATIVE studies; CORRELATION (Statistics); EATING disorders; LONGITUDINAL method; PHYSICAL education teachers -- Training of; PROBABILITY theory; PSYCHOLOGICAL tests; QUESTIONNAIRES; T-test (Statistics); EMOTIONAL intelligence; MULTIPLE regression analysis; EFFECT sizes (Statistics); BODY mass index; DATA analysis -- Software
Database name: Academic Search Premier
PDF Full Text (155KB)

The Windows taskbar at the bottom shows the time as 10:42 AM on 12/21/2012.

2. Bibliographic information for a print book found on the copyright page after the title page

The diagram shows a copyright page with several yellow boxes containing labels and red arrows pointing to specific text on the page. The labels are: 'Publisher' (points to 'Viking'), 'City of publication' (points to 'New York, New York 10014, U.S.A.'), 'Copyright date' (points to '2009'), and 'Author' (points to 'Anderson, Laurie Halse.').

Publisher → *Viking*

City of publication → Published by Penguin Group
Penguin Group (USA) Inc., 345 Hudson Street, New York, New York 10014, U.S.A.
Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto,
Ontario, Canada M4P 2Y3 (a division of Pearson Penguin Canada Inc.)
Penguin Books Ltd, Registered Offices: 80 Strand, London WC2R 0RL, England

Copyright date → First published in 2009 by Viking, a member of Penguin Group (USA) Inc.
3 5 7 9 10 8 6 4
Copyright © Laurie Halse Anderson, 2009
All Rights Reserved

Author → LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA
Anderson, Laurie Halse.
Wintergirls / by Laurie Halse Anderson.
p. cm.

Summary: Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she
struggles with the same disorder.
ISBN 978-0-670-01110-0 (hardcover)
[1. Anorexia nervosa—Fiction. 2. Death—Fiction.] I. Title.
PZ7.A54385Wi 2009
[Fic]—dc22
2008037452

3. Newspaper on the free web (the words Times, Journal, Sentinel, Tribune, Chronicle and Post often but not always indicate that a source is a newspaper, i.e., New York Times, Wall Street Journal, Chicago Tribune, Boston Chronicle, Washington Post)

→ ↻ ⌂ www.nytimes.com/ref/health/healthguiders-ess.html

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REPORTER'S FILE

When Eating Disorders Strike in Midlife



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Author's name or
byline

Margie Hodgin, a nurse in Kernersville, N.C., had struggled to lose weight since she was a teenager. But it wasn't until she turned 40 that she finally took off the extra pounds, and then some.

By RANDI HUTTER EPSTEIN

Margie Hodgin, a nurse in Kernersville, N.C., had struggled to lose weight since she was a teenager. But it wasn't until she turned 40 that she finally took off the extra pounds, and then some.

Overviews

- Anorexia
- Bulimia
- Binge Eating

"It was a real sense of empowerment, that I can do this all on my own and no one is helping me, and I'm achieving what I want and fitting in."

- RECOMMENDED
- TWITTER
- LINKEDIN
- SIGN IN TO E-MAIL
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Ms. Hodgin, who is now 45, credits her recovery in part to a trial at the University of North Carolina, where researchers are studying whether family therapy works as well for adults as it does for teenagers with the disorder. Bringing her husband to therapy sessions, she said, "made me realize how much I was breaking him down, and the resentment I had of people trying to make me better."

Every day remains a battle, Ms. Hodgin said, and she still feels strong urges to weigh less.

"But I've been able to see the damage I left in the wake of it, and I can't bear to see what I've put my kids through," she said. "You can't have an eating disorder and think it doesn't affect your family."

Publish date: 7/13/2009

Publication date –
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→ www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml

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Name of web site

Title of the article

Eating Disorders

- What are eating disorders?
- What are the different types of eating disorders?
- How are eating disorders treated?
- How are males affected?
- What is being done to better understand and treat eating disorders?
- Citations
- For more information on eating disorders

A detailed booklet that describes the symptoms, causes, and treatments of eating disorders.

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 - Eating Disorders
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There is no author, so leave it blank.

What are eating disorders?

An eating disorder is an illness that causes serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating. A person with an eating disorder may have started out just eating smaller or larger amounts of food, but at some point, the urge to eat less or more spiraled out of control. Severe distress or concern about body weight or shape may also characterize an eating disorder.

Eating disorders frequently appear during the teen years or young adulthood but may also develop during childhood or later in life.^{1,2} Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

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Revised 2011

Look for a date (date of revision, copyright date, or publication date) This one is all the way at the bottom.

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5. Free web site, Wikipedia, an online encyclopedia or reference source. Wikipedia was never in print, so you need to choose E-publication (born digital) at the top of the Noodletools entry.

en.wikipedia.org/wiki/Eating_disorder

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Name of web site

Article title

Eating disorder

From Wikipedia, the free encyclopedia

This article **may require cleanup** to meet Wikipedia's **quality standards**. The specific problem is: **wiki syntax**. Please help [improve this article](#) if you can. (May 2012)

Eating disorders are conditions defined by abnormal **eating** habits that may involve either insufficient or excessive **food** intake to the detriment of an individual's **physical** and **mental** health. **Bulimia nervosa** and **anorexia nervosa** are the most common specific forms in the United Kingdom.^[1] Bulimia nervosa is a disorder characterized by binge eating and purging, and anorexia nervosa is characterized by immoderate food restriction and irrational fear of gaining weight. Though primarily thought of as affecting females (an estimated 5–10 million being affected in the U.K.), eating disorders affect males as well. An estimated 10 – 15% of people with eating disorders are males (Gorgan, 1999). (an estimated 1 million U.K. males being affected).^{[2][3][4]} Although eating disorders are increasing all over the world among both men and women, there is evidence to suggest that it is women in the Western world who are at the highest risk of developing them and the degree of **westernization** increases the risk.^[5] Nearly half of all Americans personally know someone with an eating disorder. The skill to the central processes of appetite has increased tremendously since leptin was discovered, and the skill to observe the functions of the brain as well.^[6] Interactions between motivational, homeostatic and self-regulatory control processes are involved in eating behaviour, which is a key component in eating disorders.^[7]

The precise cause of eating disorders is not entirely understood, but there is evidence that it may be linked to other medical conditions and situations. Cultural ideal thinness and youthfulness have contributed to eating disorders affecting diverse populations. One study showed that girls with ADHD have a greater chance of getting disorder than those not affected by ADHD.^{[8][9]} Another study suggested that women with PTSD, especially due to sexually related trauma, are more likely to develop bulimia nervosa.^[10] One study showed that foster girls are more likely to develop bulimia nervosa.^[11] Some think that peer pressure and idealized body-types seen in the media is a significant factor. Some research shows that for certain people there are genetic reasons why they may be prone to developing an eating disorder.^[12]

While proper treatment can be highly effective for many suffering from specific types of eating disorders, the consequences of eating disorders can be severe, including

Eating disorder

Classification and external resources	
ICD-10	F50 [d]
ICD-9	307.5 [d]
MeSH	D001068 [d]

☐ I am highly knowledgeable about this topic (optional)

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Categories: Abnormal psychology | Behavioral neuroscience | Eating disorders | Mind-body interventions | Neuroscience | Behavioural syndromes associated with physiological disturbance | Psychiatric specialties | Psychiatry

Date of e-publication


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6. Magazine from a database


3.  **THE SNACK-FOOD TRAP.**

By: BEIL, LAURA. *Newsweek*. 11/5/2012, Vol. 160 Issue 19, p44-47, 4p. 1 Color Photograph. Reading Level (Lexile): 1340.

Subjects: SNACK foods -- Health aspects; ADDICTIONS; OBESITY -- Research; JUNK food; HYPERPHAGIA; **disorders**; HIGH-calorie diet; HIGH-carbohydrate diet.

Database: MAS Ultra - School Edition

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4.  **My Long Battle with Eating Disorders**

Annotations:

- Article title
- Publication date
- Page numbers (include them if they're given)
- Author or byline
- Magazine title
- Icon tells you what kind of source it is
- Database name


7. Entry in a reference source from a database that was previously in print

Results for Basic Search

Showing 1-20 of 129

Article title

Encyclopedia title

 **Eating Disorders in Athletes,** page(s): 212-213. word count

World of Sports Science

Ed. K. Lee Lerner and Brenda Wilmoth Lerner . Vol. 1. Detroit: Gale, 2007.

Eating disorders are a serious issue in the conduct of the training and the performance of different types of athletes. While the pixie-sized female gymnast is a common subject of scrutiny in these analyses, eating...

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Annotations:

- Article title
- Page numbers
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Works Cited

Anderson, Laurie Halse. *Wintergirls*. New York: Viking, 2009. Print.

Biel, Laura. "The Snack Food Trap." *Newsweek* 5 Nov. 2012: 44-47. *MAS Ultra - School Edition*. Web. 21 Dec. 2012.

"Eating Disorder." *Wikipedia*. Wikimedia Foundation, 20 Dec. 2012. Web. 21 Dec. 2012.

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"Eating Disorders in Athletes." *World of Sports Science*. Ed. K. Lee Lerner and Brenda Wilmoth Lerner. Vol. 1. Detroit: Gale, 2007. 212-13. *Gale Virtual Reference Library*. Web. 21 Dec. 2012.

Epstein, Randi Hutter. "When Eating Disorders Strike in Midlife." *New York Times* 17 July 2009: n. pag. Web. 21 Dec. 2012. Sometimes you have to look for the date. I found this one at the bottom of the page.

Hilbert, Anja, Martina De Zwaan, and Elmar Braehler. "How Frequent Are Eating Disturbances in the Population? Norms of the Eating Disorder Examination-Questionnaire." *PLoS ONE* 7.1 (2012): 1-7. *Academic Search Premier*. Web. 21 Dec. 2012.