

How to Link to Full Text Articles from McGoogan Library Journals

Follow these steps to generate a permalink for posting in Canvas or sharing with others at UNMC. UNMC users who use these links will be prompted to log in via the library's authentication process to access resources.

- 1) Access the library catalog by clicking on the **Resources** tab at the top of the page, and then **Library Catalog**.

Leon S. McGoogan Health Sciences Library



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Resources Overview

Library Catalog

The gateway to searching the library's books, journals, anatomical models, and more.

Drug Resources

Search these comprehensive references for drug information.

Literature Databases

Search for journal articles in these biomedical and health sciences databases.

Tools and News

These tools support productivity, scholarship, and impact measurement.

Clinical Resources

Point-of-care tools, textbooks, and review articles for clinical care and research.

A to Z Databases

Browse the full list of library databases.

- 2) Search for the article, journal, e-book, model, etc. in the library catalog. If you're searching by article title, make sure that the option: **Articles** is selected. If you don't see the option available, click on the search button (blue magnify glass).

University of Nebraska Medical Center
MCGOOGAN HEALTH SCIENCES LIBRARY

NEW SEARCH JOURNAL SEARCH SEARCH BY CITATION BROWSE BY ORDER ARTICLES AND BOOKS

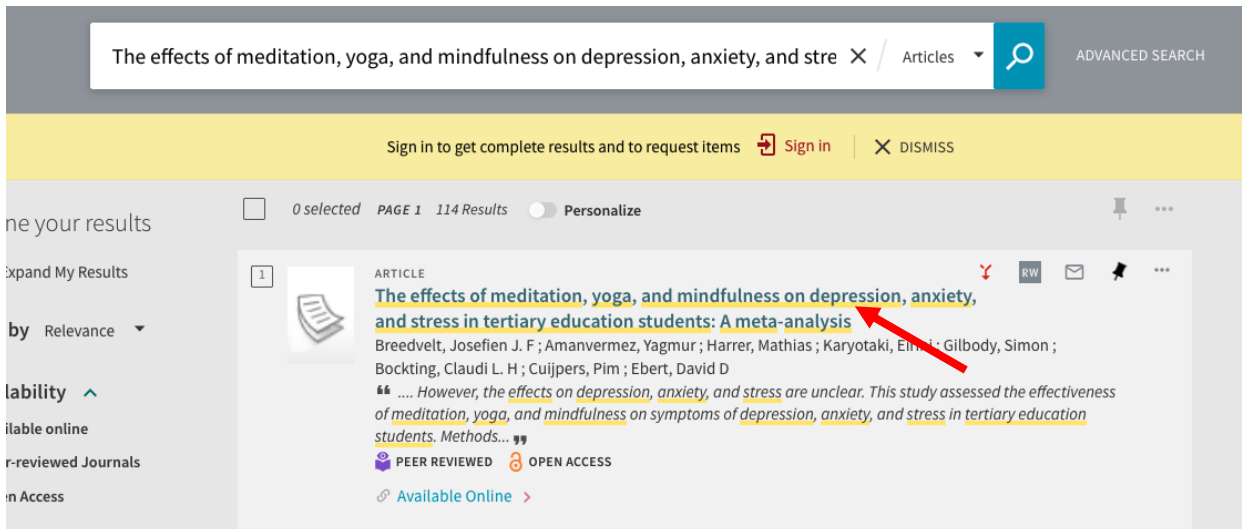
on depression, anxiety, and stress in tertiary education students: a meta-analysis X Articles [magnifying glass icon]

Sign in to get complete results and to request items Sign in X DISMISS

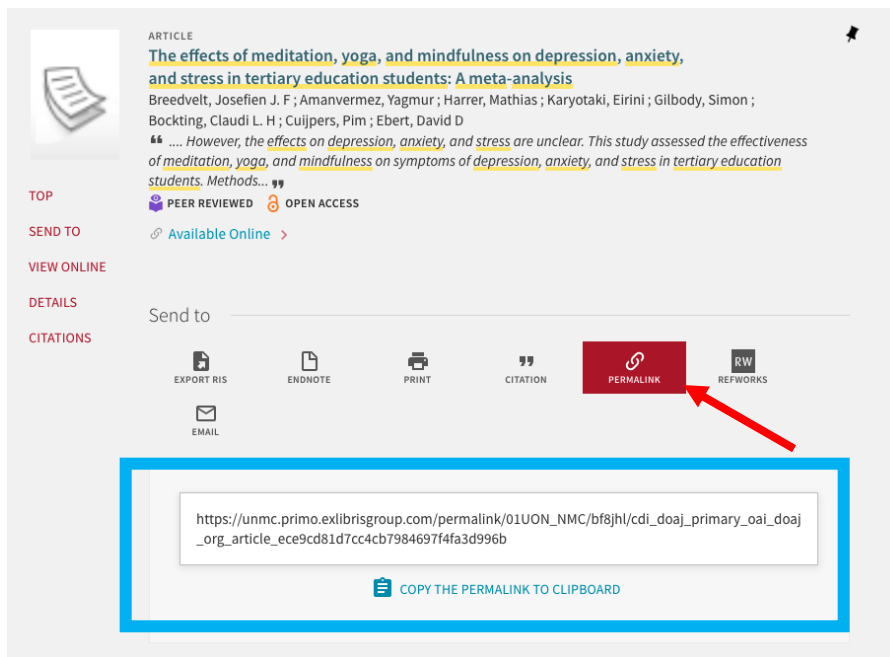
How does the library catalog work?
Primo provides simple, one-stop searching for books and e-books, articles, digital media, and more.
Primo also helps you manage your research. Sign-in in order to:

Where can I get help?
AskUs
Chat, email, or call us with your library questions

3) Select on the item you want to link to. A new window will open with the item record information.



4) Click the Permalink button. Copy this link to use it within Canvas, syllabus, email, etc.



5) The permalink will lead to the catalog record. If available from the library, the full-text can be accessed under **View Online – Full text availability**.

ARTICLE
The effects of meditation, yoga, and mindfulness on depression, anxiety, and stress in tertiary education students: A meta-analysis
Breedvelt, Josefien J. F ; Amanvermez, Yagmur ; Harrer, Mathias ; Karyotaki, Eirini ; Gilbody, Simon ; Bockting, Claudi L. H ; Cuijpers, Pim ; Ebert, David D
PEER REVIEWED OPEN ACCESS
Available Online >

TOP
SEND TO
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EMAIL

View Online

Full text availability

Directory of Open Access Journals

PubMed Central
Available from 2010 volume: 1.

Related reading
recommended items that are related to the record

Effects of guided mindfulness meditation on anxiety and stress
Matthew Burgstahler
Journal of American college health...
Vol. 68(6), p. 1-7
ARTICLE suggested by bX

Effect of a Yoga Based Meditation Technique on Emotional
Naresh Moovenhan
Explore... Vol. 14(6), p. 443-447
ARTICLE suggested by bX

Effects of Yoga on Stress Management in Healthy Adults :
Cecilia S Chong
Alternative Therapies in Health and Medicine.2011, Vol. 17(1), p. 32-38
ARTICLE suggested by bX

Controlling psychosomatic disorders through yoga and
Aditi Sharma
Indian Journal of Health and Wellbeing.2015, Vol. 6(1), p. 33-36
ARTICLE suggested by bX