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Step 1

Step 2

Use asterisk (*) after the word or part of the word to search for singular and plural and other derivatives. For example teach* will look for teacher and teachers. It will also look for teaching (a derivative).

Step 3

Step 4

To locate the full text:

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INTRODUCTION TO HEALTH AND WELLNESS: EXW 100

PubMed: [http://libguides.asu.edu/pubmeddb](http://libguides.asu.edu/pubmeddb)

Step 1

Step 2

Step 3

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Access [Ulrichsweb](http://ulrichsweb.com) to find out if the article is peer-reviewed (refereed)

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PsycInfo: [http://libguides.asu.edu/psycinfo](http://libguides.asu.edu/psycinfo)

**Step 1**

**Advanced Search**

- **Query**: exercise OR "physical activity"
- **Fields**: Abstract – AB
- **Conditions**: AND depression, AND "older adult"*
- **Limit to**: Peer reviewed
- **Publication date**: All dates

**Step 2**

**Longitudinal associations between walking frequency and depressive symptoms in older adults: Results from the VoisInuAge study**

Julien, Dominic; Gauvin, Lise; Richard, Lucie; Kestens, Yan; Payette, Helene. Journal of the American Geriatrics Society 61.12 (Dec 2013): 2072-2078.

...longitudinal relationships between meeting walking recommendations and physical activity among older adults in the VoisInuAge study...

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KEYWORDS:

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<th>Keyword 1</th>
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<td>“physical activity” OR exercise</td>
<td>AND</td>
<td>anxiety</td>
</tr>
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<td>AND</td>
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<tr>
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<td>Teen* OR adolescent*</td>
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</tbody>
</table>

For the assignment:
(Physical activity OR exercise*) AND anxiety AND (teen* OR adolescent*)

For help contact Alexandra Humphreys (Alexandra.Humphreys@asu.edu, 602-496-1188)