Topics in PsycINFO of Relevance to Nutrition

PsycINFO is a research database published by the American Psychological Association. Nutritionists and dietitians can use it to learn more about the psychological and emotional aspects of healthy eating habits, dietary modifications, and eating disorders.

Sample Searches in Nutrition

**Scenario:** A nutritionist working for a community health foundation is looking for new ideas on promoting healthy food choices.

**Search:** Nutrition AND Health Promotion AND Eating Behaviors

**Results:** Articles on promoting healthy eating in neighborhood settings such as schools and churches, plus a variety of studies on influencing children’s food preferences.

**Scenario:** A family physician is looking for information on treatments for obesity – she would prefer clinical best practices or treatment guidelines.

**Search:** Evidence Based Practice AND Obesity

**Results:** Articles on treatment and prevention of obesity, for children and adults, focusing on the behavioral and psychosocial aspects of the disorder.

**Scenario:** A medical student researching postpartum depression would like to review some literature about use of antidepressants while breast feeding.

**Search:** Breast Feeding AND Antidepressant Drugs

**Results:** Articles exploring whether various antidepressants are present in breast milk, including options for alternative treatments for some patients.
Selected Search Terms

The search terms provided here are just a few excerpts from the many relevant terms in PsycINFO’s thesaurus. If you aren’t sure how to use these terms (called Subject Terms, Subject Headings, or Index Terms depending on your interface), check with your librarian or consult the PsycINFO Quick Reference Guide you may also have received at the same time as this handout.

Nutrients & Vitamins
- Antioxidants
- Calcium
- Dietary Supplements
- Folic Acid
- Food Additives
- Proteins
- Sugars
- Vitamin Deficiency Disorders

Physiological Processes
- Appetite
- Calories
- Dehydration
- Digestion
- Glucose Metabolism
- Hunger
- Satiation

Eating Behavior
- Bottle Feeding
- Dietary Restraint
- Drinking Behavior
- Food Intake
- Food Preparation
- Food Safety
- Mealtime
- Water Intake
- Weight Control

Health Attitudes
- Body Image
- Drug Usage Attitudes
- Eating Attitudes
- Food Preferences
- Health Knowledge
- Lifestyle Changes
- Treatment Barriers

Physical Activity
- Aerobic Exercise
- Daily Activities
- Physical Fitness
- Sports
- Swimming
- Weightlifting
- Yoga

Clinical Applications
- Anorexia Nervosa
- Celiac Disease
- Diabetes Mellitus
- Food Allergies
- Hypertension
- Metabolism Disorders
- Osteoporosis
- Underweight