Newcastle University | Library

Search Plan Output

1. Research Topic

Research topic: Does the consumption of dark chocolate have an impact on the mental health of elderly men?

Search parameters and limits: Men over 60 years of age, Depression and depressive disorders, UK research from the last 10 years

2. Search Questions

Questions or themes to explore to find all the information around the topic: Does the consumption of dark chocolate improve symptoms of depression? How much chocolate must be eaten to have an impact? What are the most common depressive disorders experienced by men? What methods can be used to track mood?

3. Keywords and search strings

Keywords to use in search:

Main Concept	Synonyms, Abbreviations, Technical Terms			
Dark Chocolate	Confectionery	Cocoa	Cacao	
Mental health	Depression	Low mood	Seasonal Affective Disorder	Dysthymia
Men over 60	Elderly men	Geriatric men	Aged male	Retired men

Example search string:

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(Dark Chocolate OR Confectionery OR Cocoa OR Cacao) AND (Mental health OR Depression OR Low mood OR Seasonal Affective Disorder OR Dysthymia) AND (Men over 60 OR Elderly men OR Geriatric men OR Aged male OR Retired men)
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Search hack: You may need to be flexible with your search strings and adapt them for use in different databases. Keep track of your searches so you know which combinations worked best for each source. Find out more about useful Search Techniques on the Academic Skills Kit

4. Resources

Previously searched: Library Search, Google Scholar

Information Type	Source
Peer reviewed journal articles	Library search, Scopus, Ovid
Statistics	Statista
Policy documents	Policy Commons

Search hack: Want to explore more resources? Check your Subject Guide and the Library's Resource Guides for ideas.

5. Managing Information

Reference Tracking:

- Reference management system (e.g. EndNote / Mendeley / Zotero)

Keeping Search Up-To-Date:

- Saved searches in databases
- Search alerts
- 360 degree searching
- Citation or author alerts

Search hack: Find more help on referencing on the Academic Skills Kit.

Help and next steps

If you would like further support with your literature search, book a one to one appointment with an Academic Engagement Librarian. They can help you identify useful resources and suggest ways to improve your search strategy.

You can also self-enrol in the Library's Teach Yourself Information Skills Canvas course to further develop essential skills for finding, managing, and evaluating information.

Once you start your literature search, you might want to think about other stages in the research process such as critical reading, planning, and editing. Check out the Academic Skills Kit for further help and advice.