



Documentation of search strategies University Library search consultation group

Date: November 2017

Topic/research question: The effects of Mindfulness Based Stress Reduction and Mindfulness based Cognitive Therapy on biological and physiological markers

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Librarian(s): Carl Gornitzki & Klas Moberg, University Library

Databases:

1. Medline (Ovid)
2. PsycInfo (Ovid)
3. Web of Science
4. Cinahl (Ebsco)
5. Embase (embase.com)
6. PubMed (NOT medline[sb])

Grey Literature:

1. ProQuest Dissertations and Theses = 143
 2. ClinicalTrials.gov = 974
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Total number of hits:

- Before deduplication: 3,501 (not including grey literature)
 - After deduplication: 2,324 (not including grey literature)
-

Comments:



1. Medline (Ovid)

Date of Search: 2017-11-09

Field tags:

- .ti,ab,kf = title, abstract & keyword
- exp/ = MeSH, exploded
- adj3 = within three words

MINDFULNESS

1. Mindfulness/
2. Meditation/
3. Mind-Body Therapies/
4. (mindfulness or meditat* or mbsr or mbct).ti,ab,kf.
5. or/1-4

BIOLOGICAL AND PHYSIOLOGICAL MARKERS

6. exp Cytokines/
7. exp Biomarkers/
8. exp Neuropeptides/
9. exp C-Reactive Protein/
10. exp Heart Rate/
11. exp Autonomic Nervous System/
12. exp Vagus Nerve/
13. exp Insulin-Like Growth Factor I/
14. exp Stress, Physiological/
15. (cytokine* or interleukin* or biological marker* or biomarker* or neuropeptide* or c-reactive protein* or crp or variability or autonom* nervous system or ans or vagal activity or vagus activity or insulin-growth factor* or insulin-like growth factor* or physiological stress or physiological activit*).ti,ab,kf.
16. (((heart or puls*) adj3 (beat* or rate*)) or (heartrate* or heartbeat*)).ti,ab,kf.
17. or/6-16
18. 5 and 17
19. remove duplicates from 18



2. PsycInfo (Ovid)

Date of Search: 2017-11-09

1. Mindfulness/
2. Meditation/
3. Mind Body Therapy/
4. (mindfulness or meditat* or mbsr or mbct).ti,ab,id.
5. or/1-4

6. exp Cytokines/
7. Biological Markers/
8. exp Neuropeptides/
9. Heart Rate/
10. exp Autonomic Nervous System/
11. Vagus Nerve/
12. Insulin-like Growth Factor/
13. Physiological Stress/
14. (cytokine* or interleukin* or biological marker* or biomarker* or neuropeptide* or c-reactive protein* or crp or variability or autonom* nervous system or ans or vagal activity or vagus activity or insulin-growth factor* or insulin-like growth factor* or physiological stress or physiological activit*).ti,ab,id.
15. (((heart or puls*) adj3 (beat* or rate*)) or (heartrate* or heartbeat*)).ti,ab,id.
16. or/6-15

17. 5 and 16



3. Web of Science

Date of Search: 2017-11-09	Field tags: <ul style="list-style-type: none">• TS = Topic: title, abstract, keywords
<p>TS=(mindfulness OR meditat* OR mbsr OR mbct)</p> <p>AND</p> <p>TS=(cytokine* OR interleukin* OR "biological marker*" OR biomarker* OR neuropeptide* OR c-reactive protein* OR crp OR variability OR "autonom* nervous system" OR ans OR "vagal activity" OR "vagus activity" OR "insulin-growth factor*" OR "insulin-like growth factor*" OR "physiological stress" OR "physiological activit*") OR TS((((heart OR puls*) NEAR/3 (beat* OR rate*)) OR (heartrate* OR heartbeat*))</p>	

4. Cinahl (Ebsco)

Date of Search: 2017-11-09		Field tags:
		<ul style="list-style-type: none"> MH = Cinahl Headings
S17	S5 AND S16	
S16	S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15	
S15	TI ((((heart OR puls*) N3 (beat* OR rate*)) OR (heartrate* OR heartbeat*))) OR AB ((((heart OR puls*) N3 (beat* OR rate*)) OR (heartrate* OR heartbeat*))))	
S14	TI ((cytokine* OR interleukin* OR "biological marker*" OR biomarker* OR neuropeptide* OR c-reactive protein* OR crp OR variability OR "autonom* nervous system" OR ans OR "vagal activity" OR "vagus activity" OR "insulin-growth factor*" OR "insulin-like growth factor*" OR "physiological stress" OR "physiological activit*")) OR AB ((cytokine* OR interleukin* OR "biological marker*" OR biomarker* OR neuropeptide* OR c-reactive protein* OR crp OR variability OR "autonom* nervous system" OR ans OR "vagal activity" OR "vagus activity" OR "insulin-growth factor*" OR "insulin-like growth factor*" OR "physiological stress" OR "physiological activit*")))	
S13	(MH "Stress, Physiological")	
S12	(MH "Vagus Nerve+")	
S11	(MH "Autonomic Nervous System+")	
S10	(MH "Heart Rate+")	
S9	(MH "C-Reactive Protein")	



S8	(MH "Neuropeptides+")
S7	(MH "Biological Markers+")
S6	(MH "Cytokines+")
S5	S1 OR S2 OR S3 OR S4
S4	TI ((mindfulness or meditat* or mbsr or mbct)) OR AB ((mindfulness or meditat* or mbsr or mbct))
S3	(MH "Mind Body Techniques")
S2	(MH "Meditation")
S1	(MH "Mindfulness")



5. Embase (embase.com)

Date of Search: 2017-11-09		Field tags:	
		<ul style="list-style-type: none"> • :ab,ti = title & abstract • /exp = Emtree, exploded • /de = Emtree, non-exploded 	
No.	Query		Results
			990
#17	#4 AND #16		2,333,547
#16	#5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15		199,113
#15	((heart OR puls*) NEAR/3 (beat* OR rate*)):ab,ti OR heartrate*:ab,ti OR heartbeat*:ab,ti		608,127
#14	cytokine*:ab,ti OR interleukin*:ab,ti OR 'biological marker*':ab,ti OR biomarker*:ab,ti OR neuropeptide*:ab,ti OR 'c reactive':ab,ti AND protein*:ab,ti OR crp:ab,ti OR variability:ab,ti OR 'autonom* nervous system':ab,ti OR ans:ab,ti OR 'vagal activity':ab,ti OR 'vagus activity':ab,ti OR 'insulin-growth factor*':ab,ti OR 'insulin-like growth factor*':ab,ti OR 'physiological stress':ab,ti OR 'physiological activit*':ab,ti		12,232
#13	'physiological stress'/de		43,461
#12	'somatomedin c'/de		20,174
#11	'vagus nerve'/de		240,375
#10	'autonomic nervous system'/exp		204,453
#9	'heart rate'/exp		110,290
#8	'c reactive protein'/de		



#7	'neuropeptide'/exp	171,297
#6	'biological marker'/de	171,785
#5	'cytokine'/exp	1,146,517
#4	#1 OR #2 OR #3	10,057
#3	mindfulness:ab,ti OR meditat*:ab,ti OR mbsr:ab,ti OR mbct:ab,ti	8,107
#2	'meditation'/de	4,823
	'mindfulness'/de	1,945



5. PubMed (NOT medline[sb])

Date of Search: 2017-11-09

```
(((((heart[Title/Abstract] OR puls*[Title/Abstract])) AND (beat*[Title/Abstract] OR rate*[Title/Abstract]))) OR  
((cytokine*[Title/Abstract] OR interleukin*[Title/Abstract] OR "biological marker"[Title/Abstract] OR  
biomarker*[Title/Abstract] OR neuropeptide*[Title/Abstract] OR c-reactive protein*[Title/Abstract] OR  
crp[Title/Abstract] OR variability[Title/Abstract] OR "autonomic nervous system"[Title/Abstract] OR  
ans[Title/Abstract] OR "vagal activity"[Title/Abstract] OR "vagus activity"[Title/Abstract] OR "insulin-growth  
factors"[Title/Abstract] OR "insulin-like growth factors"[Title/Abstract] OR "insulin-growth  
factor"[Title/Abstract] OR "insulin-like growth factor"[Title/Abstract] OR "physiological stress"[Title/Abstract]  
OR "physiological activit*[Title/Abstract] OR heartrate*[Title/Abstract] OR heartbeat*[Title/Abstract])))
```

AND

```
((mindfulness[Title/Abstract] OR meditat*[Title/Abstract] OR mbsr[Title/Abstract] OR mbct[Title/Abstract]))
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NOT

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medline[sb]
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