

# EFFECTIVE RESEARCH STRATEGIES

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## STEP 1

Start by listing keywords that best describe your topic. These may be single terms (example: media) or phrases (example: “social media”). Consider synonyms and out-dated terms as well.

**General topic:** Impact of standing desks

**Researchable Question:** Do standing desks reduce the occurrence of high blood pressure in adults?

Concept 1 (Population)	Concept 2 (Intervention/ Theory)	Concept 3 (Comparison)	Concept 4 (Outcomes/Effect/ Phenomena)
Middle-aged adults who work at a desk	Standing desk	Sitting; stability ball; treadmill desk	high blood pressure
Synonyms			
Worker(s) Adult(s) Employee(s)  Labo(u)r Labo(u)rers	Sit-stand desk Standing workstation Sit-stand workstation Standing Sitting	Sit; Sitting; Seated stability ball; Bosu Ball treadmill desk chair	Hypertension Low blood pressure Blood pressure regulation diastolic blood pressure mean arterial pressure

You will use these terms to craft your catalogue, database or search engine query in Step 3

## 2

### STEP 2

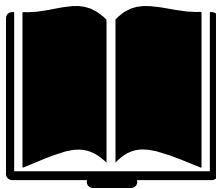
Identify the type of sources needed to gather research for your assignment, which can include books, journals, newspaper articles and specialized sources, all available through Waterloo's Library Catalogue.

#### NOTE:

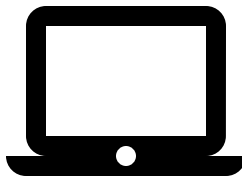
Books can be found by searching the Catalogue.

Articles can be found by searching Databases.

Different subjects are covered by different databases. Use a Library Research Guide or consult with a Librarian to identify the appropriate database for your search.



FIND  
BOOKS



FIND  
ARTICLES



ASK A  
LIBRARIAN

**FIND A RESEARCH GUIDE**

## 3

### STEP 3

When building your search:

Enclose phrases in quotation marks

Connect multiple keywords with AND, OR, NOT (Boolean operators). To better understand the importance of Boolean operators, check the Boolean Machine

Use truncation symbols, the most common is \*(asterisk), to retrieve all variations of a search term (example: statistic\* - search will retrieve statistics and statistical)