

Mindful Eating Research Tools

Penney Kirby, TCME Member and professional medical librarian, has created an how-to guide to help you find articles in journals and bibliographic databases with helpful tips for your searches using PubMed.

Mindful Eating in the Scholarly Literature: Research Journals

Mindful eating research is published in a number of academic journals, across multiple disciplines. Some examples of journals that have published mindful eating articles:

[Advances in Eating Disorders: Theory, Research and Practice](#)

[Appetite](#)

[Cognitive and Behavioral Practice](#)

[Eating Behaviors: An Internal Journal](#)

[Eating Disorders: The Journal of Treatment and Prevention](#)

[Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity](#)

[International Journal of Eating Disorders](#)

[Journal of Eating Disorders](#)

[Journal of Nutritional Education and Behavior](#)

[Journal of the Academy of Nutrition and Dietetics](#)

[Mindfulness](#)

You can use the links above to view the current table of contents, sign up for an email alert, read a sample issue or articles, or review submission guidelines.

Bibliographic Databases

In order to do a comprehensive literature search, it is necessary to search multiple bibliographic databases. Many of these databases are available through licensing agreements with academic, healthcare, and research facilities, or public libraries. It is ideal if you are able to work with a Librarian to define your research question, and decide which bibliographic databases you will use.

Some examples of relevant bibliographic databases:

Current Contents: Social & Behavioral Sciences

EMBASE

[ERIC - Education Resources Information Center](#) (free on the web)

[Google Scholar](#) (free on the web - a good starting point but not as comprehensive or methodological as the other bibliographic databases)

Nutrition Abstracts and Reviews Series

PsycINFO/Psychological Abstracts

Psychology and Behavioral Sciences Collection

[PubMed/MEDLINE](#) (free on the web – more information below)

SCOPUS

Social Sciences Citation Index

PubMed/MEDLINE

PubMed, also called MEDLINE, is a free, web-based database of the life sciences and biomedical research literature. It provides bibliographic information, detailed abstracts, and occasionally links to full text articles. PubMed also includes psychological, behavioral, counseling, and dietetics journals and is therefore very important for keeping up to data on mindfulness eating research.

Example PubMed Searches

Note these searches are broadly defined and will include some irrelevant records. Talk to a Librarian about developing a more precise search. After each search I have included the search string.

Note - there is no PubMed search term for the concept of mindful eating. Mindfulness was added as a search term in 2014, and was previously indexed as Cognitive Therapy.

Mindful Eating (most narrowly defined) – ("mindfulness"[MeSH Terms] OR "mindfulness"[Title] OR "mindful"[Title]) OR ("intuition"[MeSH Terms] OR "intuitive"[Title])) AND ("eating"[MeSH Terms] OR "eating"[Title] OR "hunger"[MeSH Terms] OR "food preferences"[MeSH Terms] OR "feeding behavior"[MeSH Terms] OR "diet"[MeSH Terms] OR "weight loss"[MeSH Terms] OR "appetite"[MeSH Terms] OR "eating disorders"[MeSH Terms] OR (Food habits[MeSH Terms] NOT Smoking[MeSH Terms]))

Cognitive Therapy and Eating Disorders - "cognitive therapy"[MeSH Terms] AND "eating disorders"[MeSH Terms]

Cognitive Therapy and Dieting - "cognitive therapy"[MeSH Terms] AND "diet, reducing"[MeSH Terms]

Cognitive Therapy and Diabetes - "cognitive therapy"[MeSH Terms] AND "Diabetes Mellitus, Type 2"[MeSH Terms]

Tips for Searching PubMed

1. Type some key ideas into the search bar at the top of the [homepage](#) - for example body image and shame.
2. You may choose to limit the results by using various filters that are available on the left side of the search results page.

Some popular filters are:

- Article Type - Systematic review
- Text Availability - Free full text available

- Publications Dates - 5 years
- Languages - English
- Ages – Adolescent

3. If you want to be more precise, check how the articles you are interested in are indexed by PubMed. Open up the record of the article (it is best if it is a year post-publication to ensure PubMed has caught up with the indexing). At the bottom of the record click on "Publication Types, MeSH Terms" - the list of MeSH Terms are how PubMed has indexed this article. You may want to consider using these terms in your search.

Example MeSH subject headings of interest:

- Mindfulness
- Cognitive Therapy
- Acceptance and Commitment Therapy
- Mind-Body Therapies
- Meditation
- Relaxation Therapy
- Empathy
- Self-Concept
- Eating
- Food Habits
- Feeding Behavior
- Food Preferences
- Hunger
- Appetite
- Satiation
- Diet
- Diet, Reducing
- Weight Reduction Programs
- Weight Loss
- Eating Disorders
- Binge-Eating Disorder

4. Some articles are available in full text on the web; check the upper right corner of the record page. A link there will either take you to full text for free, or a publishing site that will sell you access to the article. Check with your Librarian before paying, he or she may be able to get the article for free.

5. Sign up for a [PubMed/NCBI account](#) to store PubMed searches and receive automatic email updates when new articles are published on topics of interest to you.