

Research Question:

Does cognitive behavioral therapy improve self-esteem in adults with eating disorders?

PICO:

Patient/Problem: adults, eating disorders

Intervention: cognitive behavioral therapy

Comparison: n/a

Outcome: Improvement in self-esteem

Which databases do you think you should search?

PubMed, CINAHL, PsycINFO

List out your search terms/ keywords organized by concept (PICO)?

Eating Disorders: Anorexia, Appetite Disorder, Anorexia Nervosa, Bulimia, Binge-Eating

Cognitive Behavioral Therapy: CBT, Talking Therapy, Psychotherapy, Psychological Treatment

Improvement in Self-Esteem: Self-Confidence, Anxiety, Depression, Improved Confidence, Self-Respect, Self-Worth

PubMed MESH:

1. Watch the video on how to find MESH: <https://youtu.be/uyF8uQY9wys>
2. Find the corresponding subject headings for your search terms
3. database located here <https://www.ncbi.nlm.nih.gov.proxy.library.vanderbilt.edu/mesh>

MESH terms:

"Feeding and Eating Disorders"[Mesh]

"Cognitive Behavioral Therapy"[Mesh]

"Psychotherapy"[Mesh]

"Self Concept"[Mesh]

"Anxiety"[Mesh]

"Depression"[Mesh]

Search Strategy:

PubMed 9/24/2020: 1,628 results

("Feeding and Eating Disorders"[Mesh] OR "Eating disorders"[tiab] OR "eating disorder"[tiab] OR Anorexia[tiab] OR "appetite disorder"[tiab] OR "anorexia nervosa"[tiab] OR bulimia[tiab] OR "binge-eating"[tiab]) AND ("Cognitive Behavioral Therapy"[Mesh] OR "Psychotherapy"[Mesh] OR "cognitive behavioral therapy"[tiab] OR "CBT"[tiab] OR "talking therapy"[tiab] OR psychotherapy[tiab] OR "psychological treatment"[tiab]) AND ("Self Concept"[Mesh] OR "Anxiety"[Mesh] OR "Depression"[Mesh] OR "self-esteem"[tiab] OR "Self-confidence"[tiab] OR anxiety[tiab] OR depression[tiab] OR confidence[tiab] OR "self-respect"[tiab] OR "self-worth"[tiab])

CINAHL 9/24/2020: 593 results

((MH "Eating Disorders") OR "Eating disorders" OR "eating disorder" OR "Anorexia" OR "appetite disorder" OR "anorexia nervosa" OR "bulimia" OR "binge-eating") AND ((MH "Cognitive Therapy") OR (MH "Psychotherapy") OR "cognitive behavioral therapy" OR "CBT" OR "talking therapy" OR "psychotherapy" OR "psychological treatment") AND ((MH "Self Concept") OR (MH "Anxiety") OR (MH "Depression") OR "self-esteem" OR "Self-confidence" OR "anxiety" OR "depression" OR "confidence" OR "self-respect" OR "self-worth")

PsycINFO 9/8/2020: 1238 results

(MAINSUBJECT.EXACT("Eating Disorders") OR ti("Eating disorders" OR "eating disorder" OR Anorexia OR "appetite disorder" OR "anorexia nervosa" OR bulimia OR "binge-eating") OR ab("Eating disorders" OR "eating disorder" OR Anorexia OR "appetite disorder" OR "anorexia nervosa" OR bulimia OR "binge-eating")) AND (MAINSUBJECT.EXACT("Cognitive Behavior Therapy") OR MAINSUBJECT.EXACT("Psychotherapy") OR ti("cognitive behavioral therapy" OR "CBT" OR "talking therapy" OR psychotherapy OR "psychological treatment") OR ab("cognitive behavioral therapy" OR "CBT" OR "talking therapy" OR psychotherapy OR "psychological treatment")) AND ((MAINSUBJECT.EXACT("Self-Concept") OR MAINSUBJECT.EXACT("Major Depression") OR MAINSUBJECT.EXACT("Depression (Emotion)") OR MAINSUBJECT.EXACT("Anxiety")) OR ti("self-esteem" OR "Self-confidence" OR anxiety OR depression OR confidence OR "self-respect" OR "self-worth") OR ab("self-esteem" OR "Self-confidence" OR anxiety OR depression OR confidence OR "self-respect" OR "self-worth"))