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ILS 504

*=best results

Topic 1: a general reference question

How long are African elephants pregnant?

Key words/search terms/LOC subject headings, synonyms, broader/narrower terms for each
Elephant, elephants, pregnant, pregnancy, duration, gestation

One best result – from OPAC of local library

The World Book Encyclopedia. (2008). Chicago: World Book.

Two best results – from online electronic databases

Academic Search Premier; search terms: elephant gestation

Colligan, T. (2007). Elephant in the Womb. *Popular Science*, 270(3), 10-11.

Retrieved from EBSCOhost.

* Gestation, Longevity, and Incubation of Selected Animals. (2008). *World Almanac & Book of Facts*, 278. Retrieved from EBSCOhost.

Two best results – from subject guides/pathfinders

Search one: Buley Library, Research guides, Biology, Websites, General bio links, Encyclopedia of Life

Search two: Buley Library, Research guides, Biology, Websites, Bio metasites and guides, Internet Public Library: Life sciences, science and technology, life sciences, zoology, mammals, placental mammals

Search two search engines – describe results of search

Search words for both: elephant gestation

Search on Google; best result: http://www.upali.ch/pregnancy_en.html

*Search on Metacrawler; best result: <http://www.applet-magic.com/gestation.htm>

Topic 2: an academic subject related topic

Is Vitamin D deficiency a possible component in major depressive disorder?

Key words/search terms/LOC subject headings, synonyms, broader/narrower terms for each

Vitamin D, depression, major depression, unipolar depression, vitamin D deficiency, depression-causes, diagnosis, and treatment

One best result – from OPAC

Holick, M. F. (2010). *The Vitamin D Solution*. New York, NY: Hudson Street Press.

Two best results – from online electronic databases

Academic Search Premier, PsychArticles, PsychInfo, Social Work Abstracts, SocIndex

Search terms: Vitamin D depression

*Berk, M., Jacka, F. N., Williams, L. J., Ng, F., Dodd, S., & Pasco, J. A. (2008). Is this D vitamin to worry about? Vitamin D insufficiency in an inpatient sample. *Australian & New Zealand Journal of Psychiatry*, 42(10), 874-878. doi:10.1080/00048670802345516. (PDF file)

*Penckofer, S., Kouba, J., Byrn, M., & Estwing Ferrans, C. (2010). Vitamin D and Depression: Where is all the Sunshine?. *Issues in Mental Health Nursing*, 31(6), 385-393. doi:10.3109/01612840903437657. (linked full text)

Two best results – from subject guides/pathfinders

Search one: Buley Library, Research Guides, Psychology, Online Resources, Psychiatric Research, BUBL Link

Search two: Buley Library, Research Guides, Psychology, Professional Organizations, American Psychiatric Association

Search two search engines – describe results of search

Search words for both: vitamin d depression

Search on Google, best result: Livestrong website, www.livestrong.com/vitamin-d-and-depression/

Search on Metacrawler, best result: Web MD website,

<http://www.webmd.com/depression/news/20080505/depressed-older-adults-lack-vitamin-d>

Note: during my search, I found that another potential question might be “is vitamin D effective in treating Seasonal Affective Disorder?”

Topic 3: a historical or current event related topic

How did the Vietnam War affect our country's perception of “shell shock” or PTSD?

Key words/search terms/LOC subject headings, synonyms, broader/narrower terms for each

Post traumatic stress disorder, PTSD, shell shock, combat stress, Vietnam, ‘Nam

One best result – from OPAC of local library

Coleman, P. (2006). *Flashback: posttraumatic stress disorder, suicide, and the lessons of war*. Boston, MA: Beacon Press.

Two best results – from online electronic databases

Academic Search Premier, PsychArticles, PsychInfo, Social Work Abstracts, SocIndex, Historical Abstracts, Military & Government Collection

Search terms for result 1: vietnam PTSD

French, L., & Wailer, S. N. (1983). The post-Vietnam traumatic stress disorder: A clinical dilemma. *International Journal of Offender Therapy and Comparative Criminology*, 27(3), 218-225. doi:10.1177/0306624X8302700304 (abstract only)

Search terms for result 2: Vietnam post traumatic stress

Silsby, H. D., & Jones, F. D. (1985). The etiologies of Vietnam post-traumatic stress syndrome. *Military Medicine*, 150(1), 6-7. Retrieved from EBSCOhost. (abstract only)

Two best results – from subject guides/pathfinders

Search one: Buley Library, Research Guides, Psychology, Fact Sheets, Center for the Study of Traumatic Stress, Courage to Care: Invisible Injuries of War

Search two: Buley Library, Research Guides, Psychology, Fact Sheets, Center for the Study of Traumatic Stress, Understanding Postdeployment Stress Symptoms

Search two search engines – describe results of search

Search terms for both: Vietnam ptsd

Search on Metacrawler: U.S. Department of Veterans Affairs,

<http://www.ptsd.va.gov/professional/pages/vietnam-vets-study.asp>

Search on Google, three excellent results:

*Wellness Directory of Minnesota, personal view:

http://www.mnwelldir.org/docs/mental_health/ptsd.htm

VietNow, veterans association: <http://www.vietnow.com/ptsd.htm>

*Vietnam Veterans Association of Australia: <http://www.vvaa.org.au/experience.htm>

Compare and discuss “the best answers” found for each of your three Reference Questions

Question #1: The two best answers I found were using an online electronic database and an internet search engine. Those answers were the most specific, down to the number of days the elephant is pregnant. All the other answers were good enough but listed the time in months.

Question #2: The best answers I found for this question were using an online electronic database. Given the complexity and detail of the question, it was easy to see why recent research was necessary to find the answer. It's a very academic question and there was little information readily available outside of academia.

Question #3: This was a very complex question as well. It's more of a question that could be answered with a research paper than a paragraph. The best answers I found were using an online electronic database and an internet search engine. As far as the most thorough answer, I would go with the internet results.

List the reference sources where you found the best answers for the Topic #1, #2, and #3:

Question #1:

- Gestation, Longevity, and Incubation of Selected Animals. (2008). *World Almanac & Book of Facts*, 278. Retrieved from EBSCOhost.
- Search on Metacrawler; best result: <http://www.applet-magic.com/gestation.htm>

Question #2:

- Berk, M., Jacka, F. N., Williams, L. J., Ng, F., Dodd, S., & Pasco, J. A. (2008). Is this D vitamin to worry about? Vitamin D insufficiency in an inpatient sample. *Australian & New Zealand Journal of Psychiatry*, 42(10), 874-878. doi:10.1080/00048670802345516. (PDF file)
- Penckofer, S., Kouba, J., Byrn, M., & Estwing Ferrans, C. (2010). Vitamin D and Depression: Where is all the Sunshine?. *Issues in Mental Health Nursing*, 31(6), 385-393. doi:10.3109/01612840903437657. (linked full text)

Question #3:

- Wellness Directory of Minnesota, personal view: http://www.mnwelldir.org/docs/mental_health/ptsd.htm
- Vietnam Veterans Association of Australia: <http://www.vvaa.org.au/experience.htm>

Copy the correct answers for your three reference topics:

Question #1: 660 days for an African Elephant, 645 days for an Asian Elephant

Question #2: Vitamin D levels are lower in people with depression than those without it. There is no evidence directly linking vitamin D deficiency to depression, but there is evidence that vitamin D can help relieve major depression and prevent other illnesses, such as diabetes and osteoporosis. It also has no side effects when used as a supplement properly.

Question #3: PTSD became real in ways that it never was before. We saw long-term effects of PTSD that was never treated or acknowledged. When the soldiers came home, they were rejected and spat on. Vietnam was never a declared war; it was a "conflict." In previous wars, people primarily suffered from short-term stress-related issues that were dealt with quickly at the beginning. In Vietnam, the veterans didn't show signs of stress initially. They came home and tried to go back to how things were before they left a short time before. It took six months or more for their major PTSD symptoms to show; and when they did, it was explosive. Many veterans ended up in prison when they really needed psychiatric help. Vietnam helped the psychiatric community realize that people were often affected by severe stress and that PTSD could affect people's behavior and decisions for decades afterwards.

"Vietnam was never a declared war; the tours of duty by soldiers were relatively short by comparison with those endured by their fathers and grandfathers. The conditions suffered by veterans were peculiar to their cankered war. An Australian statistical study has shown that infantry soldiers in World War II in any theatre, endured and suffered up to a total of 60 days under combat-like conditions. An infantryman in Vietnam endured on a comparable scale 300+ days of combat-like conditions. Although logistics, medical services and rest places were superior to World War II, duration of stress induced conditions was considerably lengthened and

became a point, that if making it through 'this patrol's 5 week seek and kill' after a 10 - 14 day pause it would be repeated again and again for the rest of the tour. Even the 'luxury' of a FSPB 3 week encampment still required day patrols and night ambushes.

WWII and Korean War soldiers came into Units for the war's duration. There were opportunities to become part of the Unit and to bond with your comrades in lifelong friendships. Vietnam soldiers did 12 month tours, a short time for any effective bonding to occur. Replacements came from Reinforcement Units and were only partly accepted, unlike those who trained and embarked with their Battalion. Average age of a Vietnam veteran was 20 years. Average age of WWII veteran was 26 years.

Said to the veteran: Above all, do not reproach yourself. Other veterans of other wars spent long periods in holding camps and on boat trips, unwinding after combat and were met by adoring crowds who welcomed them as heroes. You were dumped-on by toxic chemicals, saw your mates blown apart and 48 hours later found yourself in an unaware and uncaring society where its members were often openly hostile.”

Indicate the “best reference source” for each of your 3 reference questions.

Question #1:

Gestation, Longevity, and Incubation of Selected Animals. (2008). *World Almanac & Book of Facts*, 278. Retrieved from EBSCOhost.

Question #2:

Penckofer, S., Kouba, J., Byrn, M., & Estwing Ferrans, C. (2010). Vitamin D and Depression: Where is all the Sunshine?. *Issues in Mental Health Nursing*, 31(6), 385-393. doi:10.3109/01612840903437657. (linked full text)

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