

The background is a collage of three images: a historic library with high vaulted ceilings and wooden pews, a modern library with large glass windows and people studying at tables, and a computer workstation with multiple monitors displaying various images.

# **PSYC Honours Thesis**

## **LIBRARY RESOURCES & CITATION MANAGEMENT**

**Melissa Rivosecchi  
Head, Vanier Library  
(Librarian for Psychology)**

**October 8, 2025**



# Hi I'm Mel!

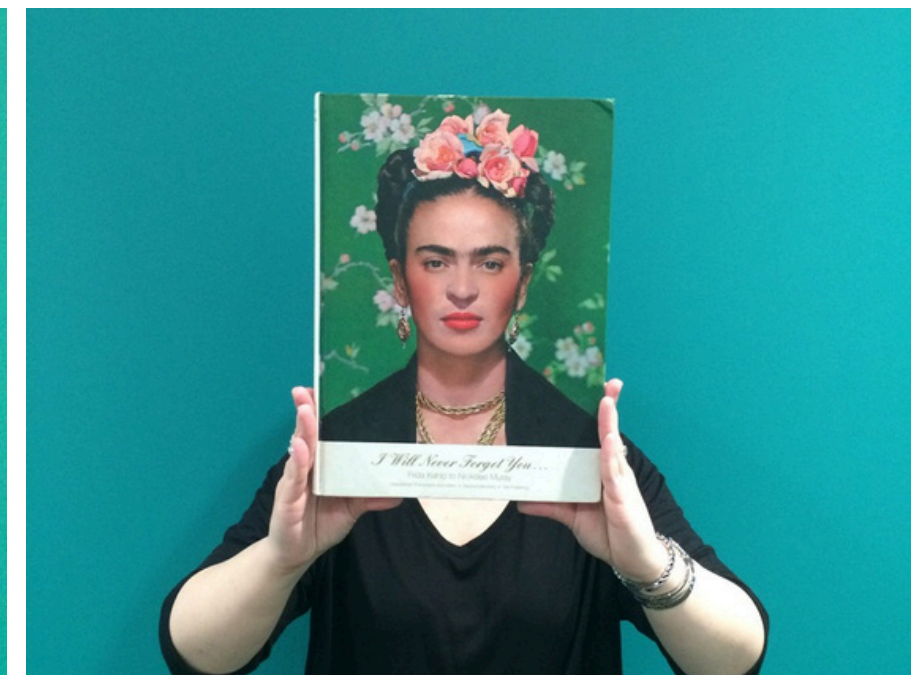


Head of Vanier Library and subject librarian  
for Psychology.

[melissa.rivosecchi@concordia.ca](mailto:melissa.rivosecchi@concordia.ca)

I can help with:

- Developing search strategies
- Finding resources
- Citation management





# TODAY'S OBJECTIVES



**ACCESS LITERATURE REVIEW  
RESOURCES**

**IDENTIFY RESOURCES FOR RESEARCH  
METHODS**

**ORGANIZE AND MANAGE REFERENCES AND  
RESEARCH DOCUMENTS WITH ZOTERO**

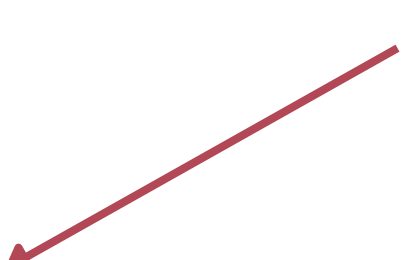
**INTEGRATE ZOTERO WITH A TEXT EDITOR**

Visit this QR code for links to  
slides and resources

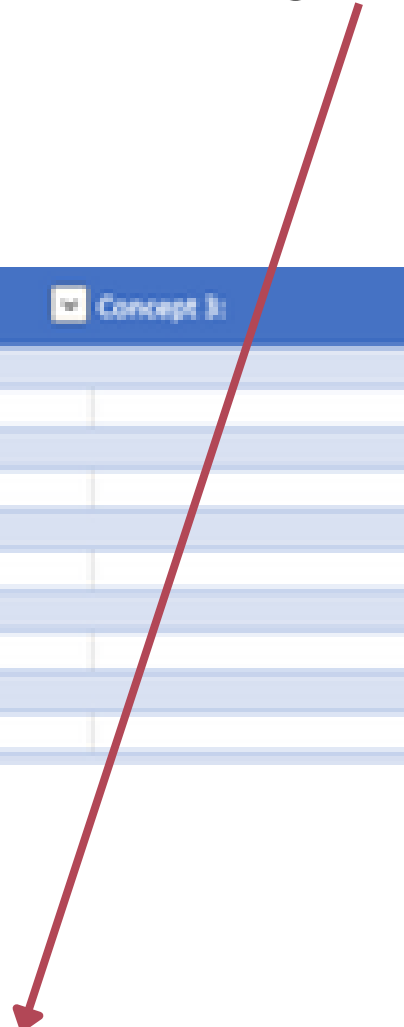


# HOW DO I KEEP TRACK OF ALL THIS INFORMATION?

## Literature Review Synthesis Matrix and Research Log templates



Citation (APA)	Methods	Intervention	Keywords / Subjects	Concept 1:	Concept 2:	Concept 3:	Key quotes	Gaps, problems, unresolved questions, notes on sources



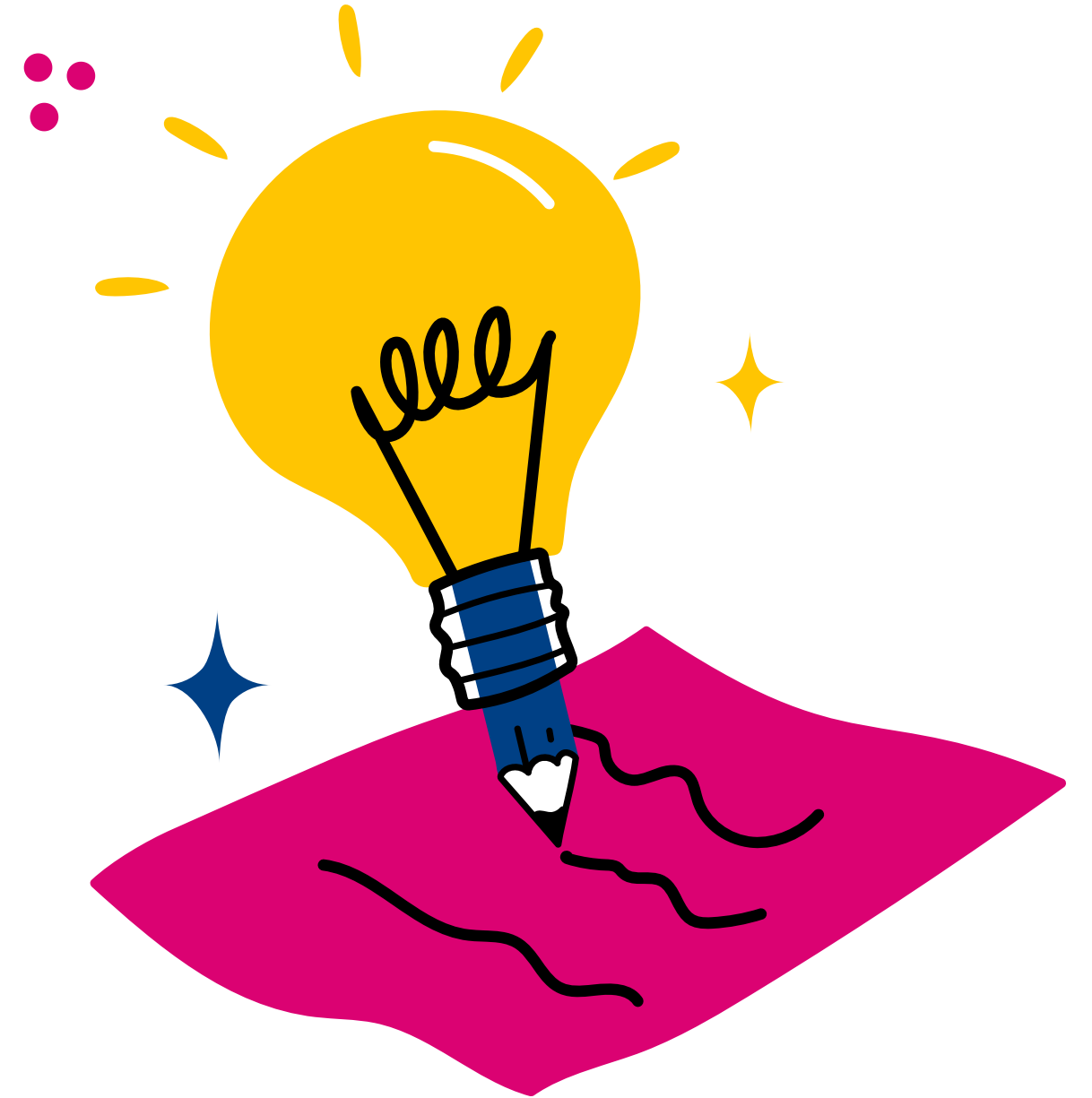
Date	Database name	Search terms	Search limits	Results
			Scholarly/Peer-reviewed	
18-Sep-23	Education Source		Date range	



# RESOURCES FOR WRITING LIT REVIEWS

The literature review : six steps to success (book)

How to write a literature review (guide).



# DATABASES

## **Core Databases**

- PsycINFO / APA PsycNet
- Medline
- PubMed Central (Free Journals)
- Education Source
- Google Scholar

**SAGE Research Methods Online**  
contains encyclopedias, dictionaries,  
books, journal articles and videos  
dealing with research methods in both  
theoretical and practical terms.



# SAGE RESEARCH METHODS ONLINE

## The Literature Review: Six Steps to Success

## Reviewing the Literature (Project planner)

The screenshot displays the Sage Research Methods Online website. The top navigation bar includes the Sage logo and links for Research Methods, Business, Skills, Video, Data, Campus, CQ Press, Reference & Academic Books, and a search icon. A user is signed in, with links to 'MY PROFILE' and 'Concordia ...'. The main search area shows '2,026 results found for literature review | x', with 'showing 1-20 results'. Below this are buttons for 'SAVE SEARCH' and 'EDIT SEARCH', and dropdown menus for 'Group results by: Work' and 'Sort by: Most relevant'. A 'Quick filters' sidebar is open, showing 'Content types' with 'All Content Types' selected. Other filters include Books, Reference, Journal Articles, Datasets, Cases, Videos, Project Planner, and Podcasts, each with a plus icon. An 'APPLY FILTER' button is at the bottom of the sidebar. The search results list the book 'The Literature Review: Six Steps to Success' by Lawrence A. Machi and Brenda T. McEvoy, published by Corwin in 2016. The book cover is shown, featuring the title 'LITERATURE Review' and the number '3'. The book is categorized as 'Books and Reference | Book' and has an 'Add to list' button. The 'Top search hits' section includes a link to 'Introduction Doing and Producing a Literature Review : An Overview' and a snippet of text: 'Introduction Doing and Producing a Literature Review : An OverviewGetting StartedChi ha fretta vada piano.In order to go fast, you must go slow.Key VocabularyComplex Literature Review—A review that extends the work of the simple review to identify and define an unanswered question requiring new primary...'. Below this is a link to 'Step Three: Search the Literature : Search Tasks and Tools' and a snippet: '... Step Three: Search the Literature : Search Tasks and ToolsVeni, vidi, vici.I came, I saw, I conquered.—Julius CaesarThe Literature Review ModelKey VocabularyLiterature Search—Collecting, cataloging, and documenting data that will determine salient works and refine the topic. Scanning—An organized search'.

This visualization demonstrates how methods are related and connects users to relevant content.

Sage Research Methods Business Skills Video Data Campus CQ Press Reference & Academic Books Search

Sage Research Methods Browse By Tools

Signed in: MY PROFILE Concordia ...

## Methods Map

This visualization demonstrates how methods are related and connects users to relevant content.

Search the methods map

- Methods Map**  
This visualization demonstrates how methods are related and connects users to relevant content.
- Project Planner**  
Find step-by-step guidance to complete your research project.
- Which Stats Test**  
Answer a handful of multiple-choice questions to see which statistical method is best for your data.
- Reading Lists**  
Create lists of favorite content with your personal profile for your reference or to share.

Share Help

A literature review is a descriptive area of study. The

ing to some topic or lew.

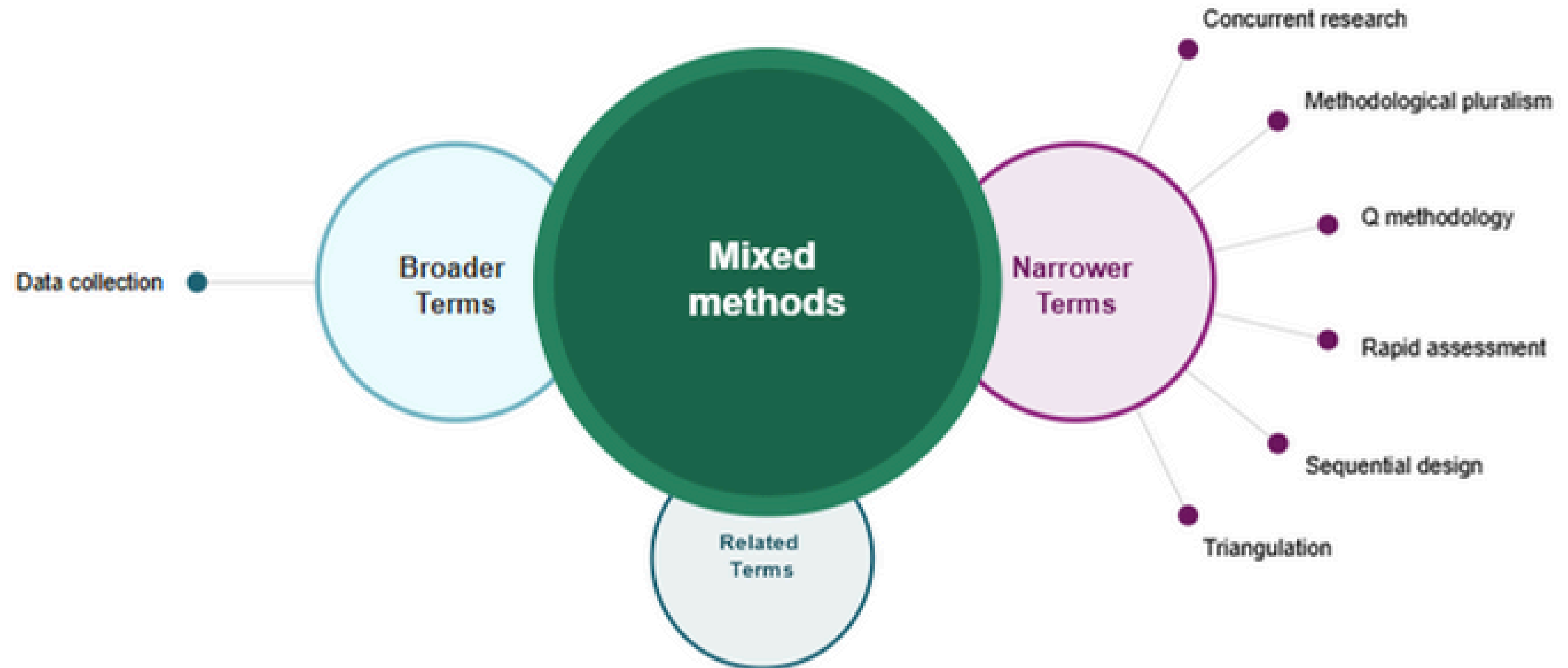
```
graph LR; Planning[Planning research] --- BT((Broader Terms)); BT --- LR((Literature review)); LR --- RT((Related Terms)); LR --- NT((Narrower Terms)); NT --- CA[Concept analysis]; NT --- CR[Critical reading, writing and thinking]; NT --- Crit[Critique]; NT --- ILR[Integrative literature review]; NT --- SR[Scoping review]; NT --- SR[Secondary research]; NT --- TL[Tertiary literature];
```



Term:  
**Mixed methods**

Inquiry that combines two or more methods. This particular term usually refers to mixing that crosses the quantitative qualitative boundary.

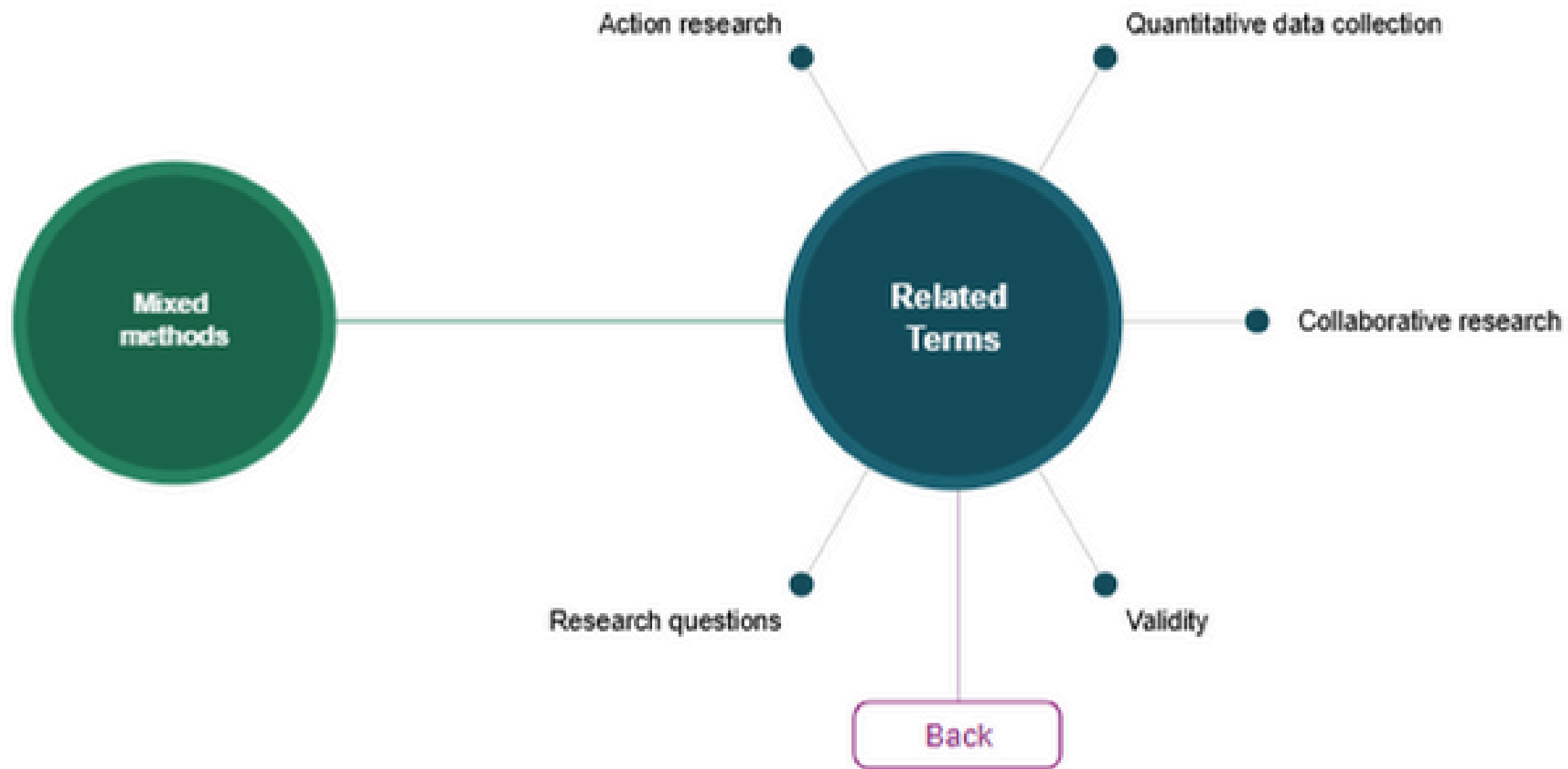
[Search all content on Mixed methods](#)



Term:  
**Mixed methods**

Inquiry that combines two or more methods. This particular term usually refers to mixing that crosses the quantitative qualitative boundary.

[Search all content on Mixed methods](#)





# RESEARCH METHODS RESOURCES



APA handbook of research methods in psychology (ebook)

Reporting quantitative research in psychology : how to meet APA style journal article reporting standards (print book)

ADVANCED RESEARCH METHODS FOR APPLIED PSYCHOLOGY : design, analysis and reporting (ebook)

# TYPES OF REVIEWS

A typology of reviews: An analysis of 14 review types and associated methodologies  
(Grant and booth, 2009)

DOI: 10.1111/j.1471-1842.2009.00848.x

*Review Article*

**A typology of reviews: an analysis of 14 review types and associated methodologies**

Maria J. Grant\* & Andrew Booth†, \*Salford Centre for Nursing, Midwifery and Collaborative Research (SCNMCR), University of Salford, Salford, UK, †School of Health and Related Research (ScHARR), University of Sheffield, Sheffield, UK

**Table 1** Main review types characterized by methods used

Label	Description	Methods used (SALSA)			
		Search	Appraisal	Synthesis	Analysis
Critical review	Aims to demonstrate writer has extensively researched literature and critically evaluated its quality. Goes beyond mere description to include degree of analysis and conceptual innovation. Typically results in hypothesis or model	Seeks to identify most significant items in the field	No formal quality assessment. Attempts to evaluate according to contribution	Typically narrative, perhaps conceptual or chronological	Significant component: seeks to identify conceptual contribution to embody existing or derive new theory
Literature review	Generic term: published materials that provide examination of recent or current literature. Can cover wide range of subjects at various levels of completeness and comprehensiveness. May include research findings	May or may not include comprehensive searching	May or may not include quality assessment	Typically narrative	Analysis may be chronological, conceptual, thematic, etc.



# OTHER SEARCH TIPS

Article citation and abstract database:

- Web of Science

Refer to the references/bibliography section of articles

# WHAT IS ZOTERO?

Management software for:

- **References**

- Stores and organizes citations from various sources (journal articles, books, websites, artworks, a data set, etc.).
- Supports tagging, collections, and smart folders for easy organization.
- Generates citations and bibliographies in multiple styles.

# WHAT IS ZOTERO?

Management software for:

- **Research documents**

- Allows attachment of PDFs, Word files, and other documents to reference entries.
- Offers built-in PDF reader with annotation tools for highlights and notes.
- Syncs across devices to access files anywhere.



# WHAT IS ZOTERO?

Management software for:

- **Notes**

- Add notes to individual references to summarize key points.
- Create standalone notes for general research ideas.
- Supports rich text formatting, making notes easy to organize.

# WHAT IS ZOTERO?

- **Not a Discovery Tool:**

- Unlike databases or academic search engines, Zotero does not suggest or recommend new research.
- Users must manually add sources from library databases, Google Scholar, or other repositories.

# CITATION GUIDES AND ZOTERO

## How to cite

- Quick guides for various citation styles

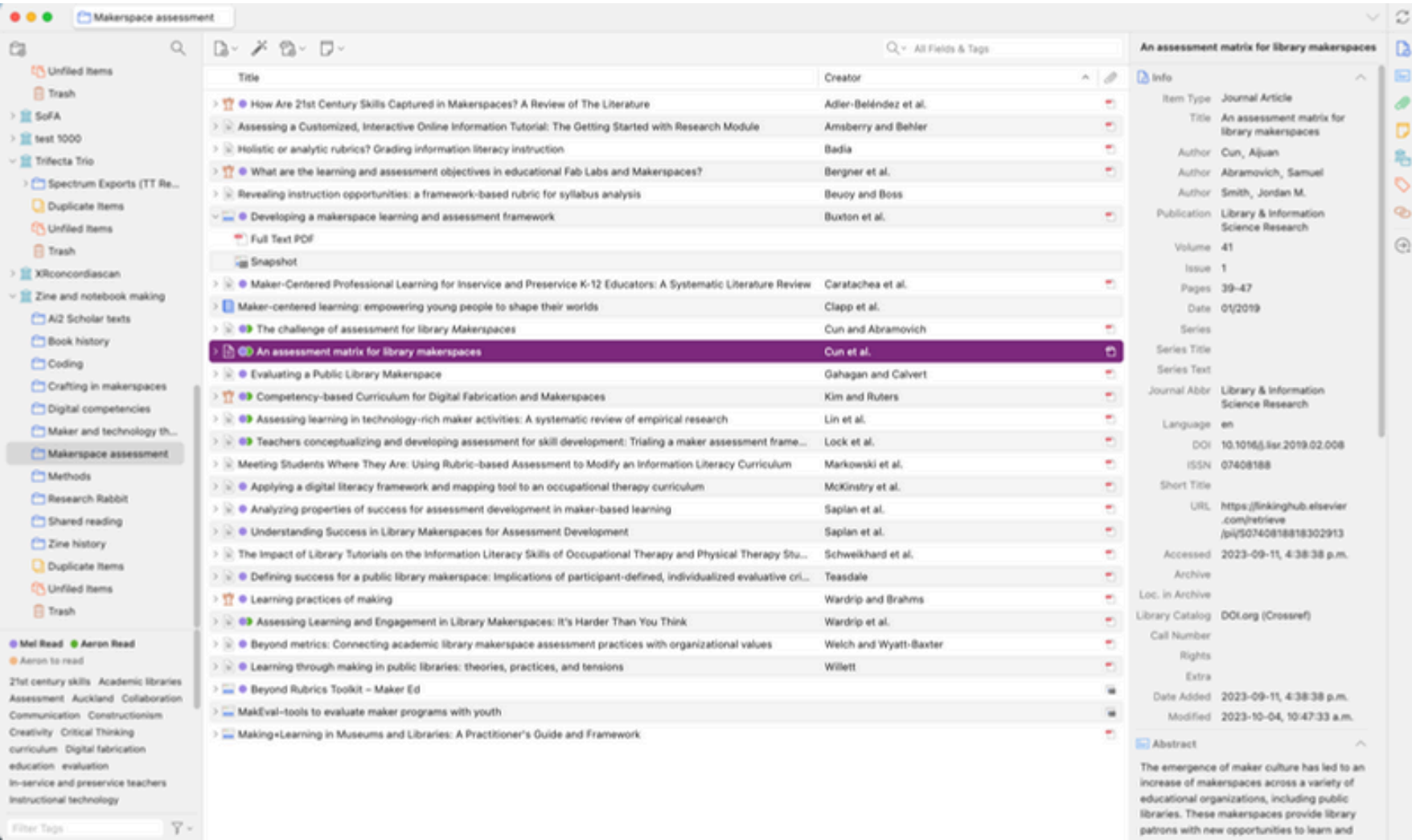
## Zotero

- Login/download Zotero
- How-to guides
- Word processor integration

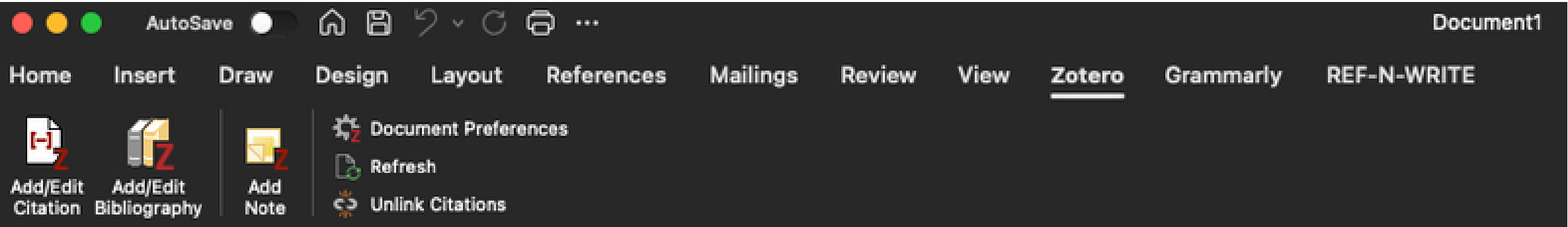
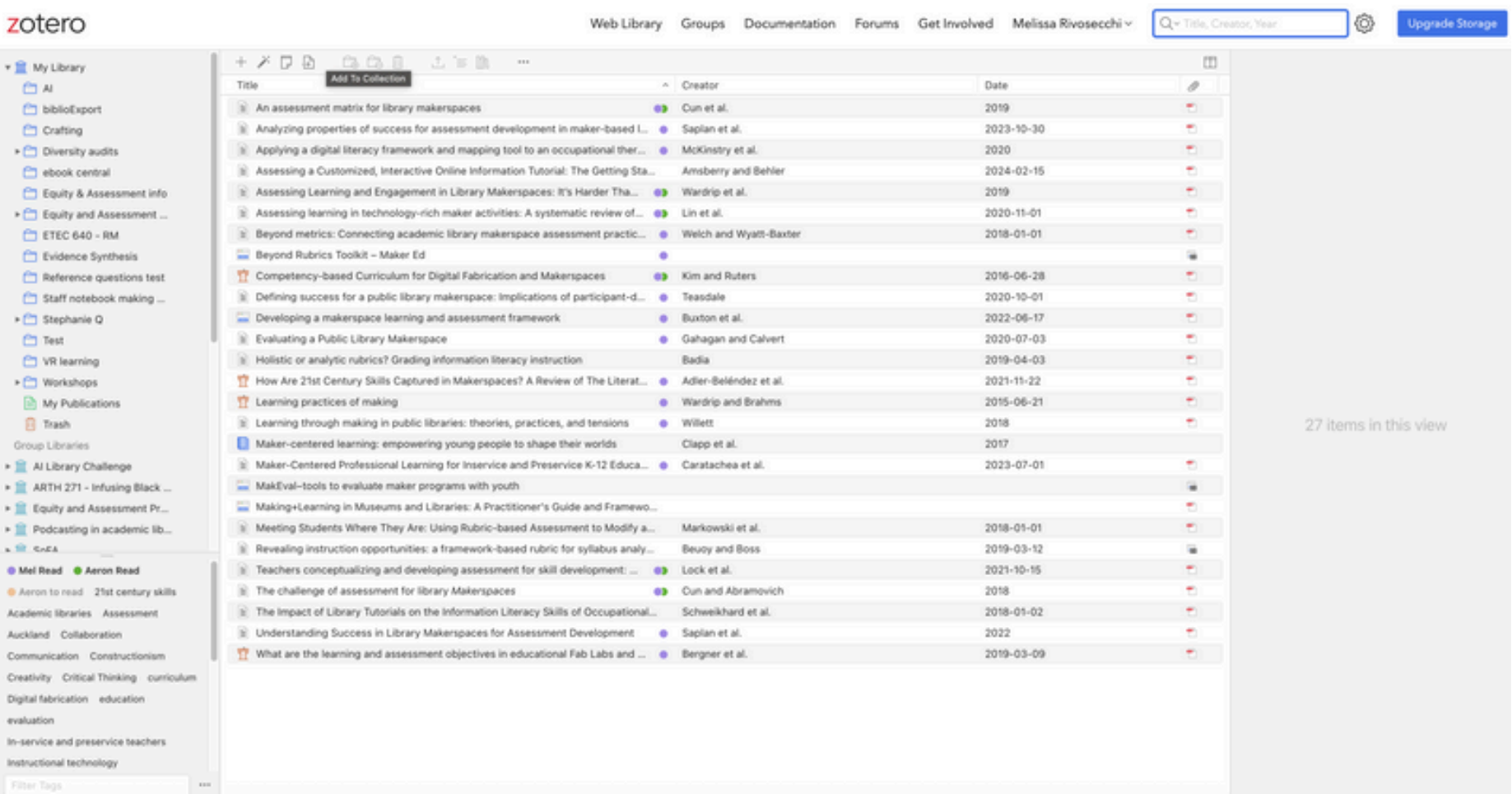
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# HOW DO I ACCESS ZOTERO?

Desktop application



Web browser version



Add-on for writing software

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In-service and preservice teachers

Instructional technology

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All Fields & Tags		
Title	Creator	
> How Are 21st Century Skills Captured in Makerspaces? A Review of The Literature	Adler-Beléndez et al.	
> Assessing a Customized, Interactive Online Information Tutorial: The Getting Started with Research Module	Amsberry and Behler	
> Holistic or analytic rubrics? Grading information literacy instruction	Badia	
> What are the learning and assessment objectives in educational Fab Labs and Makerspaces?	Bergner et al.	
> Revealing instruction opportunities: a framework-based rubric for syllabus analysis	Beuoy and Boss	
> Developing a makerspace learning and assessment framework	Buxton et al.	
Full Text PDF		
Snapshot		
> Maker-Centered Professional Learning for Inservice and Preservice K-12 Educators: A Systematic Literature Review	Caratachea et al.	
> Maker-centered learning: empowering young people to shape their worlds	Clapp et al.	
> The challenge of assessment for library Makerspaces	Cun and Abramovich	
> An assessment matrix for library makerspaces	Cun et al.	
> Evaluating a Public Library Makerspace	Gahagan and Calvert	
> Competency-based Curriculum for Digital Fabrication and Makerspaces	Kim and Rutgers	
> Assessing learning in technology-rich maker activities: A systematic review of empirical research	Lin et al.	
> Teachers conceptualizing and developing assessment for skill development: Trialing a maker assessment frame...	Lock et al.	
> Meeting Students Where They Are: Using Rubric-based Assessment to Modify an Information Literacy Curriculum	Markowski et al.	
> Applying a digital literacy framework and mapping tool to an occupational therapy curriculum	McKinstry et al.	
> Analyzing properties of success for assessment development in maker-based learning	Saplan et al.	
> Understanding Success in Library Makerspaces for Assessment Development	Saplan et al.	
> The Impact of Library Tutorials on the Information Literacy Skills of Occupational Therapy and Physical Therapy Stu...	Schweikhard et al.	
> Defining success for a public library makerspace: Implications of participant-defined, individualized evaluative cri...	Teesdale	
> Learning practices of making	Wardrip and Brahms	
> Assessing Learning and Engagement in Library Makerspaces: It's Harder Than You Think	Wardrip et al.	
> Beyond metrics: Connecting academic library makerspace assessment practices with organizational values	Welch and Wyatt-Baxter	
> Learning through making in public libraries: theories, practices, and tensions	Willett	
> Beyond Rubrics Toolkit - Maker Ed		
> MakEval-tools to evaluate maker programs with youth		
> Making+Learning in Museums and Libraries: A Practitioner's Guide and Framework		

An assessment matrix for library makerspaces

Info

Item TypeJournal Article

TitleAn assessment matrix for library makerspaces

AuthorCun, Aijuan

AuthorAbramovich, Samuel

AuthorSmith, Jordan M.

PublicationLibrary & Information Science Research

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Pages39-47

Date01/2019

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DOI10.1016/j.lisr.2019.02.008

ISSN07408188

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Accessed2023-09-11, 4:38:38 p.m.

Archive

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Library CatalogDOI.org (Crossref)

Call Number

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Date Added2023-09-11, 4:38:38 p.m.

Modified2023-10-04, 10:47:33 a.m.

Abstract

The emergence of maker culture has led to an increase of makerspaces across a variety of educational organizations, including public libraries. These makerspaces provide library patrons with new opportunities to learn and

Right panel includes information about the article (title, author, abstract, etc.)



Makerspace assessment

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Title	Creator
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Beyond Rubrics Toolkit – Maker Ed	
MakEval-tools to evaluate maker programs with youth	
Making+Learning in Museums and Libraries: A Practitioner's Guide and Framework	

An assessment matrix for library makerspaces

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> Making history: visual arts & Blackness in Canada	Crooks et al.
> British Eyes on Designs from Canada	DICKASOM
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> The Mohawk Warrior Society: a handbook on sovereignty and survival	Hall et al.
> MUSICAL: Little Cindy acquires cool sound, new faces	Hicklin
> Teachers' Zone   Canadian Museum of History	History
> Through African Canadian Eyes: Landscape Painting by Nineteenth and Early Twentieth Century African Canadi...	Johnson
> Black artists have been creating in this country for centuries. Canadian institutions didn't bother to look	Konguavi
> When and Where We Enter: Situating the Absented Presence of Black Canadian Art	Lecharite
> EDUCATION NEWSLETTER	McDonald-Brown
> Towards an African Canadian art history: art, memory, and resistance	Nelson et al.
> A History of the Exhibition 'In This Place'	Rasmussen
> Toot Sweet: When Jazz Ruled Montreal	Reynolds
> Unearthing buried histories of African Nova Scotian artists	Sharpones
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> DINING AROUND THE TOWN: A regular advertising feature	Walpole
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> The Airport Cab Caper	Young
> Adams, Desmond Rupert -	
> Blind Contour Homage Edith Hester McDonald by Marlene Lowden	
> Canadian Women Artists History Initiative : Artist Database : Artists : MACDONALD-BROWN, Edith Hester	
> Cover Girl - Canada's History	
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> Explore Archival Materials	
> How Canada Forgot Its Black Artists	
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> Researcher's archival exhibition spotlights 70 years of Black performance history in Canada   University of Toron...	


36 items in this view

Filter by tags

01\_PSYC

Sleep deprivation: Impact

557 6 / 17



Page 557

Declarative memory is explicit and limited, whereas non-declarative memory is implicit and has a...

Page 558

Estimating the compensatory effect of motivation in performance during SD is generally difficult,...

Page 561

Sleep structure changes with aging. Slow wave sleep and sleep efficiency decrease, and...

for inconsistencies in the SD results. It has been argued that low signal rates increase fatigue during performance in SD studies and that subjects may even fall asleep during the test (Dorrian et al 2005). Therefore, tasks with different signal loads may produce different results in terms of performance speed and accuracy.

## Long-term memory

Long-term memory can be divided between declarative and non-declarative (procedural) memory. Declarative memory is explicit and limited, whereas non-declarative memory is implicit and has a practically unlimited capacity. Declarative memory includes semantic memory, which consists of knowledge about the world, and episodic memory, which holds autobiographical information. The contents of declarative memory can be stored in visual or verbal forms and they can be voluntarily recalled. Non-declarative or procedural memory includes the information needed in everyday functioning and behavior, eg, motor and perceptual skills, conditioned functions and priming. In previous studies,

intact (Harrison and Horne 2000). In verbal memory, the same pattern was observed (Drummond et al 2000). One explanation may be different neural bases, which supports the prefrontal vulnerability hypothesis. Episodic memory is strongly associated with the functioning of the medial temporal lobes (Scoville and Milner 2000), but during free recall in a rested state, even stronger brain activation is found in the prefrontal cortex (Hwang and Golby 2006). It is unclear whether this prefrontal activation reflects episodic memory function, the organization of information in working memory, or the executive control of attention and memory. Recognition, instead, presumably relies on the thalamus in addition to medial temporal lobes (Hwang and Golby 2006). Since SD especially disturbs the functioning of frontal brain areas (Drummond et al 1999; Thomas et al 2000), it is not surprising that free recall is more affected than recognition.

Although the prefrontal cortex vulnerability hypothesis has received wide support in the field of SD research, other brain areas are also involved. For instance, the exact role of the thalamus remains unknown. Some studies measur-

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02\_Test

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Sleep deprivation: Impact on cognitive performance

Available Version

Sleep deprivation and disease: effects on the body, brain and behavior

Poor sleep quality impairs cognitive performance in older adults

Comparison of multidomain assessment outcomes between older and middle-aged adults following concussion

Full Text PDF

Evaluating the effect of a sleep prehabilitation intervention in patients awaiting elective surgery: Protocol for a single-center, randomized controlled trial

Snapshot

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Generate Report from Item...

Title	Creator
Sleep deprivation: Impact on cognitive performance	Alhola and Polo-Kantola
Available Version	
Sleep deprivation and disease: effects on the body, brain and behavior	Blanchi
Poor sleep quality impairs cognitive performance in older adults	Miyata et al.
Comparison of multidomain assessment outcomes between older and middle-aged adults following concussion	Ramirez et al.
Full Text PDF	
Evaluating the effect of a sleep prehabilitation intervention in patients awaiting elective surgery: Protocol for a single-center, randomized controlled trial	Sibley et al.
Snapshot	

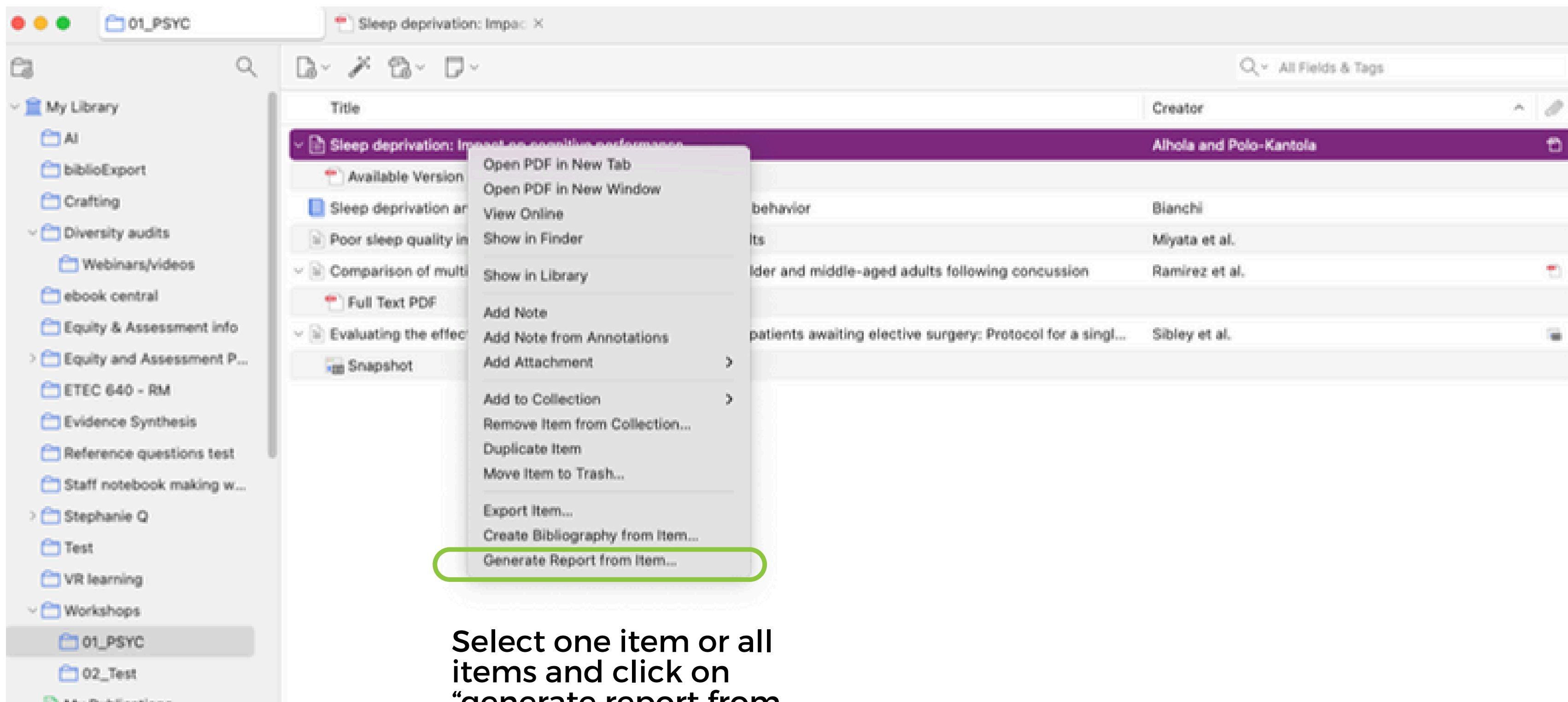
Title	Creator
Sleep deprivation: Impact on cognitive performance	Alhola and Polo-Kantola
Annotations (2025-10-07, 8:47:30 p.m.)	
Available Version (via Google Scholar)	
Sleep deprivation and disease: effects on the body, brain and behavior	Blanchi
Poor sleep quality impairs cognitive performance in older adults	Miyata et al.
Comparison of multidomain assessment outcomes between older and middle-aged adults following concussion	Ramirez et al.
Full Text PDF	
Evaluating the effect of a sleep prehabilitation intervention in patients awaiting elective surgery: Protocol for a single-center, randomized controlled trial	Sibley et al.
Snapshot	

Annotations  
(2025-10-07, 8:47:30 p.m.)

"Declarative memory is explicit and limited, whereas non-declarative memory is implicit and has a practically unlimited capacity. Declarative memory includes semantic memory, which consists of knowledge about the world, and episodic memory, which holds autobiographical information." (Alhola and Polo-Kantola, 2007, p. 557)

"Estimating the compensatory effect of motivation in performance during SD is generally difficult, because persons participating in research protocols, especially in SD studies, usually have high initial motivation" (Alhola and Polo-Kantola, 2007, p. 558)

"Sleep structure changes with aging. Slow wave sleep and sleep efficiency decrease, and alterations in the circadian rhythm occur (for reviews, see Dzaja et al 2005; Gaudreau et al 2005). Sleep complaints also become more frequent (Leger et al 2000)." (Alhola and Polo-Kantola, 2007, p. 561)



Select one item or all items and click on “generate report from item...”



# **DEMO: ZOTERO DESKTOP**

# HIGHLIGHTS AND COMPARISONS

## Desktop version

- Import references from web browser
- Create a bibliography
- Add/edit/remove references from a shared library
- Insert citations in LibreOffice, Microsoft Office or Google Docs
- Add features (e.g. auto-capture PDF annotations)

## Web version

- Import references from a web browser
- Create a bibliography
- Add/edit/remove references from a shared library
- Create a shared library
- Access from any computer
- Requires Internet connection
- 300 MB free storage

# BUILDING YOUR PERSONAL DATABASE OF REFERENCES: IMPORTING FROM GOOGLE SCHOLAR

The image shows a Google Scholar search interface. The search bar contains the text "sleep quality cognitive performance". Below the search bar, the results are listed. The first result is "Poor sleep quality impairs cognitive performance in older adults" by S Miyata, A Noda, K Iwamoto, N Kawano, et al. The second result is "The relationship between subjective sleep quality and cognitive performance in healthy young adults: Evidence from three empirical studies" by Z Zavecz, T Nagy, A Galkó, L Lemeth, K Janacsek. The third result is "Sleep quality and cognitive performance in 8-year-old children" by EJ Paavonen, K Räikkönen, AK Pesonen, J Lahti, et al. The fourth result is "Self-reported sleep quality predicts poor cognitive performance in older adults" by RD Nebes, DJ Buysse, EM Halligan, et al.

A green circle highlights the "Cite" button for the first article. A green arrow points from this button to the "Cite" dialog box on the right. The "Cite" dialog box shows the citation for the first article in various formats: MLA, APA, Chicago, Harvard, and Vancouver. At the bottom of the dialog box, there are buttons for "BibTeX", "EndNote", "RefMan", and "RefWorks". The "EndNote" button is circled in green.

**Google Scholar** sleep quality cognitive performance

Articles About 1,740,000 results (0.12 sec)

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**Poor sleep quality impairs cognitive performance in older adults**  
S Miyata, A Noda, K Iwamoto, N Kawano... - *Journal of sleep ...*, 2013 - Wiley Online Librar...  
... performance. We hypothesized that short sleep duration and sleep quality influence co...  
performance in older adults. The study included 78 adults aged 60 years and over ( $72.2 \pm$  ...  
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... to placebo or nocebo effects on cognitive performance 1,2 ... between experienced su...  
sleep quality and cognition is still ... sleep quality is associated with cognitive performa...  
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**Sleep quality and cognitive performance in 8-year-old children**  
EJ Paavonen, K Räikkönen, AK Pesonen, J Lahti... - *Sleep medicine*, 2010 - Elsevier  
... The present study examined how sleep duration and sleep quality are associated with...  
cognitive performance in 8-year-old children using standardized neurocognitive tests. ...  
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RD Nebes, DJ Buysse, EM Halligan... - *Journals of ...*, 2009 - academic.oup.com  
... This study examined the relation between sleep quality and cognitive performance in older...  
... on the basis of their sleep, did report substantial variability in sleep quality. Good and poor ...  
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MLA Miyata, Seiko, et al. "Poor sleep quality impairs cognitive performance in older adults." *Journal of sleep research* 22.5 (2013): 535-541.

APA Miyata, S., Noda, A., Iwamoto, K., Kawano, N., Okuda, M., & Ozaki, N. (2013). Poor sleep quality impairs cognitive performance in older adults. *Journal of sleep research*, 22(5), 535-541.

Chicago Miyata, Seiko, Akiko Noda, Kunihiro Iwamoto, Naoko Kawano, Masato Okuda, and Norio Ozaki. "Poor sleep quality impairs cognitive performance in older adults." *Journal of sleep research* 22, no. 5 (2013): 535-541.

Harvard Miyata, S., Noda, A., Iwamoto, K., Kawano, N., Okuda, M. and Ozaki, N., 2013. Poor sleep quality impairs cognitive performance in older adults. *Journal of sleep research*, 22(5), pp.535-541.

Vancouver Miyata S, Noda A, Iwamoto K, Kawano N, Okuda M, Ozaki N. Poor sleep quality impairs cognitive performance in older adults. *Journal of sleep research*. 2013 Oct;22(5):535-41.

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sleep quality cognitive performance



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### Poor sleep quality impairs cognitive performance in older adults

Miyata, A Noda, K Iwamoto, N Kawano... - *Journal of sleep*... 2013 - Wiley Online Library

... performance. We hypothesized

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- ☐ Sleep deprivation: Impact on cognitive performance
- ☐ Poor sleep quality is negatively associated with low cognitive performance in general population
- ☐ Associations between sleep duration, sleep quality, and cognitive test performance among older adults
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# BUILDING YOUR PERSONAL DATABASE OF REFERENCES: CITATION/EXPORT BUTTON IN A LIBRARY DATABASE

The image shows a screenshot of the APA PsycNet website. The main navigation bar includes 'SEARCH', 'BROWSE', and 'APA THESAURUS'. A green arrow points from the 'EXPORT' button in the citation details to an 'Export' modal window. The modal window has a title bar 'Export' and a close button 'x'. It contains a dropdown menu 'Export to' set to 'Zotero'. Below this, it says 'Selected Records on Page (1)'. A 'Note:' section states: 'APA PsycNet does not currently support exports from PsycExtra, PsycTherapy and PsycTests. Some titles in our records require editing to conform to APA Style. We are working to standardize titles to ensure capitalization conforms to APA Style.' At the bottom right of the modal is a green 'Go' button. The background shows a citation for Lau, P. H., & Carney, C. E. (2025). Mapping out Canadian adolescent sleep patterns: A review. *Journal of Behavioural Science / Revue canadienne des sciences du comportement*, 57(1), 1-10. doi:10.1037/cbs0000426. The citation is under the heading 'Citation' and 'Abstract'. The abstract text is partially visible.

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SEARCH BROWSE APA THESAURUS

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Mapping out Canadian adolescent sleep patterns

EXPORT Add to My List Request Permissions

Lau, Parky, H. Carney, Colleen E.

Citation

Lau, P. H., & Carney, C. E. (2025). Mapping out Canadian adolescent sleep patterns: A review. *Journal of Behavioural Science / Revue canadienne des sciences du comportement*, 57(1), 1-10. doi:10.1037/cbs0000426

Abstract

Adolescence represents a period of marked vulnerability for sleep difficulties because of maturations in sleep systems that push towards more sleep opportunity and psychosocial factors (e.g., early school start times) that limit sleep. Adolescents are a unique population that has been understudied in terms of empirical rigour and would benefit from a comprehensive investigation of sleep patterns using a mixed-methods approach. We conducted a community-based participatory research study (student  $n = 369$ , school  $n = 6$ ) in private high schools using a combination of quantitative and qualitative survey questions. Descriptive and between-group analyses were conducted to understand adolescent sleep patterns and how sleep patterns differed between age groups. Qualitative survey data were analyzed using reflexive thematic analysis. Nearly half of the students did not meet the recommended sleep duration. There was also significant weekly variability in bed and rise times, contributing to jet lag symptoms. Older students preferred to go to bed and get out of bed later compared to their younger counterparts. Qualitative analyses dovetailed with these

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## Comparison of multidomain assessment outcomes between older and middle-aged adults following concussion.

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Ramirez, Nathan R. Zynda, Aaron J. Perry, Courtney Collins, Brooke Jasper, Heather A. French, Jonathan E. Collins, Michael W. Trbovich, Alicia M. Kontos, Anthony P.

Citation

Ramirez, N. R., Zynda, A. J., Perry, C., Collins, B., Jasper, H. A., French, J. E., Collins, M. W., Trbovich, A. M., & Kontos, A. P. (2025). Comparison of multidomain assessment outcomes between older and middle-aged adults following concussion. *Neuropsychology*. Advance online publication. <https://doi-org.lib-ezproxy.concordia.ca/10.1037/neu0001032>

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# BUILDING YOUR PERSONAL DATABASE OF REFERENCES: BROWSER EXTENSION & SOFIA

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1




**Sleep deprivation and disease : effects on the body, brain and behavior**

Authors:  [Matt T. Bianchi 1974](#) : (Editor)

 eBook 2014  
in Springer eBooks  
New York, NY : Springer, 2014.

**Summary:** The cognitive and behavioral implications of **sleep deprivation** have been noted in the medical literature for many years. In addition, emerging research continues to demonstrate the contribution of **sleep deprivation** to some of the most common and costly health conditions today. **Sleep Deprivation and Disease** provides clinically relevant scientific information to

Show More




**More Author/Title Info:** Matt T. Bianchi, editor.


**Physical Description:** 1 online resource (xiii, 287 pages) : illustrations (some color)


**Contents:** Part I. Introduction -- **Sleep Deprivation**: Practical and Philosophical Considerations / Matt T. Bianchi -- Part II. Sleep Physiology, Measurement, and Experimental Deprivation -- The Functional Impact of **Sleep Deprivation**, Sleep Restriction, and Sleep Fragmentation / Michelle A. Short and Siobhan Banks -- Methods for Human **Sleep Deprivation**

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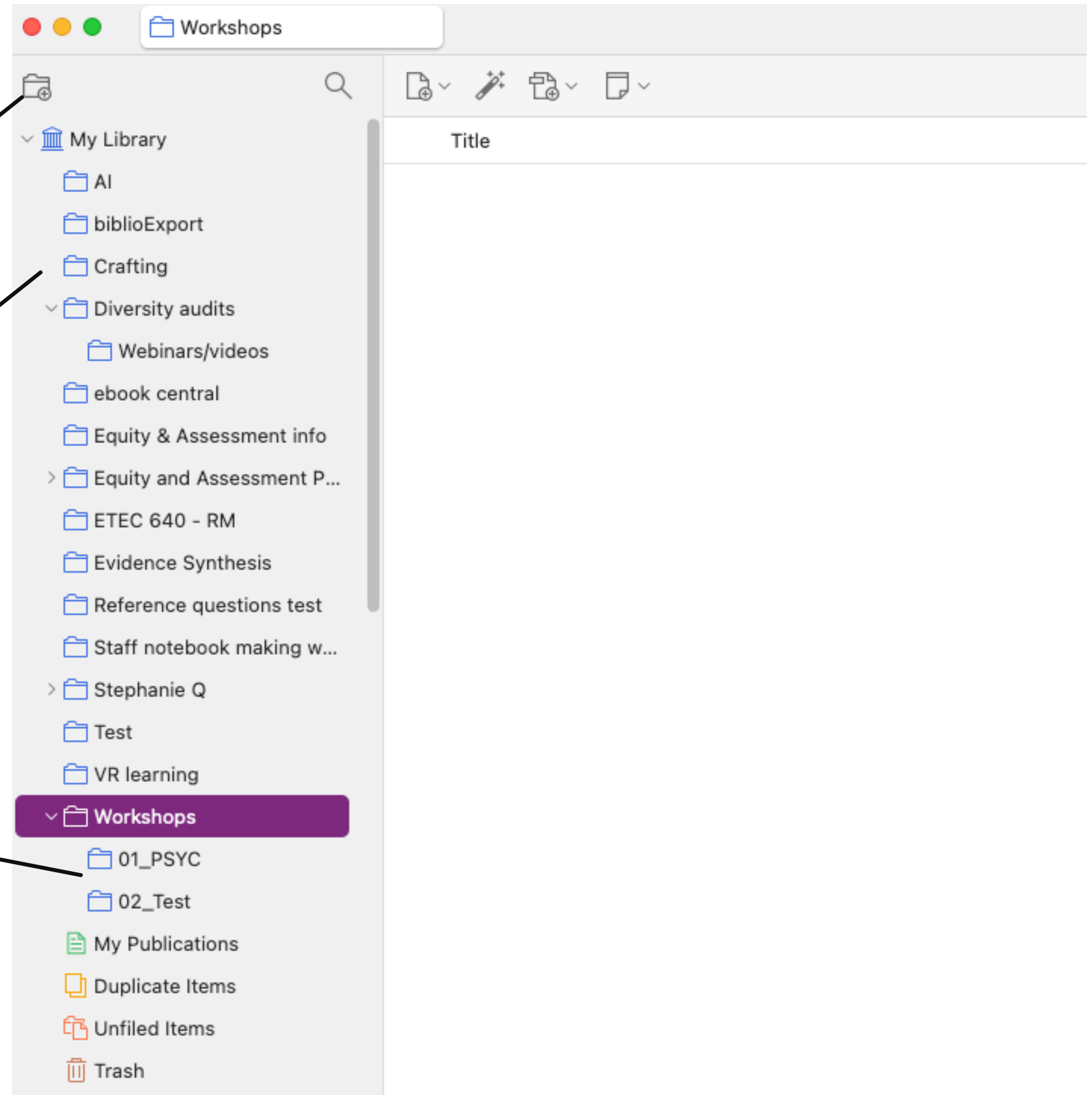


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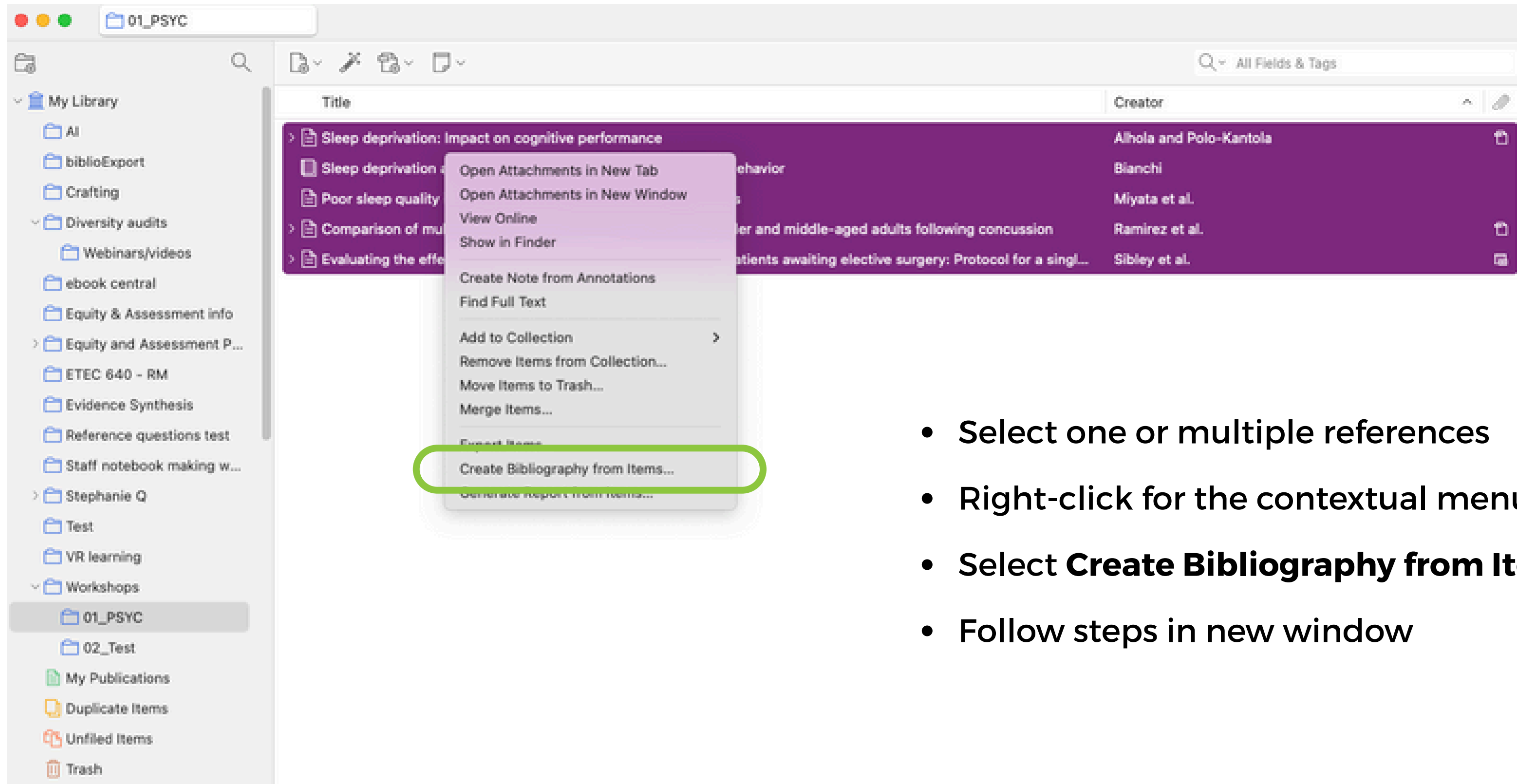
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Develop a hierarchy of file folders:  
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Zotero will automatically classify in  
numeric-alpha order: use numbers to  
control the order of appearance of each  
folder



# ORGANIZING AND CITING



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# ORGANIZING AND CITING

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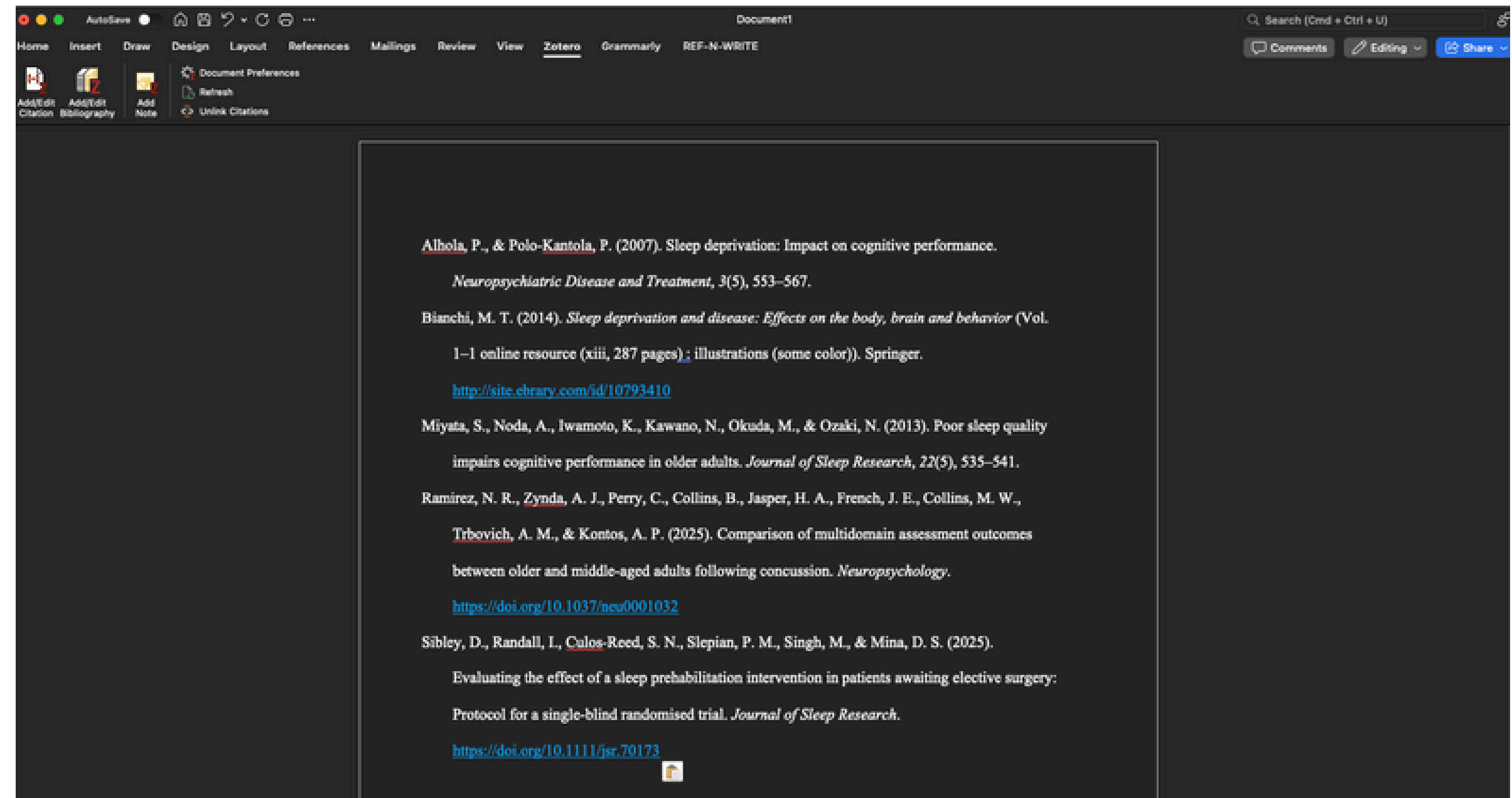
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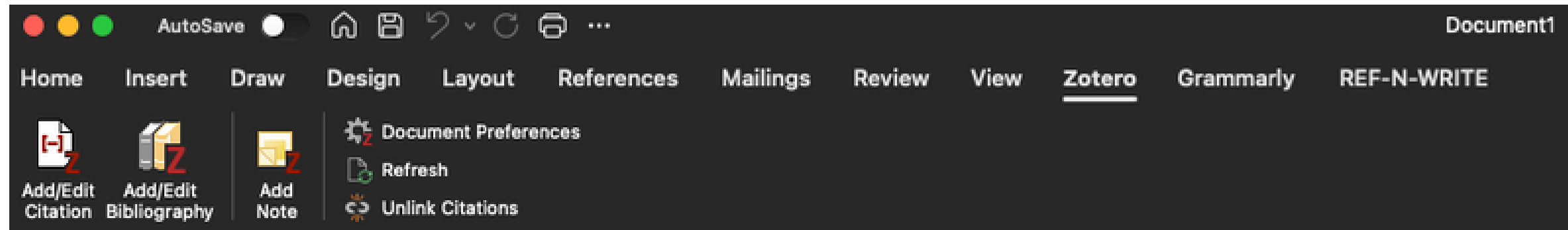
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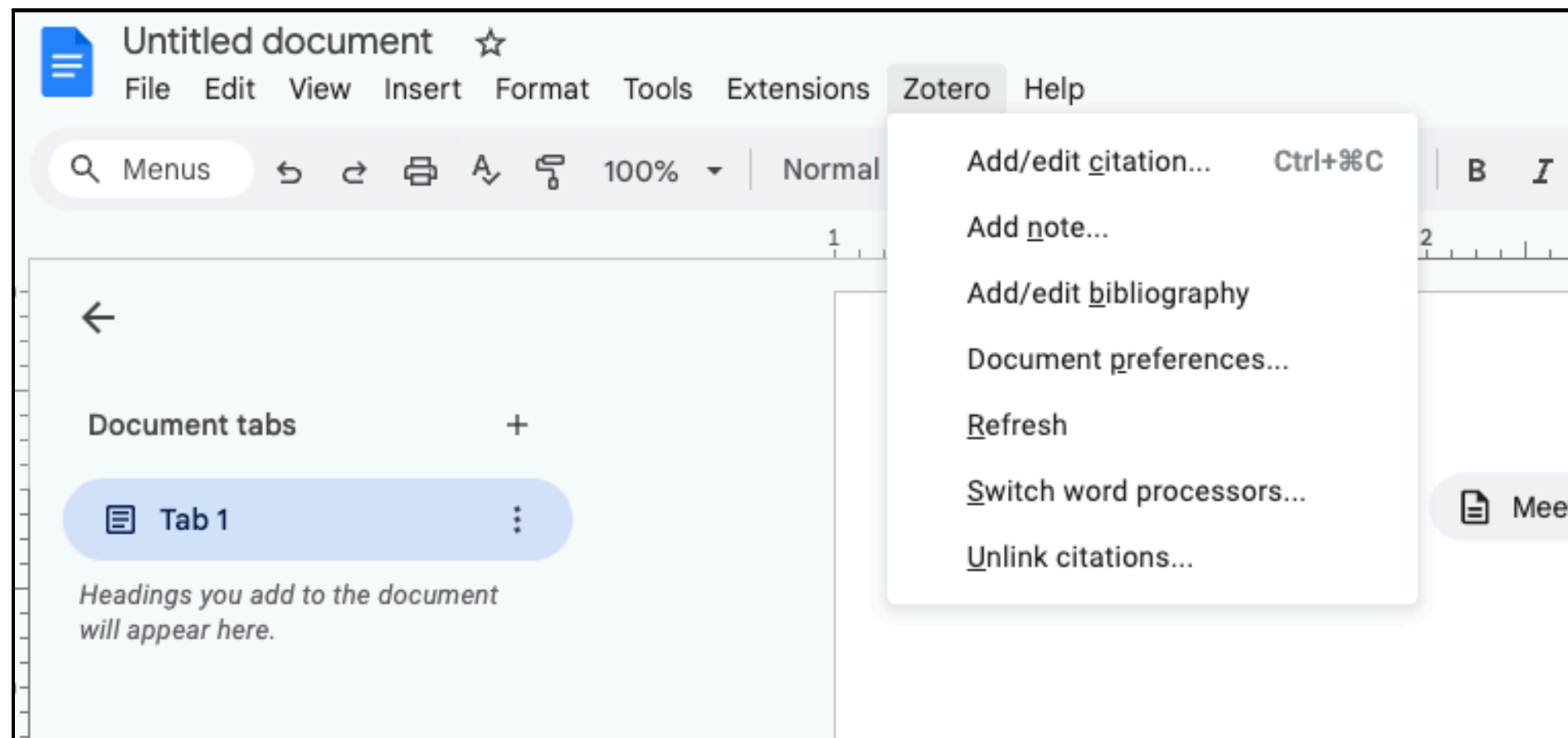
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# INTEGRATION IN TEXT EDITORS



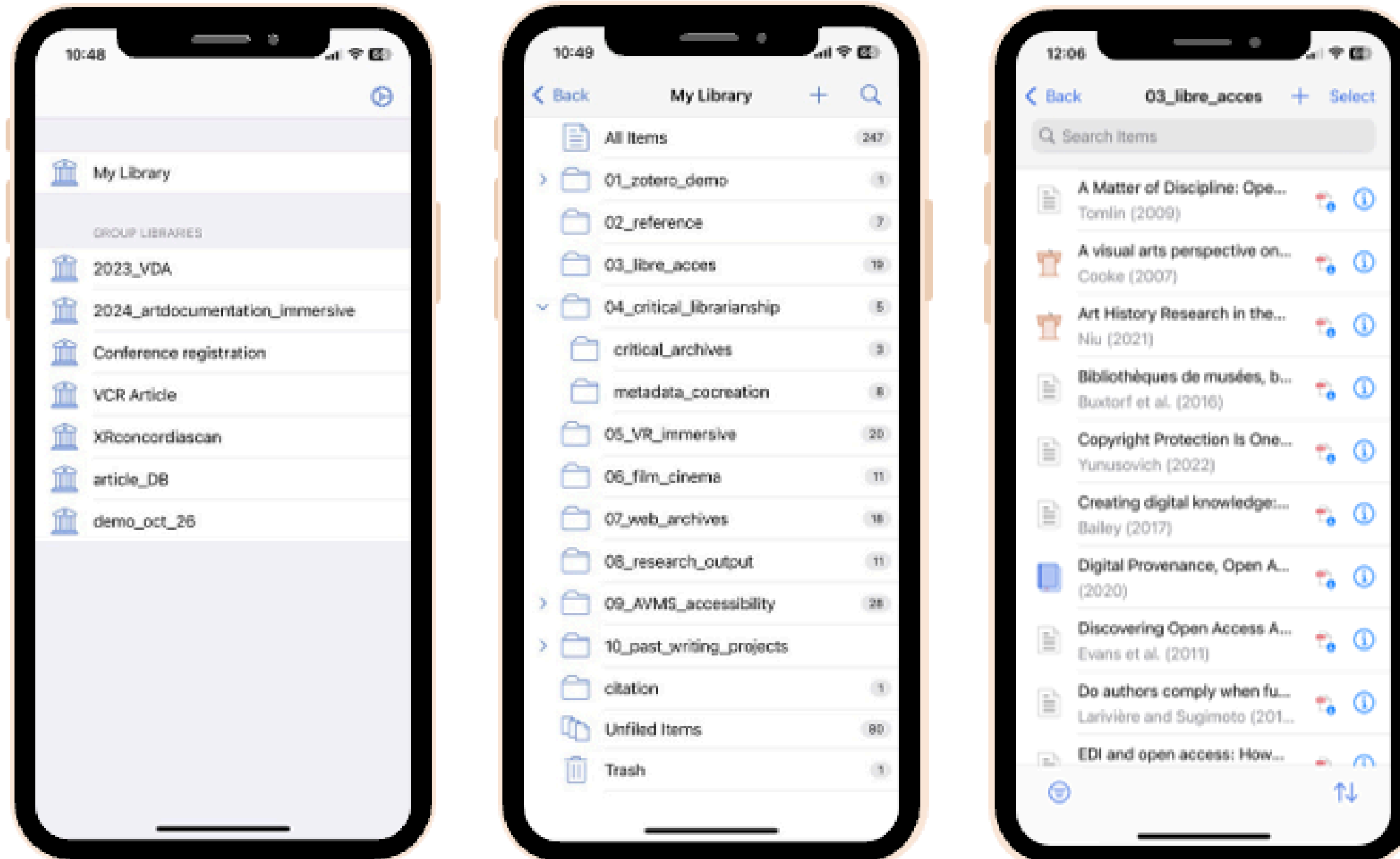
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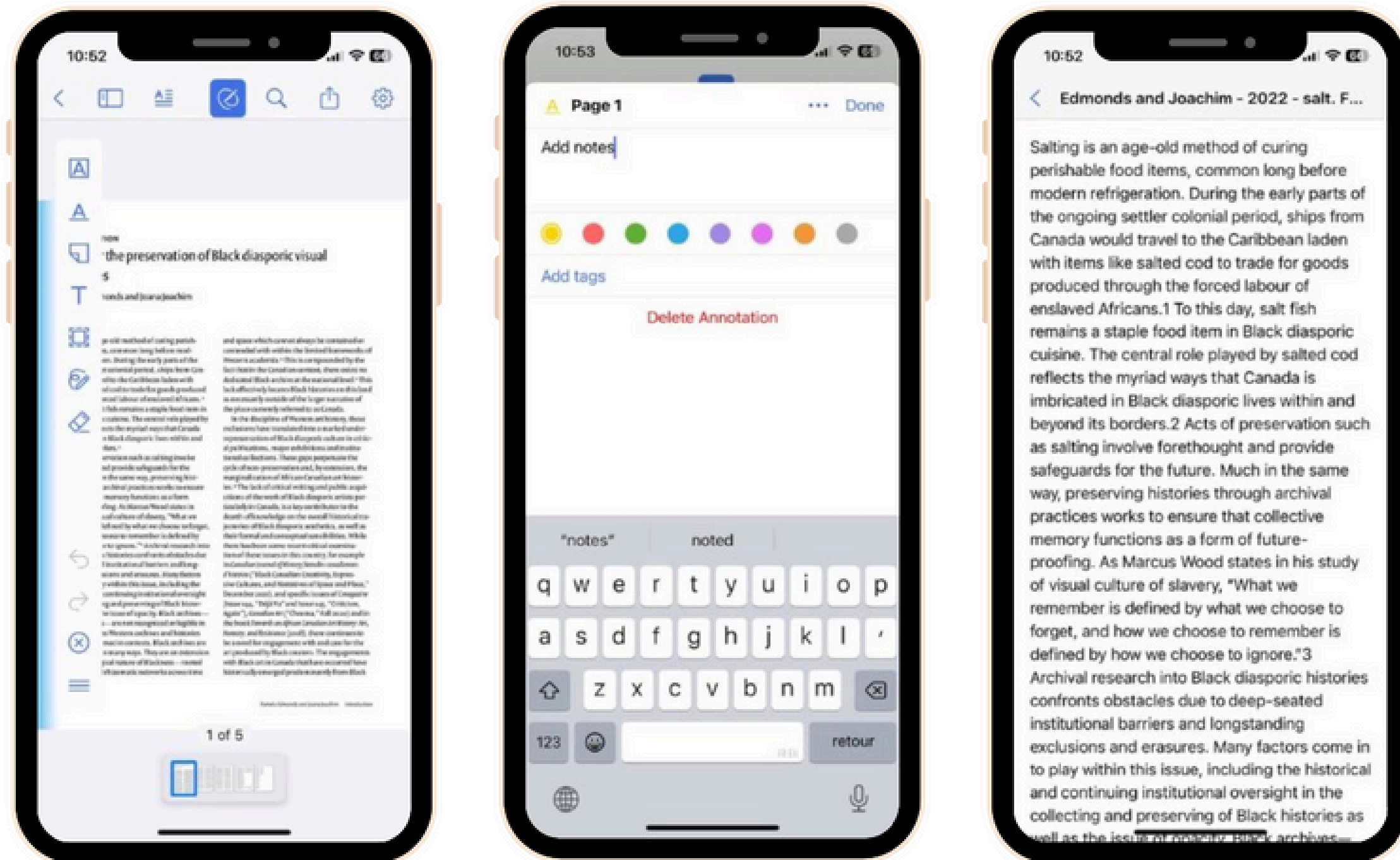


# WORK AS YOU GO: ACCESS ZOTERO ON A MOBILE DEVICE



- Access to your personal libraries and group libraries
- Read and annotate your documents
- Synced on all your devices

# WORK AS YOU GO: ACCESS ZOTERO ON A MOBILE DEVICE



- Tools to highlight, make annotations, add text, add square shapes, freehand tool, eraser.
- Mobile friendly reading view

# **NEXT STEPS WITH ZOTERO...**

1. Create a Zotero account.
2. Download Zotero and browser extension (+ Word/Google doc add-in).
3. Create a collection.
4. Save a record from a database to Zotero using Browser extension button.
5. Add a note to a record.
6. Create a tag.
7. Markup a PDF.

A photograph of a modern library interior. On the left, there is a long study area with wooden tables and chairs, adjacent to a large window. On the right, there are tall bookshelves filled with books. The ceiling has exposed concrete beams and fluorescent lighting. The text 'library SERVICES' is overlaid in the center, with 'library' in a red script font and 'SERVICES' in a bold black sans-serif font.

# *library* **SERVICES**

# ASK US! SERVICE



**Ask us! desk**

A screenshot of a web-based chat service form. It has three input fields: "Name (optional)", "Your email address\*", and "Your question\*". Below the fields are two buttons: "Start chat" and "Minimize chat". The form is white with a light gray border.

**Chat service**



**Phone/email**

# WORKSHOPS & EVENTS

Visit our [library events page](#) to check out our events,  
general workshops and technology sandbox workshops!

Thinking Critically  
about AI Tools

Arduino 101

Therapy dogs

VR Bootcamp

Researching  
Indigenous topics

Design for 3D  
Printing

# Events

Search for event...

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Filters applied: Calendar: Events; Category: Technology Sandbox; Campus: Loyola; Include Events: Show All Events

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[iCal](#)

Change View:

OCT 9

Thu, 2:00pm - 4:00pm

In-Person

Loyola, VL 122

Design for 3D Printing - LOYOLA EDITION

This introductory workshop will provide you with the skills needed to design models for the Sandbox 3D printers. After completing this workshop you will be able to explain the basi...

General workshop seri...

Technology Sandbox

1 SEAT LEFT

OCT 23

Thu, 3:00pm - 5:00pm

In-Person

Loyola, Vanier Library

Live Demo - 3D Printing - LOYOLA

Drop by to see a 3D printer in action. Get all your questions answered by a technician about how to find and prepare prints so you are ready to use the free 3D printing service at the Sir...

Technology Sandbox

OCT 30

Thu, 3:00pm - 5:00pm

In-Person

Loyola, Vanier Library

VR Gaming - LOYOLA

Drop by the Vanier Library 3rd floor to try a selection of VR games. There is one important rule; do not start with zombies. This event is planned for VL-3 (Vanier Library - Third floor)...

Technology Sandbox

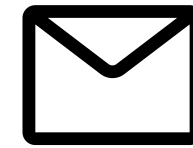




# BORROWING



- New iPad Pros!
- Accessories (mobile chargers, headphones, headsets, noise cancelling headsets)
- Equipment (calculators, white board markers...)
- Laptops
- Anatomical models (in library use)
- Leisure Collection



**MELISSA. RIVOSECCHI@CONCORDIA.CA**

Contact me for research help  
and/or to set up an appointment  
(via Zoom or in person)!