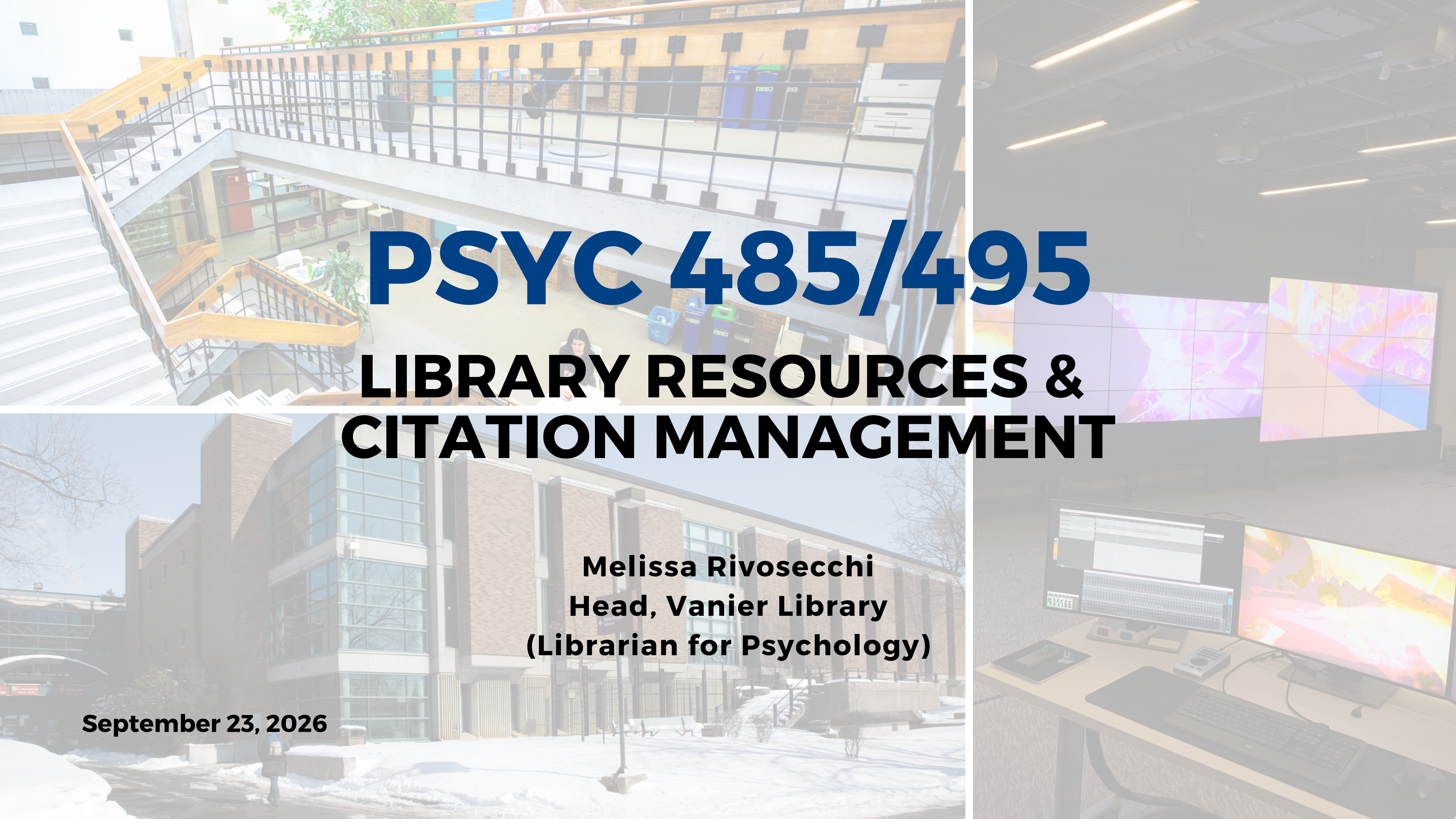




PSYC 485/495

LIBRARY RESOURCES & CITATION MANAGEMENT

Melissa Rivosecchi
Head, Vanier Library
(Librarian for Psychology)

September 23, 2026

Hi I'm Mel!

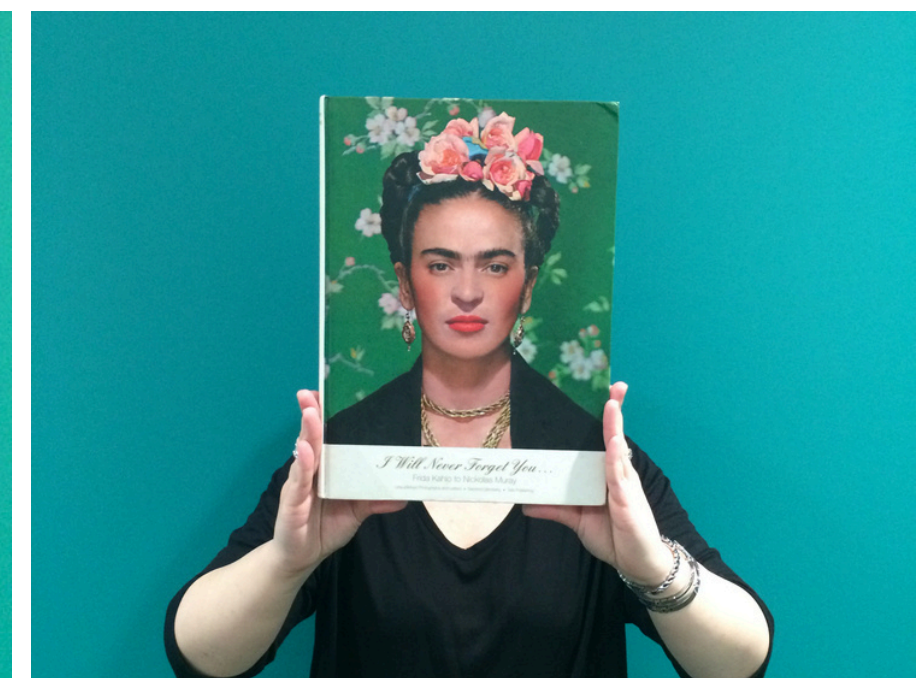
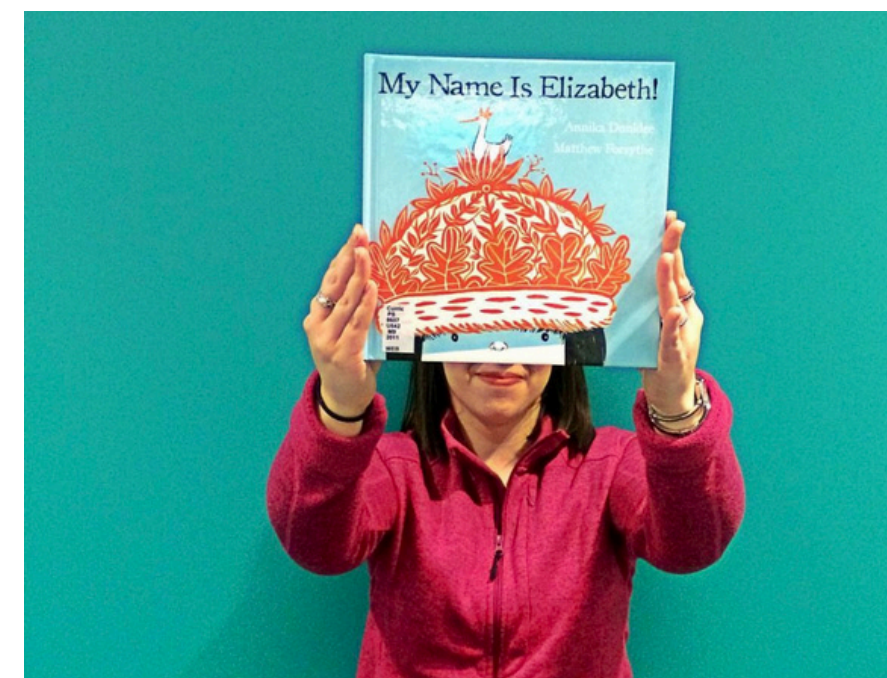


Head of Vanier Library and subject librarian
for Psychology.

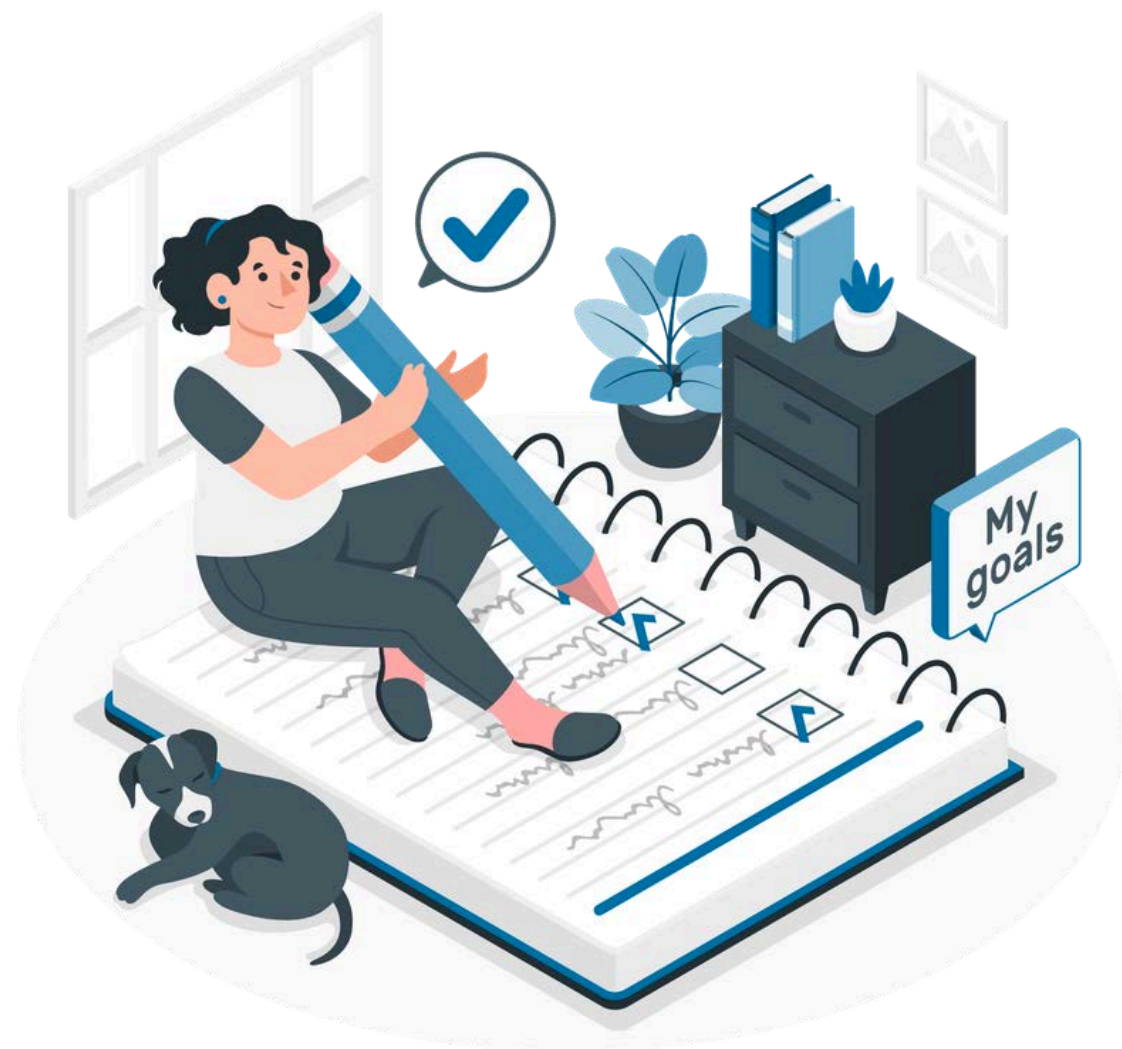
melissa.rivosecchi@concordia.ca

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**

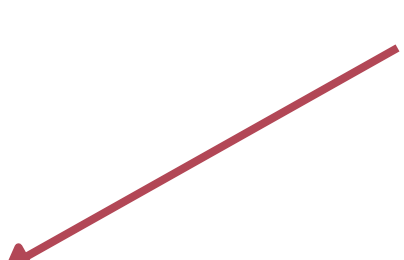
INTEGRATE ZOTERO WITH A TEXT EDITOR

Visit this QR code for links to
slides and resources

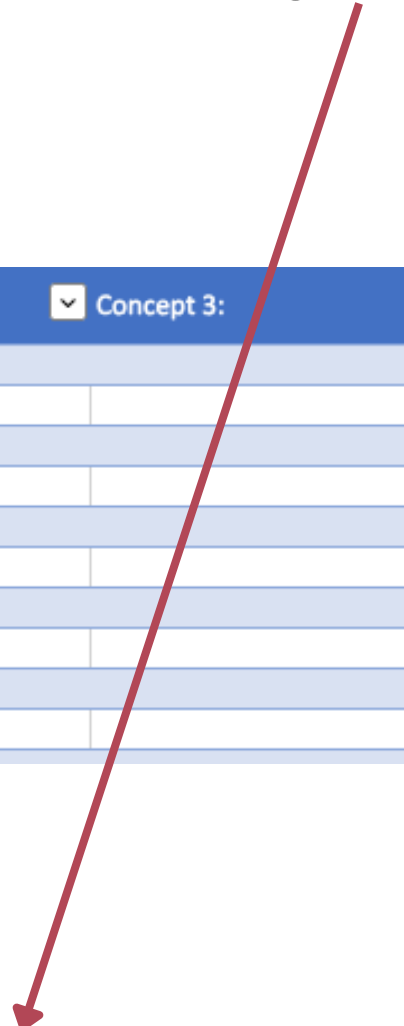


HOW DO I KEEP TRACK OF ALL THIS INFORMATION?

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).

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2,026 results found

for literature review | ✕

showing 1-20 results

[SAVE SEARCH](#)
[EDIT SEARCH](#)
Group results by: Work ▼
Sort by: Most relevant ▼

Quick filters [Clear filters](#)

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 - ☒ All Content Types
 - Books +
 - Reference +
 - Journal Articles +
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 - Videos +
 - Project Planner +
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APPLY FILTER

Books and Reference | Book
Add to list

The Literature Review: Six Steps to Success

Authors: [Lawrence A. Machi](#), [Brenda T. McEvoy](#)

Publisher: [Corwin](#)

Original publication date: 2016

Methods: [Literature review](#), [Populations](#), [Research questions](#)

Top search hits:

[Introduction Doing and Producing a Literature Review : An Overview](#)
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...

[Step Three: Search the Literature : Search Tasks and Tools](#)
... 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.

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Sage Research Methods Browse By Tools

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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.
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Find step-by-step guidance to complete your research project.
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Answer a handful of multiple-choice questions to see which statistical method is best for your data.
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Create lists of favorite content with your personal profile for your reference or to share.

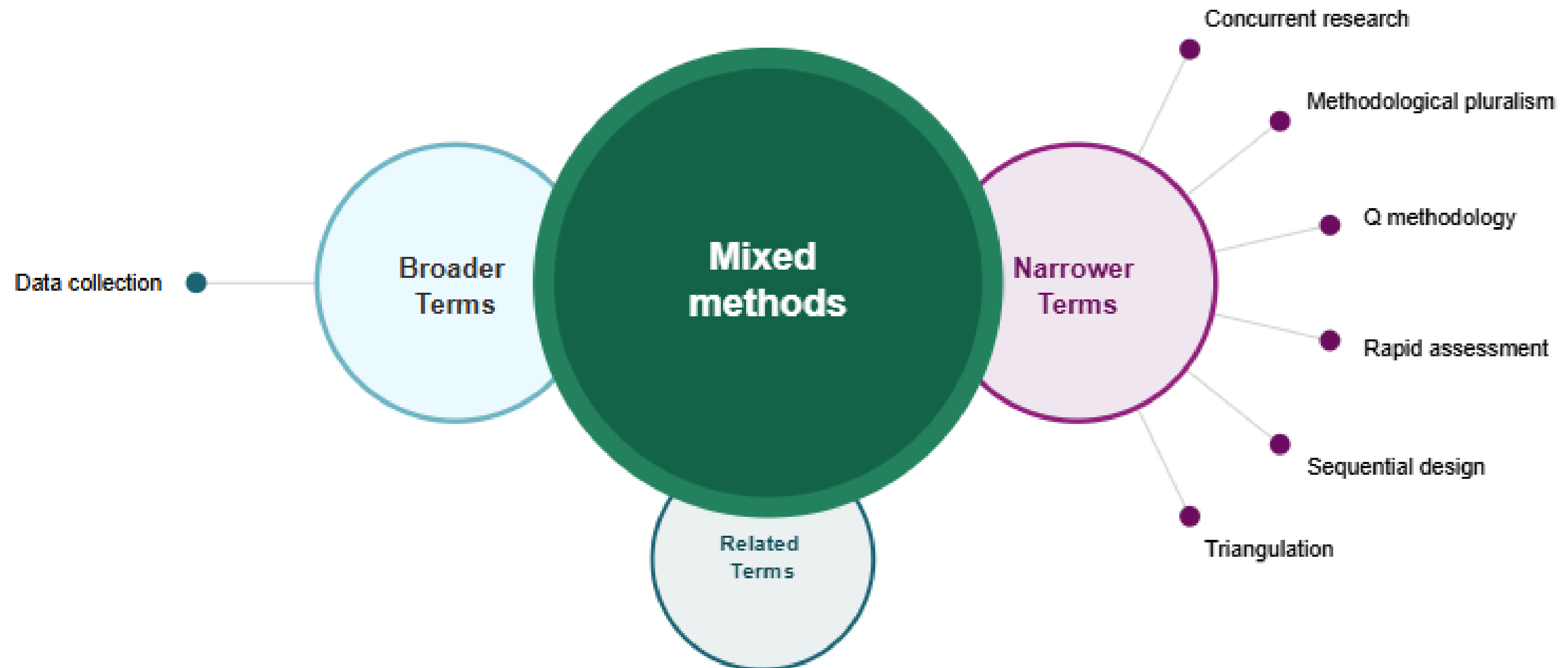
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```
graph LR; Planning[Planning research] --- BT((Broader Terms)); BT --- LR((Literature review)); LR --- RT((Related Terms)); LR --- NT((Narrower Terms)); RT --- Concept[Concept analysis]; RT --- Critical[Critical reading, writing and thinking]; RT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

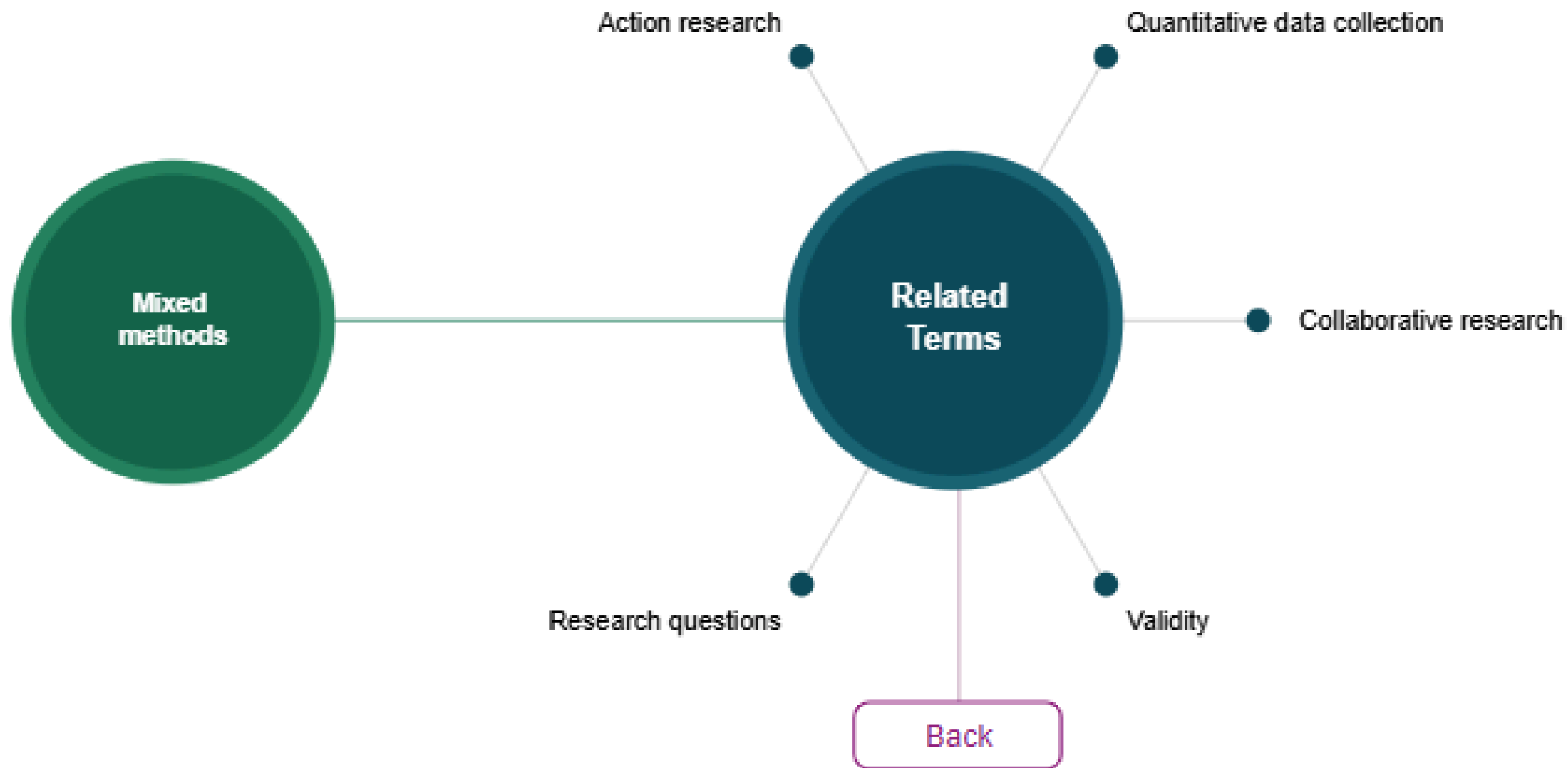
[Search all content on Mixed methods](#)



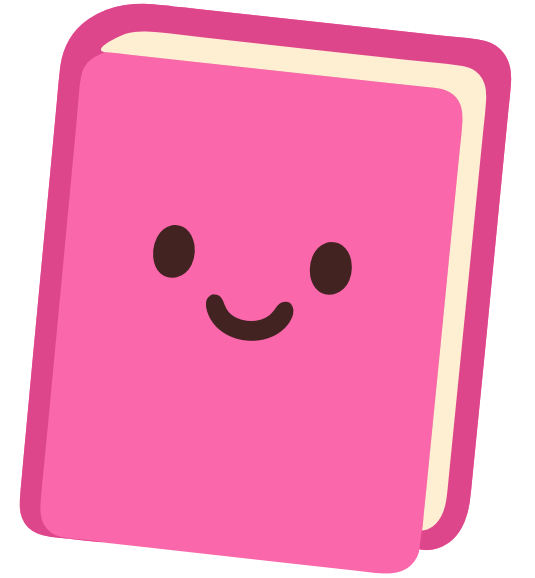
Term:
Mixed methods

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

HIT A PAYWALL?

- Option 1: Sofia Discovery Tool
 - Search article title in Sofia
- Option 2: Interlibrary Loan request
 - Find record in Sofia
 - “Request via Interlibrary Loan” button

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

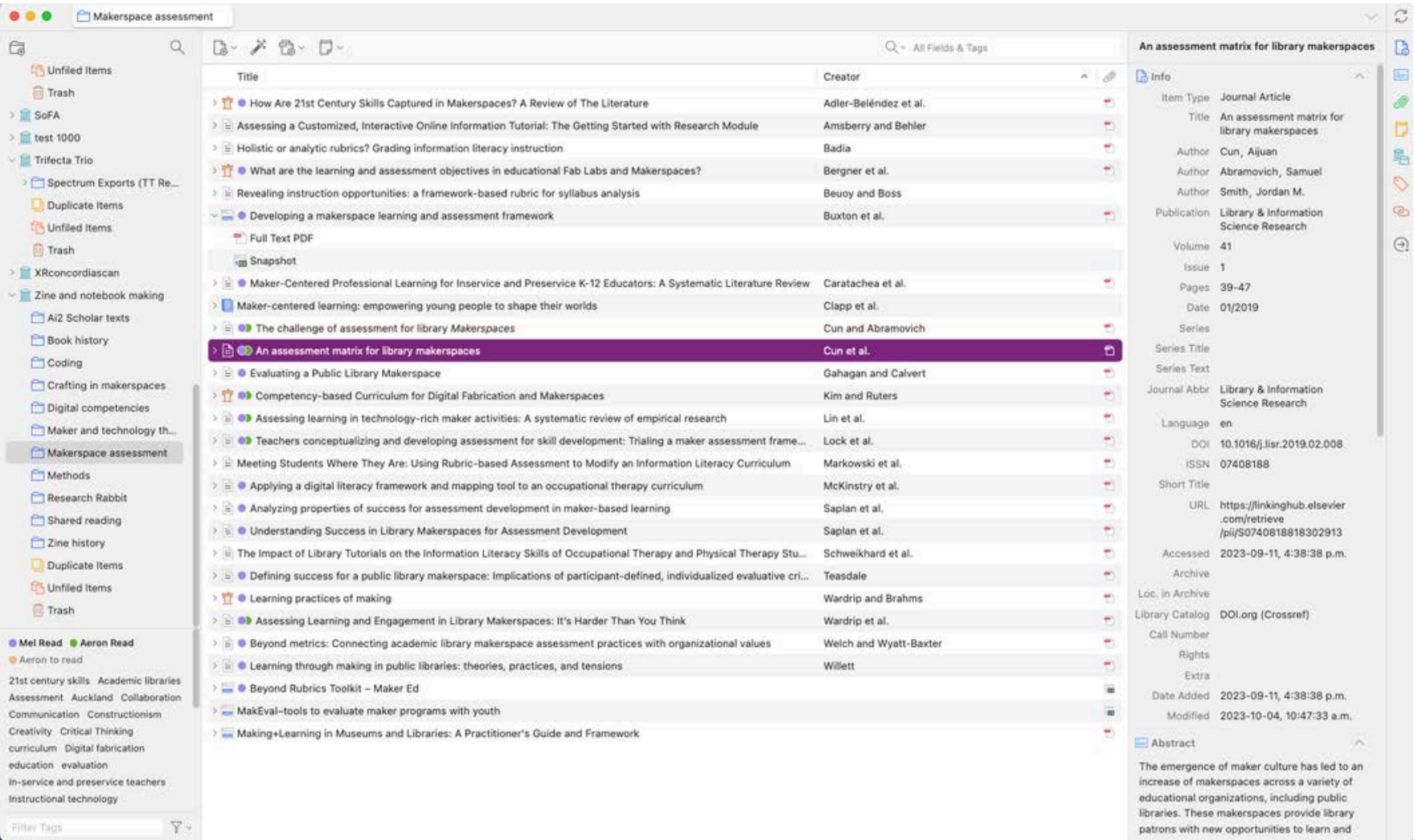
Zotero

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

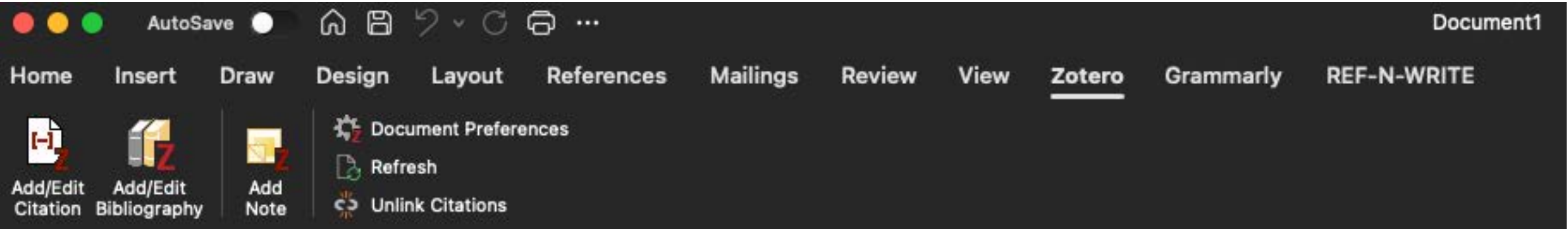
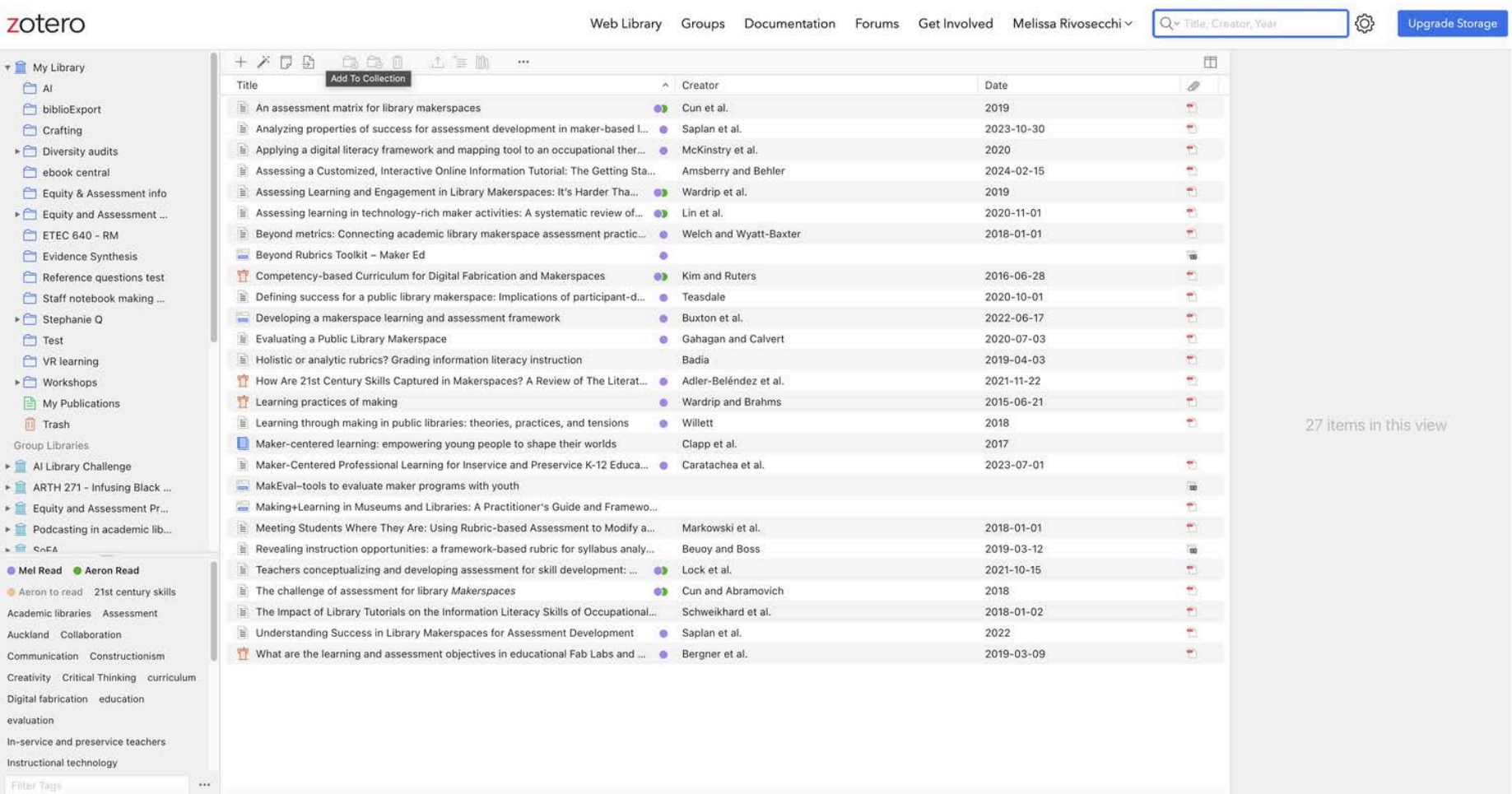
<http://bit.ly/48Z50Po>

HOW DO I ACCESS ZOTERO?

Desktop application



Web browser version



Add-on for writing software

Makerspace assessment

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Communication Constructionism

Creativity Critical Thinking

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education evaluation

In-service and preservice teachers

Instructional technology

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   	 All Fields & Tags
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>   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 <i>Makerspaces</i>	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 Ruters
>   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.
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>   Defining success for a public library makerspace: Implications of participant-defined, individualized evaluative cri...	Teasdale
>   Learning practices of making	Wardrip and Brahms
>   Assessing Learning and Engagement in Library Makerspaces: It's Harder Than You Think	Wardrip et al.
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>   Making+Learning in Museums and Libraries: A Practitioner's Guide and Framework	

An assessment matrix for library makerspaces

Info

Item Type

Journal Article

Title

An assessment matrix for library makerspaces

Author

Cun, Aijuan

Author

Abramovich, Samuel

Author

Smith, Jordan M.

Publication

Library & Information Science Research

Volume

41

Issue

1

Pages

39-47

Date

01/2019

Series

Series Title

Series Text

Journal Abbr

Library & Information Science Research

Language

en

DOI

10.1016/j.lisr.2019.02.008

ISSN

07408188

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<https://linkinghub.elsevier.com/retrieve/pii/S0740818818302913>

Accessed

2023-09-11, 4:38:38 p.m.

Archive

Loc. in Archive

Library Catalog

DOI.org (Crossref)

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2023-10-04, 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.)

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Title	Creator
> How Are 21st Century Skills Captured in Makerspaces? A Review of The Literature	Adler-Beléndez et al.
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> Beyond Rubrics Toolkit – Maker Ed	
> MakEval–tools to evaluate maker programs with youth	
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An assessment matrix for library makerspaces

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Adrienne Johnson, "African Canadian Women in Canadian Art?"

Canadian Woman Artists History Initiative (CWAHI)

Making history: visual arts & Blackness in Canada

Crooks et al.

British Eyes on Designs from Canada

DICKASOM

In the presence of absence: Invisibility, black Canadian history, and Melinda Mollineaux's pinhole photography

Fatona

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

Lacharite

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

Preserving 70 years of Black performance history in Canada

U of T Black Research Network

DINING AROUND THE TOWN: A regular advertising feature

Walpole

The Secret Codes (Expanded Exhibiton)

web-admin

Theatre: Return to Favor for Noel Coward

Whittaker

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

Edith Hester MacDonald-Brown (1880-1956) facebook post black history month

Explore Archival Materials

How Canada Forgot Its Black Artists

IT'S ABOUT TIME: Dancing Black in Canada 1900-1970

Researcher's archival exhibition spotlights 70 years of Black performance history in Canada | University of Toron...

36 items in this view

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01_PSYC

Sleep deprivation: Impact X

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-

01_PSYC

Sleep deprivation: Impact

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Stephanie Q

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Workshops

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All Fields & Tags

Title	Creator
Sleep deprivation: Impact on cognitive performance	Alhola and Polo-Kantola
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Sleep deprivation and disease: effects on the body, brain and behavior	Bianchi
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	

- Open PDF in New Tab
- Open PDF in New Window
- View Online
- Show in Finder
- Show in Library
- Add Note
- Add Note from Annotations
- Add Attachment
- Add to Collection
- Remove Item from Collection...
- Duplicate Item
- Move Item to Trash...
- Export Item...
- Create Bibliography from Item...
- Generate Report from Item...

Title

Creator

Sleep deprivation: Impact on cognitive performance	Alhola and Polo-Kantola
Annotations (2025-10-07, 8:47:30 p.m.)	
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Sleep deprivation and disease: effects on the body, brain and behavior	Bianchi
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)

The screenshot shows a web application interface for a library. On the left is a sidebar with a 'My Library' section containing various folders like 'AI', 'biblioExport', 'Crafting', 'Diversity audits', 'Webinars/videos', 'ebook central', 'Equity & Assessment info', 'Equity and Assessment P...', 'ETEC 640 - RM', 'Evidence Synthesis', 'Reference questions test', 'Staff notebook making w...', 'Stephanie Q', 'Test', 'VR learning', 'Workshops', '01_PSYC', '02_Test', and 'My Publications'. The '01_PSYC' folder is selected. The main area displays a list of items under the heading 'Sleep deprivation: Impact on cognitive performance'. The list has columns for 'Title' and 'Creator'. The first item is 'Sleep deprivation: Impact on cognitive performance' by 'Alhola and Polo-Kantola'. A context menu is open over the first item, listing actions such as 'Open PDF in New Tab', 'Open PDF in New Window', 'View Online', 'Show in Finder', 'Show in Library', 'Add Note', 'Add Note from Annotations', 'Add Attachment', 'Add to Collection', 'Remove Item from Collection...', 'Duplicate Item', 'Move Item to Trash...', 'Export Item...', 'Create Bibliography from Item...', and 'Generate Report from Item...'. The 'Generate Report from Item...' option is highlighted with a green oval.

Title	Creator
Sleep deprivation: Impact on cognitive performance	Alhola and Polo-Kantola
Available Version	
Sleep deprivation and behavior	Bianchi
Poor sleep quality in its	Miyata et al.
Comparison of multi-older and middle-aged adults following concussion	Ramirez et al.
Full Text PDF	
Evaluating the effect of patients awaiting elective surgery: Protocol for a single...	Sibley et al.
Snapshot	

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 for "sleep quality cognitive performance". The search results list several articles. A green circle highlights the "Cite" button for the first article, "Poor sleep quality impairs cognitive performance in older adults". A green arrow points from this button to a "Cite" dialog box on the right. The dialog box shows citation formats for MLA, APA, Chicago, Harvard, and Vancouver. The "EndNote" option is circled in green at the bottom of the dialog.

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sleep quality cognitive performance

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Poor sleep quality impairs cognitive performance in older adults
S Miyata, A Noda, K Iwamoto, N Kawano... - *Journal of sleep research*, 2013 - Wiley Online Library
... **performance**. We hypothesized that short **sleep** duration and **sleep quality** influence **cognitive performance** in older adults. The study included 78 adults aged 60 years and over (72.2 ± 1.5 years).
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The relationship between subjective sleep quality and cognitive performance in healthy young adults: Evidence from three empirical studies
Z Zavecz, T Nagy, A Csikó, D Nemeth, K Jancsek... - *Scientific reports*, 2020 - nature.com
... to placebo or nocebo effects on **cognitive performance** 1,2 ... between experienced sleep quality and **cognition** is still unclear. **Sleep quality** is associated with **cognitive performance**.
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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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Self-reported sleep quality predicts poor cognitive performance in healthy older adults
RD Nebes, DJ Buysse, EM Halligan... - *Journals of Gerontology*, 2009 - academic.oup.com
... This study examined the relation between **sleep quality** and **cognitive performance** in older adults. ... on the basis of their **sleep**, did report substantial variability in **sleep quality**. Good and poor ...
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Cite

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.

BibTeX **EndNote** RefMan RefWorks

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

performance. We hypothesized

performance in older adults. The s

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The relationship between sleep quality and cognitive performance in healthy young adults: Evidence from a placebo-controlled trial

Zavecz, T Nagy, A Galkó, D Neme

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sleep quality and cognition is still

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Sleep quality and cognitive performance in older adults

J Paavonen, K Räikkönen, AK Pesonen, J Lahti... - Sleep medicine, 2010 - Elsevier

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- ☐ Associations between sleep duration, sleep quality, and cognitive test performance among older a
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BUILDING YOUR PERSONAL DATABASE OF REFERENCES: CITATION/EXPORT BUTTON IN A LIBRARY DATABASE

The screenshot displays the APA PsycNet website. At the top, there's a navigation bar with 'English', 'Login', 'Help', 'Admin Center', and 'Contact Us'. Below this is a blue header with 'SEARCH', 'BROWSE', and 'APA THESAURUS'. A breadcrumb trail shows 'Back to Results' and '3 of 1292'. The main content area features a citation for 'Mapping out Canadian adolescent sleep patterns' by Lau, P. H., & Carney, C. E. (2025). The citation is highlighted with a green box, and a green arrow points from the 'EXPORT' button to the 'Export' modal. The modal is titled 'Export' and shows 'Export to' set to 'Zotero'. It includes a note: '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.' A green 'Go' button is at the bottom right of the modal. The citation text is: Lau, P. H., & Carney, C. E. (2025). Mapping out Canadian adolescent sleep patterns: A mixed-methods study. *Journal of Behavioural Science / Revue canadienne des sciences du comportement*, 57(1), 1-10. doi:10.1037/cbs0000426. The abstract text is: 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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Mapping out Canadian adolescent sleep patterns

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

Citation

Abstract English

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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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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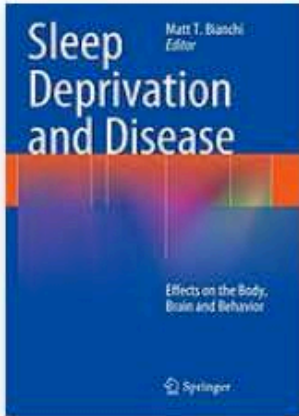
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1

 **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

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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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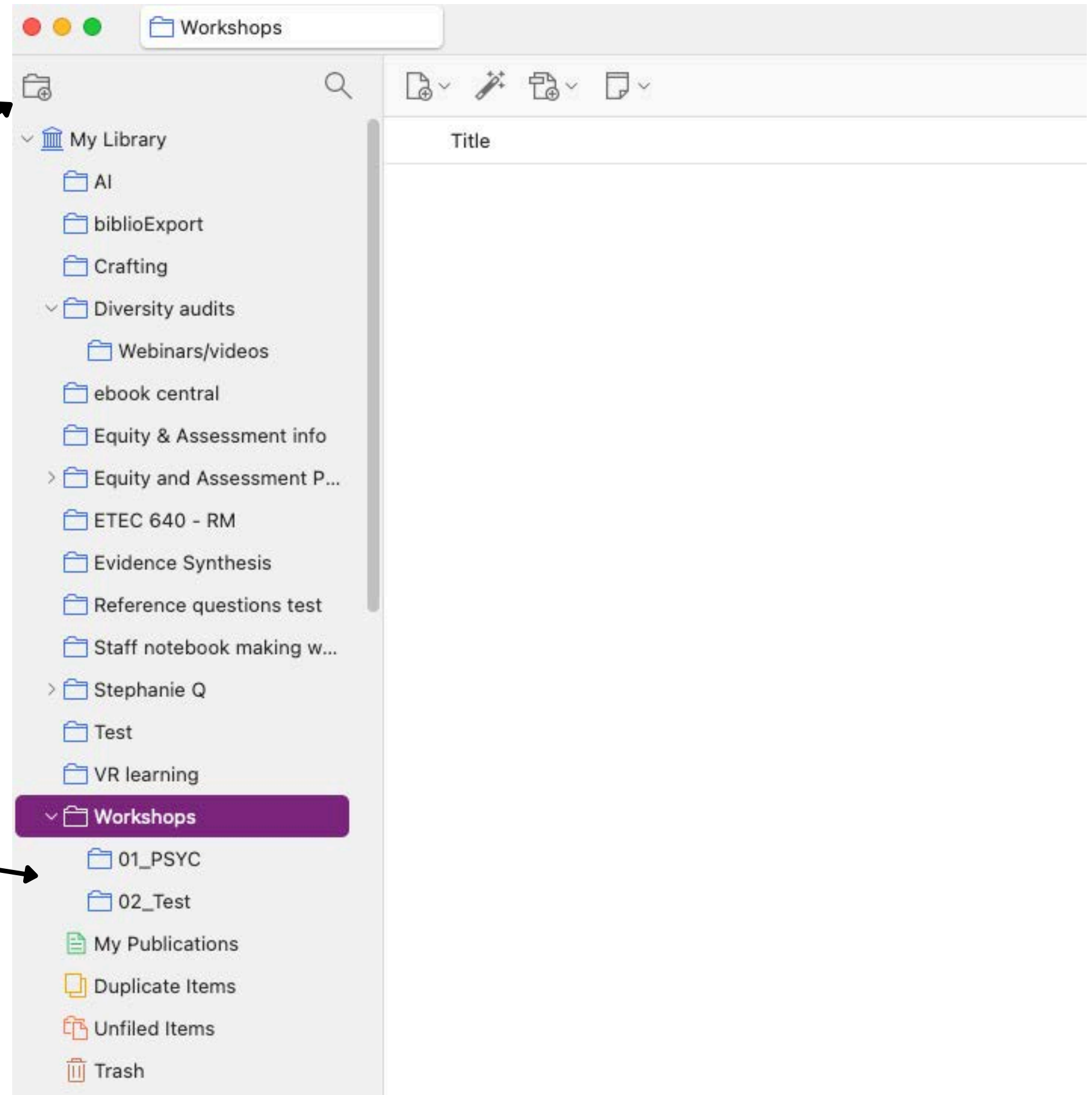


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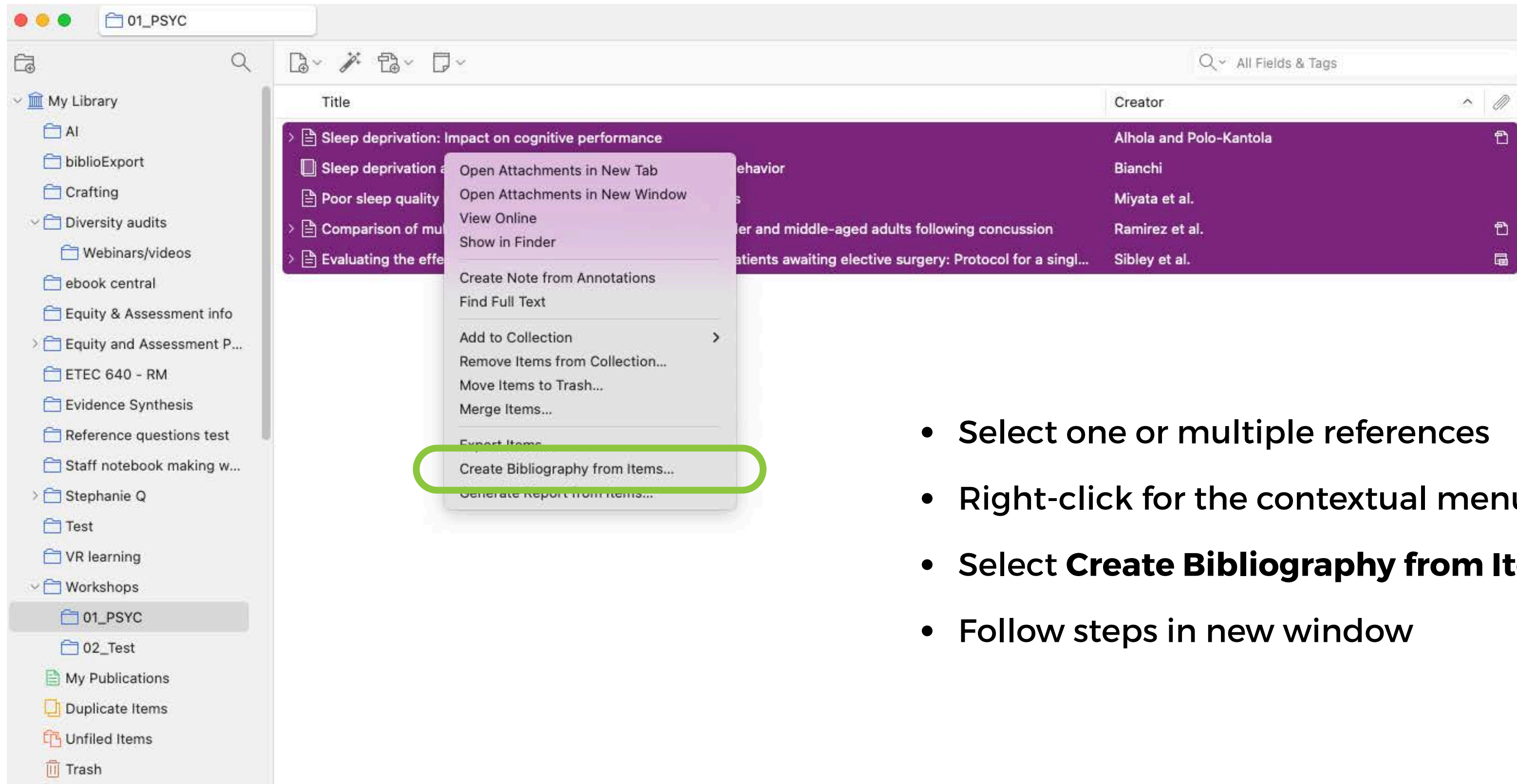
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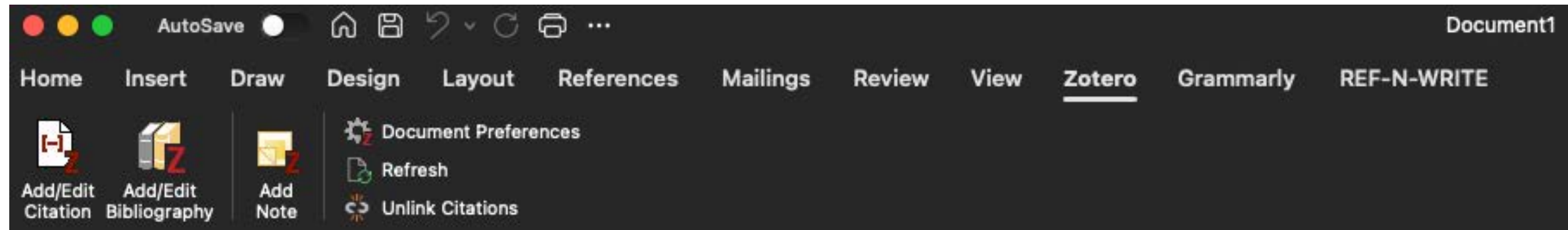
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Miyata, S., Noda, A., Iwamoto, K., Kawano, N., Okuda, M., & Ozaki, N. (2013). Poor sleep quality impairs cognitive performance in older adults. *Journal of Sleep Research*, 22(5), 535–541.

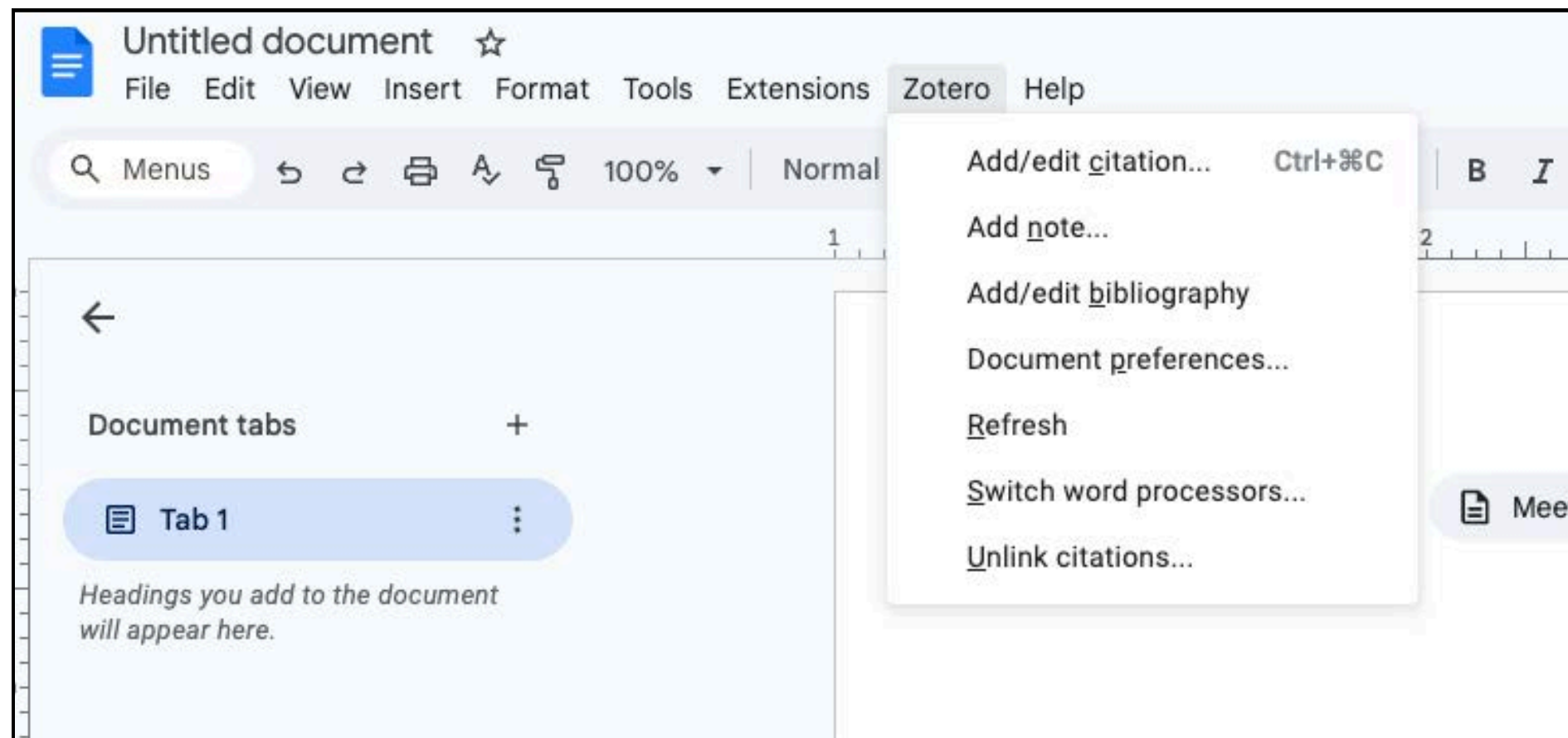
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<https://doi.org/10.1037/neu0001032>

Sibley, D., Randall, I., Culos-Reed, S. N., Slepian, P. M., Singh, M., & Mina, D. S. (2025). Evaluating the effect of a sleep prehabilitation intervention in patients awaiting elective surgery: Protocol for a single-blind randomised trial. *Journal of Sleep Research*.
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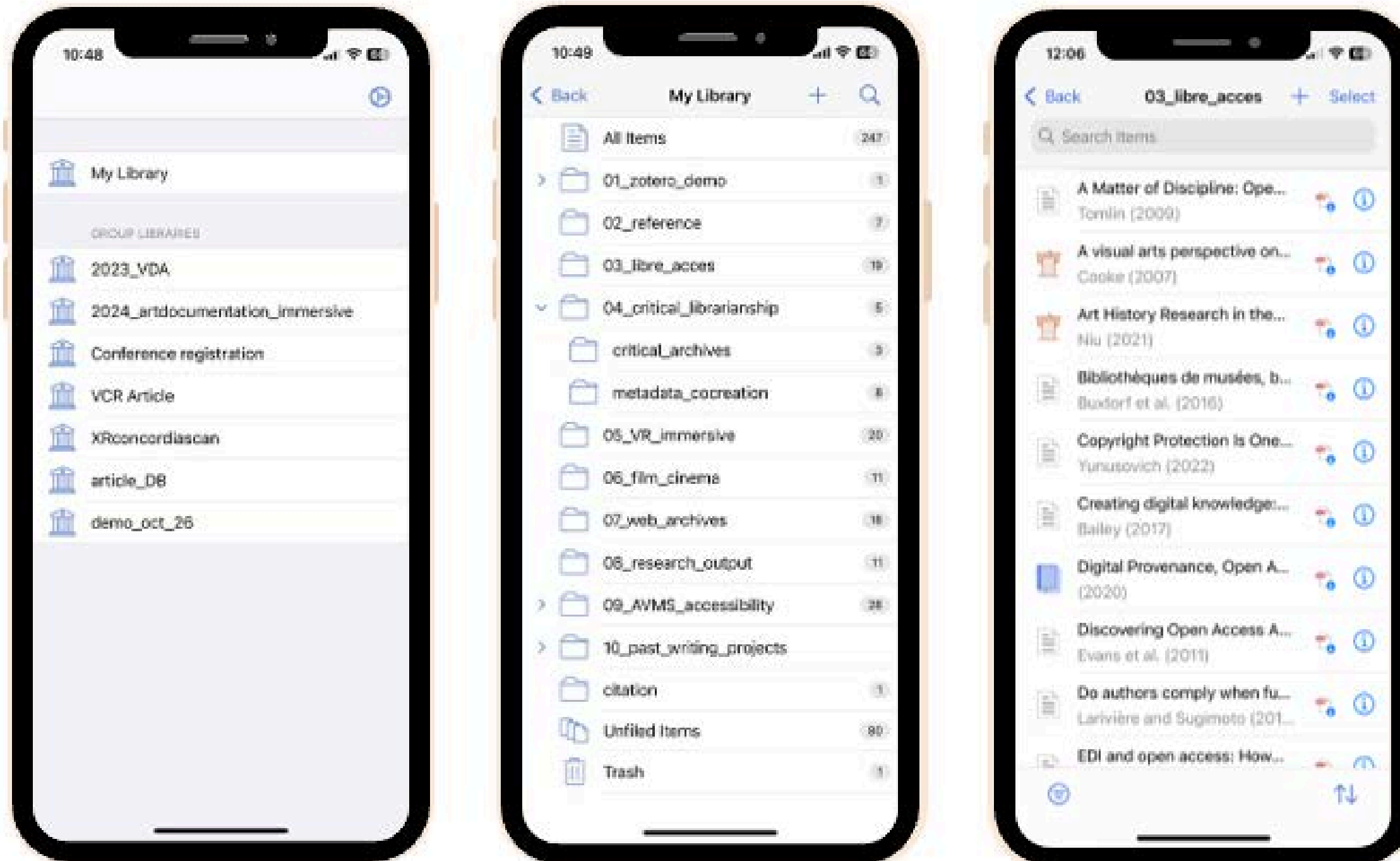


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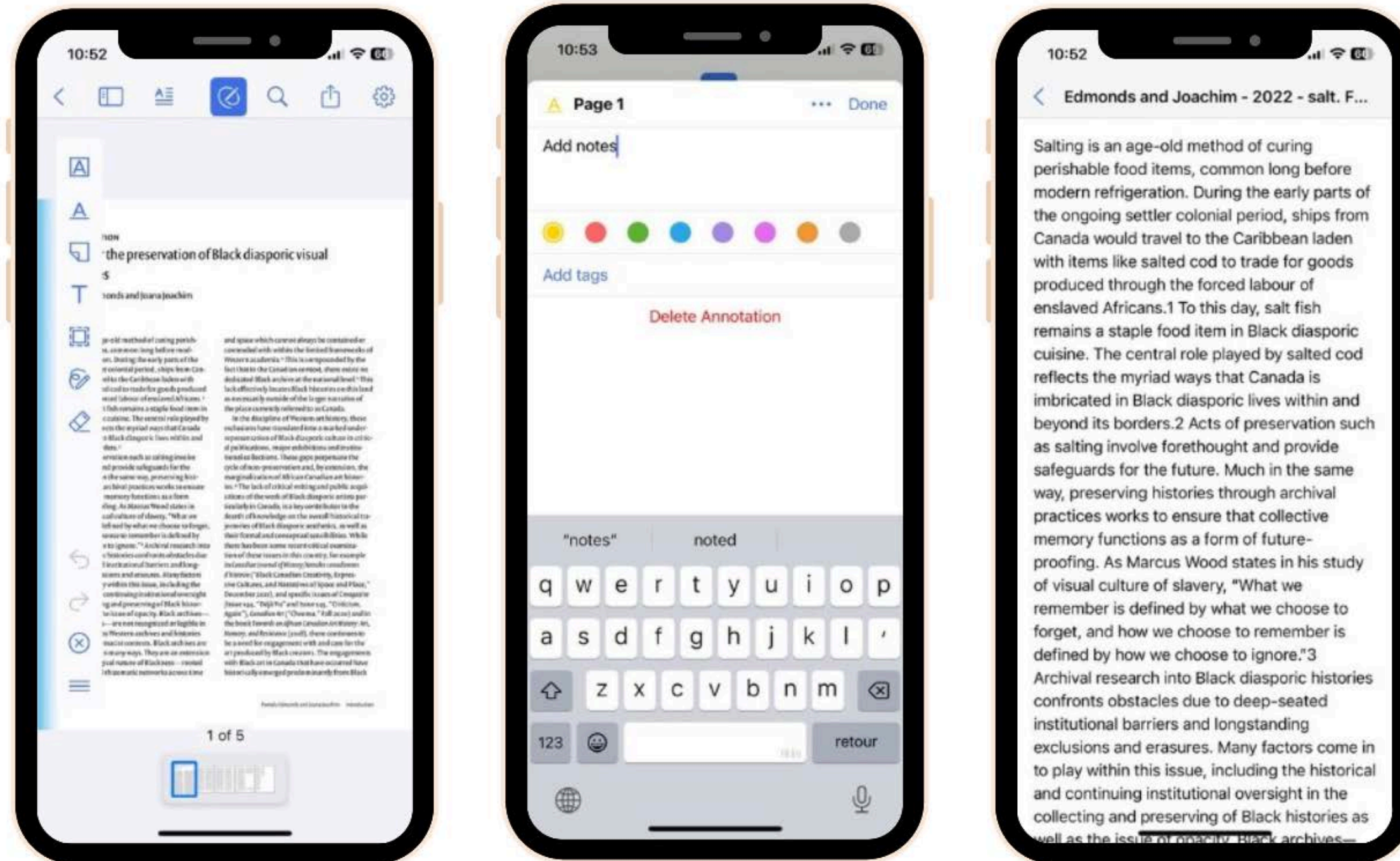
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A photograph of a modern library interior. On the left, there is a long row of wooden study tables with matching chairs. A few people are seated at the tables, working. To the right, tall white bookshelves are filled with books. The ceiling has exposed concrete beams with recessed fluorescent lighting. Large windows on the left side provide natural light. 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.

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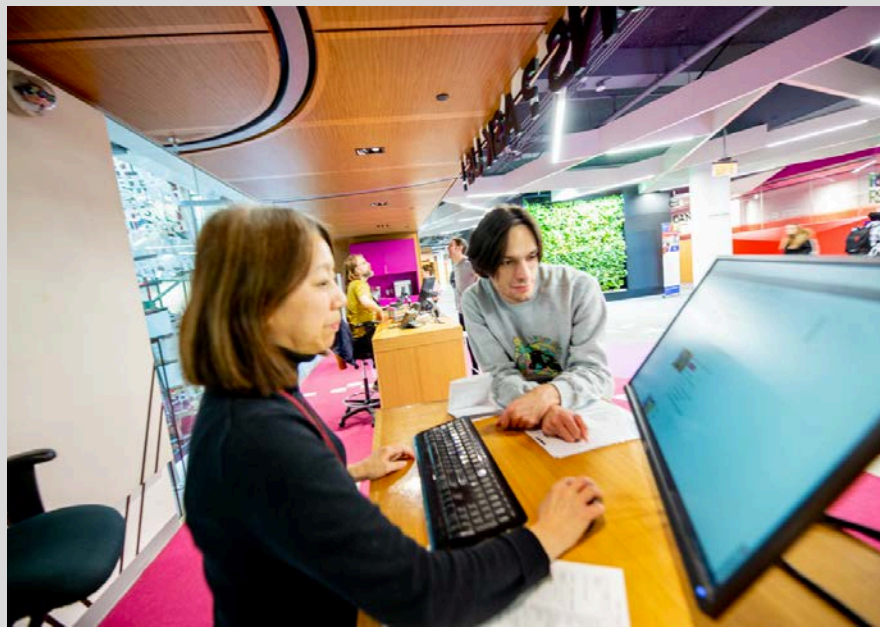


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