

## How to Link to Full Text Articles from McGoogan Library Journals

Follow these steps to generate a permalink for posting in Canvas or sharing with others at UNMC. UNMC users who use these links will be prompted to log in via the library's authentication process to access resources.

- 1) Access the library catalog by clicking on the **Collections** tab or clicking on the **Library Catalog** link above the catalog search box.

University of Nebraska Medical Center

LEON S. MCGOOGAN  
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- 2) Search for the article, journal, e-book, model, etc. in the library catalog. If you're searching by article title, make sure that the option: **Articles** is selected. If you don't see the option available, click on the search button (blue magnify glass).

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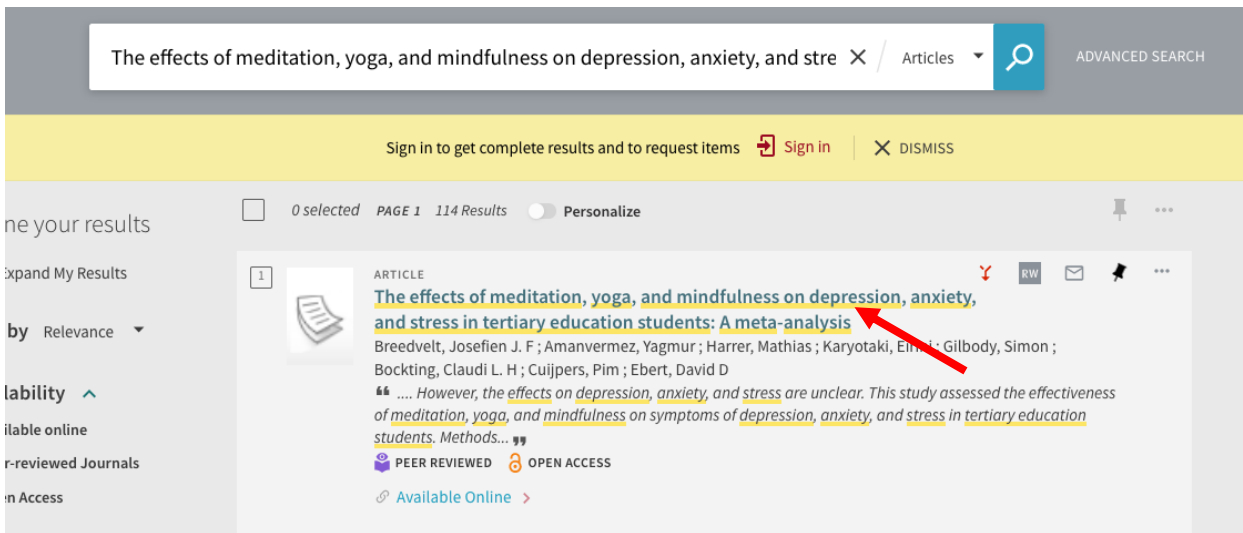
on depression, anxiety, and stress in tertiary education students: a meta-analysis X Articles

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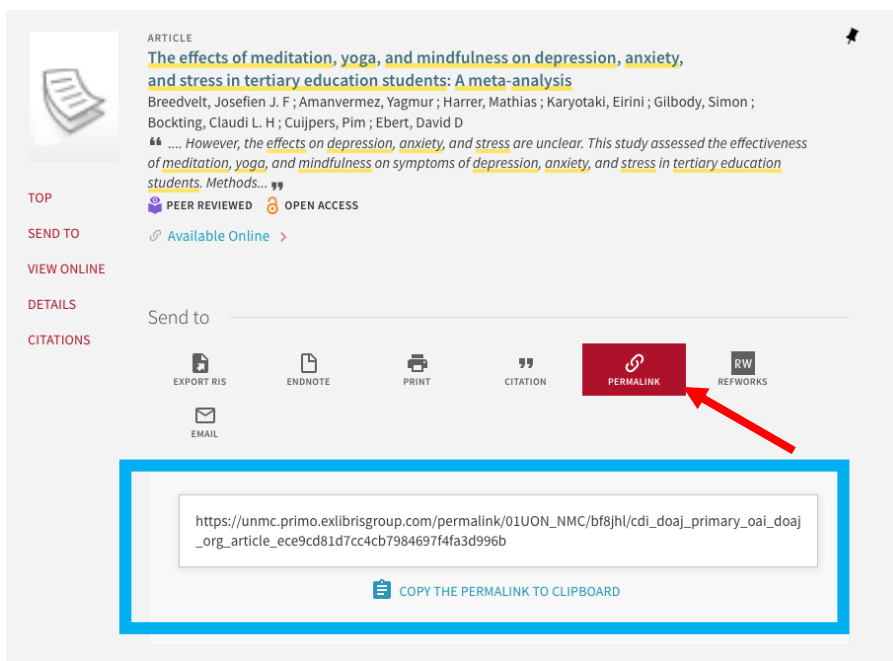
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3) Select on the item you want to link to. A new window will open with the item record information.



4) Click the Permalink button. Copy this link to use it within Canvas, syllabus, email, etc.



- 5) The permalink will lead to the catalog record. If available from the library, the full-text can be accessed under **View Online – Full text availability**.

**ARTICLE**  
**The effects of meditation, yoga, and mindfulness on depression, anxiety, and stress in tertiary education students: A meta-analysis**  
Breedvelt, Josefien J. F ; Amanvermez, Yagmur ; Harrer, Mathias ; Karyotaki, Eirini ; Gilbody, Simon ; Bockting, Claudi L. H ; Cuijpers, Pim ; Ebert, David D  
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<a href="#">PubMed Central</a> Available from 2010 volume: 1.	<a href="#">↗</a>

**Related reading**  
recommended items that are related to the record

**Effects of guided mindfulness meditation on anxiety and stress**  
Matthew Burgstahler  
Journal of American college health., Vol. 68(6), p. 1-7  
ARTICLE suggested by [hX](#)

**Effect of a Yoga Based Meditation Technique on Emotional**  
Naresh Moovenanthan  
Explore., Vol. 14(6), p. 443-447  
ARTICLE suggested by [hX](#)

**Effects of Yoga on Stress Management in Healthy Adults :**  
Cecilia S Chong  
Alternative Therapies in Health and Medicine.2011, Vol. 17(1), p. 32-38  
ARTICLE suggested by [hX](#)

**Controlling psychosomatic disorders through yoga and**  
Aditi Sharma  
Indian Journal of Health and Wellbeing.2015, Vol. 6(1), p. 33-36  
ARTICLE suggested by [hX](#)