

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 HEALTH SCIENCES LIBRARY

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C'RONA PANDEMIC COMICS

SEPTEMBER 1ST - NOVEMBER 30TH

An exhibition now on display on Wittson level 4

Contact Us
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402-559-6221
402-370-5016 (SMS)

Library Catalog (Books, journals, models)

Search by title, author, and keywords

Search

Masking

Masks are required in the library unless you are in a study room. If you are seen without a mask, staff may request your ID for follow up with your college or unit. People who are unable or unwilling to follow campus guidelines risk losing access to the library.

[Read more](#)

Quick Links

- Literature Databases
- Drug Resources
- Clinical Resources
- Helpful Tools and News
- Mobile Apps

- 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).

University of Nebraska Medical Center

NEW SEARCH | JOURNAL SEARCH | SEARCH BY CITATION | BROWSE BY | ORDER ARTICLES AND BOOKS

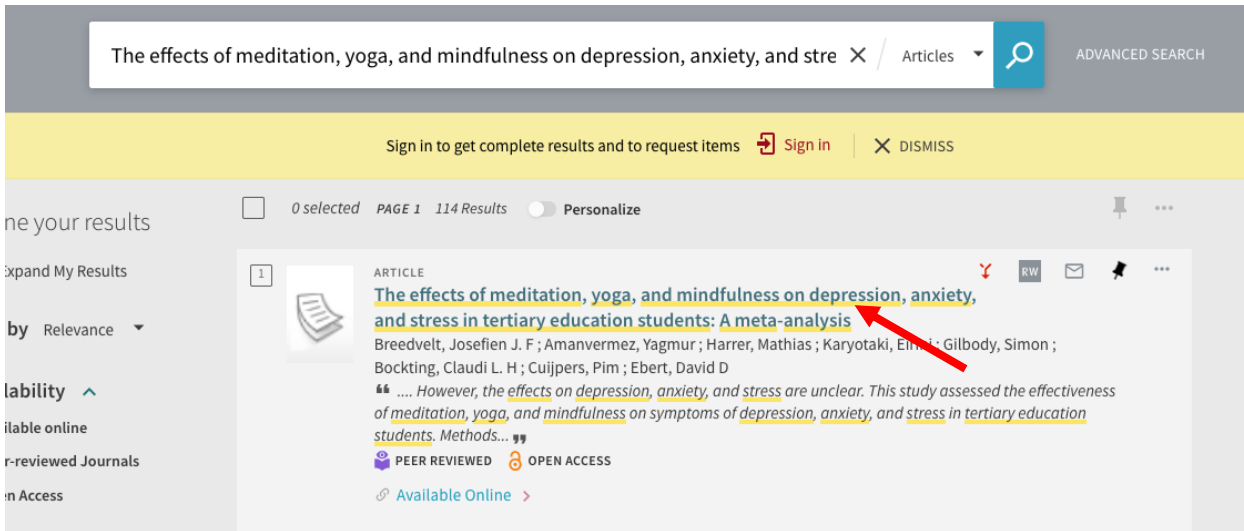
on depression, anxiety, and stress in tertiary education students: a meta-analysis X Articles [magnifying glass]

Sign in to get complete results and to request items Sign in X DISMISS

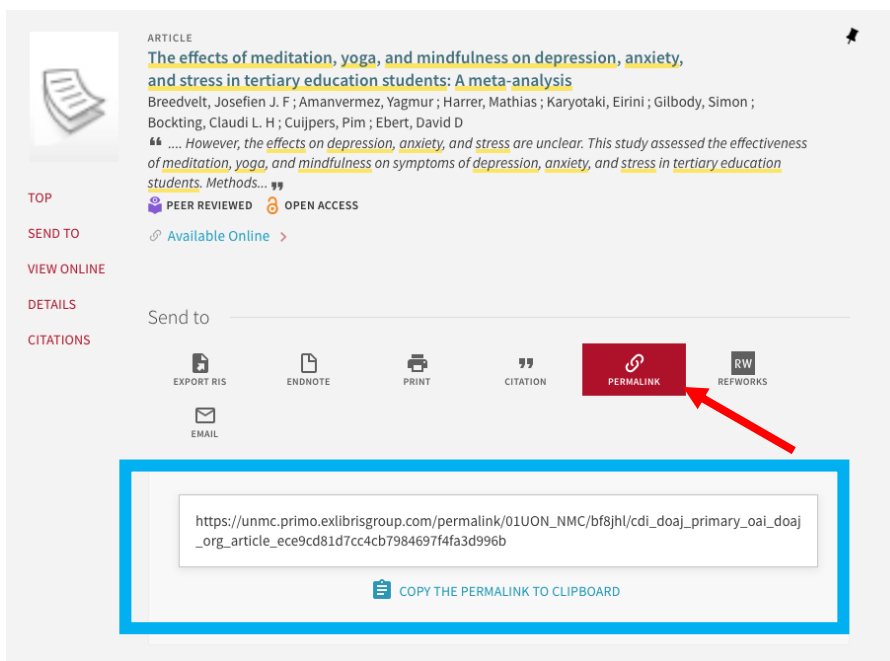
How does the library catalog work?
Primo provides simple, one-stop searching for books and e-books, articles, digital media, and more.
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3) Select on the item you want to link to. A new window will open with the item record information.



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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Directory of Open Access Journals	
PubMed Central Available from 2010 volume: 1.	

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 |X

Effect of a Yoga Based Meditation Technique on Emotional
Naresh Moovenhan
Explore., Vol. 14(6), p. 443-447
ARTICLE suggested by |X

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 |X

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