### Search Strategy Planner

**What is your research question? Can you break it down into 2 or 3 core concepts?**

<table>
<thead>
<tr>
<th>Concept 1</th>
<th>Concept 2</th>
<th>Concept 3 (as needed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keywords and phrases:</td>
<td>Keywords and phrases:</td>
<td>Keywords and phrases:</td>
</tr>
</tbody>
</table>

In your database search, combine *similar* terms with OR and *different* terms with AND. For example, the search below asks “Is self image a factor in appetite disorders among young adults?”

```
“appetite disorders” OR “anorexia nervosa” OR bulimia  (Concept 1)
AND
“self image” OR “self concept” OR “self perception”  (Concept 2)
AND
adolescents OR youth OR “college students”  (Concept 3)
```