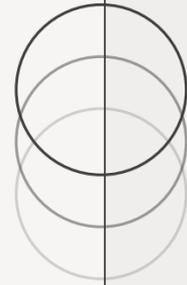


LIBRARIAN

MARCH 2026



RESEARCH SMARTER WITH AI

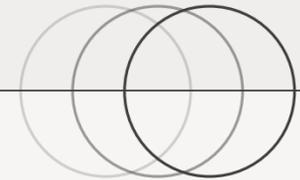
HANDS-ON WITH WOS RESEARCH ASSISTANT, SCOPUS AI & MORE



11305042@gs.ncku.edu.tw
Aster Lin



This session is for you if you want to:



Identify Research Topics

Find Key Literature

Understand the
Research Landscape

1

2

3



The AI Prompt Menu

SESSION 1

How to Use

1

Pick what you need. No mandatory items, no minimums. Just our best recommendations.

2

Mix & match freely! Can't decide? Just order a "Classic Combo."

3

Take it to go. These prompts work perfectly with other AI tools, not just in today's class.

Menu

【Appetizer】

Role & Purpose

【Main Course】

Basic Filters

【Platter】

PICO &
Variables

【Side Dish】

Critical
Follow-up

【Custom】

Output Format

【More】

Hidden Menu
Classic Combos

The AI Prompt Menu



流水號 (Research Topic) : _____

用餐人數 (Individual / Group) : _____

內用 (Dine-in) 外帶 (Take-out)

NOTE: TICK (✓) OR TALLY (正)

前菜 Appetizer	[Role & Purpose] 設定角色與目的	數量	主食 Main Course	[Basic Filters] 基礎文獻篩選	數量
Class Presentation	For a 10-minute class presentation (我需要好理解的重點文獻與大綱)	<input type="checkbox"/>	Topic 推	Research Topic / Sub-topics (特定主題 / 次主題 / 領域面向)	<input type="checkbox"/>
Thesis Proposal	To identify a master's thesis topic (幫我找出具備研究價值的研究缺口)	<input type="checkbox"/>	Pub Year 推	Published in the last 5 / 10 years (近 5 / 10 年發表)	<input type="checkbox"/>
Lit Review & writing	For a comprehensive literature review (需要盡量全面且嚴謹的文獻回顧)	<input type="checkbox"/>	Document Type	Articles / Reviews / Conference Papers (期刊論文 / 評論 / 會議論文...)	<input type="checkbox"/>
My Scenario 推 (Ask AI how to ask AI)	Context: [Describe situation]. What to research? (我目前遇到 [情況] 且需要...)	<input type="checkbox"/>	Study Design 推	Limit to: RCTs / SR / Cohort Studies... (僅限 RCT / 系統性回顧 / 世代研究...)	<input type="checkbox"/>
拼盤 Platter	[PICO & Variables] PICO & 研究變項	數量	Journal	Limit to: OA / WoS Core Collection / Q1, Q2... (僅限 OA / WoS核心核輯 / Q1~Q2...)	<input type="checkbox"/>
[P] Population 推	Elderly / A Specific Disease Population... (高齡者 / 特定疾病...)	<input type="checkbox"/>	Impact	Highly cited / Seminal papers / Citations (高被引 / 經典或基礎文獻 / 被引用次數)	<input type="checkbox"/>
[I/C] Intervention	(Drug / Therapy / Diet...) (藥物 / 手術 / 治療 / 飲食...)	<input type="checkbox"/>	Region	Specific Country / Global / Institution (特定地區研究 / 全球 / 機構)	<input type="checkbox"/>
[O] Outcome	Mortality / Quality of Life / Cost... (死亡率 / 生活品質 / 成本效益...)	<input type="checkbox"/>	Sample Size	Sample size (N) / Longitudinal research (樣本數大小 / 縱貫性長期研究)	<input type="checkbox"/>

The AI Prompt Menu



流水號 (Research Topic) : _____
 用餐人數 (Individual / Group) : _____
 內用 (Dine-in) 外帶 (Take-out)

NOTE: TICK (✓) OR TALLY (正)

副餐 Side Dish	[Critical Follow-up] 追問與挖掘	數量	隱藏菜單 Hidden Menu	[Magic Hacks] 特殊技巧	數量
Expand Keywords 推	List ranked synonyms / Related concepts (提供同義詞並給分 / 關聯主題)	<input type="checkbox"/>	Reverse Prompt	Hi! AI! What are the best prompt questions I should ask you about [Topic]? (嗨! AI! 我想研究某主題, 我應該怎麼問你最好?)	<input type="checkbox"/>
Counter-Evidence	Contradictory evidence / Conflicting results (有無與現有理論的相反證據 / 衝突論點)	<input type="checkbox"/>			
Research Gaps	Current research gaps / Unmet clinical needs (方法學限制 / 未解問題 / 臨床需求)	<input type="checkbox"/>	Cross-Check	I will compare your answer with another AI tool. Please be highly rigorous and factual. (我會拿你的答案跟其他 AI 交叉比對, 請保持嚴謹喔)	<input type="checkbox"/>
Emerging Trends	Key trends / Leading authors & institutions (近 5-10 年的主要趨勢 / 重要學者與機構)	<input type="checkbox"/>			
Main Findings	Compare main findings and limitations (比較各文獻的主要研究結果與限制)	<input type="checkbox"/>	Role-Play 推	Act as a Reviewer / Professor to critique and revise this. (扮演老師/審稿者/編輯 審視並給予修改意見)	<input type="checkbox"/>
客製 Custom	[Output Format] 輸出格式	數量	Step-by-Step	Let's break this down and do it step by step. (將複雜任務拆解成數段, 一步步完成)	<input type="checkbox"/>
Table	Summarize in a table including [Variables] (製作表格, 包含樣本數, 地區, 結果, PICO...)	<input type="checkbox"/>	Plain Language	Explain in simple terms / like I'm a beginner (用簡明適合初學者的白話文解釋 / 製作摘要)	<input type="checkbox"/>
Fact-Check 推	Include exact DOI or PMID for every cited paper (請為每篇文獻附上 DOI 或 PMID, 方便點擊查證)	<input type="checkbox"/>	Few-Shot Prompt 推	Please strictly follow this example and format: [Insert Example] (提供AI相關範例, 讓它更知道要做什麼)	<input type="checkbox"/>

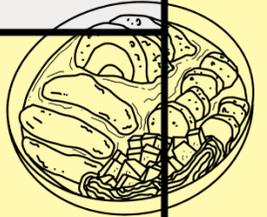


流水號 (Research Topic) : _____
用餐人數 (Individual / Group) : _____
 內用 (Dine-in) 外帶 (Take-out)

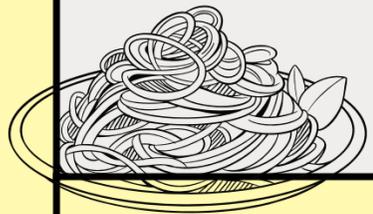
經典套餐 Classic Combos

【A】 Tomorrow is my presentation, but my mind is a blank slate. I only have a vague direction.

"I am preparing a **[Appetizer - Class Presentation]**. Here is my current situation: I am interested in **[Main Course - Topic]**, but I don't know where to start. Please provide a basic overview, list related **[Side Dish - Expand Keywords]**, and suggest 3 key points or sub-topics I should focus on."



【B】 Just finalized my topic and direction; need to find recent important literature.



"I am conducting a **[Appetizer - Lit Review & writing]**. Please help me find literature regarding **[Main Course - Topic]**. The literature must meet the following criteria:

- Limit type to: **[Main Course - Document Type]** and **[Main Course - Study Design]**
- Limit year to: **[Main Course - Pub Year]**

Please output the results using a **[Custom - Table]**, and ensure you **[Custom - Fact-Check]** by providing the DOI and bibliographic data for every paper."

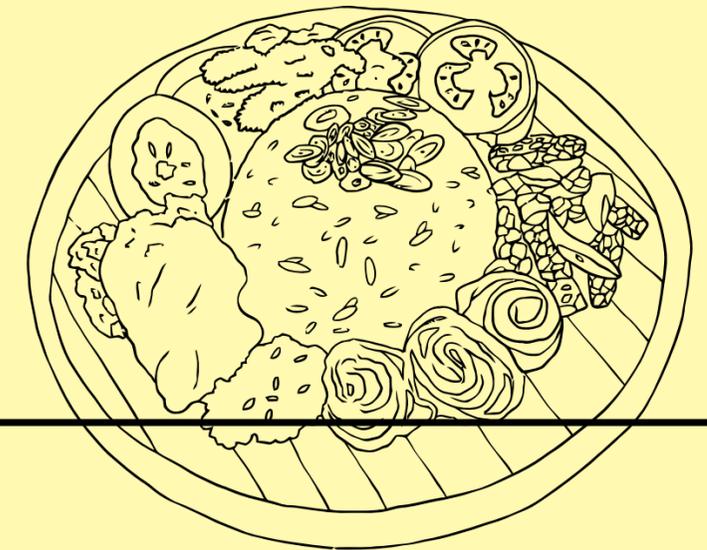


經典套餐 Classic Combos

【C】 Collected some papers; need AI to extract key points and compare them (and check for hallucinations).

"Based on the collected papers and bibliographic data, please provide a comprehensive comparison overview focusing on **[Platter - [I/C] Intervention]** for **[Platter - [P] Population]**. Please organize these papers into a **[Custom - Table]** containing the following columns:

- **[Main Course - Sample Size]**
- **[Platter - [O] Outcome]**
- **[Side Dish - Main Findings]**
- **[Custom - Fact-Check]"**



💡 Instructions: Please replace the text inside the [] brackets with the options you selected from the menu!



流水號 (Research Topic) : _____
用餐人數 (Individual / Group) : _____
 內用 (Dine-in) 外帶 (Take-out)

經典套餐 Classic Combos

【D】 Preparing a Master's Thesis Proposal; want to find an unexplored topic or angle.



"I am preparing a **[Appetizer - Thesis Proposal]** in the field of **[Main Course - Topic]**. What are the main **[Side Dish - Research Gaps]** currently in academia? Please list important literature that fits the **[Main Course - Impact]** criteria, and suggest 3 highly feasible research questions that could fill these gaps."



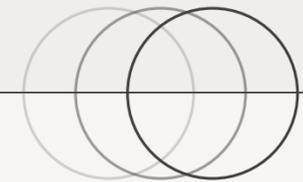
【E】 Role-reversal for new perspectives and critique.

"Here is my current research summary on **[Main Course - Topic]**. Please use **[Hidden Menu - Role-Play]** to review it and provide suggestions for revision based on: (1) research methodology, (2) theoretical framework, and (3) results and general discussion. Next, please further analyze if I have missed any **[Side Dish - Counter-Evidence]**. If so, please provide important literature for these new arguments and include the **[Custom - Fact-Check]**."

Scopus AI & WoS RA

SESSION 2

Before We Start...



1

Set Up VPN

Install the VPN and configure the specific NCKU URL for off-campus access.

[SSL VPN Download](#)



NCKU URL: <https://ncku.twaren.net>

2

Access

Access databases via NCKU E-Resources Gateway (Campus network required).

[E-Resources Gateway](#)



3

Create Free Accounts (Log in to save AI chat history)

Create **Elsevier** Account
For: Scopus, Embase, ScienceDirect, etc.



Create **Clarivate** Account
For: Web of Science, JCR, EndNote, etc.



Now, it's your turn

1

Access Scopus and WoS

[E-Resources Gateway](#)



2

Create **Elsevier** Account



3

Create **Clarivate** Account

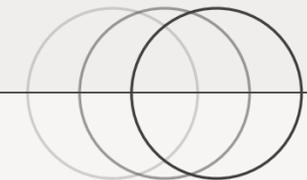
 Clarivate™



Available AI Tools at NCKU Library



[2026 NCKU Library Databases
\(with AI Features\)](#)



Primo Research Assistant (NCKU Discovery System)



- NCKU's one-stop discovery system (books, e-journals, etc.). Log in with your NCKU portal account
- LLM-powered. Supports natural language & provides citations
- Identifies the top 5 relevant texts from library resources, extracting key info from abstracts to answer queries

Scopus AI

WoS Research Assistant

- Multidisciplinary abstract & citation databases
- LLM-powered. Supports natural language & provides citations
- Generates answers based on titles and abstracts within the databases

New AI tools

EndNote 2025

- Reference management software
- 2025 version offers AI summaries, translation, and Q&A for article content.

UpToDate AI

- Evidence-based, full-text clinical topic reviews
- AI-enhanced search, supports natural language

Today's Databases

article citation



Scopus

- Multidisciplinary citation database (subscription required)
- **Coverage:** Includes articles, books, preprints...
- Article-level metrics: FWCI...
- Strict indexing policy
- Operated by **Elsevier**



article citation

Web of Science™

- Multidisciplinary citation database (subscription required)
- **Coverage:** Includes journals indexed in the Web of Science Core Collection (SCIE, SSCI, etc.)
- Article-level metrics: CNCI, Highly Cited Paper...
- Strict indexing policy
- Operated by **Clarivate**



Journal Citation Reports™ journal link 

Journal Citation Reports(JCR)

- Journals selected via 24 quality + 4 impact indicators
- (SCIE, SSCI, AHCI, ESCI, Web of Science Core Collection)
- Includes IF(JIF) & Q1-Q4, updated yearly
- View detailed **journal** metrics



NCKU Discovery System

Check NCKU holdings & e-resources

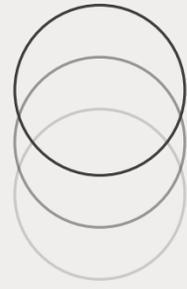


***Cross-platform linking by Clarivate:** Since all are operated by Clarivate, systems are interconnected.

SCOPUS AI & WOS RA

What You Should Know First

SESSION 2



WHAT YOU SHOULD KNOW FIRST

Why Use Academic AI?

REDUCE

"Confident but Incorrect" Answers

Transparent & Reproducible

Stand on the Shoulders of
Giants

-  General AI often fabricates authors, dates, or papers.
-  Academic AI relies on Grounded Generation. It refuses to guess if the data isn't there, and **provides direct links to original sources** for easy verification.

-  ChatGPT/Gemini rarely explain **how** they found a paper.
-  Academic AI translates your chat into **visible keywords and Boolean logic** that you can modify and reuse.

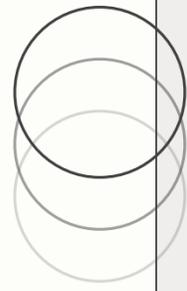
-  Web searches may return low-quality or predatory journals.
-  Academic AI searches within curated, **peer-reviewed** databases. It uses **metrics** (like Impact Factor, FWCI, CNCI) to help you find high-value papers and leading experts.

KEY TAKEAWAYS

Scopus AI, WoS RA V.S General AI

UPDATE : 2026.03

Dimension	Specialized Academic AI (Scopus AI, WoS RA)	General AI (e.g., ChatGPT, Gemini)
Role Metaphor	The Selective Curator	The Creative Collaborator
Core Logic	Evidence-Based Retrieval Answers strictly from indexed databases	Inferential Reasoning Generates connections from learned knowledge
Data Boundaries	Closed Database System Peer-reviewed & indexed sources only <ul style="list-style-type: none"> ✓ Authoritative data ✗ Limited grey/web sources 	Open Web-Based System Includes journals, reports, websites, code <ul style="list-style-type: none"> ✓ Broad coverage ✗ Variable quality
Native Language Fluency	English-Centric Translate → Search → Translate back	Multilingual by Design Understands cross-language context
Search Transparency	High★★★★ Shows keywords & Boolean logic <ul style="list-style-type: none"> 📌 Reproducible 	Low★★★ The search logic is not visible <ul style="list-style-type: none"> ⚠️ Not reproducible
Hallucination Control	Strict Control★★★★ Content with references	Moderate Control★🚫 May misinterpret; needs verification
Content Analyzed	Metadata Level Abstracts, keywords, citations (no full-text)	Full-Text Level Synthesizes complete documents
Editing Freedom	Structured Output Summaries, lists, concept maps	Flexible Output Markdown, tables, code, tone adaptation
★ Academic Superpowers★	Bibliometrics Impact Factor, FWCI, co-citation maps	Multimodal & Coding Reads visuals; generates analysis code



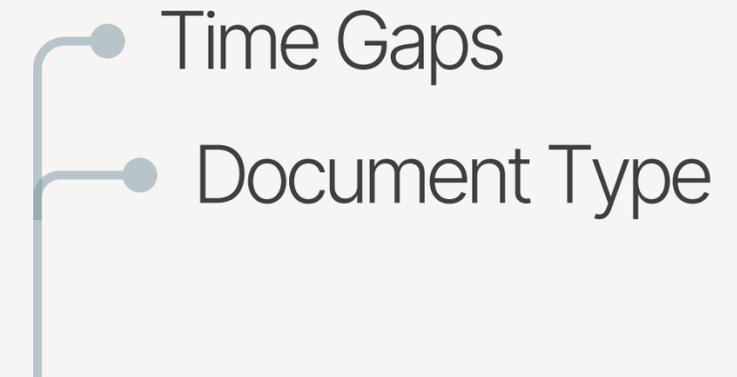
WHAT YOU SHOULD KNOW FIRST

Limitations of Scopus AI & WoS RA

Don't assume AI is always the fastest option.
In some cases, traditional tools may be more efficient.

1.

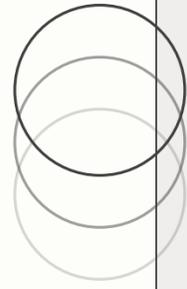
LIMITED Database Coverage



Scopus AI mainly covers literature **published after 2003**.

WoS RA is based on the **WoS Core Collection (post-1900s)**

Blind spots: miss guidelines, government reports, theses, and legal documents



WHAT YOU SHOULD KNOW FIRST

Limitations of Scopus AI & WoS RA

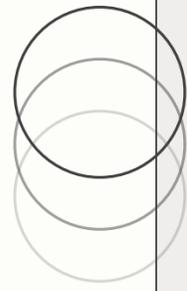
Don't assume AI is always the fastest option.
In some cases, traditional tools may be more efficient.

2.

NO FULL TEXTS

NO FULL TEXTS

"It generates answers based on **titles, abstracts**, and other **metadata**."



WHAT YOU SHOULD KNOW FIRST

Limitations of Scopus AI & WoS RA

Don't assume AI is always the fastest option.
In some cases, traditional tools may be more efficient.

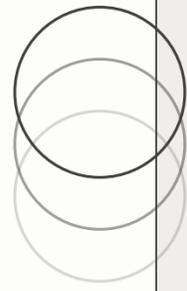
- Western-centric
- English-dominant

3.

NOT SUITABLE for all disciplines

"**Format limitations:** Not suitable for research based mainly on **classic books, close textual analysis**, or primary **historical documents**."

"**Language and regional limitations:** These tools may not perform well for **highly localized topics** (such as local culture or dialects) or fields where English is not the dominant language."



WHAT YOU SHOULD KNOW FIRST

Limitations of Scopus AI & WoS RA

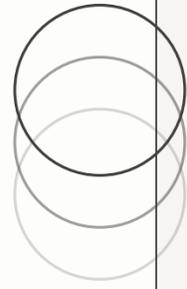
Don't assume AI is always the fastest option.
In some cases, traditional tools may be more efficient.

4.

They Are Still **AI** systems.

"Human verification is mandatory."

They Can and Do **HALLUCINATE.**



WHAT YOU SHOULD KNOW FIRST

Limitations of Scopus AI & WoS RA

1. **Limited Database Coverage**
2. **NO Full Texts**
3. **Not Suitable for All Disciplines**
4. **They Are Still AI Systems**

All These Can Lead to **RESEARCH BIAS**

Don't assume AI is always the fastest option. In some cases,

traditional tools may be more efficient.

KEY TAKEAWAYS

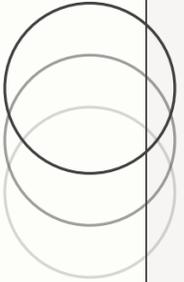
Scopus AI VS. WoS RA

 **Answers may vary** even for the same question. Remember to **login** to save your chat history!

 The Academic AI doesn't read full texts

UPDATE : 2026.03

	Scopus AI	WoS Research Assistant
Main Data Sources	Scopus database ( Primarily covers literature published after 2003.)	WoS Core Collection (Coverage from 1900 to present)
Operation Mode	Free exploration Basic, Deep Research, Temporary	Guided Tasks Topic Explorer, Literature Review, Find a Journal
 Shared Features	<ol style="list-style-type: none"> Interaction: Natural-language chat. No Boolean logic needed. Sourcing: Cites real literature; refuses to guess if data is missing. Data: Peer-reviewed journals + metrics (e.g., citation counts). Role: Acts as your "Assistant" and "Copilot." You must still verify the facts. 	
 Output...	<ul style="list-style-type: none"> Basic: summaries, references (incl. highly cited Foundational Documents), topic experts, tables  Exclusive: Concept Maps (branching), Emerging Themes, Deep Research reports 	<ul style="list-style-type: none"> Basic: summaries, references, top authors, tables  Exclusive: Topic Maps (network), trend graphs, co-citation maps, global maps, word clouds
 Highlights 	<ul style="list-style-type: none"> Clean and user-friendly interface Excellent at capturing emerging themes Deep Research: Full reports from "scope" to "gaps" 	<ul style="list-style-type: none"> Clear Guided Tasks & co-citation analysis Direct JCR ranking integration Enriched Cited References: Shows where & how a paper is cited
Recommended Use Cases	<ul style="list-style-type: none"> Initial Exploration: Exploring a new field and brainstorming related concepts Quick Summary: Getting a 10-year research overview in just 5 minutes Finding Inspiration: Expanding ideas visually with emergent topics or concept maps 	<ul style="list-style-type: none"> Literature Review: When you must not miss early, pre-2003 foundational literature Target Journals: Finding the right journal using your existing title and abstract Precise Citation Analysis: Understanding co-citation relationships among authors or papers



0. Master the Basics

1. Explore research topics

Scopus AI

WoS RA

GhatGPT

Gemini



Deep Research

2. Explore the Literature

Scopus AI

WoS RA

GhatGPT Deep research,
Web search, Thinking

Gemini Deep research,
Double-check response



3. Manage References & Write

EndNote 2025

NotebookLM



4. Find Target Journals

WoS RA

OTHER AI TOOLS

ChatGPT

NotebookLM

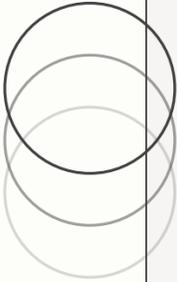
Gemini

Elicit

perplexity

OpenEvidence

...



0. Master the Basics

Scopus AI  [link](#)



[More about Scopus AI](#)

Modes

Temporary conversation, Basic, Deep research



Highlights

Concept map, Topic experts, Emerging Themes

Powered By

LLM(OpenAI ChatGPT), RAG Fusion



Limitations

Mainly post-2003 literature

Titles, abstracts, metadata **only** (NO FULL TEXT)

 Articles, Books, Book chapters, Conference papers, Reports, Reviews, Short surveys, Data papers
 Conference Reviews, Erratum

Privacy & Data Protection

GDPR compliant. Queries are NOT stored or used to train the AI

Scopus AI

Scopus



[link](#)

Scopus[®] AI
Trusted content. Powered by responsible AI.



[What is Scopus AI?](#)



[More about Scopus AI](#)



Search & Features

Search Articles (by keyword, title, abstract...)

Identify Top Global Experts (in specific fields)

Deep-Dive Metrics (FWCI, H-index, global rankings...)



Scopus

Search

Sources

SciVal



Create account

Sign in

Search by author name

Start exploring

Documents

Authors

Researcher Discovery

Organizations

Scopus AI

New

Here

Search journals (by subject categories) & journal metrics

Search tips

AI Query Builder Beta

Search within
Article title, Abstract, Keywords

Search documents *

+ Add search field

Add date range

Advanced document search

Enter Keywords & Select Fields

Build Complex Queries (Add fields or Advanced Search)

Search History

Saved Searches

NO controlled vocabularies, (Free-text search only)

Scopus AI

Multidisciplinary & citation DB

Free-Text Search Only

Scopus



link

Start exploring

Documents Authors Researcher Discovery Organizations **Scopus AI** New

Explore topics and discover relevant references since 2003

What would you like to learn more about?

Deep research



Conversation history

[Sign in](#) or [create account](#) to save and revisit your conversations.

Conversation examples

- ↳ What impact do microplastic pollutants have on marine biodiversity in coastal regions?
- ↳ How can international cooperation be improved to effectively address global climate change?
- ↳ How does chronic sleep deprivation affect cognitive decline in aging populations?

Scopus AI's quality of results may vary. [How it works](#) [Share feedback](#)

Search

Sources

SciVal ↗



Create account

Sign in

Create a Free Account
(Log in to save AI chat history)

[Search tips](#) ?

Organizations

Scopus AI New

documents *

Search >



Read Before You Start!

Search

Search History

Saved Searches

Scopus AI

Multidisciplinary & citation DB

Free-Text Search Only

Scopus



[link](#)

1.

Temporary conversation **Quick Chat**

One-time session. Chats are **NOT** saved to your history.

2.

(Basic) **Find Inspiration** **Get the Gist**

Ask in any language (*English works best). Quickly generates summaries, keywords, and Foundational Papers.

Concept map

Find connections & expand your search scope

Topic experts

Find leading experts & their key publications

Emerging themes

Discover fresh, rising trends in your field

Start exploring

Documents

Authors

Researcher Discovery

Organizations

Scopus AI

New

Temporary conversation



Explore topics and discover relevant references since 2003

What would you like to learn more about?

Deep research



Show conversation history

3.

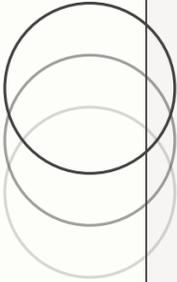
Deep Research **Inspire** **Find Gaps**

Deep dive for complex, cross-disciplinary, or open-ended questions. Generates a comprehensive, multi-perspective report.

Direct answers

Unexpected connections

Research limitations and gaps



0. Master the Basics

WoS Research Assistant  [link](#)



[More about
WoS RA](#)

Guided Tasks

Topic Explorer, Literature Review,
Find a Journal (with JCR)



Highlights

Co-citation map, Enriched Cited References,
Various visualizations, Multilingual Chat

Powered By

LLM(OpenAI ChatGPT), RAG



Limitations

SCIE, SSCI, AHCI, ESCI, conference proceedings, scholarly books ...

Based on WoS Core Collection

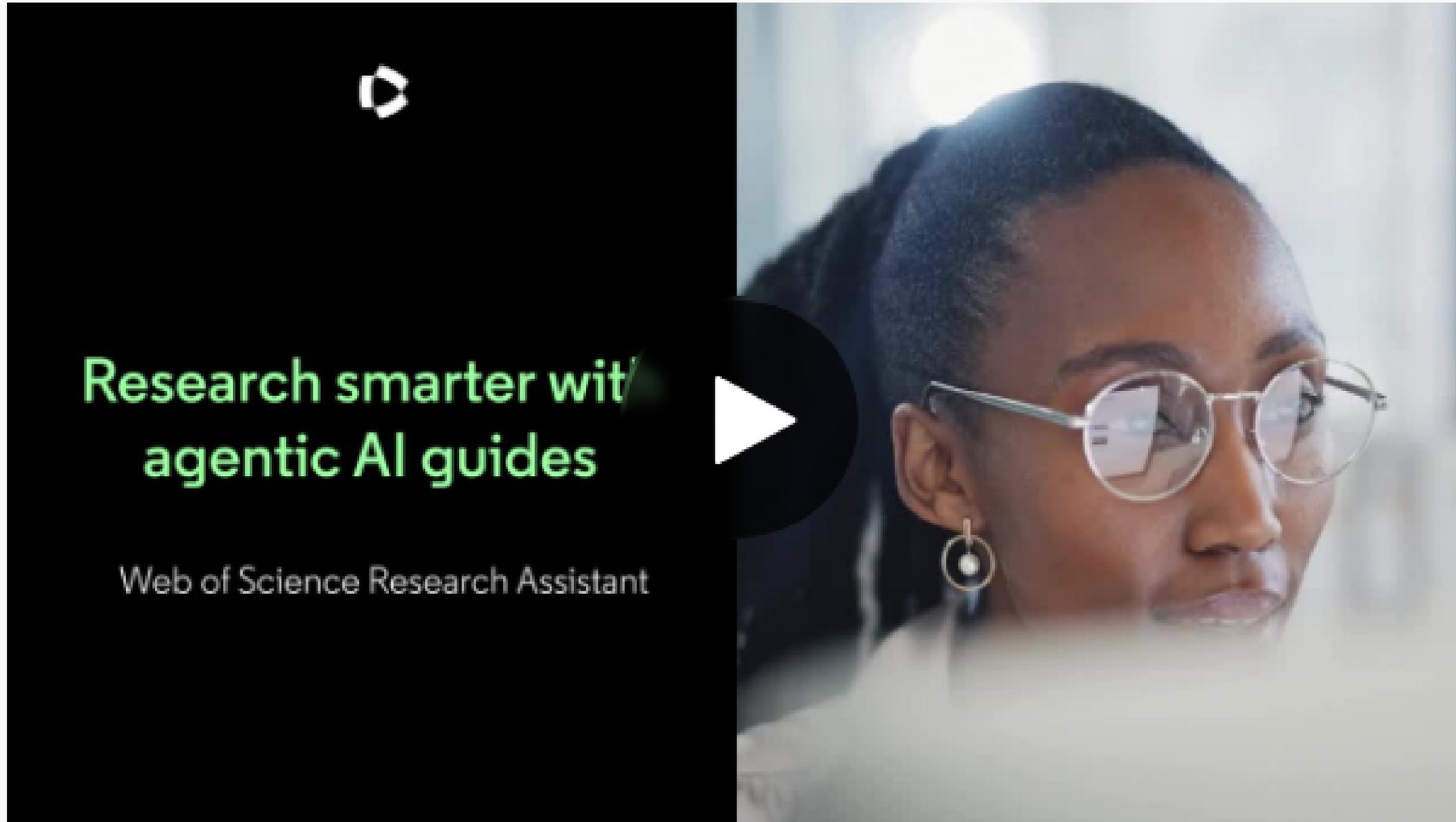
Titles, abstracts, metadata **only** (NO FULL TEXT)

Privacy & Data Protection

Secure and independent. Queries are NOT
used to train public AI models.

WoS RA

WoS  [link](#)



[Full Demo \(11min\)](#)



[All about
WoS RA](#)



[WoS RA
Overview](#)

Search & Features

WoS



Web of Science™

Smart Search

Advanced Search

Research Assistant

Select Your Search Scope (All Databases vs. Core Collection(SSCI, SCIE, AHCI, ESCI, etc.))

Basic field search & advanced search now moved here

Your trusted path to discovery

All Databases

Web of Science Core Collection

我想了解covid19疫苗猶豫的研究

To search specific indexes or fields, or build a query, go to [Advanced Search](#)

Input your questions, keywords directly or use Boolean logic & search operators



Let Research Assistant talk you through it

Advanced technology to help you understand your topic and find resources faster.



Currently supports 7 languages (expanding to 60 in next update)



Topic Explorer

Explore topics, identify related subtopics, and visualize trends.



Literature Review

Synthesize the literature, uncover research gaps and hotspots, and formulate hypotheses.

Find a Journal

Match your manuscript or topic to relevant, trusted journals.

Sign in to

- Save and or documents
- Receive alert publication search

Register no

Step 3 of 9

View results in your language

Smart Search supports searching and viewing results in **multiple languages**. Use the **translation toggle button** on the results page to switch between English and translated titles in your preferred language.

Translate titles

0/749,729

1 **O compromisso econômico das mudanças climáticas**

The economic commitment of climate change

Semantic search result
Kotz, M; Levermann, A and Wenz, L
Apr 18 2024 | NATURE | 628 (8008) , pp.551+

Back

Next

Get started with Research Assistant

Create a Free Account
(Log in to save AI chat history)

Chat history



There are no chats in your history. [Sign in](#) to save your chats.

Accelerate Your Research with a Smart Assistant

Choose an agentic AI guide to help you advance your research goals

Topic Explorer

Explore topics, identify related subtopics, and visualize trends.

Literature Review

Synthesize the literature, uncover research gaps and hotspots, and formulate hypotheses.

Find a Journal

Match your manuscript or topic to relevant, trusted journals.

2.~4.

Guided Tasks

Topic Explorer

Literature Review

Find a Journal

Find Connections

Topic map

Find Leading Experts

Top authors

Track Trends

Documents over time graph

Have a research question?

1.

Ask a research question

(Basic)

Ask a Question

Quick Chat



No task limits. Ask in any language (It replies in the same language!). Generates answers based on ~25 papers.

Example questions:

How does climate change impact biodiversity? →

Who are the most cited authors in genetics? →

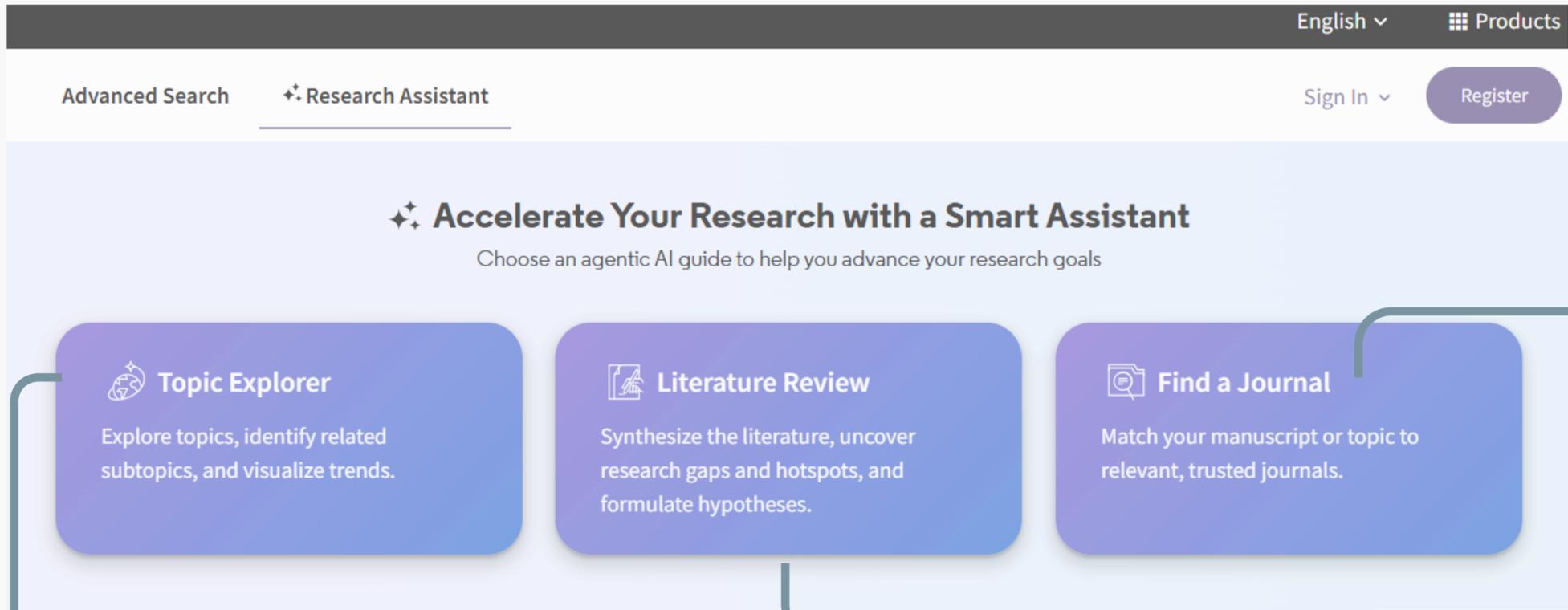


Read Before You Start!

[Submit Feedback](#) [Take a tour](#)

AI-generated content: quality may vary. Check for accuracy.

[About Research Assistant](#) [Disclaimer](#)



2.

Topic Explorer [Get the Gist](#) [Visualize](#)

Finds topics & subtopics. Provides summaries with citations, and helps you discover related papers and leading experts.

- Visualizations:** [word clouds](#) [Topic map](#)
[country/geographic map](#) [document trends over time](#)

4.

Find a Journal [JCR](#) [Recommendations](#)

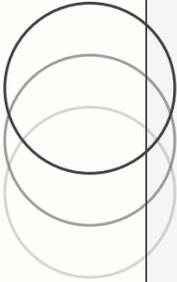
Recommends target journals based on your title/abstract. Seamlessly integrates with JCR to provide JIF and Q1-Q4 rankings.

3.

Literature Review [Find Papers](#) [Find Gaps](#)

Choose from 4 functions. Each guides you step-by-step to build your prompt, find key papers, and spark research ideas.

- [literature review](#) Find core papers
- [Identify research gaps](#) Find research gaps
- [Find hotspots](#) Discover trending topics
- [Formulate hypothesis](#) Build research hypotheses



1. Explore Research Topics

Scopus AI  [link](#)

WoS Research Assistant  [link](#)

Here's How...

Step1. Choose a Mode (Basic, Deep research, Topic Explorer...)

Step2. Ask Your Initial Question

Follow-Up Ideas!

(Use natural language!
No keywords needed.)

e.g., definitions, **summaries, subtopics, recent trends**, field experts, pros/cons, **comparisons**, research gaps...

Step3. Verify Check AI's keywords, queries...

Step4. Visualize Concept maps, trend graphs, citation networks...

Level Up⁺⁺ Pro Tips!

- **Generate Tables** (e.g., compare outcomes, sample size)
- **Filter in Standard Search** (Use database filters like Q1 journals)
- **Reuse AI Queries** (Copy AI keywords for standard search)

1. Explore Research Topics

Scopus AI (Basic)



Scopus AI **Step 1. Enter Your Question**
 Explore topics and discover relevant references since 2003
 (English works best)

What are the emerging non-pharmacological interventions for managing anxiety among university students worldwide?

Deep research

Step 2

Non-pharmacological interventions for anxiety

Chat History

- Today
- Non-pharmacological in...
- Nature Prescription conc...
- Previous 7 days
- Nature Prescription conc...
- Nature Prescription conc...
- Emerging non-pharmac...
- Intermittent Fasting vs. T...
- Comparison of Vaccine ...
- Comparison of vaccine h...
- Taiwan Blackfoot Diseas...
- Emerging non-pharmac...
- Non-drug interventions f...

Summary
 (Based on ~10 papers)

Expanded summary (+10~20 papers)

References

- Reference 1
- Low-intensity psychological interventions for anxiety Evidence from a pilot study on breathing exercises
- Fontanini W.
- Orvosi Hetilap 2025
- Reference 2
- Online computer or therapist-guided cognitive behavioral therapy in university students with anxiety and/or depression: Study protocol of a randomised controlled trial

Chat History

Summary (Based on ~10 papers)

Expanded summary (+10~20 papers)

References

- Summary references
- Foundational documents
- Related documents

Step 1. Choose a Mode & Step 2. Ask + Follow Up

WoS Research Assistant (Basic)



Topic Explorer
Explore topics, identify related subtopics, and visualize trends.

Literature Review
Synthesize the literature, uncover research gaps and hotspots, and formulate hypotheses.

Find a Journal
Match your manuscript or topic to relevant, trusted journals.

Step 1. Enter Your Question

Have a research question?

Replies in the language you ask!

過去 5 年中，針對大學生焦慮，有哪些新興的非藥物介入措施？

Step 2

Home

New chat

Chat history

- 我想了解嚴重腦傷後遺症手術
- Literature review(我想知道Nat
- 2025
- In patients with feeding tubes
- Topic explorer(我了解"旅遊
- 我想了解為什麼護理系大學生
- Between Passion and Pressure
- 我想知道關於難治型顛內高壓
- I would like to know the clinical
- 2024
- 我想詢問肥胖抑制的方式與相
- 老年化未來的趨勢為核

Overview
 (Based on ~25 papers)

References

- 認知行為療法 (CBT) 被證明是減少大學學生壓力的有效工具，並且其多樣的交付方式使其適應性強。
- CBT 的應用不僅限於面對面治療，還包括在線平台，這為學生提供了更靈活的支持選擇。

結論:

在過去五年中，針對大學學生的非藥物干預措施如正念運動、數位心理健康干預和認知行為療法顯示出顯著的成效，能有效減少焦慮和抑鬱症狀。這些干預措施的多樣性和可及性為學生提供了更好的心理健康支持，顯示出未來在這一領域進一步研究和實施的潛力。

View 25 referenced documents

What would you like to see next?

- Documents over time graph for Stress management
- Topic Map
- Top authors

Chat History

Overview

(Based on ~25 papers)

References

- Co-citation map
- Citing items by classification chart
- Enriched cited references

1. Explore Research Topics

Step 1. Choose a Mode & Step 2. Ask + Follow Up

Scopus AI (Basic)



Expanded summary

Insights at a glance

Concept Map Topic Experts Emerging Themes

Go deeper

- What role does mindfulness play in reducing anxiety among university students?
- How can peer support groups impact anxiety management in college settings?
- What are the benefits of physical activity in alleviating anxiety for students?

Ask a follow-up question

Step 3. Keep Asking

Suggested Questions

Ask Your Own

WoS Research Assistant (Basic)



View 25 referenced documents

What would you like to see next?

- Documents over time graph for Clinical anxiety
- Topic Map
- Top authors

Suggested Questions

- I want to know about seminal papers on Anxiety management interventions
- What types of non-pharmacological interventions are currently used to manage anxiety in university students?
- How effective are mindfulness-based interventions in reducing anxiety among university students?

Ask Your Own

Enter your question here

Co-citation map Enriched cited references map Citing items by classification chart

See related documents

25 Depression and anxiety: A 3-year follow-up study of associated risk and protective factors among university students

Nunnink, M; Ballester, L; (...); Alonso, J

DEC 15 2025 | JOURNAL OF AFFECTIVE DISORDERS

CITATION NETWORK

2 Citations 129 References

View all results in Web of Science Core Collection → View related preprints → Find Related Preprints

Step 4. Check References (Scroll to bottom)

Level Up⁺⁺ Pro Tips!

- **Keep Asking** to **Find Gaps** or **Get an Overview** (e.g., definitions, summaries, subtopics, **recent trends**, pros/cons, **core papers**, **comparisons**, field experts, research gaps...)
- Generate **Comparison Tables** (e.g., compare outcomes, samples, doses...)

1. Explore Research Topics

Step 3. **Verify** Check AI's keywords, queries

Scopus AI (Basic)



[link](#)

Step 4. Click "Show Copilot steps" (*Not Microsoft Copilot)

Non-pharmacological interventions for anxiety ...

What are the emerging non-pharmacological interventions for managing anxiety among university students worldwide?

Show Copilot steps ▾

Summary

Emerging Non-Pharmacological University students worldwide and in non-pharmacological interventions

Hide Copilot steps ^

- Creating a plan to answer your query
- Performing natural language search:
 - What are the emerging non-pharmacological interventions for managing anxiety among university students worldwide?
- Performing keyword search: (Check its keywords & Boolean logic)
 - ("non-pharmacological" OR "non-drug" OR "behavioral" OR "psychological") AND ("intervention" OR "strategy" OR "approach" OR "method") AND ("anxiety" OR "stress" OR "worry" OR "nervousness") AND ("management" OR "treatment" OR "control" OR "reduction") AND ("university" OR "college" OR "student" OR "higher education") AND ("cognitive behavioral therapy" OR "mindfulness" OR "relaxation" OR "exercise")
- Generating summary



AI isn't perfect!
(Boolean logic or keywords might be **wrong**. Tweak your prompt to fix it!)

Step 5. Review the AI's Search Strategy

(Check its keywords & Boolean logic)

WoS Research Assistant (Basic)



[link](#)

Step 5. Click "How are these results generated?"

What are the emerging non-pharmacological interventions for managing anxiety among university students worldwide?

How are these results generated?

Overview:
The emerging non-pharmacological psychological resilience, promoting the unique mental health challenges to improve well-being.

What are the emerging non-pharmacological interventions for managing anxiety among university students worldwide?

How are these results generated?

Using your query, I searched the Web of Science Core Collection for documents with publication date greater than or equal to 08-17 and with topic "(anxiety OR stress OR mental health OR psychological distress OR emotional distress) AND (non-pharmacological interventions OR non-drug interventions OR behavioral interventions OR psychosocial interventions OR therapeutic approaches OR counseling OR psychotherapy OR cognitive behavioral therapy OR mindfulness OR meditation OR relaxation techniques OR exercise OR physical activity OR lifestyle modifications OR peer support OR social support) AND (students OR college students OR higher education students OR undergraduate students OR graduate students OR tertiary students)" and found 1,470 results.



AI isn't perfect!
(Boolean logic or keywords might be **wrong**. Tweak your prompt to fix it!)

Step 6. Review the AI's Search Strategy

(Check its keywords & Boolean logic)

Level Up⁺⁺ Pro Tips!

- **Filter in Standard Search** (Reuse the AI's query and apply built-in filters like Q1 or Highly Cited)
- **Reuse AI Queries** (Save the query for future use to ensure research reproducibility)
- **Tweak the Query** (Manually add truncations, abbreviations, or new keywords for a perfect search)

1. Explore Research Topics

Step 3. Verify Check citations & metrics

Scopus AI (Basic)



Step 6. Click In-Text Citations

Step 7. View Document Details

Check abstracts, citations

Check metrics

Get full text

How to Verify!

- **Check Abstracts** > Spot AI hallucinations
- **Read Full Texts** > Get the whole picture
- **Review Metrics** > Exclusive to academic AIs! Citations, FWCI (1.0 = global avg.), & Percentiles

WoS Research Assistant (Basic)



Step 7. Click In-Text Citations

Step 8. View Document Details

Check abstracts

Check citations

Check JIF & JCR data

How to Verify!

- **Check Abstracts** > Spot AI hallucinations
- **Read Full Texts** > Get the whole picture
- **Review Metrics** > Exclusive to academic AIs! Citations, Citation networks, & Highly Cited Papers



1. Explore Research Topics

Step 3. **Verify** Export & Expand

Scopus AI (Basic)



aging anxiety among university students

logical") AND ("intervention" OR "worry" OR "nervousness" AND "university" OR "college" OR "student" OR "illness" OR "relaxation" OR "exercise")

ety Among University Students

ety, and there is a growing interest in these are some of the emerging

cing anxiety by improving resilience

daily routines and settings such as

both therapist-guided and self-guided in reducing anxiety and depression

therapy has also been effective,

References

Reference 1
Low-intensity psychological interventions for anxiety Evidence from a pilot study on breathing exercises
Fontanini W, Orvosi Hetilap 2025
Check journal info

Reference 2
Online computer or therapist-guided cognitive behavioral therapy in university students with anxiety and/or depression: Study protocol of a randomised controlled trial
Klein A, Wolters N.E., Bol E.J.M., (...), Wiers R.W. BMJ Open 2021
View all references

Reference 3
Transdiagnostic and tailored internet intervention to improve mental health among university students: Research protocol for a randomized controlled trial
Berman A.H., Topooco N., Lindfors P., (...), Andersson C. Trials 2024

Foundational documents
25,290 citations
A brief measure for assessing generalized anxiety disorder: The

Step 8. Check All References (Right panel)

Trials 2024
Show abstract

Reference 4 • 50 citations
The UniWellbeing course: A randomised controlled trial of a transdiagnostic internet-delivered cognitive behavioural therapy (CBT) programme for university students with symptoms of anxiety and depression

Export all references

Step 9. Export

Export all references

Level Up++ Pro Tips!

- 1. Export to Reference Tools
 - 2. Get Full Texts via Find@NCKU or EndNote
 - 3. Read, Write & Cite (Combine with other AI tools!)
-
- 1. Reuse AI Queries in Standard Search (For WoS, just click "View all results")
 - 2. Find MORE Papers & Apply precise database filters
 - 3. Ensure Transparency & Reproducibility

WoS Research Assistant (Basic)



Co-citation map Enriched cited references map Citing items by classification chart

See related documents

25 Depression and anxiety: A 3-year follow-up study of associated risk and protective factors among university students
Nunnink, M; Ballester, L; (...); Alonso, J
DEC 15 2025 | JOURNAL OF AFFECTIVE DISORDERS

View all results in Web of Science Core Collection

Step 11. Scroll down & click "View all results in WoS"

4,766 results from the Web of Science Core Collection for:

(elderly OR seniors OR older adults OR aging population OR aged individuals) AND (sense of importance OR personal significance OR value OR dignity OR respect) AND (age discrimination OR ageism OR prejudice against elderly OR stereotyping based on age) (Topic) not Retracted Publication (Document Type)

Refine results Export Refine

Search within results...

Quick Filters

- Highly Cited Papers 31
- Review Article 166
- Early Access 99
- Open Access 2,745
- Enriched Cited References 1,579
- Open publisher-invited reviews 10

Publication Years

Show Final Publication Year

Export all references

1 The Sense of Coherence as a Mediator of t Quality of Life in the Migrant Population
Urzúa, A; Henríquez, D; (...); Caqueo-Urizar, A
Feb 2025 | HEALTHCARE 13(4)

2 How the elderly tackle age discrimination
Jia, GM; Luo, XY and Wan, LC

Step 12. Find More Papers with the Same Query (Filter by Highly Cited, Core Collection...)

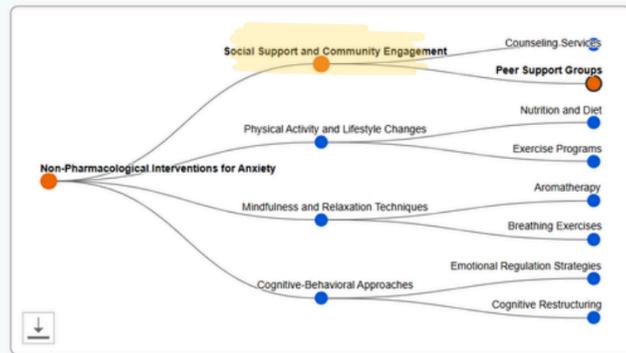
1. Explore Research Topics

Step 4. **Visualize** Concept maps, trend graphs, graphs, citation networks...

Scopus AI (Basic)



Concept map



Linked concept path summary

Explore Related Concepts

- Click any node for details & related papers
- Downloadable maps

Topic experts

Find Leading Experts

Palermo, Tonya Mizell T.M.

11,636 citations 5 matching documents

Tonya Mizell Palermo is a recognized expert in the field of digital cognitive-behavioral (CBT) for youth, particularly in the context of chronic pain management. Their research on the effectiveness of digital CBT interventions for adolescents with mental health challenges. Participants reported significant improvements in recovery outcomes when engaged in structured peer support settings compared to standard care alone.

Preview profile

- Shows h-index & citation counts
- AI-generated career & contribution summaries
- Click profiles for full publication lists

Emerging themes



Non-Pharmacological Interventions for Pediatric Anxiety Consistent Theme

Non-pharmacological interventions for pediatric anxiety have consistently been a focus of research, highlighting the importance of addressing anxiety in children and adolescents through various therapeutic strategies. This theme encompasses a range of approaches, including cognitive-behavioral therapy, mindfulness, and digital interventions, aimed at reducing anxiety symptoms and improving overall mental health in young populations.

Show references

Potential Hypotheses:

- Digital cognitive-behavioral therapy interventions can significantly reduce anxiety symptoms in children and adolescents
- Mindfulness-based interventions are more effective than traditional cognitive-behavioral therapy in managing pediatric anxiety

Exercise as a Therapy for Anxiety Rising Theme

The role of exercise in managing anxiety is gaining increasing attention, with recent studies exploring the benefits of yoga, have been shown to reduce anxiety symptoms and improve mental health. This rising theme suggests that physical activity could be a viable and effective non-pharmacological treatment for anxiety.

- Provides summaries, references & hypotheses
- Scans past 2 years documents to cluster topics. Categorized into:

1. Consistent Theme
2. Rising Theme
3. Novel Theme



What is Emerging themes?

WoS Research Assistant (Basic)



Topic map



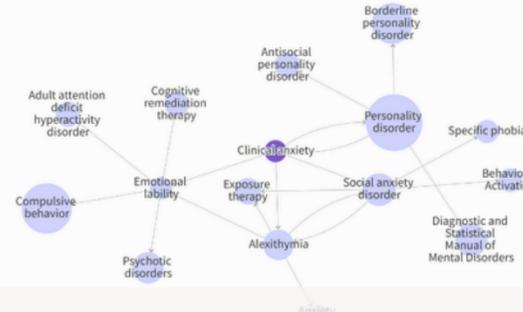
主題圖可以協助您綜觀全局、探索更具體的主題並瞭解一個領域的術語。

此主題圖顯示了主題之間的關係，由涵蓋相同主題的文獻決定。泡泡的大小表示有多少文獻涉及該主題，而箭頭則表示哪些主題相互參考。

Clinical anxiety 的主題圖：

檢視主題圖 下載資料表

顯示設定



Explore Topic Relationships

- Interactive nodes (click/drag) to view related papers
- Node size = Number of papers
- Lines = Connections (uncover complex networks)

All about WoS RA



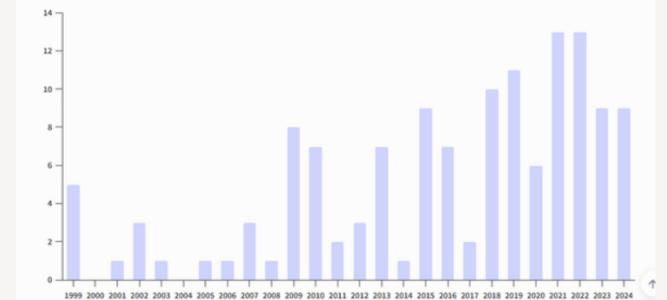
Documents over time graph



歷年針對特定主題發表的文獻圖表，可以深入瞭解研究趨勢、歷史背景及學術成果的影響。它有助於識別新出現的子議題、合作網絡和興趣轉移。

Clinical anxiety 的歷年文獻圖表：

年數 (25) 顯示設定



Track Publication Trends

- Click any year to view its papers
- Set custom date ranges & download

Topic authors

以下是對主題 Clinical anxiety 做出重大研究貢獻的前 10 位作者的個人簡介。這些作者不會按特定排名順序顯示，其目的是顯示關鍵影響力人士，而非提供比較性排名。

MASSERMA, JH

最新的出版品 大部分引用文獻的出版品 共同作者視覺效果

BORLAND, LR

最新的出版品 大部分引用文獻的出版品 共同作者視覺效果

Find Top Authors

- Shows career h-index, citations & paper counts
- Tracks recent citation & publication stats
- View co-author networks

1. Explore Research Topics More Modes⁺⁺ !

Scopus AI (Deep Research)  [link](#)

Deep Research

Deep dive for complex, cross-disciplinary, or open-ended questions. Generates a comprehensive, multi-perspective report.

- Direct answers
- Unexpected connections
- Research limitations and gaps

1. Powered by AI Agents
(Thinks longer and digs deeper)

2. Add Precise Parameters. Use natural language and filter by:

- Country / Region
- Time range
- Document type
- Citation count (e.g., >50 citations)

3. Get a Comprehensive Report:

- Direct answers
- Unexpected connections
- Research limitations and gaps

4. Download the full PDF report and reference list

 [Six tips for using Scopus AI Deep Research](#)

Non-pharmacological interventions for anxiety ...

What are the emerging non-pharmacological interventions for anxiety among university students worldwide?

Deep research - [Thought for 1min 21sec](#)

Non-pharmacological interventions for anxiety
[View as PDF](#)

Emerging Non-Pharmacological Interventions for Managing Anxiety Worldwide

Quick Reference
Key Findings Table

Intervention Type	Delivery Format	Evidence of Effectiveness	Cultural Adaptation	Long-term Efficacy	Features
Interventions	person, digital, VR			practice	
CBT & Digital CBT	In-person, web, app	High	Yes	Moderate-High	Ac
Neurofeedback/Biofeedback	In-person,	Moderate-High	Limited	Promising	Ne

Direct Answer
Emerging non-pharmacological interventions for managing anxiety among university students include digital mindfulness training, integrated app-based biofeedback and breathers, and virtual reality psychotherapy. These interventions are often delivered through online platforms and virtual reality. Further research on long-term efficacy and cultural adaptation is needed.

Suggested Further Research

- Large-scale, rigorous randomized controlled trials with standardized protocols and long-term follow-up.
- Comparative studies of combined vs. standalone interventions.
- Enhanced adherence monitoring using digital tools and biomarkers.
- Deeper investigation into the role of cultural adaptation in intervention effectiveness.
- Systematic cultural adaptation of interventions for diverse populations.

Study Scope

- Time Period:** 2018–2024
- Disciplines:** Psychology, Health Services Research, Digital Health
- Methods:** Randomized controlled trials, systematic reviews, user experience studies

Assumptions & Limitations

- Most studies rely on self-reported outcomes.
- Methodological variations across studies.

1. Introduction
Background and Rationale
Anxiety is a pervasive mental health condition with high prevalence rates often exceeding 20% in university students. The transition from secondary to tertiary education, coupled with academic pressures, well-being challenges, and limited access to mental health services, has driven a global shift toward digital and integrated mental health interventions. Recent years have seen a surge in research and innovation to optimize student wellbeing and academic success.

CONCLUSION
Summary of Evidence and Implications
Non-pharmacological interventions for anxiety among university students are diverse, effective, and increasingly delivered through digital and integrated formats. Mindfulness, CBT, neurofeedback, biofeedback, physical activity, and culturally adapted therapies offer significant benefits, especially when personalized and supported by ongoing practice. Technological innovations—such as app-based, VR, and remote monitoring systems—are expanding access and engagement, though adherence and long-term efficacy remain challenges. Methodological limitations persist, underscoring the need for rigorous, large-scale studies with standardized protocols and robust adherence monitoring. Future directions include the development of personalized, integrated, and preventive interventions, informed by neurophysiological mechanisms and cultural sensitivity. For university mental health services and policy, the evidence supports the adoption of scalable, accessible, and culturally tailored non-pharmacological interventions, with continued investment in research and innovation to optimize student wellbeing and academic success.

[Show all 71 references](#) [View as PDF](#)

1. Explore Research Topics

More Modes⁺⁺ !

WoS RA (Topic Explorer)



Guides you from a broad idea to a deep dive into specific subtopics

Word cloud

Country/region geographic map

Topic authors

Topic map

Documents over time graph

Tables

1. Powered by AI Agents. The AI actively asks step-by-step questions to build your search strategy

2. Add Precise Parameters. Use natural language and filter by:

- Country / Region
- Specific focus / Subtopics
- Timeframe
- Document type
- Citation count (e.g., >50 citations)

3. Get a Topic Overview:

- Summaries, core & subtopics, related themes & references

4. Export Visualizations

Accelerate Your Research with a Smart Assistant

Choose an agentic AI guide to help you advance your research goals

Topic Explorer

Explore topics, identify related subtopics, and visualize trends.

Literature Review

Find a Journal

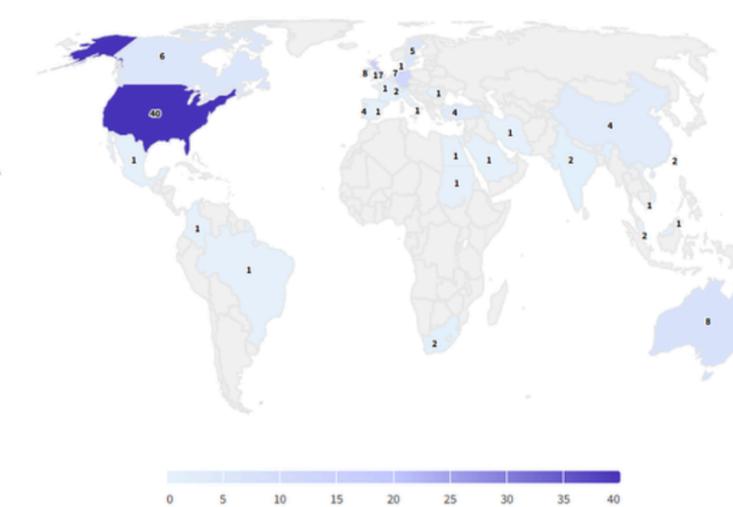
根據Web of Science資料，以下為「身心放鬆技巧」、「認知行為導向」、「數位與App輔助」三種大學生焦慮管理新興非藥施的比較表格：

介入類型	主要方法與內容	成效特點	參與/接受挑戰	代表性結論來源 (WoS ID)
身心放鬆技巧	瑜伽、呼吸法 (如Ujjayi Pranayama)、礦泉療法 (Balneotherapy)、正念冥想、身體放鬆訓練	有效降低焦慮、壓力，提升注意力及情緒穩定。短期介入可見明顯改善，對身心症狀有益。	需持續參與與實作，部分學生難以長期堅持，對文化接受度有差異。	WOS:000752044300004, WOS:001625196300001, WOS:001557874900001
認知行為導向	傳統CBT、短期解決導向治療 (SFBT)、心理教育、情緒調節訓練、團體CBT、FEAR-Model CBT	多數RCT與綜述證實可顯著降低焦慮、抑鬱及壓力症狀，效果穩定且持久。	需專業人員指導，個別化程度高，部分學生對團體或個別治療有抗拒。	WOS:001559683100001, WOS:000588008000001, WOS:001512828500001
數位與App輔助	數位化CBT、VR輔助、AI聊天機器人、自助式應用程序	能有效提升心理健康，降低焦慮，具高可及性。完全自動，效果佳，方便推廣。	參與持續率與人際互動需求為主要挑戰，個人化功能與內容多樣性需加強。	WOS:001436674600001, WOS:000476845100001, WOS:001115308600001

Word cloud based on document keywords:



Country/region geographic map:



Now, it's your turn

1

Access Scopus and WoS



2

Scopus AI

Choose “Basic” or “Deep Research” mode

WoS RA

Choose “Basic” or “Topic Explorer” mode

3

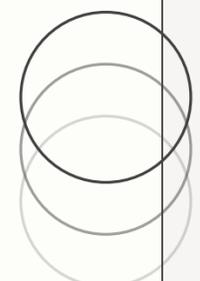
Ask a question & follow-up question

4

Check references & verify

5

View **emerging themes**, maps, graphs, **co-citations...**



2. Explore the Literature

Scopus AI  [link](#)

WoS Research Assistant  [link](#)



It's a copilot, not a replacement for traditional searches!

Here's How...

Step1. Choose a Mode (Basic, Deep research, Literature review...)

Step2. Enter Your Question

Add Context for Precision!

(Bring your PICO!
Use natural language!)

- Basics: last N years, **RCT/SR/Meta**, evidence level, document type...
- Specifics: target, intervention, region, **highly-cited, foundational papers...**

 Always click citations to verify!

Step3. Snowball Find hypotheses, hot topics, gaps ...

Classics (Scopus): Foundational Documents
Trends (WoS): Citation network

Level Up⁺⁺ Pro Tips!

- **Generate Summary Tables** (e.g., compare PICO...)
- **Use a Seed Paper** (Find similar or citing articles)
- **One-Click Export** (Save to reference tools)

2. Explore the Literature

Scopus AI  link

Basic

Three Types:

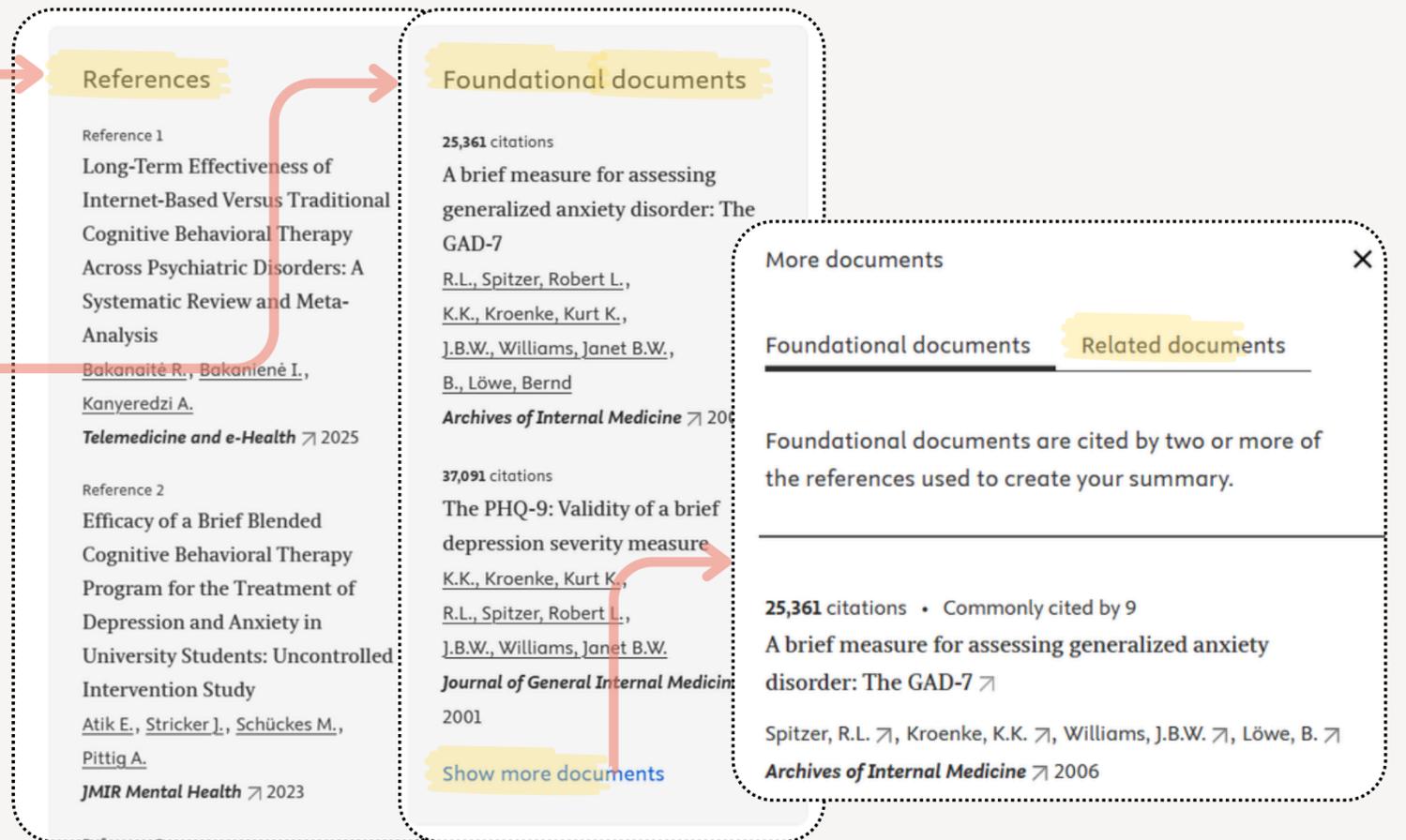
- **Summary references**
Sources backing the AI's summary
- **Foundational documents**
Highly cited, core papers in the field
- **Related documents**
Background papers linked to the foundational ones

Classics

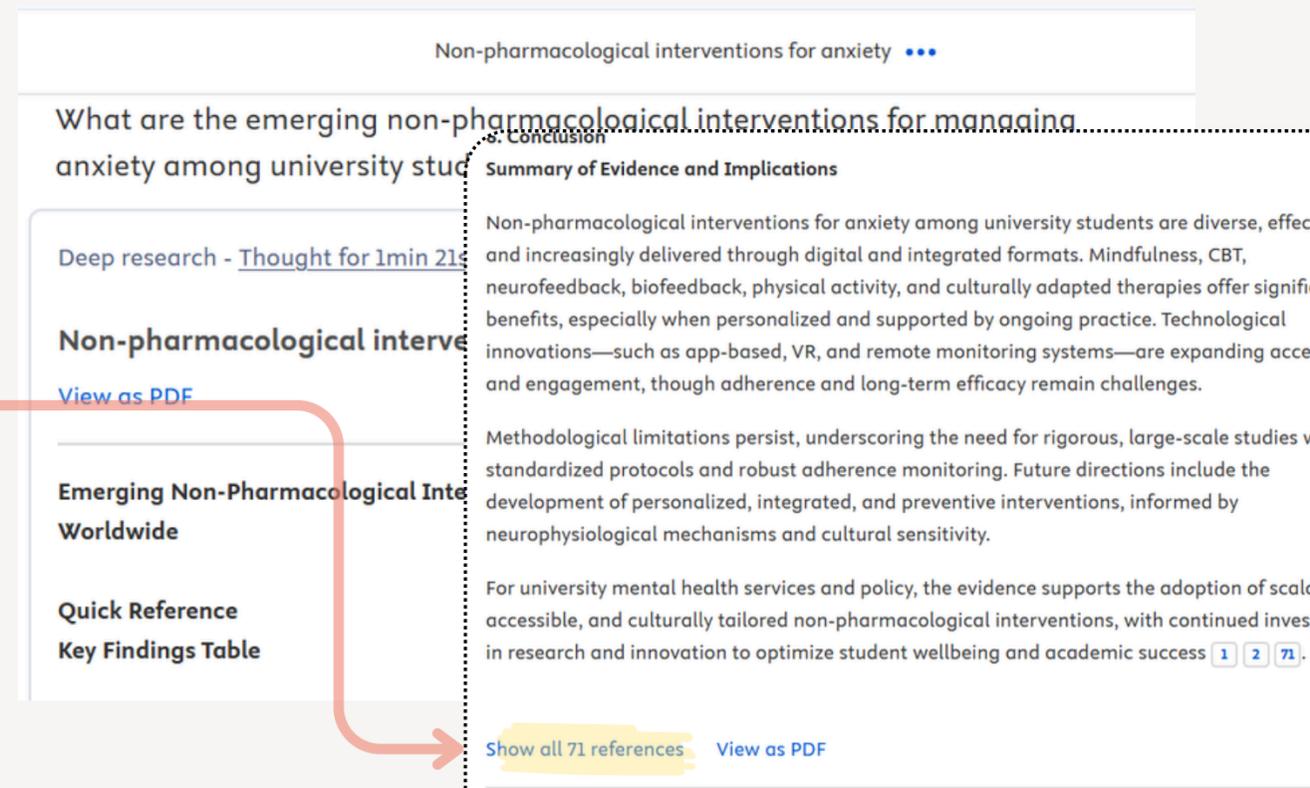
Deep Research

Deep dive to generate a full report. Add precise parameters:

- Country / Region
- Time range
- Document type
- Citation count (e.g., >50 citations)



The screenshot shows a 'References' list on the left and a 'Foundational documents' panel on the right. The 'References' list includes two entries: Reference 1 (Long-Term Effectiveness of Internet-Based Versus Traditional Cognitive Behavioral Therapy Across Psychiatric Disorders: A Systematic Review and Meta-Analysis) and Reference 2 (Efficacy of a Brief Blended Cognitive Behavioral Therapy Program for the Treatment of Depression and Anxiety in University Students: Uncontrolled Intervention Study). The 'Foundational documents' panel highlights a document titled 'A brief measure for assessing generalized anxiety disorder: The GAD-7' by R.L. Spitzer, Robert L., K.K. Kroenke, Kurt K., J.B.W. Williams, Janet B.W., B., Löwe, Bernd, published in Archives of Internal Medicine in 2006. It shows 25,361 citations and is commonly cited by 9 other documents. A 'More documents' pop-up window is also visible, showing a list of related documents.



The screenshot shows a research report titled 'Non-pharmacological interventions for anxiety'. The main heading is 'What are the emerging non-pharmacological interventions for managing anxiety among university students?'. The report includes a 'Conclusion' section, a 'Summary of Evidence and Implications' section, and a 'Deep research - Thought for 1min 21s' section. The 'Summary of Evidence and Implications' section discusses the diversity and effectiveness of non-pharmacological interventions for anxiety among university students, mentioning mindfulness, CBT, neurofeedback, biofeedback, physical activity, and culturally adapted therapies. It also notes methodological limitations and the need for rigorous, large-scale studies. The 'Deep research' section provides a quick reference and key findings table. The report is available as a PDF and has 71 references.

2. Explore the Literature Step1. Choose a Mode ✨ Accelerate Your Research with a Smart Assistant

Choose an agentic AI guide to help you advance your research goals

WoS RA (Literature Review)



Explore the literature and uncover research gaps. Choose from 4 sub-functions:

- Literature review
- Identify research gaps
- Find hotspots
- Formulate hypothesis

1. Powered by AI Agents . The AI actively asks step-by-step questions to build your search strategy

2. Choose a Sub-function

3. Add Precise Parameters. Use natural language and filter by:

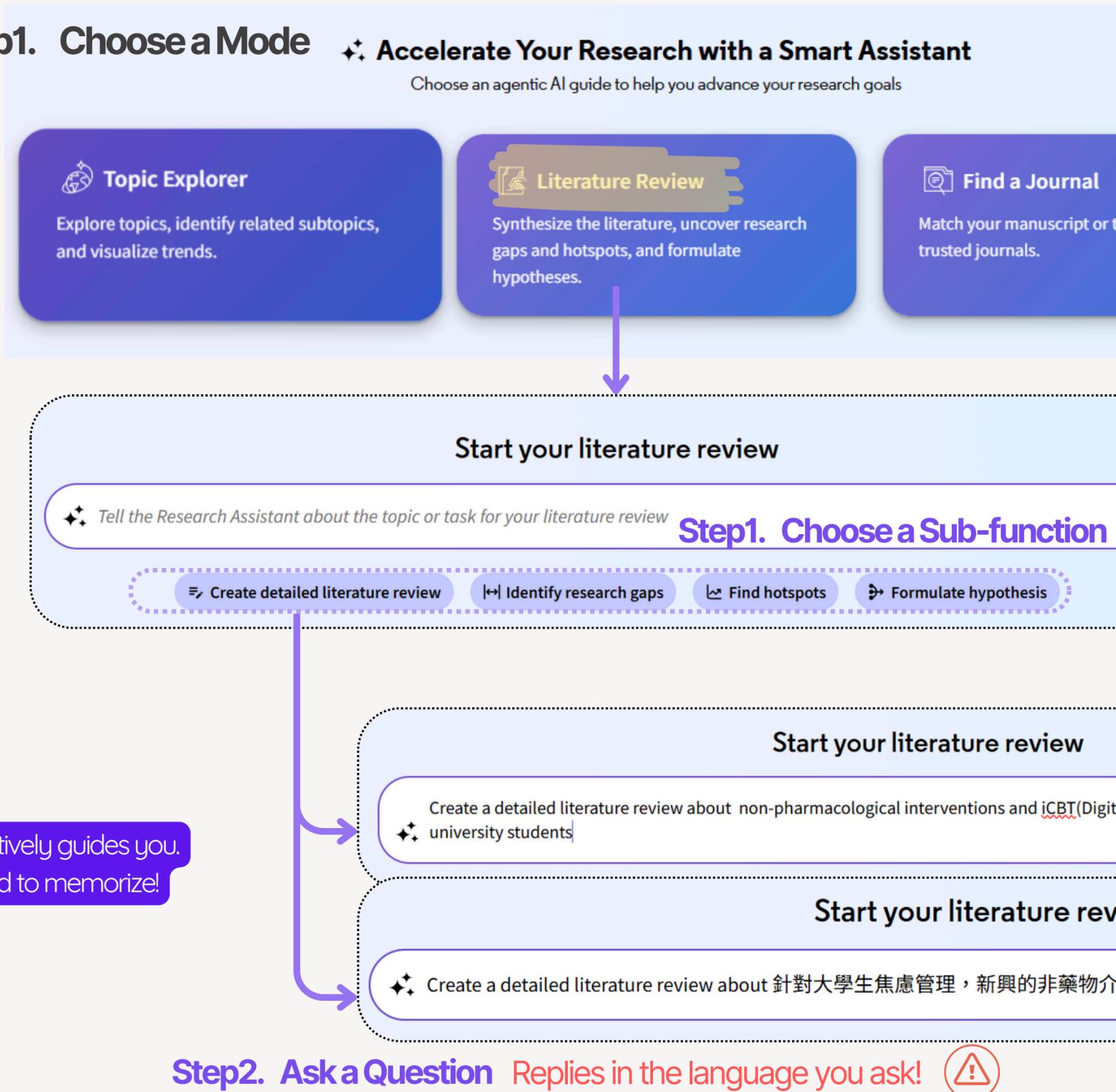
- Specific focus / Targets
- Keywords / Search strategies
- Country / Region / Timeframe
- Document type
- WoS Core Collection / Citation count



The AI actively guides you. No need to memorize!

Trends

4. Check citation networks, export results, and ask follow-up questions



Step2. Ask a Question Replies in the language you ask! ⚠️

2. Explore the Literature Step2. Enter Your Question



Always click citations to verify!

Check citation networks: co-citations, support/contrast...

WoS RA (Literature Review)



[link](#)

Step4. View Initial Results!

To create a detailed literature review on non-pharmacological interventions and internet-based Cognitive Behavioral Therapy (iCBT) for managing anxiety among university students, we need to follow a structured approach. Here's how we can proceed:

Step 1: Refine the Query

- Let's clarify what specific aspects of non-pharmacological interventions you want to cover. For instance, are you interested in mindfulness, physical exercise, or a combination?
- Are you focusing on any specific region or cultural context?

Could you please provide more details?

Great! Here's the plan for our literature review on internet-based Cognitive Behavioral Therapy (iCBT) for university students:

Step 2: Create Search Strategy

We will focus on the following main topics and subtopics:

- Main Topic:** iCBT for anxiety management
- Subtopics/Synonyms:**
 - "internet-based cognitive behavioral therapy"
 - "digital CBT"
 - "online CBT"
 - "university students"
 - "college students"
 - "anxiety management"
 - "anxiety reduction"
 - "region comparison"
 - "global perspective"

Step 3: Time Restriction

Given the current date is 2026-02-20, I will focus on the most recent findings. Would you like to proceed with this search strategy?

Step 4: Define Output Format

For the literature review, the structure will be:

- Introduction
- Common Themes/Key Findings Across Articles
- Gaps in Research
- Conclusion
- Potential Hypotheses
- Referenced Documents

Please confirm if this output format meets your requirements, and I will proceed with the search.



Step3. Step-by-step confirmation of scope, search strategy & output format

Introduction

Internet-based Cognitive Behavioral Therapy (iCBT) for managing anxiety among university students. This review explores the effectiveness and potential hypotheses regarding the effectiveness of iCBT.

Common Themes/Key Findings Across Articles

- Effectiveness of iCBT:** iCBT has been shown to be effective in reducing anxiety among university students. It provides a flexible and accessible form of therapy [Mammarella et al., 2024].
- Program Engagement:** While iCBT can be effective, it often faces challenges with low engagement, indicating a need for strategies to improve retention and outcomes, particularly for underserved populations [Lattie et al., 2019].
- Comparison with Other Interventions:** iCBT shows comparable effectiveness to traditional face-to-face clinical consultations. While both are effective, iCBT offers the advantage of being more accessible and less stigmatized [Mammarella et al., 2024].
- Cultural and Regional Variations:** Although iCBT is generally effective, there is a need for more studies on regional variations in the effectiveness of these interventions.

Gaps in Research

- Long-term Efficacy:** There is limited research on the long-term effectiveness of iCBT.
- Regional Comparisons:** Few studies have directly compared iCBT effectiveness across different cultural or regional contexts.
- Engagement Strategies:** More research is needed to identify effective strategies to improve user engagement with iCBT programs.

Psychological distress and academic success: a two-year follow-up study on the outcome of two online interventions at a university counseling service in Italy

View full record Save

Authors
Mammarella, S; Giusti, L; (...); Roncone, R

Published
OCT 8 2024

Journal
FRONTIERS IN PSYCHIATRY
Volume: 15
10.3389/fpsyt.2024.1427316

Abstract
Background The mental health of college students has been a significant concern in higher education institutions. Enhancing effective online interventions could represent excellent strategies to deal with students' well-being. The present study aimed to evaluate the effectiveness of two online interventions: the University of L'Aquila Counseling and Consultation Service for Students (SACS) and the University of L'Aquila Mental Health Consultation Service (MHC). The results are reported in this paper.

Citation Network in Web of Science Core Collection

Citation	3	71
Times Cited in All Databases		
Cited References		

Learn more about this document:

- See related documents Co-citation map
- How this document has been cited Citing items by classification
- Analyze this document's references Enriched cited references map

2. Explore the Literature

Step3. **Snowball** Find hypotheses, hot topics, gaps ...

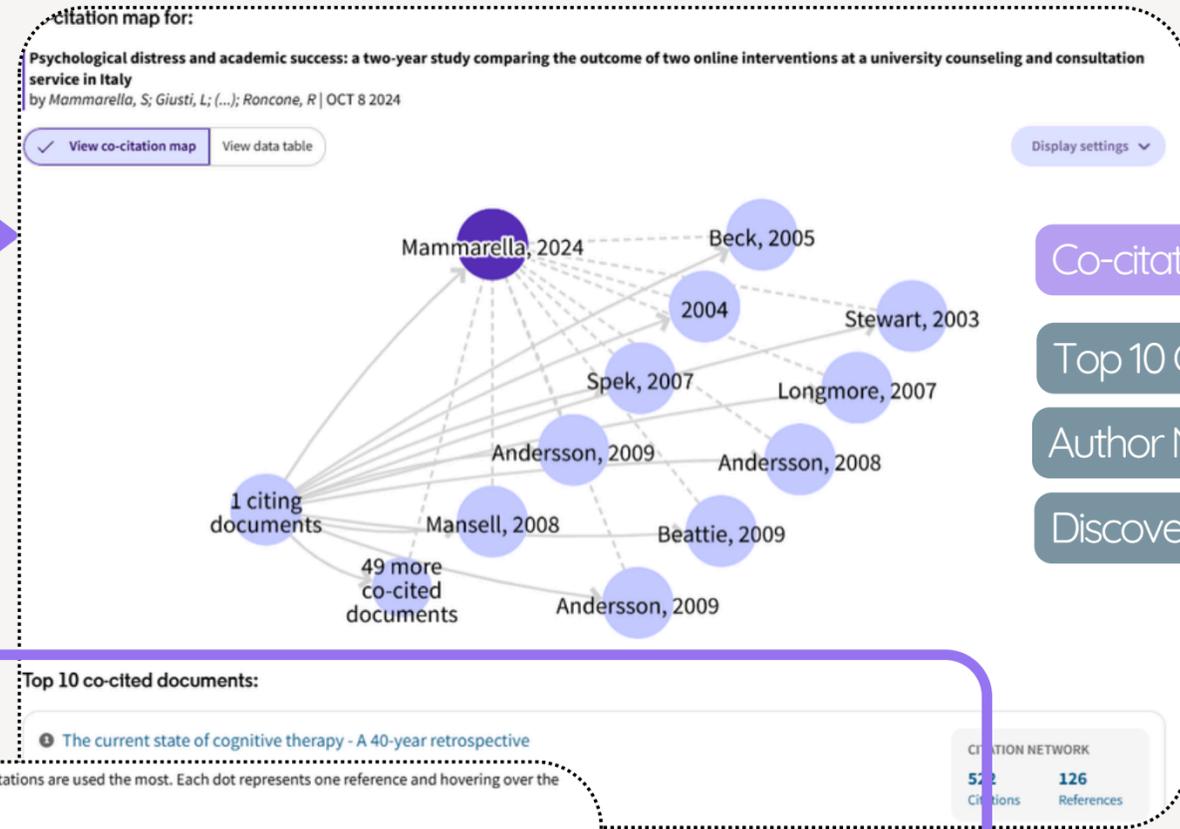
WoS RA (Literature Review)



[Citation Databases](#)
[Times Cited in All Databases](#)
[Cited References](#)

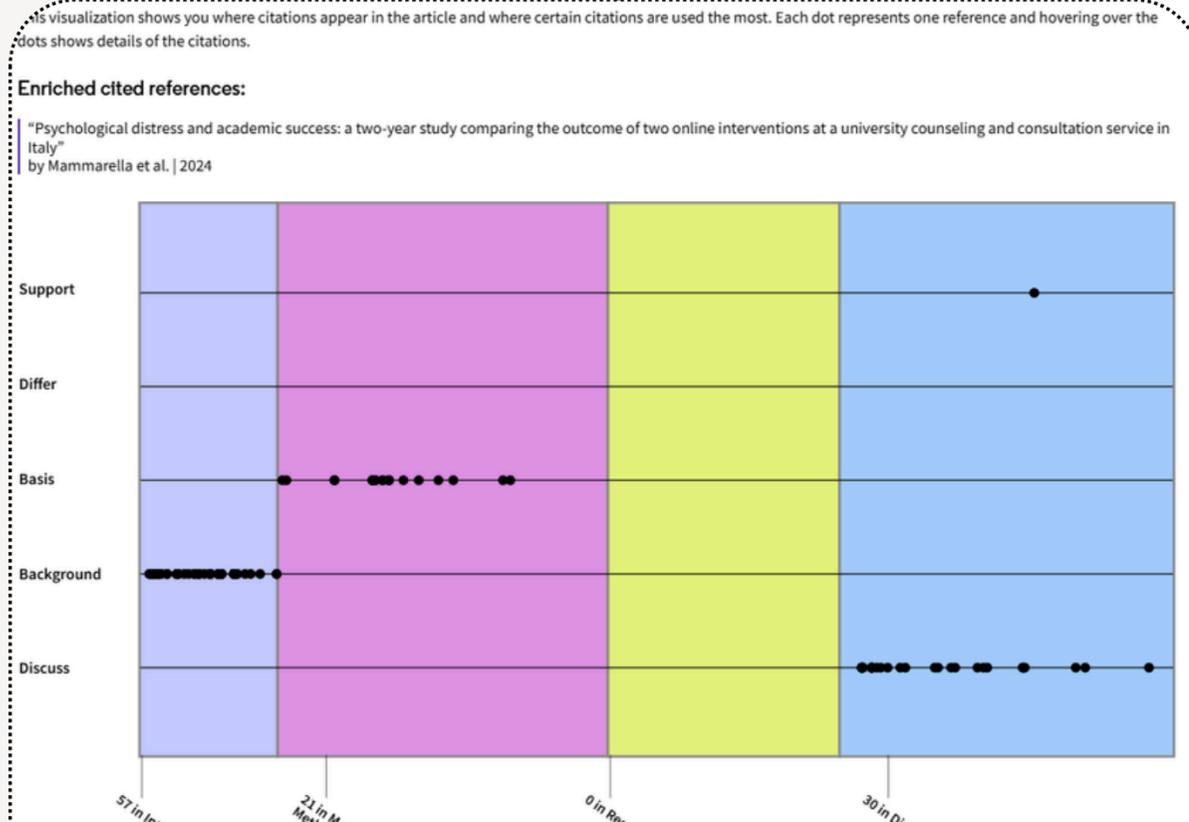
Learn more about this document:

- See related documents
Co-citation map
- Analyze this document's references
Enriched cited references map
- How this document has been mentioned
Citing items by classification chart

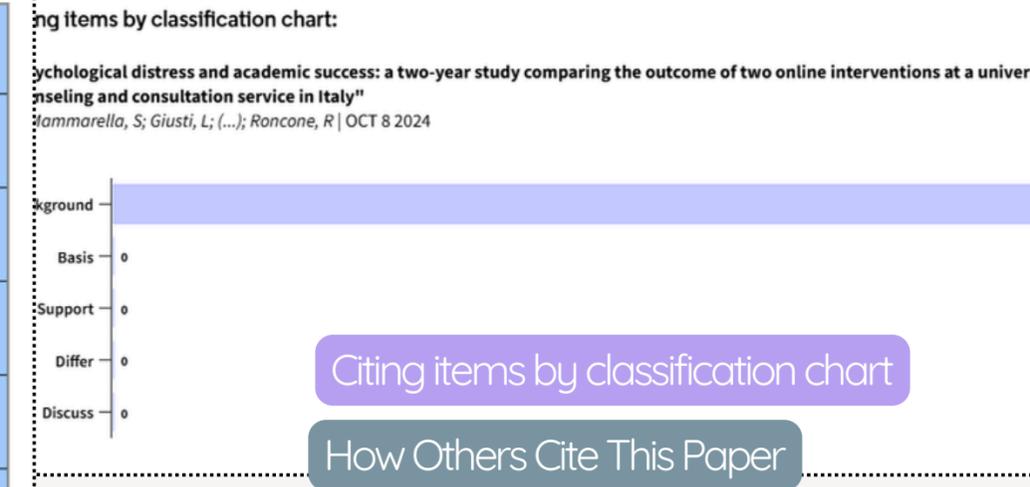


- Co-citation map
- Top 10 Co-Cited Papers
- Author Networks
- Discover Relationships

Step5. Click a Document to Analyze Citations



- Enriched Cited References
- Most Mentioned References
- Mentions by Section
- Support / Differ / Background...



- Citing items by classification chart
- How Others Cite This Paper

2. Explore the Literature

Step3. **Snowball** Find hypotheses, hot topics, gaps ...

WoS RA (Literature Review)



[link](#)

Step6. Dig Deeper. Identify research gaps, find hotspots & formulate hypotheses

Identify research gaps

To identify research gaps in the literature on internet-based Cognitive Behavioral Therapy (iCBT) for managing anxiety among university students, I'll analyze the findings from the articles reviewed. Here are the key research gaps identified:

Research Gaps

1. Long-term Efficacy and Follow-up

- There is a lack of studies examining the long-term program. Understanding the sustainability of iCBT effectiveness as a long-term intervention [Mamm...

2. Engagement and Retention Strategies

- High dropout rates and low engagement levels w effective strategies to improve student engagem dropout rates and designing interventions that a et al., 2019].

3. Cultural and Regional Adaptations

- There is a gap in research on how iCBT can be ada students. This includes understanding how cultu acceptance of iCBT [Woodford et al., 2021].

Find hotspots

Based on the literature reviewed on iCBT for managing anxiety among university students, here are ten research hotspots that have emerged:

Research Hotspots

1. Integration of AI and Machine Learning in iCBT

- Exploring the use of AI to personalize iCBT interve

2. Mobile Accessibility and Usability

- Developing mobile-friendly iCBT platforms to incre

3. Cultural and Regional Customization

- Adapting iCBT content to fit cultural contexts to im 2021].

4. Hybrid Models of iCBT

- Combining iCBT with face-to-face therapy or other al., 2024].

5. Longitudinal Studies on iCBT Efficacy

- Conducting long-term studies to assess the sustain intervention periods.

Formulate hypothesis

Based on the review of literature on internet-based Cognitive Behavioral Therapy (iCBT) for managing anxiety among university students, here are five potential hypotheses that can be explored in future research:

Potential Hypotheses

1. Personalization and Engagement

- Hypothesis: Personalizing iCBT content using AI algorithms will lead to higher engagement and lower dropout rates among university students compared to standard iCBT programs.

2. Cultural Adaptation and Effectiveness

- Hypothesis: Culturally adapted iCBT programs will result in greater anxiety reduction among international students compared to non-adapted programs, due to increased relevance and acceptance of the content.

3. Hybrid Intervention Models

- Hypothesis: Hybrid models combining iCBT with occasional face-to-face therapy sessions will be more effective in reducing anxiety symptoms than iCBT alone, by providing a comprehensive support system.

4. Academic Performance Outcomes

- Hypothesis: Participation in iCBT programs will not only reduce anxiety symptoms but also improve academic performance among university students by enhancing their coping strategies and concentration.

5. Long-term Efficacy of iCBT

- Hypothesis: The anxiety-reducing effects of iCBT will persist for at least one year post-intervention, demonstrating its lon

Questions
WOS RA
can answer



2. Explore the Literature

Level Up⁺⁺ Pro Tips!

WoS RA (Literature Review)



Here is a detailed comparison table of the articles reviewed, highlighting the authors, regions, target populations, results, key findings, differences, and interventions used:

Authors & Year	Region	Target Population	Interventions	Results	Key Findings	Differences
Mammarella et al., 2024	Italy	University students seeking mental health support during the COVID-19 pandemic	Therapist-supported iCBT (Ts-iCBT), Videochat with Clinical Mental Health consultation (VCMH)	Significant reduction in emotional distress; 28.8% attained their degree	Ts-iCBT was effective for anxiety management; VCMH showed better outcomes for severe cases; High dropout rate in Ts-iCBT	Compared two online interventions; Ts-iCBT had higher dropout rates compared to VCMH [Mammarella et al., 2024]
Lattie et al., 2019	USA	First-year medical students	iCBT program focused on mood management	Low engagement; slight improvements in coping skills	iCBT can be accessible; needs better design to increase engagement; low male participation	Focused on medical students and mood management; engagement was a significant challenge [Lattie et al., 2019]
Woodford et al., 2021	Sweden	Parents of children treated for cancer (not directly university students but related to mental health)	Internet-administered LICBT-based intervention	Described development process; intervention being tested for feasibility	Highlights the importance of tailored interventions; used participatory action research in development	Different target group (parents), but relevant in terms of intervention development and description [Woodford et al., 2021]

Summary of Table

- Author: ... providing a broad perspective.
- Target Population: While two studies focused on university students, one study involved parents, highlighting a broader application of digital interventions.

Generate Comparison Tables

- Customize tables to compare PICO, outcomes, key findings, or limitations
- Always verify manually!



The AI is a copilot, not a replacement for traditional searches!

我想找更多像是 "A randomized controlled trial of online versus clinic-based CBT for adolescent anxiety" 的文章 (doi: 10.1037/a0024512)

好的，為了找到更多類似於 "在線與基於診所的青少年焦慮認知行為療法隨機對照試驗" 的文章，我需要確定您的研究興趣範圍。以下是一些可能的子主題：

1. 青少年焦慮症
2. 在線認知行為療法 (CBT)
3. 面對面診所治療
4. 隨機對照試驗 (RCT)

請告訴我您希望聚焦哪些具體主題或關鍵詞，以便我能夠制定一個詳細的搜索策略。

Start with a Seed Paper

- Paste a title to find similar papers and build search strategies

management among university students. If there are more specific details you need or further



Copy Text



Download as PDF



Export references as CSV

One-Click Export

- Export to your reference tools or use them to find full texts

— Now, it's your turn

1

Access Scopus and WoS



2

Scopus AI
Choose “Basic”

WoS RA

Choose “Literature Review”

3

Ask a question & explore literature

4

Check “Foundational documents”, “citation network”, “Enriched Cited References”

5

Generate Tables

Identify research gaps, find hotspots & formulate hypotheses

3. Manage References & Write

REFERENCE TOOLS

EN

MENDELEY

Zotero

rayyan

...

OTHER AI TOOLS

ChatGPT

NotebookLM

Gemini

Elicit

grammarly

...

EndNote 2025 [link](#)

[AI Key Takeaway]

Before You Start:

Full-text PDF + Account login

What You Get:

An English summary of the paper (works for any language!)

[Q&A with AI]

Before You Start:

Full-text PDF + **Manual Sync**

What You Get:

Chat and ask questions about the paper

3/9 - 3/13

2026 EndNote 週

MON	TUE	WED	THU	FRI
3/9	3/10	3/11	3/12	3/13
10:10-12:00 Win+Mac	online 實體課程	14:10-16:30 Win+Mac	14:10-16:30 Win+Mac	10:10-12:00 Win5
		14:10-16:30 English-Taught Win5 英	14:10-16:30 English-Taught Win5 英	14:10-16:30 Win5

Download (within NCKU IP)



Download Here



Installation & User Guide



"Find Full Text" Settings

3. Manage References & Write

Citing AI -- Scopus AI Policy

Does Elsevier permit GenAI tools to be listed as an author and are the summaries citable? ^

Elsevier's guidance for [authors](#), [reviewers](#) and [editors](#) allows the use of GenAI tools to **improve the readability and language** of a research article; however, **our current policy is that a GenAI tool cannot be listed or cited as an author**. This is because it is unable to accept responsibility and accountability for its work.

In the case of Scopus AI, it is designed to provide an overview or introduction to a topic based on real academic information. It is designed to be a guide, not an absolute source of truth, and it does not currently support versioning. For these reasons, we recommend that users cite the papers featured in the summaries, and not the summaries themselves. We will continue to review this position as the technologies mature.

In addition, our policies require that:

- GenAI technology should always be applied as a support tool with human oversight and control.
- Results should always be carefully reviewed and edited, where necessary.
- Authors should declare if and how they have used a GenAI tool in their paper.

Please note: the guidance we link to above refers to the use of GenAI tools in the writing/editorial process, and not to the use of AI tools to analyze and draw insights from data as part of the research process. In addition, this guidance is focused on Elsevier policies - your institution and funder may have their own policies in place around the use of GenAI tools, as may the journals you submit to.

1. AI Cannot Be an "Author"
2. Disclose Your AI Usage
3. Cite Original Papers, Not AI Summaries
4. Scopus AI Summaries Lack Version Control (Therefore, they are not citable)

Always Export & Save Your Chat History!

Scopus AI Official Policy



[Scopus AI FAQs](#)

3. Manage References & Write

Citing AI -- Clarivate Policy

EndNote 2025 Official Policy

Q: Should I cite AI-generated content from the Endnote Research Assistant?

A: Depending on your research or assignment, it may be necessary to cite AI-generated content or disclose the use of generative AI tools like EndNote Research Assistant.

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Citing AI-generated content: If you are citing AI-generated content, you may follow citation styles recommended by MLA, APA, or the Chicago Manual of Style. If you are citing an AI summary based on a document, we recommend that you also cite the source document (the one that the AI summary is based on).

Disclosure of AI tool usage: Even if you don't cite AI-generated content directly, you may need to disclose the use of AI tools. Again, this depends on guidelines from your institution or instructor. If you are the author of an academic work, publishers may require you to acknowledge the use of AI (see IEEE guidelines).

Clarivate - Use of Generative AI

AI Limitations and Warning

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1. Check Institutional & Journal Guidelines

2. Disclose Your AI Usage

3. Cite Original Papers, Not AI Summaries

4. Clarivate Recommend Users to Verify Accuracy Against Source Materials

Always Export & Save Your Chat History!



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Generative
AI](#)

3. 文獻管理與撰寫

NCKU & Citation Style Guidelines

NCKU Guidelines on Academic Integrity for the Use of Generative AI Tools in Teaching and Research



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[Video] NCKU Academic Integrity Guide for AI



[Watch Now](#)

How to cite AI chats and AI tools generally in APA Style



[How to cite AI in APA Style](#)

Is AI “allowed” in APA Style?

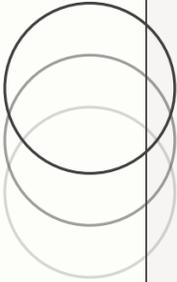


[Is AI “allowed” in APA Style](#)

How do I cite generative AI in MLA style?



[How do I cite generative AI in MLA style?](#)



4. Find Target Journals

WoS Research Assistant  [link](#)

with JCR  [link](#)

Here's How...

Step1. Choose WoS RA "Find a Journal"

Step2. Paste Your Text (Title, abstract, or topic)

Specify Your Needs!

e.g., JIF, Q1–Q4 ranking, SCI/SSCI/ESCI, Open Access (OA), region/country...

Step3. Match Get recommendations + Match Score

Step4. Verify in JCR Check trends, info & precise rankings

Level Up⁺⁺ Pro Tips!

- Track Similar Research (See where they publish)
- Compare Journals (e.g., JIF trends of Journal A vs. B)
- Analyze Preferences (See recently accepted topics)

4. Find Target Journals

WoS Research Assistant (Find a journal)



[link](#)

Specify Your Needs!

e.g.,

- JIF >2
- Q1~Q2 ranking
- Open Access (OA)
- Region = USA
- SCIE, SSCI, ESCI

Accelerate Your Research with a Smart Assistant

Choose an agentic AI guide to help you advance your research goals

Topic Explorer

Explore topics, identify related subtopics, and visualize trends.

Literature Review

Synthesize the literature, uncover research gaps and hotspots, and formulate hypotheses.

Find a Journal

Match your manuscript or topic to relevant, trusted journals.

Step1. Click "Find a Journal"

Find a journal

about elderly and aging and medicine

Step2. Enter Your Research Topic

about elderly and aging and medicine

Step3. Provide Your Title & Abstract to Match

To help you identify suitable journals for publishing, could you please provide the title and abstract of your manuscript? If you do not have both, let me know which one is missing. If you do not have a manuscript yet, please confirm so I can proceed based on your research area.

4. Find Target Journals

WoS Research Assistant (Find a journal)



0.99 Match Score

Step 5. Check the Match Score



Step 6. Click "View impact"

Step 7. Check Quartile Rankings

Step 8. Click the JCR Link

Step 9. Explore More in JCR

BMC PUBLIC HEALTH

BMC

ENGLAND

1471-2458 / 1471-2458

Continuous publication

Web of Science Core Collection Science Citation Index Expanded

Additional Indexes Current Contents Clinical Medicine | Essential Science Indicator

Journal Citation Reports 2024

3.6 Journal Impact Factor™

1.18 Journal Citation Indicator™

View impact

JOURNAL OF LIBRARIANSHIP AND INFORMATION SCIENCE

SAGE PUBLICATIONS LTD

ENGLAND

0961-0006 / 1471-6477

Quarterly

Web of Science Core Collection Social Sciences Citation Index

Additional Indexes Current Contents Social And Behavioral Sciences | Essential Science Indicators

Journal Citation Reports 2024

2.1 Journal Impact Factor™

0.49 Journal Citation Indicator™

View impact

Journal information

JOURNAL OF LIBRARIANSHIP AND INFORMATION SCIENCE

Publisher name: SAGE PUBLICATIONS LTD

Journal Impact Factor™

2.1 2024

2.1 Five Year

JCR Category	Category Rank	Category Quartile
INFORMATION SCIENCE & LIBRARY SCIENCE in SSCI edition	60/166	Q2

Source: Journal Citation Reports™ 2024. Go to Journal Citation Reports

Journal Citation Indicator™

0.49 2024

0.46 2023

JCI Category	Category Rank	Category Quartile

Journal Citation Reports™

Journal profile

JCR Year 2024

JOURNAL OF LIBRARIANSHIP AND INFORMATION SCIENCE

Journal information

EDITION: Social Sciences Citation Index (SSCI)

CATEGORY: INFORMATION SCIENCE & LIBRARY SCIENCE

LANGUAGES: English

REGION: ENGLAND

1ST ELECTRONIC JCR YEAR: 1997

Publisher information

Step 4. Get Recommended Journals View WoS Core Collection, latest JIF, publisher, etc.

Level Up++ Pro Tips!

- **Observe Trends** (e.g., "Which journals publish on Topic A?" or "What are the most cited topics in Journal B?")
- **Compare Journals** (e.g., "Compare Journal A and B by JIF, rankings, and citation metrics.")
- **Analyze Preferences** (e.g., "What are the 5-year publication trends and main topics of Journal A?")

KEY TAKEAWAYS

Scopus AI VS. WoS RA

 **Answers may vary** even for the same question. Remember to **login** to save your chat history!

 The Academic AI doesn't read full texts

UPDATE : 2026.03

	Scopus AI	WoS Research Assistant
Main Data Sources	Scopus database ( Primarily covers literature published after 2003.)	WoS Core Collection (Coverage from 1900 to present)
Operation Mode	Free exploration Basic, Deep Research, Temporary	Guided Tasks Topic Explorer, Literature Review, Find a Journal
 Shared Features	<ol style="list-style-type: none"> Interaction: Natural-language chat. No Boolean logic needed. Sourcing: Cites real literature; refuses to guess if data is missing. Data: Peer-reviewed journals + metrics (e.g., citation counts). Role: Acts as your "Assistant" and "Copilot." You must still verify the facts. 	
 Output...	<ul style="list-style-type: none"> Basic: summaries, references (incl. highly cited Foundational Documents), topic experts, tables  Exclusive: Concept Maps (branching), Emerging Themes, Deep Research reports 	<ul style="list-style-type: none"> Basic: summaries, references, top authors, tables  Exclusive: Topic Maps (network), trend graphs, co-citation maps, global maps, word clouds
 Highlights 	<ul style="list-style-type: none"> Clean and user-friendly interface Excellent at capturing emerging themes Deep Research: Full reports from "scope" to "gaps" 	<ul style="list-style-type: none"> Clear Guided Tasks & co-citation analysis Direct JCR ranking integration Enriched Cited References: Shows where & how a paper is cited
Recommended Use Cases	<ul style="list-style-type: none"> Initial Exploration: Exploring a new field and brainstorming related concepts Quick Summary: Getting a 10-year research overview in just 5 minutes Finding Inspiration: Expanding ideas visually with emergent topics or concept maps 	<ul style="list-style-type: none"> Literature Review: When you must not miss early, pre-2003 foundational literature Target Journals: Finding the right journal using your existing title and abstract Precise Citation Analysis: Understanding co-citation relationships among authors or papers



Thank you

