



Recherchetipps

Psychologie

Dr. Robin Segerer, 02.05.22



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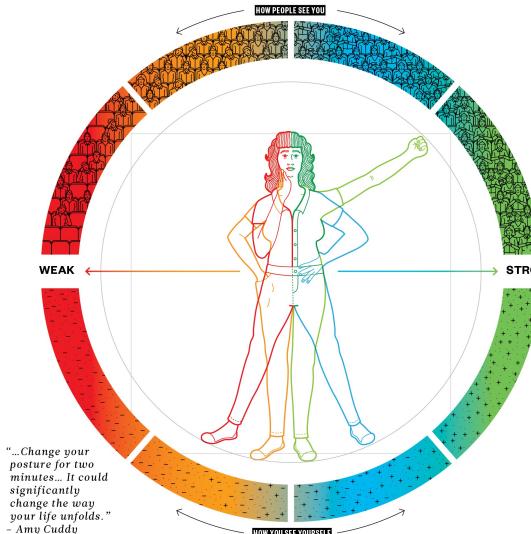
Tipp 4: Mehr Recherche wagen!

Fake it 'til you become it

A COLLABORATION
TED + **SUPER INTERESSANTE**

FAKE IT 'TIL YOU BECOME IT

We all know that our body language affects how people see us. But does it also shape how we see ourselves? In her TEDTalk, "Your body language shapes who you are," social psychologist Amy Cuddy discusses how our posture can affect testosterone and cortisol levels in the brain and change our feelings about ourselves. That means that standing tall and proud — even when we don't feel confident — can have a positive impact on how we're perceived. So take a look in the mirror; your next success could depend on how you pose. — *Karin Hueck and Rafael Quirk*



PROTECTIVE

HAND-HIDING

WONDER WOMAN
Shift your pose to make yourself appear taller. This pose takes you from looking small to seeming assertive.

TALL AND PRIDEFUL
Take a private moment to hold your arms in a V-shape and look tall. This pose can make you feel (and seem) powerful.

Keywords

cortisol, embodiment, hormones, neuroendocrinology, nonverbal behavior, power, risk taking, testosterone

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Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance

Dana R. Carney¹, Amy J.C. Cuddy², and Andy J. Yap¹
¹Columbia University and ²Harvard University

Abstract

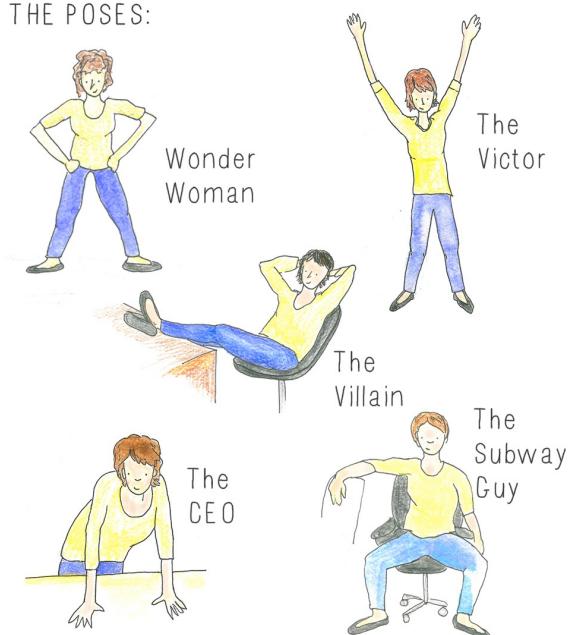
Humans and other animals express power through open, expansive postures, and they express powerlessness through contractive postures. But can these postures actually cause power? The results of this study confirmed our hypothesis that brief displays of high-power postures (as opposed to low-power nonverbal displays) would cause neuroendocrine changes for both male and female participants: High-power posers experienced elevations in testosterone and cortisol, and increased feelings of power and tolerance for risk; low-power posers exhibited the opposite pattern. These findings suggest that embodiment extends beyond mere thinking and feeling, to physiology and subsequent behavior. That a person can, by assuming two simple 1-min poses, embody power and instantly become more powerful has important implications.

Keywords

cortisol, embodiment, hormones, neuroendocrinology, nonverbal behavior, power, risk taking, testosterone

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THE POSES:



<https://www.drmattlewis.com/power-poses>

Hilft mir das bei meinen Prüfungen?

Google Scholar

The screenshot shows the Google Scholar search interface. The search query "power poses" "academic success" is entered in the search bar. The results are categorized under "Articles". The first result is "Influence of sex and body language on patient perceptions of anesthesiologists" by KT Forkin, LK Dunn, CJ Kaperak, JF Potter, et al., published in 2019. The second result is "Yoga in my Public-School Classroom" by H Sumich, published in 2019. The third result is "Ideals and realities in Chinese immigrant parenting: Tiger mother versus others" by K Guo, published in 2013. Each result includes a preview, citation count, and options to save, cite, and import into RefMan.

≡ Google Scholar

"power poses" "academic success"

Articles About 44 results (0.19 sec)

Any time Since 2022 Since 2021 Since 2018 Custom range...

Sort by relevance Sort by date

Any type Review articles

include patents include citations

Create alert

Influence of sex and body language on patient perceptions of anesthesiologists
KT Forkin, LK Dunn, CJ Kaperak, JF Potter... - ..., 2019 - pubs.asahq.org
... , high-**power poses** or unconfident, low-**power poses**. Each actor ... For example, practicing confident, high-**power poses** leads to ... The reasons for the differences in **academic success** and ...
☆ Save ⏪ Cite Cited by 9 Related articles All 3 versions Import into RefMan ☰

Yoga in my Public-School Classroom
H Sumich - 2019 - scholarworks.bgsu.edu
... This is the schedule I set out to use in my **power poses** practice... that we did not practice **power poses**, so Tuesday and Thursday ... to continue **power poses**, but some **power poses** hurt me ...
☆ Save ⏪ Cite Related articles Import into RefMan ☰

Ideals and realities in Chinese immigrant parenting: Tiger mother versus others
K Guo - Journal of Family Studies, 2013 - Taylor & Francis
... strict Chinese parenting is effective because it creates **academic success**. It is Chua's concepts ... Secondly, China is becoming increasingly powerful; its rising **power poses** a challenge to ...
☆ Save ⏪ Cite Cited by 54 Related articles All 10 versions Import into RefMan

Google Scholar findet mehr Quellen als etablierte Fachdatenbanken, ist jedoch dabei auch weniger präzise (inkludiert z.B. viele Übersetzungsduplikate).

states have a great effect on the mind, perhaps prompting females to adopt high-**power poses** ...

☆ Save ⏪ Cite Related articles All 2 versions Import into RefMan ☰

Tip 1: Literaturrecherche ist systematisch.



<https://www.zambianguardian.com/advantages-of-system-approach-in-management/>

Strukturierung der Fragestellung (Foster & Jewell, 2017)

PICO	SPICE	Frage
Population (Wer?)	Setting (Wo?) Population/ Perspective (Wer?)	<ul style="list-style-type: none">• Universität• Studierende
Intervention (Was?)	Intervention/ Exposure	<ul style="list-style-type: none">• Posen der Macht
Comparison (Verglichen mit...?)	Comparison (Verglichen mit...?)	<ul style="list-style-type: none">• Nichts• Posen der Hilflosigkeit• Within und/oder Between
Outcome (Gemessen anhand..?)	Evaluation (Gemessen anhand..?)	<ul style="list-style-type: none">• Prüfungsnoten?• Studienerfolg• Studiendauer?

Informationsquelle: Fachseite Psychologie der UB

The screenshot shows the homepage of the University of Basel's Psychology department. At the top, there is a navigation bar with links to Service, Recherche, Fachgebiete, Sammlungen, Standorte, Über uns, and Aktuell. Below the navigation is a breadcrumb trail: Home > Fachgebiete > Psychologie. The main header "Psychologie" is displayed over a background image of a brain. Below the header, there is a section titled "Fachreferent" with a table showing contact information for Dr. Robin Segerer.

NACHNAME	VORNAME	TITEL	E-MAIL ADRESSE	TELEFONNUMMER
Segerer	Robin	Dr.	robin.segerer@unibas.ch	+41 61 207 06 68

The diagram illustrates the integration of various academic databases through a single OVID interface. On the left, there are two boxes: one for Scopus (with its logo) and another for Web of Science (with its logo and the text "WEB OF SCIENCE"). In the center, a list of databases is shown: APA PsycInfo, PSYDEXplus, ARA PsycTests, Scopus, Web of Science, and PubMed. Arrows point from both the Scopus and Web of Science boxes to the central list. A dashed arrow points from the PubMed entry in the list to a green callout box at the bottom right. This callout box contains the text: "Zugang zu mehreren Datenbanken über OVID-Nutzeroberfläche." To the right of the central list, there is a quote by B. F. Skinner: "«We shouldn't teach great books; we should teach a love of reading. Knowing the contents of a few works of literature is a trivial achievement. Being inclined to go on reading is a great achievement.»" attributed to B. F. Skinner. Below the quote, logos for Wolters Kluwer Health and Ovid are displayed.

Mehr Datenbanken wagen

Ovid®

Wolters Kluwer

Mein Account Bibliothek fragen Kundenbetreuung & Training Ovid® Search Builder Hilfe Feedback Abmelden

Suche Zeitschriften A-Z Liste Ihrer Bücher bei Ovid Meine Multimedia-Ressourcen Mein Arbeitsbereich Was gibt es Neues

▼ Suchverlauf (1)

Suchen power posing.ti,ab.

Ergebnisse Typ Aktionen Annotations

26 Erweitert Ergebnisse Mehr anzeigen

Speichern Entfernen Auswahl verknüpfen mit: Und Oder

Alle speichern Bearbeiten RSS erstellen Auto-Alert erstellen Gespeicherte Suchen

Die gesamte Suchstrategie senden Link zur Suchhistorie kopieren Details zur Suchhistorie kopieren

Freitextsuche | Referenz suchen | Suchwerkzeuge | Feldsuche | Expertensuche | Mehrfeldsuche

1 Ressource ausgewählt | Ausblenden | Ändern
APA PsycInfo 1806 to February Week 3 2022

Stichwort oder Phrase eingeben („“ oder „\$“ bei Trunkierung)
 Stichwort Autor Titel Zeitschriftenname

Suche

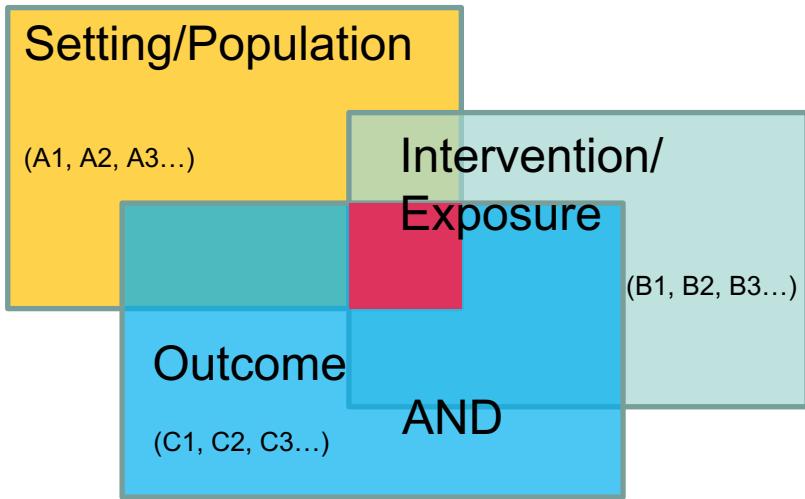
MEDLINE
U.S. National

embase™
BIOMEDICAL ANSWERS

AMERICAN PSYCHOLOGICAL ASSOCIATION
PsycINFO

Flexible Suche mit der Expertensuche

Suchstrategie: «Block Building»



1. Suchbegriffe für jedes Element der Fragestellung definieren
2. Suchbegriffe, die zum selben Element gehören mit OR verknüpfen
3. Verschiedene Elemente mit AND verknüpfen

Suchanfrage:

(A1 OR ...) AND (B1 OR ...) AND (C1 OR ...)

(Students OR Undergraduates) AND (Power Posing OR Expansive Postures) AND (Achievement OR Grades)

Tipp 2: Am Anfang ist das Wort.



Suchbegrifftabelle

AND

AND

	(1) Population	(2) Intervention	(3) Compa- rison	(4) Outcome	(5) Design
Kernbegriffe	College/ university students, ...	Power or dominance posing...		Academic, school, scholastic achievement	
Synonyme/ Ober/Unter- begriffe	Undergradu- ates	Expansive Postures		Grades, test scores	
Verwandte Begriffe	Young adults,..			performance	
APA Thesaurus	College students/	(exp posture/or exp gesture/) and exp power/		exp Academic Achievement/ or grade level/	

OR

OR

OR

APA PsycInfo Thesaurus

Accession Number:	2010-25035-001
Title:	Power posing: Brief nonverbal displays affect neuroendocrine levels and risk tolerance
Publication Date:	Oct 2010
Year of Publication:	2010
Publication History:	Accepted: Apr 2010 First Submitted: Jan 2010
Language:	English
Author:	Carney, Dana R. ; Cuddy, Amy J. C.
E-Mail Address:	Carney, Dana R.: dcarney@columbia.edu Cuddy, Amy J. C.: acuddy@harvard.edu
Correspondence Address:	Carney, Dana R.: Columbia University Institution: Columbia University
Institution:	Carney, Dana R.: Columbia University Cuddy, Amy J. C.: Harvard University Yap, Andy J.: Columbia University
Source:	Psychological Science. Vol. 21(10), pp. 1363-1368
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NLM Title Abbreviation:	Psychol Sci
ISSN Print:	0956-7976
ISSN Electronic:	1467-9280
Publisher Information:	Sage Publications; US
Other Publishers:	Blackwell Publishing, United Kingdom
Format Covered:	Electronic
Publication Type:	Journal; Peer Reviewed Journal Article
Document Type:	Journal Article
Abstract:	Humans and other animals express power through open, expansive postures, and they express powerlessness through closed, contractive postures. But can these postures actually cause power? The results of this study confirmed our prediction that posing in high-power nonverbal displays (as opposed to low-power nonverbal displays) would cause neuroendocrine and behavioral changes for both male and female participants: High-power posers experienced elevations in testosterone, decreases in cortisol, and increased feelings of power and tolerance for risk; low-power posers exhibited the opposite pattern. In short, posing in displays of power caused advantaged and adaptive psychological, physiological, and behavioral changes, and these findings suggest that embodiment extends beyond mere thinking and feeling, to physiology and subsequent behavioral choices. That a person can, by assuming two simple 1-min poses, embody power and instantly become more powerful has real-world, actionable implications.

Research Report



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[http://pss.sagepub.com](#)
SAGE

Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance

Dana R. Carney¹, Amy J.C. Cuddy², and Andy J. Yap¹

¹Columbia University and ²Harvard University

Abstract

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Keywords

cortisol, embodiment, hormones, neuroendocrinology, nonverbal behavior, power, risk taking, testosterone

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Digital Object Identifier: <https://dx.doi.org/10.1177/0956797610383437>

PMID: 20855902

Key Concepts: [brief nonverbal displays](#), [neuroendocrine levels](#), [risk tolerance](#), [behavioral changes](#), [testosterone](#)

Subject Headings: [Behavioral Contrast](#)
[Neuroendocrinology](#)
[Nonverbal Communication](#)
[Testosterone](#)
[Tolerance](#)

Eine gute Suche berücksichtigt sowohl natürliches Vokabular als auch kontrollierte Thesaurusbegriffe.

Tipp 3: Wenig ist oft mehr (als man denkt).



Bild: <https://www.resilienz-akademie.com/eisberge-entdecken/>

Suchstring

Population
354'890 Treffer

((College **OR** university) **ADJ2** student*) **OR** graduate* **OR** undergraduate* **OR** postgraduate* **OR** (young **ADJ2** (adult* **OR** person* **OR** individual* **OR** people* **OR** population* **OR** man **OR** men **OR** wom#n))).ti,ab.

OR exp emerging adulthood/ **OR** exp College students/

AND

((Power\$3 **OR** dominan\$3 **OR** expans\$3) **adj** (pos\$3 **OR** posture* **OR** gestur\$3)).ti,ab.

OR ((Exp posture/ **OR** Exp gesture/) **AND** exp power/)

AND

((Academic **OR** university **OR** scholastic **OR** study **OR** scholarly **OR** college) **ADJ2** (achievement **OR** performance **OR** success **OR** career **OR** drop out **OR** grade* **OR** fail\$4)).ti,ab.

OR exp school dropouts/ **OR** exp academic achievement/
OR grade level/ **OR** exp test performance/

Oft ist es sinnvoll, ganze Blöcke wegzulassen oder eine andere Suchstrategie zu wählen, z. B. Citation tracking.

Term harvesting

((Power\$3 OR dominan\$3 OR expans\$3) adj (pos\$3 OR posture* OR gestur\$3)).ti,ab.
OR ((Exp posture/ OR Exp gesture/) and exp power/)

139 Treffer

Welche Thesauruswörter wären noch möglich?

((Power\$3 OR dominan\$3 OR expans\$3) adj (pos\$3 OR posture* OR gestur\$3)).ti,ab.
NOT ((Exp posture/ OR Exp gesture/) and exp power/)

110 Treffer

Dominance/
Facial Expressions/
Nonverbal
Communication/

Welche Autorenschlagwörter in Titel und Abstract wären noch möglich?

((Exp posture/ OR Exp gesture/) and exp power/)
NOT
((Power\$3 OR dominan\$3 OR expans\$3) adj (pos\$3 OR posture* OR gestur\$3)).ti,ab.

17 Treffer

upright
Power moves
Body politics
Making a fist

Ohne Schwarz kein Weiss

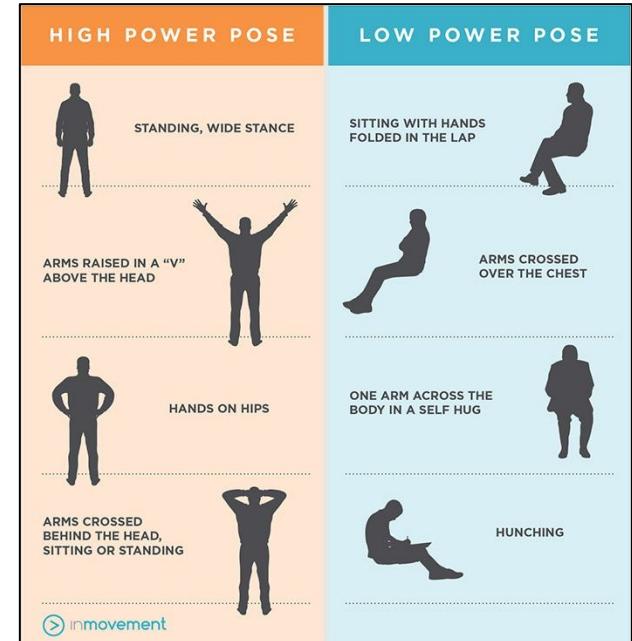
Elkjær et al (2022):

From 5,819 unique records, 73 relevant studies were identified.

...

The results suggest that the effects are driven by the absence of contractive motor displays rather than the presence of expansive displays...

Elkjær, E., Mikkelsen, M. B., Michalak, J., Mennin, D. S., & O'Toole, M. S. (2022). Expansive and contractive postures and movement: A systematic review and meta-analysis of the effect of motor displays on affective and behavioral responses. *Perspectives on Psychological Science*, 17(1), 276-304.



<https://www.camskids.com/tipsandtools/high-power-poses/>



submissive OR subordinate OR contractive
OR slumped OR slouch OR stooped OR
stopped OR slow OR slumped

Oftmals ist die Anzahl potenzieller Suchbegriffe höher als erwartet.
Es empfiehlt sich daher, das Thema zunächst eher zu eng als zu breit zu fassen.

Tipp 4: Mehr Recherche wagen...

Mehr Recherche wagen...

Systematic Reviews and Mediated Searches

Highlights

Training offers & support for searching

Pricing

Co-authorship

Our publications

Project-related enquiries

Location

> University Medical Library
Spiegelgasse 5
4051 Basel
Switzerland



Contact information

> Dr. Hannah Ewald
PD Dr. Christian Appenzeller-Herzog
Dr. Thomas Fürst

Medical Information Specialists

Tel: > +41 61 207 55 64

Tel. > +41 61 207 31 98

> Dr. Robin Segerer

Information Specialist Psychology

Tel. > +41 61 207 31 84

To schedule a consulting appointment
please fill in the >[form](#) and send it to:

>[Contact e-mail](#)

<https://ub.unibas.ch/en/locations/university-medical-library/systematic-reviews-and-mediated-searches/>

Mehr Recherche wagen...unsere Dienstleistungen

- Hilfe bei der Erstellung des Suchstrings
- Übersetzung in verschiedene Datenbanksyntaxen
- Deduplikation der kombinierten Ergebnisliste
- Update veralteter Suchen
- Hilfestellung bei Studienauswahl und Studienbewertung
- Hilfe bei metaanalytischen Auswertungen



Universität
Basel

Universitätsbibliothek

Vielen Dank
für Ihre Aufmerksamkeit.