

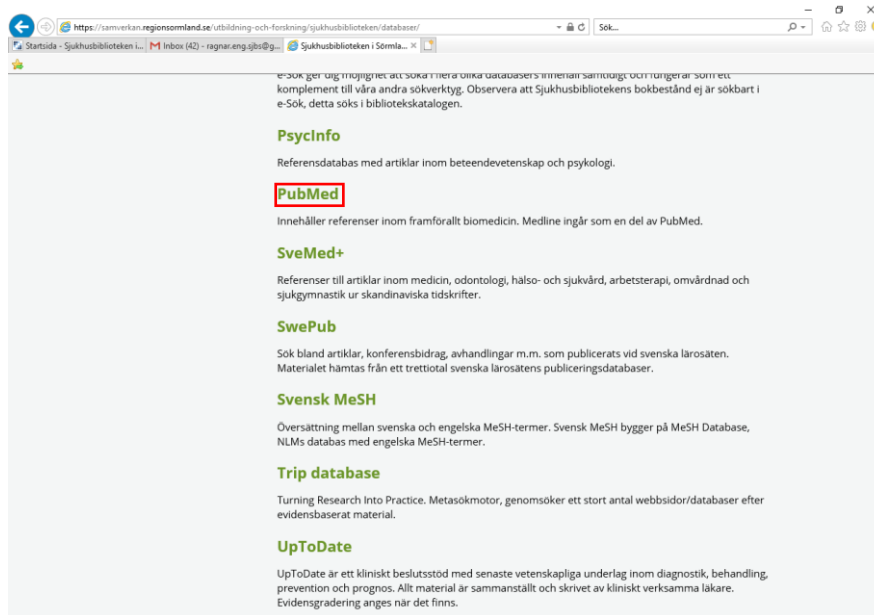
Börja med att gå till <http://samverkan.regionsormland.se/sjukhusbiblioteken>

The screenshot shows the homepage of the Sjukhusbiblioteken i Sörmland website. The header includes the Region Sörmland logo and the text "Samverkanswebben". A search bar is present with the placeholder text "Vad söker du efter idag?". Below the header is a navigation menu with four items: "För vårdgivare", "Utveckling och samarbete", "Utbildning och forskning", and "IT, service och fastighet". The main content area features a sidebar on the left with a menu of services, including "Sjukhusbiblioteken" which is highlighted. The main content area displays a large graphic of a brain with binary code and the text "Sjukhusbiblioteken i Sörmland". Below this is a welcome message: "Välkommen till Sjukhusbiblioteken i Sörmland. Vi finns på Mälarsjukhuset i Eskilstuna, Nyköpings lasarett samt på Kullbergska sjukhuset och Regionsjukhuset Karsudden i Katrineholm." There is also an "e-Sök" section with a search bar and a "KONTAKT" button.

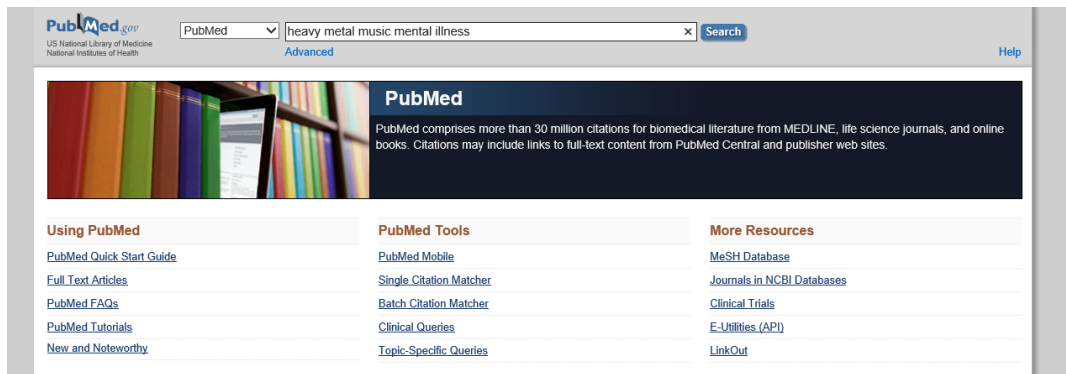
Klicka på databaser

The screenshot shows the "Databaser" page on the Sjukhusbiblioteken i Sörmland website. The header and navigation menu are identical to the previous screenshot. The sidebar menu has "Databaser" highlighted. The main content area features a large graphic of a brain with binary code and the text "Sjukhusbiblioteken i Sörmlands databaser". Below this is a heading "Beslutsstöd, referensdatabaser och översiktsdatabaser för medicinska frågor." followed by a paragraph explaining that some databases require login. There is a "HITTA PÅ SIDAN" section with a list of databases: Cinahl, Clinical Key, Cochrane Library, e-Sök, PsycInfo, PubMed, SveMed+, SwePub, Svensk MeSH, Trip database, and UpToDate. There is also a "Clinical Key" section with a brief description of the service.

Klicka på en databas, här använder vi PubMed som exempel:



Du kommer nu till själva databasen och kan börja söka:



När du skrivit in en sökfråga och klickat på search ser det ut så här:

The screenshot shows the PubMed search results page. The search bar contains the text "heavy metal music mental illness". The results are sorted by "Best Match" and there are 13 items. The first result is highlighted with a red box: "Metal music and mental health in France." by Recours R, Aussaquet F, Trullio N. The second result is "Heavy metal music and drug abuse in adolescents." by King P. The third result is "Can music preference indicate mental health status in young people?" by Baker F, Bor W. The right sidebar shows "Best match search information" with MeSH terms: mental disorders; metals, heavy; music.

Klicka på en titel, då ser det ut så här:

The screenshot shows the abstract page for the article "Metal music and mental health in France." The title is "Metal music and mental health in France." by Recours R, Aussaquet F, Trullio N. The abstract text reads: "Although numerous authors have associated metal music with social problems such as suicide, self-destruction and Satanism, few studies have been undertaken to examine the mental health of fans of heavy metal music. This study attempts to determine if there is a link between mental health and the enjoyment of this type of music in France. The researchers surveyed 333 fans of metal music. Their mental health was evaluated by the Hospital Anxiety and Depression Scale (HADS), a widely used instrument that measures anxiety and depression. The scores of the sample of metal music fans were then compared to the scores that reveal possible, probable, or severe mental disorders. Qualifying variables included age, gender, status, education, motivation and participation in metal music culture. The results indicated that fans of metal music are mainly young adults (median age = 22.67, SD = 5.29) and tend to be male (87.85 percent). As a whole, metal music fans have levels of anxiety and depression that are similar to and lower than levels in the general population. Specifically, <5 percent of metal music fans surveyed showed pathological symptoms. Subjects that scored higher levels of anxiety and depression were those that had literary and/or arts backgrounds rather than scientific backgrounds, that wrote metal music lyrics, that consumed alcohol and that engaged in the body modification practice of scarification. This study suggests that opponents of metal music should re-examine the basis for their criticism. More scholarly research is needed to better understand the effects of metal music on fans and on society." The right sidebar shows "Full text links" with a SpringerLink button and a red arrow pointing to it.

Klicka på knappen Sjukhusbiblioteken Sörmland.



Sjukhusbiblioteken i Sörmland - artiklar [Revise Request](#)

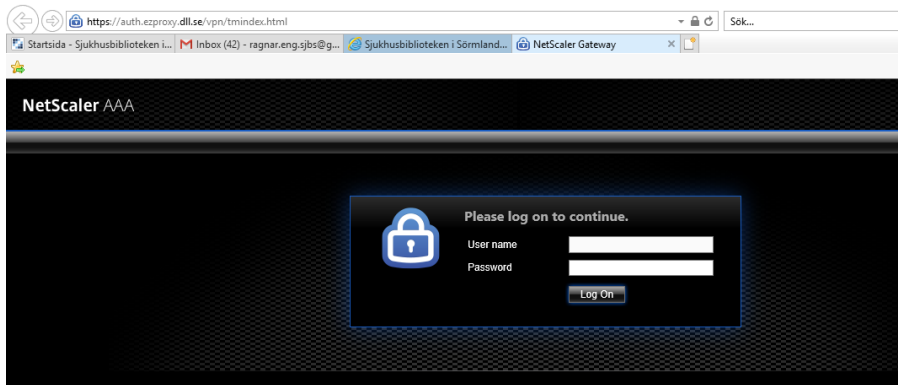
 **Metal music and mental health in France.**  
Recours. *Culture, Medicine and Psychiatry* Volume: 33 Issue 3 (2009) ISSN: 0165-005X Online ISSN: 1573-076X

Sjukhusbiblioteken i Sörmland - artiklar  
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den kan se lite olika ut.

Klicka på länken "Hämta fulltext",

Nu kommer du att få en inloggningsruta:



Där skriver du in samma användarnamn och lösenord som du använder för att logga in som dig själv i din arbetsdator (alltså inte klinikinloggning) och till din jobbmejl. Är du osäker på dina inloggningsuppgifter, kontakta it-samordnare på din enhet. Klicka sedan på Log On så kommer du till webbversionen av artikeln:

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Culture, Medicine, and Psychiatry  
September 2009, Volume 33, Issue 3, pp 473–488 | Cite as

## Metal Music and Mental Health in France

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DOI 10.1007/s11013-009-9138-2

CULTURAL CASE STUDY

### Metal Music and Mental Health in France

Robin Recours · François Aussaguel · Nick Trujillo

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**Abstract** Although numerous authors have associated metal music with social problems such as suicide, self-destruction and Satanism, few studies have been undertaken to examine the mental health of fans of heavy metal music. This study attempts to determine if there is a link between mental health and the enjoyment of this type of music in France. The researchers surveyed 333 fans of metal music. Their mental health was evaluated by the Hospital Anxiety and Depression Scale (HADS), a widely used instrument that measures anxiety and depression. The scores of the sample of metal music fans were then compared to the scores that reveal possible, probable, or severe mental disorders. Qualifying variables included age, gender, status, education, motivation and participation in metal music culture. The results indicated that fans of metal music are mainly young adults (median age = 22.67, SD = 5.29) and tend to be male (87.85 percent). As a whole, metal music fans have levels of anxiety and depression that are similar to and lower than levels in the general population. Specifically, <5 percent of metal music fans surveyed showed pathological symptoms. Subjects that scored higher levels of anxiety and depression were those that had literary and/or arts backgrounds rather than scientific backgrounds, that wrote metal music lyrics, that consumed alcohol and that engaged in the body modification practice of scarification. This study suggests that opponents of metal music should re-examine the basis for their criticism. More scholarly research is needed to better understand the effects of metal music on fans and on society.

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