Use filters to narrow your search. First, click on the Show additional filters link.

Next, select the filters you want to display. Article types, Publication dates, and Ages are good ones to start with. Click on the Show button to display the filters selected.

You may have to click on "More..." to display the specific filter you need.

The Article types filter includes Evaluation Studies, Randomized Control Trials, Twin Studies, and Systematic Reviews.
At this point, the filters are simply displayed and have not been applied to your results. To apply filters to your results, click on the filter (e.g., Systematic Reviews, 5 years, Adolescent: 13-18 years).

Using the filters helps you get fewer but more relevant results even with a simple search term.