



Citing references: American Psychological Association (APA)

Why reference?

When writing your coursework, you may refer to something that has been written or produced by someone else. It is important that you acknowledge all the sources you have used and enable people who read your work to trace those sources easily. Failure to provide references may expose you to charges of plagiarism.

This guide provides brief advice on how to reference commonly used sources using the APA system. For a more comprehensive guide please see the *Publication manual of the APA* (2010), or the *Concise rules of APA style* (2010), copies of which are available for loan or reference in the Library (see p.4 for full details). For online guidance with FAQ answers as well as tutorials see the APA webpage <http://www.apastyle.org/>

There are two parts to referencing - referring to or citing material in the text of your coursework and referencing it at the end of the work, in your reference list or bibliography. A **reference list** includes only the sources you cited in the text, whereas a **bibliography** includes all the materials you read in preparation for the work, whether you cited them or not.

Citing references in the text

There are two ways of referring to another person's work in your text, e.g. Jones (1998) argues that APA style is a difficult citation format ... or, APA style is a difficult citation format for first-time learners (Jones, 1998). The second method is shown throughout in this guide.

Where you are not quoting directly but paraphrasing an idea from another work, it is not essential to provide the page number, but APA guidelines encourage this, especially where it would help someone locate the relevant place in a long text. In this guide page numbers have not been included for 'In text' citation examples (but see the Direct quotation example below for how to add the page number/s when used).

Using direct quotations (another author's exact words)

Short quotations of fewer than 40 words should be included in your text and enclosed with double quotation marks. Longer quotations of more than 40 words should be in a freestanding block, indented from the rest of the text and they do not need quotation marks.

In all cases, provide the author, year and page details for the In-text citation after the quotation, e.g. She stated, "The placebo effect...disappeared when behaviors were studied in this manner" (Miele, 1993, p. 276).

Secondary referencing

If you have not actually read Miele (1993) but have only read about Miele's ideas in Jones (2010), in your text you should reference it like this: Miele's view (as cited in Jones, 2010). In the reference list provide the details for the Jones 2010 source.

Reference list

Entries should be in alphabetical order of author's surname, or title if there is no author and by year of publication if there is more than one reference by the same author.

Second and subsequent lines of each reference should be indented. When compiling your list make sure you use the punctuation, abbreviations and italics shown in the examples, as these form part of the referencing style.

Reference examples

Books

In-text citation: (Malan, 1995)

Reference list: Malan, D. H. (1995). *Individual psychotherapy and the science of psychodynamics* (2nd ed.). Oxford: Butterworth Heinemann.

If an author has published more than one document in the same year, set them out alphabetically by title in the reference list and distinguish between them by adding a, b, c etc. after the date e.g. (Malan, 1995a).

For an edited book:

In-text citation: (Lanyado & Horne, 2009)

Reference list: Lanyado, M., & Horne, A. (Eds.). (2009). *The handbook of child and adolescent psychotherapy: Psychoanalytic approaches* (2nd ed.). London: Routledge.

Multiple authors: (this also applies to journal articles)

In-text citation: When a work has two authors, cite both names every time the reference occurs in your text, e.g. (Smith & Harre, 2010).

When a work has three, four or five authors, cite all authors the first time a reference occurs in your text; for later citations, use only the first name followed by et al. and the year, e.g. (Smith, Harre, & Van Langenhove, 1995) becomes (Smith et al., 1995).

When a work has six or more authors, in your text cite only the first author followed by et al., e.g. (Wolchik et al., 2000).

Reference list: Include the names in full for up to and including seven authors. For eight or more authors, include the first six authors' names, insert three full stops (...) and add the last author's name.

E-books

If the e-book is also available in print, and includes publication details and page numbers, reference it as you would for the print version. If it is from

an online repository, give the doi (digital object identifier) if there is one, the URL of the site, or, for purchased e-books, place of download:

In-text citation: (Freud, 1922)

Reference list: Freud, S. (1922). *A general introduction to psychoanalysis*.

Retrieved from <http://www.gutenberg.org/ebooks/38219>

E-book (purchased) on a personal device

In-text citation: (Freud, 1922)

Reference list: Freud, S. (1922). *A general introduction to psychoanalysis*.

Kindle DX version]. Retrieved from Amazon.com

Chapters in books

Where a book contains chapters written by different authors, you reference the particular chapter/s you have used:

In-text citation: (Morrison, 2008)

Reference list: Morrison, V. (2008). Ageing and physical health. In B. Woods & L. Clare (Eds.), *Handbook of the clinical psychology of ageing* (2nd ed., pp. 57-74). Chichester: Wiley.

Journal articles (where print alone is available)

In-text citation: (Reynolds, 2011)

Reference list: Reynolds, S. (2011). Migrant mental health: Out of sight, out of mind. *Open Mind*, 168, 14-15.

Only include the issue number if each issue begins from page 1.

Journal articles (print and online available)

Include the doi of the article where one has been assigned, or, if there is no doi, add the URL of the journal home page

In-text citation: (Straus & Sackett, 1998)

Reference list: Straus, S. E., & Sackett, D. L. (1998). Getting research findings into practice: Using research findings in clinical practice. *BMJ*, 317, 339-342. doi:10.1136/bmj.317.7154.339

(omit the usual final full stop where you are ending with a doi or an Internet URL address).

Journal articles (advance online publication or In press)

Omit the volume or page numbers until the article is published, and for 'in press' items, omit the year too. Update your references close to publication of your work and refer to the final version of the cited work, if possible.

In-text citation: (Voon, Hasking, & Martin, 2013)

(Zuckerman & Kieffer, in press)

Reference list: Voon, D., Hasking, P., & Martin, G. (2013). The roles of emotion regulation and ruminative thoughts in non-suicidal self-injury. *British Journal of Clinical Psychology*. Advance online publication. doi: 10.1111/bjc.12030

Zuckerman, M., & Kieffer, S. C. (in press). Race differences in faceism: Does facial prominence imply dominance? *Journal of Personality and Social Psychology*.

Newspaper articles, with no author

In-text citation: Use a short title (if the original is long) e.g. ("Mental Illness," 2008)

Reference list: Mental illness must be taken from the shadows [Editorial]. (2008, June 29). *The Observer*, p. Comments 28. Retrieved from <http://www.theguardian.com/commentisfree/2008/jun/29/mentalhealth.health>

UK Government publications

If a particular government department is cited several times and is readily identified by the abbreviation, you can abbreviate the name after spelling it in full in the first citation.

In-text citation: First text citation (Department of Health [DOH], 2004)
Subsequent text citations (DOH, 2004)

Reference list: Department of Health. (2004). *Celebrating our cultures: Mental health promotion with refugees and asylum seekers*. London: Author.

[Author is allowed where the publisher is the same as the author.]

Webpages

Use the responsible organisation or individual's name as author.

In-text citation: (NSPCC, 2013)

Reference list: NSPCC. (2013). *Statistics on looked after children*. Retrieved from <http://www.nspcc.org.uk/Inform/resourcesforprofessionals/statistics/>

Acts of Parliament

Legislation would usually only be required in a reference list if it is important to the understanding of the work. The title of the Act alone is sufficient, without further publication details, though the convention is to add the chapter number and website if retrieved online.

In-text citation: (Mental Health Act, 2007)

Reference list: Mental Health Act 2007, ch.43. Retrieved from http://www.opsi.gov.uk/acts/acts2007/ukpga_20070012_en_1

Audio-visual material - DVDs/CDs

In-text citation: (Simmons, 2003)

Reference list: Enclose a description of the form of the work in square brackets if the information is necessary for identification and retrieval, e.g. Simmons, M. (Ed.). (2003). *Holding the line: Using the telephone to offer counselling, support or information* [DVD]. Newport: University of Wales, Newport.

Can't find the example you need?

Copies of the standard authorities on the APA system are held in the Library: American Psychological Association. (2010). *Concise rules of APA style* (6th ed.). Washington, DC: Author.

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.