# Citing your references using the APA (American Psychological Association) system – 6th edition

This guide is for students who need to reference their work using the APA (American Psychological Association) referencing style. This guide shows referencing using the 6th edition of the APA style. It is broadly in line with *Cite Them Right Online* and the printed book equivalent, although students should be aware that this guide and the official APA guides remain the correct source, and take precedence over *Cite Them Right Online* should there be conflicting advice.

## Why Reference?

1. When writing for academic purposes it is essential to acknowledge the ideas, words or works of others, and not to write as if they are your own ideas. If you fail to reference properly, it could be considered plagiarism – see [www.tinyurl.com/lr-plagiarism](http://www.tinyurl.com/lr-plagiarism)
2. References illustrate breadth and depth of reading, provide the background to the current study, allow a discussion of whether the current findings are supported or differ from previous studies and enable readers to identify and trace your sources quickly and easily.

**When Reference?**

1. All information from other sources must be referenced at the point it appears in your assignment.
2. Every reference must be cited in-text following the examples below, and must be listed fully and in alphabetical order in the reference list at the end of your assignment.

## In-text Citations

An **in-text citation** is placed within your assignment at the exact point that you refer to the ideas/words that originated from someone else, whether these come from a book, journal, online document, website, or any other print or online source.

The following guidelines apply to **all** types of sources including books, journals, online sources and websites.

N.B. The use of ‘author’ also applies to editor. For online sources, where there is no obvious author, use the username (screen name) for a blog/twitter/website etc.

**In-text citations** can be written in three different ways

1. **Referencing the sources at the end of the phrase or sentence**

**e.g.**  Genetics may be involved in children’s responses to their environment (Miller, 2016).

1. **Referencing the author in a sentence**

**e.g.** Miller (2016) identified that genetics may be involved in the responses children have to their environment.

1. **A direct quote**

**e.g.** “Genetics research also adds to our understanding, in each theory, of individual differences in children’s responses to events and environments.” (Miller, 2016, p. 265)

Only if you are making a direct quotation should you include the page numbers in the format p. xxx

Multiple pages should be in the format pp. 111-112

For online sources where there are no page numbers, use the paragraph number instead.

**e.g.** “Studying is something that few of us are directly taught”(Hills, 2017, para. 3).

Any in-text citation must name the author/editor/screen name or organisation name along with the date of publication. The specific format varies depending upon the number of authors.

### Single Author

The in-text citation consists of the author (or editor) followed by a comma and the publication year.

**e.g** Genetics may be involved in children’s responses to their environment (Miller, 2016).

Or **e.g.** Miller (2016) identifies that genetics may be involved in the responses children have to their environment.

### Organisations as Authors

An author can be an organisation or Government Department (which is also known as a ‘corporate author’). Use the name of the organisation, followed by a comma and the date of the publication.

**e.g.** There are defined rules for interpreting the validity of test scores (APA, 2010).

Or **e.g.** The APA (2010) defined the rules for interpreting the validity of test scores.

N.B. If the author has a commonly known acronym e.g. APA for American Psychological Association, then write it out in full in the first in-text citation, and then use the abbreviation. If it doesn’t e.g. University of Manchester, then use the full organisation name in each citation. When writing your Reference List, use the full organisation name in all cases.

### Two or more Authors

There are specific rules to be followed when you have more than one author/editor.

Use an ampersand (&) when citing the source in brackets at the end of a sentence, but use (and) when writing the authors’ names within the text.

**e.g.**  Three stages are involved when learning and committing something to memory. They are usually called process, storage and retrieval (Eysenck & Keane, 2015).

Or **e.g.** According toEysenck and Keane (2015), three processes are involved in learning and memory: process, storage and retrieval.

### 3, 4 or 5 Authors

**e.g.** (Schwartz, Landrum, & Gurung, 2016)

Or **e.g.** Schwartz, Landrum, and Gurung (2016)

**However:** Only write *all* the authors the *first* time that you cite. Subsequent citations from the same publication only require the first author’s surname, followed by et al., a comma, and the date of the publication.

**e.g.** (Schwartz et al., 2016)

Or **e.g.** Schwartz et al. (2016)

### Six or more Authors

When your source has 6 or more authors, use the first author et al. from the first citation.

**e.g.**  (Wasserstein et al., 2005)

Or **e.g.** Wasserstein et al. (2005)

The following table, copied and adapted from the *Concise Rules of APA* Style (APA, 2010) should help you to check which referencing format to use.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of Citation** | **First citation**  **in-text** | **Subsequent citations in-text** | **Parenthetical format, first citation in-text** | **Parenthetical format, subsequent citations in text** |
| **One work by one author** | Walker (2007) | Walker (2007) | (Walker, 2007) | (Walker, 2007) |
| **One work by two authors** | Walker and Allen (2004) | Walker and Allen (2004) | (Walker & Allen, 2004) | (Walker & Allen, 2004) |
| **One work by 3, 4 or 5 authors** | Bradley, Ramirez, Soo, and Walsh (2006) | Bradley et al. (2006) | (Bradley, Ramirez, Soo, & Walsh (2006) | (Bradley et al., 2006) |
| **One work by six or more authors** | Wasserstein et al. (2005) | Wasserstein et al. (2005) | (Wasserstein et al., 2005) | (Wasserstein et al., 2005) |

### Two sources published in the same year

For two publications in the same year where the first authors are the same, you need to distinguish between them. Put the second author (or as many authors as necessary to identify the papers) in the list before adding et al

**e.g.** (Ireys, Chernoff, DeVet et al., 2001) and (Ireys, Chernoff, Stein et al., 2001)

Or **e.g.** Ireys, Chernoff, DeVet et al. (2001) and Ireys, Chernoff, Stein et al. (2001)

### Citing two sources at the same time

If you find the same information in more than one source, then both authors/editors and both dates must be included, separated by a semicolon. List the sources in alphabetical order by author surname.

**e.g.** (Jones & Bartlett, 2005; Miller, 1999)

Or **e.g.** Jones and Barlett (2005) and Miller (1999)

### Same Author – Different Publication Dates

When citing papers by the same author(s) from different years, list them in date order, with the oldest first.

**e.g.** (Eysenck, 1984; 1994)

Or **e.g.** Eysenck (1984; 1994)

### Same Author – Same Date

Publications with the same author/editor and the same publication date should be given an alphabetical letter after the date to distinguish between the publications. (This must be reflected in the reference list as well.)

**e.g.** (Eysenck, 1994a; 1994b)

Or **e.g.** Eysenck (1994a; 1994b)

### Different Author – Same Surname

Authors with the same surname should be differentiated by their first initial.

**e.g.** (L. Houseten, 1998; S. Houseten, 2006)

Or **e.g.** L. Houseten (1998) and S. Houseten (2006)

### No identifiable Author or Anonymous Author

1. For articles, chapters or a webpage use the first few words (usually the title) with speech marks around it, but put a comma before the end of the second speech mark. Then add the date of publication.

**e.g.** on memory (“Study Finds,” 2014)

1. For journals, books, brochures or reports, refer to the title in italics

**e.g.** on cognitive development (*Journal of Memory*, 2016)

1. Only use the term Anonymous as the author/editor if this is actually written on the publication.
2. Online sources of information may have different requirements for authors and these are noted individually in the following section.

### No date

If there is no visible date on the source, use the abbreviation n.d.

**e.g.** (Miller, n.d.)

Or **e.g.** Miller (n.d.)

### Citing Secondary Sources

The term ‘secondary source’ describes information that you have not seen, but which is written or mentioned in a source you have seen. It is always best to find the direct source of the information from the original source. If this is not possible, include the words ‘as cited in’ and the author’s name and publication date in your reference.

**e.g.** There is a biological tendency to think irrationally according to Ellis (1987) (as cited in Gross, 2010).

N.B. Only the secondary source e.g. Gross (2010) should be included in the Reference List, not the original source.

## Reference List

A full list of all the sources you have you have cited in your assignment is called a **Reference List**.

A **Bibliography** is a full list of everything you have read, but not necessarily cited in your assignment.

When writing your Reference List there are some important points to note:

1. Your list should be in alphabetical order, by the surname of the first author of the source. Do not change the written order of authors on a publication; there is a reason why they are listed in that order.
2. When listing works by the same author, put the earliest publication first on the list.
3. Only use the initials of each author/editor, not their full first name.
4. If the same author has written independently, and has also written in collaboration with others and is the first author listed, put their own (single author) publication higher on the list than the collaborative publication.
5. If you have 8 or more authors, you must write the reference in the correct format for the source, **but** only include the first 6 authors’ surnames, then add three ellipsis points (dots) and then add the final author’s name.

**e.g.** Masia Warner, C., Colognori, D., Brice, C., Herzig, K., Mufson, L., Lynch, C., . . . Klein, R. G. (2016) Can school counselors deliver cognitive-behavioral treatment for social anxiety effectively? A randomized controlled trial. *Journal of Child Psychology and Psychiatry.57*(11). 1229-1238. doi:10.1111/jcpp.12550

1. If you have to identify a publication with a letter after the date e.g. 2002a – ensure you put the (a) after the date in the Reference List. If you need to use letters after a date, do so in both the reference AND the in-text citation.
2. Use full official names for organisations, not abbreviations e.g. American Psychological Association not APA. Note that it is acceptable to use commonly recognised abbreviations in your in-text citation, but not in your reference list.
3. If a book is published in the USA, put the city name followed by the two letter accepted abbreviation for the state. There is a list of these on the Psychology Library webpages ([www.tinyurl.com/lr-stateabbr](http://www.tinyurl.com/lr-stateabbr))
4. A book published outside of the USA should have city and country of publication instead.
5. Electronic sources do not need to have Retrieved Date, unless the source version is likely to change over time. e.g Wikis.

## Journals

### eJournal with doi

You do not need to include Retrieved from when you are citing an online article with a doi.

Author, A. A., Author, B., & Author, C. C. (Year). Title of article. *Title of Journal, Vol*(Issue), pages-pages. doi: doi address

**e.g.** Rebitschek, F. G., Krems, J. F., & Jahn, G. (2016) The diversity effect in diagnostic reasoning. *Memory & Cognition, 44*(5), 789-805. doi:10.3758/s13421-016-0592-0

### eJournal with URL

Where there is no doi, you need to add Retrieved from and the URL.

However, avoid including meaningless URLs (e.g. ones which have login details embedded into them) because others may not have the same access rights. Instead direct users to the journal homepage.

Author, A. A., Author, B., & Author, C. C. (Year). Title of article. *Title of Journal, Vol*(Issue), pages-pages. Retrieved from <http://www>...

**e.g.** Katkov, M., Romani, S., & Tsdyks, M. (2015). Effects of long-term representations on free recall of unrelated words. *Learning & Memory, 22*(2), 101-108. Retrieved from <http://learnmem.cshlp.org/content/22/2/101.full.pdf+html>.

### Journal (print)

Author, A. A., Author, B., & Author, C. C. (Year). Title of article. *Title of Journal, Vol*(Issue), pp-pp.

**e.g.** Meeks, J. T., Pitães, M., & Brewer, G. A.(2015). The compensatory role of implementation intentions for young adults with low working memory capacity. *Applied Cognitive Psychology, 29*(5)*,* 691-701.

## Books

### Book with an author

Author, A. A., Author, B., & Author, C. C. (Year). *Title in italics.* (edition number if needed.). Place of publication: Publisher.

**e.g.** Schwartz, B. M., Landrum, R. E., & Gurung, R. A. R. (2017). *An easyguide to APA style.* (3rd ed.). Los Angeles, CA: SAGE Publications Ltd.

### Book with an editor

Instead of the author, give the editor’s name followed by (Ed.). or (Eds.).

**e.g.** Hill, A. (Ed.). (2016). *The psychology of perfectionism in sport, dance and exercise.* London, England: Routledge.

### eBook with an author or editor

Author, A. A., Author, B., & Author, C. C. (Year). *Title in italics.* [E-reader name if applicable] Retrieved from <http://www.xxxx>.

N.B. An E-Reader name might be Kindle or similar.

**e.g.** Hogg, M. A. (2014). *Social Psychology.* Retrieved from <https://www-dawsonera-com.oxfordbrookes.idm.oclc.org/readonline/9780273764601>

### Book with an organisation as the author

Organisation name in full. (Year). *Title in italics.* (edition number if needed.). Place of publication: Publisher.

**e.g.** American Psychological Association. (2010). *Concise Rules of APA Style.* (6th ed.). Washington, DC: American Psychological Association.

### Book chapter

This is used when each chapter in a book is written by a different named author or authors.

Author, A. A., & Author, B. B. (Year). Title of chapter. In A. Author & B. Author (Eds.), *Title of book in italics.* (pp. 123-456). Place of Publication: Publisher.

**e.g.** Schleifer, R. (2016). Psychological operations in warfare. In N. Maheshwari & V. V. Kumar (Eds.), *Military psychology: concepts, trends and interventions.* (pp. 149-164). Los Angeles, CA: SAGE Publications.

If the book is not the first edition – the edition details go within the page numbers parenthesis.

**e.g.** Willig, C.(2008). Discourse Analysis. In J. A. Smith (Ed.), *Qualitative psychology: a practical guide to research methods*. (2th ed., pp. 160-185). London: SAGE Publications Ltd.

For a chapter in an ebook: remove the Place of Publication and Publisher and replace with Retrieved from and a URL.

**e.g.** Schleifer, R. (2016). Psychological operations in warfare. In N. Maheshwari & V. V. Kumar (Eds.), *Military psychology: concepts, trends and interventions.* (pp. 149-164). Retrieved from <https://www-dawsonera-com.oxfordbrookes.idm.oclc.org/readonline/9789351506317>

### Test Manual

This should be referenced in the same style as a book, or an ebook if you use the online source.

**e.g.** Henderson, S.E., Sugden, D.A. & Barnett, A.L. (2007). *Movement Assessment Battery for Children-2. Second Edition* (Movement ABC-2). Examiner’s manual. London, England: Harcourt Assessment.

## Websites

### Webpage with Author(s)

Author, A. A. (Year site published/ last updated). *Title of webpage.* Retrieved from <http://www>...

**e.g.** McLeaod, S. (2015). *Cognitive psychology.* Retrieved from <http://www.simplypsychology.org/cognitive.html>

*Note:* If there are no dates on a webpage, use the abbreviation (n.d.) in round brackets instead.

**e.g.** McLeaod, S. (n.d.). *Cognitive psychology.* Retrieved from <http://www.simplypsychology.org/cognitive.html>

### Webpage with organisation as Author

Name of organisation. (Year site published/ last updated). *Title of website.* Retrieved from <http://www>...

**e.g.** American Psychological Association. (2015). *Why sleep is important and what happens when you don’t get enough.* Retrieved from <http://www.apa.org/topics/sleep/why.aspx>

## News Media

### News Media Source available online e.g. BBC or Sky etc.

These sources frequently do not have an identifiable author, so the title of the webpage becomes the first part of the reference.

Title. (Year, Month day). Retrieved from <http://www>....

**e.g.** Children in England among the unhappiest in the world with life and school. (2015, August 19). Retrieved from <http://www.bbc.co.uk/newsround/33977706>

### Online Newspapers

Author, A. A. (Year, Month day). Article title. *Title of newspaper.* Retrieved from <http://www>.....

**e.g.** Chambers, C. (2014, January 24). The changing face of psychology. *The Guardian.* Retrieved from <http://www.theguardian.com/science/head-quarters/2014/jan/24/the-changing-face-of-psychology>

### Print Newspapers or Newspapers available via a database

Author, A. A. (Year, Month day). Article title. *Title of newspaper.* pp. 1-2, 4.

N.B. Separate discontinuous page numbers with a comma. e.g. pp. 1-2, 4, 9-10.

**e.g.** Marlowe, S. (2015, August 22). Veterans with combat stress find solace in Shakespearean verse; acting is therapy for former soldiers suffering from trauma. *The Times.* pp. 81.

No author? Start with the title, followed by the date, then the source.

**e.g.** A million veterans ‘suffer mental health problems’. (2012, September 22). *The Daily Telegraph.* pp. 8.

## Other online Media

### Blog posts

Author/Screen name, A. A. (Year, Month day). Title of blog entry. [Blog post]. Retrieved from <http://www>.

**e.g.** Dunn, D. S. (2015, August 11). The crucial first week of college classes: get a good start. [Blog post]. Retrieved from <https://www.psychologytoday.com/blog/head-the-class/201508/the-crucial-first-week-college-classes-get-good-start>

### Blog Comments

Author/Screen name, A. A. (Year, Month day). Re: Title of blog entry. [Web log comment]. Retrieved from <http://www>.

**e.g.** RandomFish. (2015, August 12). Re: The crucial first week of college classes: get a good start. [Web log comment]. Retrieved from <https://www.psychologytoday.com/blog/head-the-class/201508/the-crucial-first-week-college-classes-get-good-start>

### Facebook

Author, A. A. [Given name] (Year, Month day). Title of page. [Facebook status update]. Retrieved from <http://www>....

**e.g.** Denver, S. F. [Sam] (2015, July 24). Does anyone agree with me that mindfulness …. [Facebook status update]. Retrieved from <https://www.facebook.com/sam-denver.92/posts/1060237>

**or**

Psychology Today. (2015, August 20). Do you really need 8 hours of sleep each night? [Facebook status update]. Retrieved from <https://www.facebook.com/psychologytoday>

### Google+

Name, A. (Year, Month day). Title of post. [Google+ post]. Retrieved from <http://www>...

**e.g.** Cornell University. (2012, October 11). Having a cup of coffee before closing your eyes is the most effective way to combat daytime drowsiness, according to research. Sounds counterintuitive, but it takes 20 minutes for the caffeine .. [Google+ post]. Retrieved from <https://plus.google.com/+CornellUniversity/posts/NqCFGr4eveT>

### Podcasts

Author, A. A. (Producer or Director). (Year, Month day). *Podcast title.* [Audio podcast]. Retrieved from <http://www>...

**e.g.** Fitzgerald, G. (Producer). (2015, May 5). *All in the mind: Anxiety – Freud in Psychology – Earworms.* [Audio podcast]. Retrieved from <http://www.bbc.co.uk/programmes/b017mtfh>

*Note:* No Producer or Director information (although this is often at the end of the podcast), use the host or presenter’s name, adding (Host) or (Presenter) after the Surname.

**e.g** Hammond, C. (Presenter). (2015, May 5). *All in the mind: Anxiety – Freud in Psychology – Earworms.* [Audio podcast]. Retrieved from <http://www.bbc.co.uk/programmes/b017mtfh>

### Twitter

Author, A. [Given name]. (Year, Month day). Title of page. [Tweet]. Retrieved from <http://www>....

**e.g.** Holliday, B. [BenHolliday]. (2015, July 23). Lots of mentions of nudge theory/gov behaviour insights in… [Tweet]. Retrieved from <https://twitter.com/benholliday/status/624119485990105088>

If the Tweet includes a link to a website and/or hashtags #.

**e.g.** Stanford Medicine. [SUMedicine]. (2012, October 9). Animal study shows sleeping brain behaves as if it’s remembering: http//stan.md/RrqyEt #sleep #neuroscience #research. [Tweet]. Retrieved from <https://twitter.com/SUMedicine/status/255644688630046720>

### Wikis

Title of entry. (Year). In *Title of Wiki.* Retrieved Month day, Year from <http://www>. …

**e.g.** Cognitive dissonance. (2015). In *Wikipedia.* Retrieved August 20, 2015 from <https://en.wikipedia.org/wiki/Cognitive_dissonance>

### You Tube

Creator Surname, A. [Screen name if available]. (Year, Month day). *Title of video.* [Video file]. Retrieved from <http://www>...

**e.g.** Lombard, J. (2012, February 9). *Cognitive vs Behavioural Psychology.* [Video file]. Retrieved from <https://www.youtube.com/watch?v=TBBXH_h1mR8>

### Video file

Name, A. (Year, Month day). *Title of video.* [Video file]. Retrieved from <http://www>...

**e.g.** American Psychological Association. (2011, September 19). *This is psychology: Family caregivers.* [Video file]. Retrieved from <https://www.facebook.com/photo.php?v=10150303396563992&set=vb.290103137578>

## Further Help

**The Library has the following books which may be of help.**

American Psychological Association. (2010). *Mastering APA Style: student’s workbook and training guide.* (6th ed.). Washington, DC: American Psychological Association. **Shelfmark: 808.06615 MAS**

American Psychological Association. (2010). *Concise Rules of APA Style.* (6th ed.). Washington, DC: American Psychological Association. **Shelfmark: 808.06615 CON**

Schwartz, B. M., Landrum, R. E., & Gurung, R. A. R. (2017). *An easyguide to APA style.* (3rd ed.). Los Angeles, CA: SAGE Publications Ltd. **Shelfmark: 808.06615 SCH**

## Useful Websites:

OWL Purdue website: <https://owl.english.purdue.edu/owl/resource/560/1/>

There is a list of USA State Abbreviations on the Psychology Library webpages: [www.tinyurl.com/lr-stateabbr](http://www.tinyurl.com/lr-stateabbr)

## Cite Them Right Resources

You can use the online version of *Cite Them Right* which is available from the Library Referencing webpages [www.tinyurl.com/lr-referencing](http://www.tinyurl.com/lr-referencing) (ensure you choose the APA style, but remember that sometimes *Cite Them Right* does not give the correct version of APA).

Or the print version

Pears, R. & Shields, G. (2016). *Cite them right: the essential referencing guide* (10th ed). London, England: Palgrave. **Shelfmark: 808.02 PEA**

Katherine Staples : Academic Liaison Librarian

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