APA (American Psychological Association) Referencing System
An introduction

Q. Why do you need to reference?

A. To show your teacher where you conducted your research.

It is important that you always acknowledge another author's work when preparing an assignment.

The reference you provide becomes the link between how you have conducted your research and what you have written. It shows your teacher the resources you have used, for example books, websites, magazine and newspaper articles.

It is also important that you do not just copy the work of another person and submit it as your own. This is called PLAGARISM and is a type of theft or fraud. To avoid this you create a reference list of all the material you quote and refer to in your assignment.

It is important to remember that you must supply a reference to any idea that is taken and you have put into your own words. You must reference direct quotations.

Example of an idea which you have taken from someone else and used in your work, **paraphrasing**:

Westcott said some nutritional experts think extra vitamin E can protect you against heart disease (Westcott 1999, p.30).

Example of a **direct quotation**:

"Adverts for 'high-performance' sports drinks and foods often claim that they boost your strength and muscles" (Westcott 1999, p. 30).

Reference list:

- Author's last name, and initial(s)
- Year of publication (in brackets)
- Title   – in italics
- Edition – if not the first one
- Place of Publication
- Publisher

This how the basic elements for a book would appear in an APA Reference List.

Author	Date	Title	Place of Publication	Publisher
Westacott. P	(1999).	*How does my diet affect me?*	Fressingfield, Suffolk:	Wayland.

The Basic elements of APA referencing

The APA style of referencing consists of the following elements:

1. **In-text citations** in the body of the work. The citation is made-up of author, date and often the page number.

2. **A reference list** at the end of the paper which provides the full bibliographic details of all in-text citations

Book

Single author

In-text citation:

Gross writes that some cultures arranged marriages are considered normal and natural. (Gross, 2010).

Reference list:

Gross, R. (2010). *Psychology: the science of mind and behaviour*, (6th ed.) (p. 430). London: Hodder Education.

Multiple authors:

In-text citation:

Cite the names of both authors. Use 'and' when the authors' names are part of the sentence, and an ampersand (&) when authors' names are in parentheses.

''Supported by continuing brain maturation and learning experiences, cognitive changes during adolescence can be as dramatic as physical ones." (Passer & Smith, 2013)

Reference list:

Passer, M.W. & Smith, R.E. (2013). *Psychology: the science of mind and behaviour* (Australian ed.) (p.442). Sydney: McGraw-Hill.

Chapter in an edited book

An edited book is one that consists of chapters written by different authors. When citing from a particular chapter, only cite the author of the chapter in the text.

In-text citation:

'Confidence differences between males and females are related to the perceived gender appropriateness of the task being performed.' (Vealey, 2009)

Reference list:

Provide the reference list entry under the name of the chapter author/s.

Vealey, R. S. (2009). Confidence in sport. In B. W. Britton (Ed.). *Sport psychology* (p48). Chichester, West Sussex: Wiley-Blackwell.

Multiple works by the same author

Reference list:

When citing several resources by the same author, repeat the name each time. Alphabetical order takes precedence, with single authors listed before multiple authors chronologically.

Coon, D. (1991). *Essentials of psychology: exploration and application*. (5th ed.). St Paul, MN: West Publishing.

Coon, D. (1992). *Introduction to psychology: exploration and application.* (6th ed.). St Paul, MN: West Publishing.

Coon, D. & Mitterer, J.O. (2008). *Psychology: a journey.* (3rd ed.). Belmont, CA: Thomson Wadsworth.

Secondary sources

Sometimes you read one author (secondary) who cites another (primary) source in their work. In this example you have read Gross who refers to the work of Daryl Bem. You have not read Bem's work yourself; therefore you use the phrase "as cited in".

In-text citation:

Bem (as cited in Griggs, 2012) offers an alternative explanation for cognitive dissonance with his self-perception theory.

Reference list:

Only reference the source you have read (the secondary source).

Griggs, R.A. (2012). *Psychology: a concise introduction* (3rd ed.) (p. 353). New York: Worth Publishers.

e-Books

In-text citation:

If an eBook is not paginated, you can cite chapters, section headings, or paragraph numbers in text.

(Kavishe, 1993, Chapter 8, "Public works for food security", para. 2.)

From an online library or database e.g. Infobase, Britannica eStax

An example from one our Infobase eBooks, which is a PDF version of the print copy of this title, this means that you have access to equivalent print details for any APA referencing.

"We require about one hour of sleep for every two hours we spend awake". (Rosen, 2005)

Reference list

- For books that have a DOI (Digital Object Identifier), include the DOI in the reference list entry. If no DOI is available, then the URL or homepage of the URL should be listed.
- The phrase "Retrieved from" precedes a URL but IS NOT USED with a DOI.
- Do not put a full stop after the DOI or the URL.

Rosen, M. (2005). *Sleep and Dreaming*. In *Gray Matter*. New York: Chelsea House. Retrieved on March 25, 2015, from http://ebooks.infobaselearning.com/View.aspx?ISBN=9781438119625&InstID=15

Encyclopedia

In text citation:

Where the author is identified for entries in an encyclopaedia provide the author and year as for other authored books. Where the author is not identified, provide the title entry in the encylopaedia.

'Preschool children still have difficulty using symbols and numbers that do not refer to real objects.' ("Development of problem solving", 2002, p. 97).

Reference list:

- Author's last name and initial(s) – if provided
- Year of publication – in brackets
- Title of the article

(In)

- Name of encyclopaedia – in italics
- Volume number, page numbers – in brackets
- Place of publication
- Publisher
- For online enylopaedia (such as Britannica online) that include a DOI (Digitial Object Number) number this appears in the reference list. If there is no DOI, use the URL from the page.
- The phrase "Retrieved from" precedes a URL, but need not be used when there is a DOI.

PRINT:

Development of problem solving. (2002). In Chorlton, W., Frazer, K., Gray, L. (Eds.). *Psychology: Developmental psychology* (Vol 4). London: Brown Partworks.

ELECTRONIC:

Problem solving. (2015). In *Encyclopædia Britannica*.Retrieved from http://school.eb.com.au/levels/high/article/473114

Magazines, Periodicals & Journals

Capitalise only the first letter of the first world in the title or an article (as well as the subtitle). Capitalise the first letter of every main world in the periodical title. Online periodicals or journals require either the URL or a DOI.

In text citation: [Print]

'Although Neandertal brains started off growing modern brains in the womb, they diverged from the modern growth pattern after birth, during a critical window for cognitive development.' (Wong, 2015).

In-text citation: [Online]

It has been strongly suggested that Neandertals lacked the working-memory capacity that modern people have today. (Wynn & Coolidge, 2008)

Reference list:

- Author's last name and initial(s) [Join to authors' names with a comma and ampersand (&)]
- Date of publication - in brackets
- Title of article
- Name of journal – in italics
- Put a comma after the journal name
- Volume number – in italics
- Issue number – in bracket
- Page numbers (no abbreviations, e.g. p. or pp.)
- URL – Copy the exact address as it appears in your browser window
- DOI – If a DOI is provided you do not need to provide a URL

PRINT:

Wong, K. (February 2015). Nethandertal minds. *Scientific American*, 312 (2), pp. 26-33.

ELECTRONIC: [This example has no DOI]

Wynn, T., & Coolidge, F. L. (2008, January 01). A Stone-Age Meeting of Minds. *American Scientist*, (1), 44, Retrieved on May 7, 2015, from http://elibrary.bigchalk.com.

Web Page

In-text citation:

Websites and web documents should be cited according to the name of the author. This can be a group or an organisation. If no author is provided the in-text citation is by title.

With author:

'The most popular myth about communication in relationships is that since you talk to your partner, you're automatically communicating.' (Grohl, 2009)

Reference list:

With author:

Grohl, J. (2009). 9 Steps to Better Communication Today. *Psych Central*. Retrieved on March 21, 2015, from http://psychcentral.com/blog/archives/2009/04/14/9-steps-to-better-communication-today/

From an organisation: [with no date]

In-text citation:

Recent studies by the National Institute of Mental Health (n.d.) have shown that different parts of the human brain grow at different times.

Reference list:

National Institute of Mental Health. (n.d.). *Brain development during childhood and adolescence.* Retrieved on May 7, 2015, from http://www.nimh.nih.gov/health/publications/brain-development-during-childhood-and-adolescence/index.shtml

Podcast or Vodcast [from the Web]

In-text citation:

Many have been asking recently if we are becoming more narcissist? (Twenge, 2014)

Reference list:

Twenge, J. (2014, May 18). '*The narcissism epidemic*' [Podcast radio programme]. In J. Malcolm (Presenter). RN. All in the mind, Retrieved on May 7, 2015, from http://www.abc.net.au/radionational/programs/allinthemind/the-narcissism-epidemic/5455512

Blog – Posted on YouTube

In-text citation:

They are currently undertaking cognition testing on the International Space Station. (Basner, 2015).

Reference list:

Basner, M. (2015, March 6). *Opening up the neurocognitive toolkit.* [Blog post] Retrieved from https://www.youtube.com/watch?v=mD-AlAl4Ils&feature=youtu.be

Streaming Video

Online streaming videos maybe available from the Library catalogue or from the web as downloadable video files, or streaming video.

In-text citation:

You are able to cite a producer, writer, presenter or speaker. Their role may be specified in the text and it must be specified in your reference list.

Anja Taylor (2015) investigated how our memories change from childhood to adulthood.

Reference list:

As well as citing the role of the person you have referred to your in-text citation, other factors you need to be aware of include:

- Always provide information about who has uploaded the video.
- Your source may be available in more than one place. Cite the source you have accessed.
- Indicate the medium in brackets, e.g. [Video file]
- If the video is from a URL that is likely to change over time, you may provide the homepage URL rather that the full URL

Taylor, A. (Reporter). (2015). Powering the mind [Video]. *Catalyst.* Sydney:ABC. Retrieved from http://pat.sdp.sirsidynix.net.au/client/library/search/results?qu=psychology+quicktime&te=&rt=falseIIISERIES_TITLEIIISeries+Title

A Graph, Table or Chart

This type of material is often treated like a selection in an edited book, or a chapter in a book. If you can identify the author, artist, or designer responsible this appears, with the publication date as part of your in-text citation.

In-text citation:

Patterns of recovery from a traumatic event can be seen in the data expressed in the following chart. (Bonanno, 2005)

Reference list:

Bonanno, G. (2005). *Patterns of recovery function following post-traumatic stress disorder (PTSD), with the approximate age of patients following each pattern.* [Graph]. In Baddeley, A., Eysenck, M.W., & Anderson, M.C. (2009). Memory (p.152). Hove, East Sussex: Psychology Press.

Other sources

Personal communication

In-text example:

During an interview conducted on 26 March, 2015 …..

Reference list:

- You do not need to include an entry in the reference list

Conference papers – Online

In-text example:

A recent study looked at false memory in 5 to 7 year olds. (Hodgson, 2015)

Reference list:

Hodgson, A. (2015). Are children's false memories driven by conceptual or perpetual factors? 2015 BPS *South West, Undergraduate Conference*, The British Psychological Society. Retrieved from http://abstracts.bps.org.uk/index.cfm?&ResultsType=Abstracts&ResultSet_ _ID=12311&FormDisplayMode=view&frmShowSelected=true&localAction=details

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Sample APA Reference List

Basner, M. (2015, March 6). *Opening up the neurocognitive toolkit*. [Blog post] Retrieved from https://www.youtube.com/watch?v=mD-AlAI4Ils&feature=youtu.be

Bonanno, G. (2005). *Patterns of recovery function following post-traumatic stress disorder (PTSD), with the approximate age of patients following each pattern*. [Graph]. In Baddeley, A., Eysenck, M.W., & Anderson, M.C. (2009). *Memory* (p.152). Hove, East Sussex: Psychology Press.

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Coon, D. (1992). *Introduction to psychology: exploration and application*. (6th ed.). St Paul, MN: West Publishing.

Coon, D. & Mitterer, J.O. (2008). *Psychology: a journey*. (3rd ed.). Belmont, CA: Thomson Wadsworth.

Development of problem solving. (2002). In Chorlton, W., Frazer, K., Gray, L. (Eds.). *Psychology: Developmental psychology* (Vol 4). London: Brown Partworks.

Griggs, R.A. (2012). *Psychology: a concise introduction* (3rd ed.) (p. 353). New York: Worth Publishers.

Grohl, J. (2009). 9 Steps to Better Communication Today. *Psych Central*. Retrieved on March 21, 2015, from http://psychcentral.com/blog/archives/2009/04/14/9-steps-to-better-communication-today/

Gross, R. (2010). *Psychology: the science of mind and behaviour,* (6th ed.) (p. 430). London: Hodder Education

Hodgson, A. (2015). Are children's false memories driven by conceptual or perpetual factors? *2015 BPS South West, Undergraduate Conference*, The British Psychological Society. Retrieved from http://abstracts.bps.org.uk/index.cfm?&ResultsType=Abstracts&ResultSet_ID=12311&FormDisplayMode=view&frmShowSelected=true&localAction=details

National Institute of Mental Health. (n.d.). *Brain development during childhood and adolescence*. Retrieved on May 7, 2015, from http://www.nimh.nih.gov/health/publications/brain-development-during-childhood-and-adolescence/index.shtml

Passer, M.W., & Smith, R.E. (2013). *Psychology: the science of mind and behaviour* (Australian ed.) (p.442). Sydney: McGraw-Hill.

Problem solving. (2015). In *Encyclopædia Britannica*. Retrieved from http://school.eb.com.au/levels/high/article/473114

Rosen, M. (2005) *Sleep and Dreaming.* In Gray Matter. New York: Chelsea House. Retrieved on March 25, 2015, from http://ebooks.infobaselearning.com/View.aspx?ISBN=9781438119625&InstID=1554

Taylor, A. (Reporter). (2015). *Powering the mind* [Video]. *Catalyst*. Sydney: ABC. Retrieved from http://pat.sdp.sirsidynix.net.au/client/library/search/results?qu=psychology+quicktime&te=&rt=falseIIISERIES_TITLEIIISeries+Title

Twenge, J. (2014, May 18). '*The narcissism epidemic*' [Podcast radio programme]. In J. Malcolm (Presenter). RN. All in the mind, Retrieved on May 7, 2015, from http://www.abc.net.au/radionational/programs/allinthemind/the-narcissism-epidemic/5455512

Vealey, R. S. (2009). Confidence in sport. In B. W. Britton (Ed.). *Sport psychology* (p48). Chichester, West Sussex: Wiley-Blackwell.

Wong, K. (February 2015). Nethandertal minds. *Scientific American*, 312 (2), pp. 26-33.

Wynn, T., & Coolidge, F. L. (2008, January 01). A Stone-Age Meeting of Minds. *American Scientist,* (1), 44, Retrieved on May 7, 2015, from http://elibrary.bigchalk.com

On Line - All the Time