

# 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 (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.
- Publisher.

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

Author	Date	Title	Publisher
Westcott, P.	(1999).	<i>How does my diet affect me?</i>	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. (2010).

### Reference list:

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

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

Coon, D. & Mitterer, J.O. (2008). *Psychology: a journey* (3rd ed.). 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.). 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*. 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 encyclopaedia.

‘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 encyclopaedia (such as Britannica online) that include a DOI (Digital

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). Brown Partworks.

### ELECTRONIC:

Problem solving. (2015). In *Encyclopædia Britannica*. Retrieved 12 January 2021  
<http://school.eb.com.au/levels/high/article/473114>



## Magazines, Periodicals & Journals

Capitalise only the first letter of the first word in the title or an article (as well as the subtitle). Capitalise the first letter of every main word 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 ,
- 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). Neandertal minds. *Scientific American*, 312, (2), pp. 26-33.

### ELECTRONIC: [This example has no DOI]

Wynn, T., & Coolidge, F. L. (January 01 2008). 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:

Retrieval dates are not necessary for APA 7th Edition. Check with your teacher whether to include them or not. If you don’t include them, remove “retrieved from” from the reference. 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 narcissistic? (Twenge, 2014)

### Reference list:

Twenge, J. (May 18 2014). '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. (March 6 2015). *Opening up the neurocognitive toolkit* [Vlog] Retrieved 12 January 2021 <https://www.youtube.com/watch?v=mD-AIAI4lls&feature=youtu.be>

## Streaming Video

Online streaming videos may be 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 than the full URL

Taylor, A. (Reporter). (2015). Powering the mind [Video]. *Catalyst*. ABC. Retrieved 12 January 2021 [http://pat.sdp.sirsidynix.net.au/client/library/search/results?qu=psychology+quicktime&te=&rt=falseIII SERIES\\_TITLEIIISeries+Title](http://pat.sdp.sirsidynix.net.au/client/library/search/results?qu=psychology+quicktime&te=&rt=falseIII SERIES_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*. 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 12 January 2021 [http://abstracts.bps.org.uk/index.cfm?&ResultsType=Abstracts&ResultSet\\_ID=12311&FormDisplayMode=view&frmShowSelected=true&localAction=details](http://abstracts.bps.org.uk/index.cfm?&ResultsType=Abstracts&ResultSet_ID=12311&FormDisplayMode=view&frmShowSelected=true&localAction=details)



## Sample APA Reference List

- Basner, M. (March 6 2015). *Opening up the neurocognitive toolkit*. [Vlog] Retrieved 12 January 2021 <https://www.youtube.com/watch?v=mD-AIAI4lls&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*. Psychology Press.
- Coon, D. (1991). *Essentials of psychology: exploration and application* (5th ed.). West Publishing.
- Coon, D. (1992). *Introduction to psychology: exploration and application* (6th ed.). West Publishing.
- Coon, D. & Mitterer, J.O. (2008). *Psychology: a journey* (3rd ed.). Thomson Wadsworth.
- Development of problem solving. (2002). In Chorlton, W., Frazer, K., Gray, L. (Eds.). *Psychology: Developmental psychology* (Vol 4). Brown Partworks.
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- 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.). 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 12 January 2021 [http://abstracts.bps.org.uk/index.cfm?&ResultsType=Abstracts&ResultSet\\_ID=12311&FormDisplayMode=view&frmShowSelected=true&localAction=details](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.). McGraw-Hill.
- Problem solving. (2015). In *Encyclopædia Britannica*. Retrieved 12 January 2021 <http://school.eb.com.au/levels/high/article/473114>
- Rosen, M. (2005) *Sleep and Dreaming*. In Gray Matter. 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*. ABC. Retrieved 12 January 2021 [http://pat.sdp.sirsidynix.net.au/client/library/search/results?qu=psychology+quicktime&te=&rt=false|||SERIES\\_TITLE|||Series+Title](http://pat.sdp.sirsidynix.net.au/client/library/search/results?qu=psychology+quicktime&te=&rt=false|||SERIES_TITLE|||Series+Title)
- Twenge, J. (May 18 2004). '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*. Wiley-Blackwell.
- Wong, K. (February 2015). Nethandertal minds. *Scientific American*, 312, (2), pp. 26-33.
- Wynn, T., & Coolidge, F. L. (January 01 2008). A Stone-Age Meeting of Minds. *American Scientist*, (1), 44, Retrieved on May 7 2015, from <http://elibrary.bigchalk.com>

