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Introduction

You need to reference:

• to demonstrate that you have undertaken research for your academic work.
• to avoid accusations of plagiarism.
• to acknowledge the work of other authors, which can be found in books, journal articles, websites etc.

There are many systems of referencing available; this guide will focus on the American Psychological Association (APA) system which is used for Psychology at the University of Lincoln.

This guide provides examples of different information sources: how to cite them within your text and how to include them in your reference list. For more information, please consult the Publication Manual of the American Psychological Association, (6th ed., 2nd printing). The APA Manual also provides information about paper formatting and writing style whereas this guide is primarily focused on the referencing aspect.

The APA website also contains information and tips on using the APA style, but do always check with your tutor to ensure you are following their requirements.

Other referencing styles

If you are doing a joint degree with another discipline, you may be required to use a different referencing system such as Harvard for some assignments. If so, please refer to the University of Lincoln Harvard guide.

APA referencing

There are two components to APA referencing: citing within the text of your paper, and the reference list at the end.

Double-space your entire paper, including the reference list and any block quotations (unless advised differently by your tutor/lecturer).

In-text citations

All sources of information and data, whether quoted directly or paraphrased, are cited within brackets in the text of your paper. These are called in-text citations and provide brief information about the source, sufficient to enable readers to find complete information about the source in the alphabetical list of references that appears at the end of the document. e.g.

Researchers need to skilfully disseminate their findings to enable continued progress for the replacement of questionable therapies (MacKillop, Lisman, Weinstein & Rosenbaum, 2003).

The APA style uses the author-date style in the text. Put the surname of the author followed by the year of publication at the appropriate point in the text, including page numbers for direct quotations.
If the name of the author appears as part of the narrative, then you need only cite the year of publication in brackets. e.g.

Kessler (2003) found that among epidemiological samples, early onset results in a more persistent and severe course.

**Presenting research by other authors**

There are three ways to refer to the works of other authors:

- Paraphrasing
- Quotations
- Summarising

These three ways of incorporating other writers’ work into your own writing differ according to the closeness of your writing to the source writing.

**Paraphrasing**

Paraphrasing involves putting a passage from source material into your own words. A paraphrase must also be attributed to the original source. Paraphrased material is usually shorter than the original passage, taking a broader segment of the source and condensing it. You will be able to demonstrate your understanding of what you have read.

When paraphrasing or referring to an idea from another piece of work, you should provide an in-text citation to acknowledge the source. You are encouraged to provide a page number if it would help the reader locate the relevant passage in a long or complex text. e.g.

The research showed that security of attachment in offending populations decreases according to the severity and degree of psychopathology (Ogilvie, Newman, Todd & Peck, 2014, p.14).

**Direct quotations**

Direct quotations should be used sparingly in academic writing. Often, it is better to paraphrase or summarise what you have read.

If you do use a direct quotation, it must be identical to the original, using a narrow segment of the source. It must match the source document word for word and must be attributed to the original author. You must indicate a quotation by using double quotation marks at the beginning and end of the text.

Always give the page number(s) (or paragraph number for non-paginated material) and place double quotation marks around the quotation. The in-text citation comes immediately after the quotation, even when it is not at the end of the sentence.
For page numbers, use the abbreviations p. for page and pp. for pages. List page numbers completely, for example pp. 176-179 instead of pp. 176-9. e.g.

“Piaget proposed that infants are born in a state of solipsism, meaning that they fail to distinguish between self and surroundings” (Mitchell & Ziegler, 2013, p. 52).

This quotation is followed immediately with the in-text citation.

If a quotation is 40 words or more, omit quotation marks and use a block format in which the quotation is indented about ½ inch (or 5 spaces) from the left margin and double-space the entire paragraph. e.g.

Example of a quote longer than 40 words:

The chief factors associated with these relationships are parental style and the quality of attachment. The pattern set by early attachment influences the character of subsequent relationships and the concept of the internal working models illuminating in this respect. It is especially useful in understanding the cycle of abuse (Mitchell & Ziegler, 2013, p. 247).

Summarising

Summarising involves putting the main idea(s) into your own words, including only the main point(s). Once again, it is necessary to attribute summarised ideas to the original source. Summaries are significantly shorter than the original and take a broad overview of the source material.

Common citation queries

How to cite sources with no author

When a work has no author, cite in the text the first few words of the reference list entry, usually the title and the year. Use double quotation marks around the title of an article or chapter, and italicise the title of a journal, book, brochure, webpage or report. e.g.

Vaccine has revolutionised healthcare (“New Child Vaccine,” 2001).

How to cite multiple authors

When a work has two authors, cite both names every time the reference occurs. When a work has three to five authors, cite all the names the first time the reference occurs; in subsequent citations, use the surname of the first author followed by et al. When a work has six plus authors, use the surname of the first author followed by et al. every time the reference occurs in the text. The following table illustrates the citation styles.

Note: Use last names only unless there are different authors with the same last name; in this case, use the initials of the different authors in addition to the last name.
### APA Referencing

<table>
<thead>
<tr>
<th>Type of citation</th>
<th>First citation in text</th>
<th>Subsequent citations in text</th>
<th>Bracketed format, first citation in text</th>
<th>Bracketed format, subsequent citations in text</th>
</tr>
</thead>
<tbody>
<tr>
<td>One work by one author</td>
<td>Fry (2009)</td>
<td>Fry (2009)</td>
<td>(Fry, 2009)</td>
<td>(Fry, 2009)</td>
</tr>
<tr>
<td>One work by two authors</td>
<td>Fry and Jacklin (2009)</td>
<td>Fry and Jacklin (2009)</td>
<td>(Fry &amp; Jacklin, 2009)</td>
<td>(Fry &amp; Jacklin, 2009)</td>
</tr>
<tr>
<td>One work by three authors</td>
<td>Fry, Jacklin and Jones (2009)</td>
<td>Fry et al. (2009)</td>
<td>(Fry, Jacklin, &amp; Jones, 2009)</td>
<td>(Fry et al., 2009)</td>
</tr>
<tr>
<td>One work by four authors</td>
<td>Fry, Jacklin, Pratt and Jones (2009)</td>
<td>Fry et al. (2009)</td>
<td>(Fry, Jacklin, Pratt &amp; Jones, 2009)</td>
<td>(Fry et al., 2009)</td>
</tr>
<tr>
<td>One work by five authors</td>
<td>Fry, Jacklin, Pratt, Jones and Peters (2009)</td>
<td>Fry et al. (2009)</td>
<td>(Fry, Jacklin, Pratt, Jones &amp; Peters, 2009)</td>
<td>(Fry et al., 2009)</td>
</tr>
<tr>
<td>One work by six or more authors</td>
<td>Jacklin et al. (2013)</td>
<td>Jacklin et al. (2013)</td>
<td>(Jacklin et al., 2013)</td>
<td>(Jacklin et al., 2013)</td>
</tr>
<tr>
<td>Groups (readily identified through abbreviation) as authors</td>
<td>British Psychological Society (BPS, 2013)</td>
<td>BPS (2013)</td>
<td>(British Psychological Society [BPS], 2013)</td>
<td>(BPS, 2013)</td>
</tr>
</tbody>
</table>

### How to cite when page numbers are unavailable

If a resource contains no page numbers, as can be the case with electronic sources, then you cannot include a page number in the brackets. However, if the source indicates paragraph numbers, use the abbreviation “para” and the relevant number in the brackets. If the paragraph number is not visible, cite the heading and the paragraph number following it. e.g.

As Myers (2000, para. 5) aptly phrased it…

(Beutler, 2000, Conclusion, para. 1).

[Tip: if your resource is a journal article in html format (and therefore with no page numbers), check to see if the article is available elsewhere as a PDF. Usually, PDFs include page numbers.]
How to cite when you are altering a direct quote

When you need to leave out part of a quotation to make it fit grammatically or because it contains irrelevant/unnecessary information, insert ellipses (three full-stops):

“the overall level of performance of both these clinical groups of children was unexpectedly poor…the expected advantages of the ostensive condition were also not found despite the reduced reliance on joint attention and intention reading within this condition” (Franken, Lewis & Malone, 2010).

If you need to add or slightly change words within a quotation for reasons of grammar or clarity, indicate the change with square brackets.

Original direct quotation:

“Since they carry the continents with them as they move, we refer to this motion as continental drift” (Kutner, 2003, p. 451).

Quoted sentence with added words:

“Since they [tectonic plates] carry the continents with them as they move, we refer to this motion as continental drift” (Kutner, 2003, p. 451).

How to cite two or more references within the same brackets

Order the citations of two or more works by different authors within the same brackets alphabetically in the same order in which they appear in the reference list (including citations that would otherwise shorten to *et al.*). Separate the citations with semicolons. e.g.

Several studies (Miller, 1999; Shafranske & Mahoney, 1998) show that...

Other useful in-text tips

- If you are simply supporting a statement, put the author name, a comma and date of publication e.g. (Fry, 2009) (this doesn’t have to be at the end of a sentence).
- Where you are citing from more than one text, you can combine them together in a single in-text citation, separated by a semi-colon and ordered alphabetically e.g. (Fry, 2009; Jacklin, 2009).
- Each time you cite a piece of work, you include the names and the year of publication. However, if it is last cited within the same paragraph, you may not need to cite the year again.
- If you include the author’s surname within the text, you only need to add the year (and page number, where necessary) in brackets, e.g. Wingate (2007, p. 63) suggests.….  
- Sometimes authors publish a few studies in the same year. In this case, use letters to differentiate, e.g. Research clearly shows Z equals Y (Fry & Jacklin, 2009a; Fry & Jacklin, 2009b).
Reference List

Your reference list contains the full details of the information sources (books, journal articles, websites, etc.) that you have cited.

You can find the information you need for different sources in a variety of locations. Books have a title page and pages with publisher, published date and edition details. Journals have details on the cover and in the table of contents. In electronic format, you can find all the details you need on electronic databases or on the internet.

The APA reference list structure should be as follows (for an example see the back of this guide):

- The reference list appears at the end of the assignment or essay.
- It is headed by the centred title References (in bold).
- The references are double-spaced.
- In APA, the first line of the citation falls on the left margin. Each succeeding line is indented 5-7 spaces. This format is called a hanging indent.
- References cited in text must appear in the reference list and vice versa. The only exceptions to this rule are personal communications and classical works (such as the Bible and Qur’an); they are cited in text only and are not included in the reference list.
- Because the reference list needs to be in alphabetical order, invert all authors’ names (Meridian, H.) Use an ampersand (&) and not the word and to join together the names of two or more authors.
- If the reference list includes two or more entries by the same author(s), list them in chronological order with the earliest first.
- If the author’s or editor’s name is unavailable, use the first few words of the title of the article, book or web source, including the appropriate capitalisation and italics formatting. e.g. (“Addiction links”, 2000).
- Where the place of publication is required, for American locations, provide the name of the city and state (abbreviated) - e.g. Boston, MA; for all other locations, provide the city and country (apart from UK publications where only the city is required).
- Arrange reference entries in one alphabetical sequence by the surname of the first author or by title or first word if there is no author. Ignore the words “A”, “An”, and “The” when alphabetising by title.
- In titles and subtitles of articles, chapters, and books, capitalise only the first letter of the first word and any proper nouns.
- Italicise book titles, journal titles, and volume numbers. Do not italicise issue numbers.
- Use the abbreviations p. (for page) and pp. (for pages) before page numbers for book chapters and newspaper articles, e.g. pp. 132-134. Do not use page abbreviations before page numbers for journal articles, e.g. 176-179.
- When the reference entry includes a URL that must be divided between two lines, break it before a slash or dash or at another logical division point.
- Remember to set your Word preferences to remove hyperlinks from URLs to prevent them appearing with an underline.
Digital Object Identifier (DOI)

If a Digital Object Identifier (DOI) is listed on either a print or an electronic source it must be included in the reference.

- A DOI is a unique alphanumeric string that is used to identify a certain source (typically journal articles).
- It is often found on the first page of an article. Example: doi:10.1080/14622200410001676305.
- DOIs are typically found on the top left-hand corner of abstracts, listed in the Table of Contents or printed at the top or bottom of an article.
- You can use a metadata search system called CrossRef.org to look up an article and find the DOI. This site also includes a form which allows you to retrieve a DOI for journal articles, books, and chapters by simply cutting and pasting the reference list into the box.
- Use the APA flowchart at http://blog.apastyle.org/files/doi-and-url-flowchart-8.pdf to determine when to include DOIs, URLs, or database information in your reference citations.

Referencing other materials

This guide contains examples of items in a reference list. Some are straightforward such as books, journal articles, ebooks and dissertations. Other material that you may use in an assignment might be more difficult to define. To help solve this issue, you can utilise a simple template.

The template to use, for materials like this, contains only four pieces of information (author, date, title, and source):


The format description in brackets is used only when the format is something out of the ordinary, such as a blog post or lecture notes; otherwise, it’s not necessary. Some other example format descriptions are listed on p.186 of the APA Publication Manual.

While the Publication Manual provides many examples of how to cite common types of sources, it does not provide rules on how to cite all types of sources. In this situation, APA suggests that you find the example that is most similar to your source and use that format. For more information, see p.193 of the Publication Manual of the American Psychological Association, (6th ed., 2nd printing).

Formatting of figures and tables

For your assignment it is expected that you would include tables and figures within the body of the text. Occasionally, you may be asked to include them as separate appendices as you would if you were submitting a paper to an academic journal for publishing.

Check with your tutor for the precise requirements for each piece of work.

For more detailed information on setting out tables using appendices please consult p. 30 of the Pocket guide to APA style or the Publication manual of the American Psychological Association.

Figures:

Figures are visual images to support ideas in a paper (drawings, graphs, photographs and maps). They appear as numbered figures in the assignment (Figure 1, Figure 2…etc).
Format for figures:

- Figures must be clear scaled to fit appropriately on the page.
- Below the figure, type the word Figure (italicised) on the left followed by the number and a full stop.
- One space after the figure label, type the title (sentence style capitalisation not italicised) followed by a full stop.
- Figure captions should be double-spaced. Continue flush left if the caption is longer than one line.
- The font should be a sans-serif font such as Helvetica and not less than 8 points and not more than 14 points.

Tables:
Numbered tables include technical data in easily interpreted and comparable forms.

Format for tables:

- Type the word Table (not italicised) and the table’s Arabic numeral (Table 2, Table 3) three lines below the running head, flush left.
- Two spaces below the table heading, type the title of the table in italics, with headline style capitalisation.

Title under Figure

Figure 1. Short-term memory test involving pictures. Reprinted from Short-term Memory Loss (p. 73), by K. M. Pike, 2008, New York, NY: Mackerlin Press. Copyright 2008 by the Association for Memory Research. Reprinted with permission.

References
After the reproduced figure or table refer to the figure or table in the reference list. e.g.


Bibliography

Other disciplines use a Bibliography to list work that is not cited in the paper. In APA a Bibliography is not used at all. The reference list is used and only includes sources that are actually mentioned in the paper.

Plagiarism

Plagiarism is the use of another author’s ideas and words, either intentionally or unintentionally, without acknowledging the source of the information. It is an academic offence and will be treated seriously by the University (see University General Regulations).

Avoid plagiarism by referencing correctly.

Turnitin is software that detects plagiarism and can be used by your tutor to ensure academic integrity. See http://submit.ac.uk for more details.
Secondary referencing

Note: Secondary quotes should be used rarely.

Sometimes an author writes about research that someone else has done, but you are unable to track down the original research report. In this case, because you did not read the original report, you will include only the source you did consult in your reference list. The words “as cited in” in the bracketed reference indicate you have not read the original research. e.g.

If Miller’s work is cited in Lister and you did not read Miller’s work, you would provide Lister’s details in the reference list. In the text use this citation:

Miller’s simple definition of social justice (as cited in Lister, 2007) …

And in the reference list:


Help with referencing

The quickest and easiest way to reference your academic work is to:

- record the necessary information at the time of using it.
- be consistent.

Referencing is a very important consideration when submitting a piece of academic work and by following these guidelines you will ensure that you will meet the requirements set out by your tutor.

The Library subscribes to the referencing management software, RefWorks, which allows you to gather and organise your references. For more information, go to [http://library.lincoln.ac.uk](http://library.lincoln.ac.uk)

There are also a number of websites offering this service free of charge, e.g. Mendeley, Zotero.

If you need help with your referencing, or have any questions, the Library also offers 1-to-1 Learning Development drop-in service.

You can also contact the Subject Librarians responsible for Psychology and look at the subject guide at [http://guides.library.lincoln.ac.uk/psychology](http://guides.library.lincoln.ac.uk/psychology)

The University of Lincoln Library holds copies of the following titles to help with the referencing of a wide range of sources:


There are also several online sources which will help with queries relating to a wide range of materials:

- The American Psychological Association (APA) has a Style Blog at [http://blog.apastyle.org/apastyle/](http://blog.apastyle.org/apastyle/)
- Purdue University have an Online Writing Lab which advises on general format for APA style including many examples at [https://owl.english.purdue.edu/owl/resource/560/01/](https://owl.english.purdue.edu/owl/resource/560/01/)
Advertisements

Reference the advertisement according to the style for the source, i.e. an advertisement found in a journal, magazine or newspaper should be treated as much like an article from that source as possible.

1.1 Advertisement: print (magazine)

In-text citation
(The Wine Company, 2013)

Reference List

Reference list example:

1. Advertiser’s name followed by a full stop
2. Year, month, day of publication in round brackets followed by a full stop
3. Title of the advertisement, or strapline or slogan
4. In square brackets put Advertisement followed by a full stop
5. Title of the publication in italics followed by a comma and then page number(s) followed by a full stop


1.2 Advertisement: broadcast

In-text citation
(Audi, 2013)

Reference List

Format:
Company name. (year, month, day of transmission). Title of the advert (if there is one) or strapline or slogan [Television advertisement]. City of origin, i.e. where the programme was produced: Name of television channel.
2.1 Artwork

In-text citation
(Hopper, 1925)

Reference List

Reference list example:

1. Artist(s)' surname, comma, followed by their initials with a full stop after each initial
2. Year of production in round brackets followed by a full stop
3. Title of painting in italics
4. The artwork medium in square brackets followed by a full stop
5. The city (and state or country) where the museum is located followed by the museum or collection name then a full stop


2.2 Art online

In-text citation
(Hopper, 1925)

Reference List

Format:

*Artist Surname, Initial(s). (Year). Title of the work [Description of the medium].*

Retrieved from followed by URL

Notes
When artists assign titles they are italicised. Do not italicise titles that other people have assigned to the work.
3.1 Book with a single author

In-text citation (Paraphrase)
(Cottrell, 2013)

In-text citation (Quotation)
(Cottrell, 2013, p.156)

Reference List

Reference list example:

1. Author's surname, comma, followed by their initials with a full stop after each initial, or corporate author followed by a full stop
2. Year of publication in round brackets followed by a full stop
3. Title (and subtitle if applicable) of book in italics, followed by a full stop (if first edition)
4. Edition (only if not the first edition) in round brackets followed by a full stop
5. Place of publication, followed by a colon
5. Publisher, followed by a full stop


3.2 Book with two authors

In-text citation (Paraphrase)
(McQueen & Knussen, 2006)

In-text citation (Quotation)
(McQueen & Knussen, 2006, p. 48)

Reference List

Format:

Author Surname, Initial(s)., & Author surname, Initial(s). (Year). Book title: Subtitle. Place of Publication: Publisher.
3.3  **Book with three to five authors**

**Note:** Although the first in-text citation for a work with three to five authors/editors includes all of the names of the authors/editors, subsequent citations include only the first author’s/editor’s surname, followed by ‘et al.’ and the year.

**In-text citation (Paraphrase)**
(Greig, Taylor & Mackay, 2013)

**Note:** A subsequent citation would appear as (Greig et al., 2013)

**In-text citation (Quotation)**
(Greig, Taylor & Mackay, 2013, p. 57)

**Reference List**
You need to name all the authors in the order they appear on the title page of the book.


**Format:**

```
Author Surname, Initial(s)., Author Surname, Initial(s)., & Author Surname, Initial(s).
(Year). Book title: Subtitle. Place of Publication: Publisher.
```
3.5  **Book with eight or more authors**

For the in-text citation for a book with eight or more authors, include the first author and then ‘et al.’.

**In-text citation (Paraphrase)**

(Berman et al., 2012)

**In-text citation (Quotation)**

(Berman et al., 2012, p. 59)

**Reference List**

Include the first six authors’ names, then insert three ellipsis points and add the last author name in the reference list.


**Format:**

```
Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., ... Author Surname, Initial(s). (Year). *Book title: Subtitle*. Place of Publication: Publisher.
```

3.6  **Edited book**

If you are dealing with one editor instead of one author, insert the editor’s name in the place of the author’s, followed by (Ed.) or (Eds.) for more than one editor.

**In-text citation (Paraphrase)**

(Smith, 2008)

**In-text citation (Quotation)**

(Smith, 2008, p. 24)

**Reference List**


**Format:**

```
Editor Surname, Initial(s). (Ed.). (Year). *Book title: Subtitle*. Place of Publication: Publisher.
```
3.7 Chapter in an edited book

In-text citation (Paraphrase)
(Van de Vijver & Leung, 2011)

In-text citation (Quotation)
(Van de Vijver & Leung, 2011, p.17)

Reference List

Reference list example:

1. Chapter author(s)’ surname, comma, followed by their initials with a full stop after each initial (and comma if more than one) with an ampersand before the last author
2. Year of publication in round brackets followed by a full stop
3. Title of chapter followed by a full stop
4. In, followed by the editors initials followed by a full stop and surnames with Ed. or Eds. in round brackets followed by a comma
5. Book title in italics
6. Page number range in round brackets followed by a full stop
7. Place of publication followed by a colon, space, publisher then a full stop

3.8 **Ebook**

- The reference list entry for a whole e-book should include elements of author, date, title (with e-reader book type in square brackets, e.g. [Kindle version] if applicable).
- Italicise the title (but not the bracketed material), and source (URL or Digital Object Identifier (DOI)).
- If the book was read through an online library (e.g. Google Books, Dawsonera or MyiLibrary) and not on an e-reader device, omit the bracketed information from the reference.
- Give the commercial URL of the ebook supplier, not the university web address of the database; e.g. the correct URL for Dawsonera titles is [http://www.dawsonera.com](http://www.dawsonera.com) and for MyiLibrary it is [http://www.myilibrary.com](http://www.myilibrary.com)

**In-text citation (Paraphrase)**

(Howitt, 2011)

**In-text citation (Quotation)**

(Howitt, 2011, p.24)

**In-text citation (Quotation) ebook reader**

(Gladwell, 2008, Chapter 1, section 2, para. 5)

(In ebook readers there are no page numbers so you should refer to the chapter section and paragraph number (abbreviated where long).

**Reference List**


**Reference list example:**

1. Author(s)’ surname, comma, followed by their initials with a full stop after each initial (and comma if more than one) followed by a full stop

2. Year of publication in round brackets followed by a full stop

3. Title (and subtitle if applicable) of book in *italics*, followed by a full stop

4. Retrieved from followed by the address of the ebook database (you give the commercial URL of the ebook supplier, NOT the university web address of the database)

3.9  Book with no author

When a work has no author or editor, cite in the text the first few words of the reference list entry, usually the title and the year, and capitalise all major words. Use double quotation marks around the title of an article or chapter, and italicise the title of a periodical, book, brochure or report, both in the in-text citation and the reference list.

In-text citation (Paraphrase)
(Webster’s, 2000)

In-text citation (Quotation)
(Webster’s, 2000, p. 3)

Reference List

Format:
Book title: Subtitle. (Year). Place of Publication: Publisher.

3.10  Edition of a book other than the first

Second edition = 2nd ed.
Revised edition = Rev. ed.

In-text citation (Paraphrase)
(Buglear, 2010)

In-text citation (Quotation)
(Buglear, 2010, p. 39)

Reference List

Format:
3.11 A translation

In-text citation (Paraphrase)
(Castro, 2006/2008)

In-text citation (Quotation)
(Castro, 2006/2008, p. 112)

Reference List

Format:
Author Surname, Initial(s). (Year). Book title: Subtitle (Translator Initial(s). Surname, Trans.). Place of Publication: Publisher. (Original work published Year).

3.12 Entry in a dictionary or encyclopedia

In-text citation (Paraphrase)
(Lindgren, 1994)

In-text citation (Quotation)
(Lindgren, 1994, p. 468)

Reference List
Encyclopedia

Dictionary

Format:

For well-known reference works, it is not necessary to include full publication information.
3.13 Illustrated book/picture book

The APA 6th Publication Manual does not include specific examples for including illustrators. The following example is a suggestion to be able to include illustrators of picture books.

In-text citation (Paraphrase)
(Ogaz & Shubeck, 2008)

In-text citation (Quotation)
(Ogaz & Shubeck, 2008, p. 6)

Reference List

Format:

Author Surname, Initial(s)., & Illustrator Surname, Initial(s). (Illustrator). (Year). *Book title: Subtitle*. Place of Publication: Publisher.
3.14 Book review

After the author, date, and review title (if there is one), include a descriptive phrase that begins “Review of…”

In-text citation (Paraphrase)
(Hall, 2012)

In-text citation (Quotation)
(Hall, 2012, p. 43)

Reference List

Format:
Review author Surname, Initial(s). (Year). Review title (if there is one) [Review of the book Book title: Subtitle, by Author Initial(s). Surname]. Journal Title, Volume(Issue), page numbers (without page number abbreviations). DOI if from an online source
Proceedings of meetings and symposia can be published in a book or periodical form, or online. To cite published proceedings from a book, use the same format as for a book or a book chapter. To cite proceedings that are published regularly, use the same format as for a journal.

### 4.1 Conference paper in published proceedings (journal format)

**In-text citation**

(Herculano-Houzel, Collins, Wong, Kaas & Lent, 2008)

**Reference List**


**Reference list example:**

1. Author(s)’ surname, comma, and each of their initials with a full stop (and comma if more than one) after each initial

2. Year of publication in round brackets followed by a full stop

3. Title of the conference paper (and subtitle if applicable) followed by a full stop

4. Title of the conference in italics, followed by a comma

5. Place and country of conference followed by journal issue and page numbers and a full stop

6. URL location or DOI
4.2 Conference paper published in book form

In-text citation
(Taylor & Lindsay, 2006)

Reference List

Format:
Author Surname, Initial(s). (Year). Title of paper. In: Editor Initial(s). Surname (Ed(s).), Conference Title: volume number (if any). Theme title (if any) (pp. page numbers). Place of publication: Publisher. DOI if there is one

4.3 Poster sessions

In-text citation
(Adams-Labonte, 2012)

Reference List

Format:
Presenter Surname, Initial(s). (Year, Month). Title of poster. Poster session presented at the meeting of Organisation Name, Location.
5.1 Film

In-text citation
(Gigliotti, Gordon & Russell, 2012)

Reference List

**Format:**
Producer Surname, Initial(s). (Producer), & Director Surname, Initial(s). (Director).

5.2 Television: single programme

In-text citation
(Lynch, 2010)

Reference List
London: BBC.

Reference list example:

1. Producer(s)’ surname and initial(s), with a full stop after each initial, followed by Producer in round brackets
2. Ampersand then Director(s)’ surname and initial(s), with a full stop after each initial, followed by Director in round brackets and a full stop
3. Broadcast date of year, month, day in round brackets followed by a full stop
4. Programme title in *italics*
5. Descriptive phrase in square brackets followed by a full stop
6. Place of production followed by a colon then production company followed by a full stop

5.3  Television: single episode of a television series

In-text citation
(Egan & Alexander, 2005)

Reference List

**Format:**

Writer Surname, Initial(s). (Writer), & Director’s surname, Initial(s). (Director). (Date). Title of episode [Television series episode]. In: Executive Producer’s Initial(s). Surname (Executive Producer), Episode title. Place of production: Production Company.

5.4  Radio broadcast

In-text citation
(Hall, 2014)

Reference List

**Format:**

Producer Surname, Initial(s). (Producer). (Year, Month, Day of broadcast). Title of broadcast [Radio broadcast]. Place of production: Broadcast channel.
6.1 Journal article with one author

In-Text Citation (Paraphrase)
(Middleton, 2011)

In-Text Citation (Quotation)
(Middleton, 2011, p. 248)

Reference List

Reference list example:

1. Author(s)' surname, initial(s) and a full stop after each initial (and comma if more than one)
2. Year of publication in round brackets followed by a full stop
3. Title (and colon subtitle if applicable) of article followed by a full stop
4. Title of the journal in italics followed by a comma
5. Volume number in italics followed by issue number in round brackets, a comma, space and then the page numbers followed by a full stop
6. doi:xxxxxxxxxx OR Retrieved from URL of the journal home page

6.2 Journal article with two authors

In-Text Citation (Paraphrase)
(Garofalo & Dupuis, 2013)

In-Text Citation (Quotation)
(Garofalo & Dupuis, 2013, p. 33)
Reference List

Format:
Author Surname, Initial(s)., & Author Surname, Initial(s). (Year). Article title: Subtitle. Journal Title, Volume(Issue), page numbers (without page abbreviations). doi:xx.xxxxxxxxxx OR Retrieved from URL of journal home page [if available]

6.3 Journal article with three to five authors

In-Text Citation (Paraphrase)
(Roberts, Lejuez, Krueger, Richards & Hill, 2009)

Note: A subsequent citation would appear as (Roberts et al., 2009)

In-Text Citation (Quotation)
(Roberts, Lejuez, Krueger, Richards & Hill, 2009, p. 1320)

Reference List

Format:
Author Surname, Initial(s)., Author Surname, Initial(s)., & Author Surname, Initial(s). (Year). Article title: Subtitle. Journal Title, Volume(Issue), page numbers (without page abbreviations). doi:xx.xxxxxxxxxx OR Retrieved from URL of journal home page [if available]

6.4 Journal article with six or more authors

Note: If an article has more than seven authors, list the names of the first six authors followed by ... and then the last author's name in the reference entry.

In-Text Citation (Paraphrase)
(Dietz et al., 2007)

In-Text Citation (Quotation)
(Dietz et al., 2007, p. 1517)
Reference List

**Format:**

Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., Author Surname, Initial(s)., & Author Surname, Initial(s). (Year). Article title: Subtitle. *Journal Title, Volume* (Issue), page numbers (without page abbreviations). doi:xx.xxxxxxxxx [if available] OR Retrieved from URL of journal homepage [if available]

6.5 Advance online publications, articles in press

Definitions of advance online publications vary amongst publishers, generally this refers to peer-reviewed work, but the content may not be copyedited or formatted for final production. Publishers will often assign a DOI to identify the record.

In-Text Citation
(Kappes & Oettingen, 2014)

Reference List

**Format:**


**Notes**
- If there is no DOI assigned and you retrieved the article electronically, give the URL of the journal home page.
- Update your references close to the handing in date and refer to the final version of a work if possible.
Legal references should **not** be included in the APA reference list. However, on the first mention of the Act, Bill, Statutory Instrument or Law (Cases) report, the full citation is given.

### 7.1 Cases (Law Reports)

Refer to cases by their party names and year in the in-text citation.

**In-Text Citation**
- First mention (Pepper v. Hart [1993] AC 593)
- Subsequent mentions (Pepper v. Hart, 1993)

**Format: (for first mention)**

(Parties to the case [year] Volume number (if there is one) Abbreviation for the name of report First page of report)

### 7.2 Acts of Parliament (Statutes)


**In-Text Citation**
- In text, give the popular or official name of the Act (if any) and the year.

Mental Health Act 1983
Leaflets, pamphlets

In-text citation
National Health Service (NHS), 2004

Reference List

**Format:**

**Author Surname, Initial(s). or Corporate Author. (Year). Title of brochure [Brochure].**

**Location: Publisher.**

**Notes**

- When a leaflet or pamphlet contains clearly presented information, it is cited like a book, with a descriptive title in square brackets.
- When information is missing, use the abbreviations: N.p for ‘No place of publication’, n.p. for ‘no publisher’ and n.d. for ‘no date’.
9.1  CD recording

**In-text citation**
(Hetfield, 1986)

**Reference List**

**Format:**

Writer Surname, Initial(s). (Year). *Album title* [Recorded by Artist Initial(s). Surname or Band name (if different from the artist)]. [Medium of recording]. Location: Record label.

9.2  Music track

**In-text citation**
(Winehouse, 2006, track 1)

**Reference List**

**Format:**

Writer Surname, Initial(s). (Year). *Title of song* [Recorded by Artist Initial(s). Surname or Band name (if different from writer)]. *On Title of Album* [Medium of recording]. Location: Record label.
If you paraphrase or quote specific, retrievable information from social media, you will need to provide an in-text citation (with the author and date) and a reference list entry (with the author, date, title, and source URL).

### 10.1 Blogs

**In-text citation**

(Hagon, 2009)

**Reference List**


**Reference list example:**

1. Author(s)’ surname, comma and each of their initials with a full stop after each initial or author screen name as it appears followed by a full stop

2. Year followed by a comma, month and day in round brackets followed by a full stop

3. Title of specific post

4. Web log post in square brackets followed by a full stop

5. Retrieved from URL of specific post

**Notes**

- If no author is named on the item you are trying to reference, move the title to the start of the reference and follow that by the year of publication. Do not use Anon. or Anonymous unless the publication actually says that.

- If the author’s name is not available, provide the screen name.

- If it is the original blog post use [Web log post]; if it is a reply or comment made to the original post, use [Web log comment].

- Do not italicise title of posts.
10.2 Facebook

In-text citation
(APA Style, 2011)

Reference List

Format:

Author Surname, Initial(s). OR corporate author. [Individual author’s first name]. (Year, Month, Day). Title [Facebook status update]. Retrieved from web address

Notes
• For individual authors, provide their full first name in square brackets after their initial as this is their social media identity information.
• For the title, provide the name of the page or the content or caption of the post (up to the first 40 words).
• Do not italicise the titles of status updates.

10.3 Video sharing websites (YouTube)

In-text citation
(American Psychological Association, 2013)

Reference List

Format:

Author Surname, Initial(s). [Author screen name if different from author]. (Year, Month, Day). Title of video [Video file]. Retrieved from URL

Notes
• As users post videos under their screen name on YouTube, provide this in square brackets after the author details.
• If only the screen name is known, provide it without the square brackets (in place of the author’s real name).
10.4 Twitter

In-text citation
(Gates, 2013)

Reference List

Format:

Author Surname, Initial(s). [Author’s screen name]. (Year, Month, Day). Title [Tweet]. Retrieved from URL

Notes
• Provide the author’s screen name in square brackets after their proper name.
• If only the screen name is known, provide it without the square brackets (in place of the author’s real name).
• Provide the content of the tweet (up to the first 40 words) as the title.
• Do not italicise the title of tweets.

10.5 Podcasts, vidcasts, vodcasts

In-text citation
(Van Nuys, 2007)

Reference List

Format:

Surname of primary contributor, Initial(s). (Role of primary contributor, e.g. Producer, Director). (Year, Month, Day). Title [Audio podcast] or [Video podcast]. Retrieved from URL
Newspaper articles

In-text citation
(Morris, 2007)

Reference List

Reference list example from an online source

Reference list example:
1. Author(s)’ surname, comma, and each of their initials with a full stop after each initial (and comma if more than one)
2. Year, comma, the month and day in round brackets followed by a full stop
3. Title (and subtitle if applicable) followed by a full stop
4. Abbreviation(s) for page number followed by full stop, space, page number and full stop
5. Title of newspaper in italics, followed by a comma


Reference list example from an online source

Notes
• Italicise the title of the newspaper.
• Precede page numbers for newspaper articles with p. or pp.
• If an article appears on discontinuous pages, give all page numbers, and separate the numbers with a comma (e.g. pp. 1, 3, 5).
In-text citation

(Department of Health, 2014)

Reference List

Department of Health. (2014). *Special educational needs (SEN) code of practice and regulations.*


Reference list example:

1. Department’s name followed by a full stop
2. Year in round brackets followed by a full stop
3. Title (and subtitle if applicable) of paper in italics, followed by a full stop
4. Retrieved from followed by the web address
13.1 Telephone calls

Do **not** include personal communication in your reference list as this type of information is not considered ‘recoverable’. Instead, in brackets, cite the communicator’s name, the phrase ‘personal communication’, and the date of the communication in the main body of the text.

**In-text citation**

(C. Byers, personal communication, February 7, 2014)

13.2 Emails

**In-text citation**

As above

13.3 Personal interviews

**In-text citation**

As above
Specialised software

References are not necessary for standard software and programming languages, such as Microsoft Word, Java, Adobe Photoshop and SPSS. In the text, give the proper name of the software, along with the version number – e.g. IBM SPSS Statistics for Windows, Version 21.0.

Do provide reference entries for specialised software or computer programmes with limited distribution.

14.1 Software

In-text citation
(Alloway, Wilson & Graham, 2005)

Reference List

Reference list example:

1. Software author(s)’ surname, a comma and each of their initials with a full stop after each initial (and comma if more than one)
2. Date of software release in round brackets followed by a full stop
3. Title of computer software followed by version number in round brackets
4. Source of software (e.g. computer programme, language etc) in square brackets followed by a full stop
5. Location and name of organisation who produced the work followed by a full stop

14.2 Apps

In-text citation
(NASA, 2013)

Reference List

Format:
Author Surname, Initial(s). (Year). Title of software or programme (Version number) [Mobile application software]. Retrieved from URL

Notes
- Do not italicise the title of software.
- The rightsholder may be an individual, a group or a company.
- If an individual has proprietary rights to the software, name them as the author; otherwise, treat such references as un-authored works.
- The date is the year the version you used was released, even though previous versions may have been released in different years.
15.1 From a website

In-text citation
“In this study, we used Cooper, Taylor, Cooper and Fairburn (1987) Body Shape Questionnaire rather than Franzoi and Shield (1984) Body Esteem Scale.”

Reference List

Format:

Author Surname, Initial(s). (Date). Title of Measurement [Format]. Retrieved from URL

15.2 From the University of Lincoln Psychology collection (or other paper source):


Reference list example:

1. Test author surname(s), a comma and each of their initials with a full stop after each initial (and comma if more than one)  
2. Year published in round brackets followed by a full stop  
3. Title of test, scale or measurement


4. Description (test, measurement or scale) in square brackets followed by a full stop  
5. Publisher details followed by a full stop
16.1 Unpublished dissertation/thesis

In-text citation
(Aggrey, 2012)

Reference List

Reference list example:

1. Author(s)*’ surname, a comma, followed by each of their initial(s) with a full stop after each initial (and comma if more than one)
2. Year of publication in round brackets followed by a full stop
3. Title of thesis/dissertation in italics
4. Description in round brackets followed by a full stop
5. Institution and place where thesis/dissertation is held followed by a full stop


16.2 Published dissertation/thesis

A published dissertation is a book and should be cited accordingly.
It is always important to validate a website before using it in your academic work. For more information visit [http://guides.library.lincoln.ac.uk/learningdevelopment](http://guides.library.lincoln.ac.uk/learningdevelopment)

- If a website does not have an obvious author, you can often find more information in the ‘About us’ section.
- The year of publication for a website is usually when the website was last revised or updated and is often found at the bottom of the page.
- If you refer to an entire professional website, you do not need to include an entry in the reference list. You must identify the title of the source clearly in the text of your paper (capitalised but without special punctuation) and provide the electronic address in brackets.
- However, when you cite a particular document or piece of information from a website include both a reference list entry and an in-text citation.
- Where a website has no date, use (n.d.)

**Individual web site**

**In-text citation**

(BBC, 2013)

**Reference List**

BBC (2013, February 3). *All human behaviour can be reduced to ‘four basic emotions’*. Retrieved from [http://www.bbc.co.uk/news/uk-scotland-glasgow-west-26019586](http://www.bbc.co.uk/news/uk-scotland-glasgow-west-26019586)

**Reference list example:**

1. Website author or corporate author followed by a full stop  
2. Year, month and day in round brackets followed by a full stop  
3. Title of website in italics, followed by a full stop  
4. Retrieved from followed by URL
References


American Psychological Association. (2013, July 23). The sexualization of girls [Video file]. Retrieved from https://www.youtube.com/watch?v=B2PddIma3LQ&list=TLO-m_vzLRS3HxUSa94J0xNmIlrXrFIQpj2


BBC. (2013, February 3). All human behaviour can be reduced to ‘four basic emotions’. Retrieved from: http://www.bbc.co.uk/news/uk-scotland-glasgow-west-26019586


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