

Citing and Referencing:

Harvard Style

Harvard Referencing System

➢Harvard Referencing System also known as parenthetical referencing or author/date citation system.

➢Although it has no connection with Harvard University, but popularly known as Harvard referencing system.

Edward Laurens Mark, first use this author/date citation system in one of his research.

➤An English visitor saw this system while visiting Harvard University and later he spread the news that it is "Harvard Referencing System" (British Medical Journal, 1945)

In-Text Citation

An in-text citation in Harvard
Referencing System includes:
a) Author's surname
b) Year of publication
c) Page numbers (Use only p. for single Page and use pp. for multiple Pages)

Example:

(Singh 2010, p.112)

a) Single Page: Khan (2010, p. 75)

b) More than one Page: (Khan

2010, pp. 24-75)

c) No date: Khan (n.d., p. 75)

d) No Page numbers: Khan (2010)

Harvard Referencing System requires following elements:

Abbreviations

Chapter- ch. or chap.

Edition- edn

Revised Edition: rev ed

Editors- ed. or eds.

Supplement- sup.

And others- et al.

(Issue) number- no.

Page- p.

Pages (Page range)- pp.

Series- ser.

Table- tab.

No date- n.d.

Volume- vol.

Harvard Referencing System requires following elements:

At the end of your work, under the heading References, list in full all of the sources that you have cited.

- > Write the list in alphabetical order by the author's last name.
- Italicize titles of books, reports and conference proceedings. For journal articles, the title of the *journal* (not the title of the journal article) should be printed in italics.
- Capitalize the first letter of the publication title, the first letters of all main words in the title of a journal and all first letters of a place name and publisher.

Harvard Referencing Style for Books

Books with One Author

In-text Citation

Format:

Direct quote: Author's surname (Year, Page) **Paraphrase:** (Author's surname Year, Page)

Example:

Direct quote: Holt (1997, p. 120) **Paraphrase:** (Holt 1997, p. 120)

Reference

Syntax: Author's Surname, Initial(s) Year, *Title (Italic)*, Edition, Publisher, Place.

Example: Holt, DH 1997, *Management principles and practices*, 8th edn, Prentice-Hall, Sydney.

Books with Two or Three Authors

In-text Citation

Format: Direct quote: Author's surname (Year, Page) **Paraphrase**: (Author's surname Year, Page)

Example: Direct quote: Lodge and Wood (2000, p. 180) Paraphrase: (Lodge and Wood 2000, p. 180)

> **Direct quote**: Puccio, Cabra and Schwagler (2018, p. 106) **Paraphrase**: (Puccio, Cabra and Schwagler 2018, p. 106)

Reference

Syntax for two authors:

Author's surname, Initial(s) and Author's surname, Initial(s) Year, Title (Italic), Edition, Publisher, Place.

Syntax for three authors:

Author's surname, Initial(s), Author's surname, Initial(s) and Author's surname, Initial(s) Year, *Title (Italic)*, Edition, Publisher, Place.

Example 1. Lodge, D and Wood, N 2000, *Modern criticism and theory: A reader*, 2nd edn, Longman, Harlow, England.
2. Puccio, GJ, Cabra, JF and Schwagler, N 2018, *Organizational creativity: A practical guide for innovators & entrepreneurs*, 10th edn, Sage, Thousand Oaks, CA.

Books with more than Three Authors

Notes: In-text: Only list the Surname of the first author followed by et al. Reference list: List all authors (do not use et al.)

In-text Citation

Direct quote: Surname of the first listed author et al. (Year, Page) **Paraphrase**: (Surname of the first listed author et al. Year, Page)

Example

Direct quote: Crauder et al. (2018, p. 180) **Paraphrase:** (Crauder et al. 2018, p. 180)

Reference

Syntax: Author's surname, Initial(s), Author's surname, Initial(s), Author's surname, Initial(s) and Author's surname, Initial(s) Year, *Title (Italic)*, Edition, Publisher, Place.

Example: Crauder, B, Evans, B, Johnson, J and Noell, A 2018, *Quantitative literacy: Thinking between the lines*, W.H. Freeman, New York.

Books with Editor

In-text Citation

Direct quote

Single Editor: Editor's surname (ed. Year, Page)

Multiple Editors: Editor's surname and Editor's surname (eds. Year, Page)

Paraphrase

Single Editor: (Editor's surname ed. Year, Page)

Multiple Editor's surname and Editor's surname eds. Year, Page)

Example

Direct quote

Single Editor: Jones (ed. 1998, p. 20)

Multiple Editors: Hanrahan and Jacobs (eds. 2005, pp. 10-15)

Paraphrase

Single Editor: (Jones ed. 1998, p. 20)

Multiple Editors: (Hanrahan and Jacobs eds. 2005, pp. 10-15)

Reference

Syntax: Editor's surname, Initial(s) (ed./eds.) Year, *Title (Italic)*, Edition, Publisher, Place. **Example**

- 1. Jones, MD (ed.) 1998, Management in Australia, 4th edn, Academic Press, London.
- 2. Hanrahan, NW and Jacobs, MD (eds.) 2005, *The Blackwell companion to the sociology of culture*, Blackwell Publishing, Malden.

Books without Author or Editor

In-text Citation

Use the title and the year in place of the author. Do not place a comma between the title and year. Italicize the title, but do not italicize the year of publication.

Format: Direct quote: *Book title [Italic]* (Year, Page number) **Paraphrase:** (*Book title [Italic]* Year, Page number)

Example:

Direct quote: *Macroeconomics, prices and quantities: Essays in memory of Arthur M. Okun* (1983, p. 10) **Paraphrase:** (*Macroeconomics, prices and quantities: Essays in memory of Arthur M. Okun* 1983, p. 10)

Reference

Syntax: Book title (Italic) Year, Publisher, Place.

Example: *Macroeconomics, prices and quantities: Essays in memory of Arthur M. Okun* 1983, Blackwell, Oxford.

Chapter in Edited Book

Notes

In your reference list, enclose the chapter title in single quotation marks. After the chapter title, insert the word 'in' before the name of the editor/editors. Use (ed.) for a single editor and (eds.) for multiple editors. Use the editor's name with initials before surname (e.g. K Crowley).

If there is no chapter author, use the title in place of the author in the **In-text Citation** and in the **Reference list**.

In-text Citation

Format: Direct quote: Chapter Author's surname (Year, Page)

Paraphrase: (Chapter Author's surname Year, Page)

Example: Direct quote: Milkman (1998, p. 22)

Paraphrase: (Milkman 1998, p. 22)

Reference

Syntax: Author's surname, Initial(s), Year, 'Chapter Title', in Editor's Initial(s) then Editor's Surname (ed./eds.), *Book Title (Italic)*, Page numbers of chapter, Publisher, Place.

Example: Milkman, R 1998, 'The new American workplace: High road or low road?', in P Thompson and C Warhurst (eds.), *Workplaces of the future*, pp. 22-34, Macmillan Press, London.

E-Books or PDF Documents

In-text Citation

Direct quote: Author's surname (Year, Page)

Paraphrase: (Author's surname Year, Page)

Example

Direct quote: Quirk and Greenbaum (1973, p. 202)

Paraphrase: (Quirk and Greenbaum 1973, p. 202)

Reference

Syntax: Author's surname, Initial(s) and Author's surname, Initial(s) Year, *Title (Italic)*, Publisher, Place, viewed Day Month Year, URL.

Example: Quirk, R and Greenbaum, S 1973, *A university grammar of English*, Longman, Harlow, viewed 03 January 2018, http://lib.ewubd.edu/ebook/34.

Translator, Compiler or Reviser

Notes

Use the following abbreviations before the person's name in the Reference List:

- ➤ For Compiler use comp.
- ➢ For **Reviser** use rev.
- > For **Translator** use **trans.**

In-text Citation

Format: Direct quote: Author's Surname (Year, Page) Paraphrase: (Author's Surname Year, Page) Example: Direct quote: Mandel (1971, p. 112) Paraphrase: (Mandel 1971, p. 112)

Reference

Syntax: Author Surname, Initial(s) Year, *Book title (Italic)*, trans. Translator Initial(s) Surname, Publisher, Place of Publication.

Example: 1. Mandel, E 1971, *The formation of the economic thought of Karl Marx, 1843 to Capital*, trans. B Pearce, Monthly Review Press, New York.

2. Colorado, JA 2006, *Economic theory in the Mexican context: Recent developments on the ground*, trans. K Smith, Oxford University Press, Oxford.

Corporate Author- when the Author is also the Publisher

Notes

Where the author is a corporate body, use the name of the corporate body as the author. Spell out the full name of the corporate body and include an abbreviation in the first instance. Use the abbreviation in subsequent references.

In-text Citation

Direct quote: Corporate Author (Year, Page)

Paraphrase: (Corporate Author Year, Page)

Example

Direct quote: The World Bank (1994, p. 301)

Paraphrase: (The World Bank 1994, p. 301)

Reference

Syntax: Name of corporate body Year of publication, *Title (Italic)*, Publisher (Abbreviation), Place.

Example: The World Bank 1994, *Making development sustainable: The World Bank group and the environment*, WB, Washington DC.

Several works by Same Author, Same Year

Notes

Arrange alphabetically by title in the Reference List. Place lowercase letters ("a", "b", "c", etc.) immediately after the year.

In-text Citation

Leadership and change in schools have been major topics of discussion for several years (Fullan 1996a, 1996b) and this conference...

'Educational change' has taken on a new meaning in recent years(Fullan 1996b) ...

Reference

1. Fullan, M 1996a, 'Leadership for change', in *International handbook for educational leadership and administration*, Kluwer Academic Publishers, New York, NY.

2. Fullan, M 1996b, The new meaning of educational change, Cassell, London.

Harvard Referencing Style for Journal Article

Journal Article with One Author

In-text Citation

Format: Direct quote: Author Surname (Year, Page)

Paraphrase: (Author Surname Year, Page)

Example: Direct quote: Jennings (1997, pp. 33-45)

Paraphrase: (Jennings 1997, pp. 33-45)

Reference

Syntax: Author's Surname, Initial(s) Year, 'Article title', *Journal Title*, volume number, issue number, Page number.

Example: Jennings, P 1997, 'The performance and competitive advantage of small firms: A management perspective', *International Small Business Journal*, vol. 15, no. 2, pp. 33-45.

Journal Article with Two or Three Authors

Format: For Two Authors:

Direct quote: Author's Surname and Author's Surname (Year, Page) **Paraphrase**: (Author's Surname and Author's Surname Year, Page)

For Three Authors:

Direct quote: Author's Surname, Author's Surname and Author's Surname (Year, Page) **Paraphrase**: (Author's Surname, Author's Surname and Author's Surname Year, Page)

Example: Direct quote: Triplett and Scheumann (2000, pp. 35-43) **Paraphrase**: (Triplett and Scheumann 2000, pp. 35-43)

> **Direct quote**: MacNaughton, Stephen, Venosa and Chang (1999, pp. 3566-3574) **Paraphrase**: (MacNaughton, Stephen, Venosa and Chang 1999, pp. 3566-3574)

Reference

Syntax: Author's Surname, Initial(s) and Author's Surname, Initial(s) Year, 'Article title', *Journal Title*, volume number, issue number, Page number.

Example: 1. Triplett, A and Scheumann, J 2000, 'Managing shared services with ABM', *Strategic Finance*, vol. 81, no. 8, pp. 35-43.

2. MacNaughton, SJ, Stephen, JR, Venosa, AD and Chang, YJ 1999, 'Microbial population changes during bioremediation of an experimental oil spill', *Applied and Environmental Microbiology*, vol. 65, no. 8, pp. 3566-3574.

Journal Article with more than Three Authors

Notes

In-text: Only list the Surname of the first author followed by **et al. Reference list:** List all authors (**do not use et al.**)

In-text Citation

Format: Direct quote: Surname of the first listed author et al. (Year, Page number) **Paraphrase**: (Surname of the first listed author et al. Year, Page number)

Example: Direct quote: Argibay-losada et al. (2010, p. 147) **Paraphrase**: (Argibay-losada et al. 2010, p. 147)

Reference

Syntax: Author's Surname, Initial(s), Author's Surname, Initial(s), Author's Surname, Initial(s) and Author's Surname, Initial(s) Year, 'Article title', *Journal Title*, volume number, issue number, Page number.

Example: Argibay-losada, P, Suarez-Gonzalez, A, Lopez-Garcia, C and Fernandez-Veiga, M 2010, 'Flow splitting for end-to-end proportional QoS in OBS networks', *IEEE Transactions on Communications*, vol. 58, no. 1, pp. 147-159.

Article in Online Journal or Magazine

Notes

In-text: Only list the Surname of the first author followed by **et al. Reference list:** List all authors (**do not use et al.**)

In-text Citation

Format:

For Single Author: Direct quote: Author's Surname (Year, Page) **Paraphrase:** (Author's Surname Year, Page)

For Multiple (More than Three) Authors:

Direct quote: Surname of the first listed author et al. (Year, Page) **Paraphrase:** (Surname of the first listed author et al. Year, Page)

Example:

For Single Author: Direct quote: Gruenwald (2013, p. 32) Paraphrase: (Gruenwald 2013, p. 32)

For Multiple Authors: Direct quote: Salleh et al. (2008, p. 252) Paraphrase:(Salleh et al. 2008, p. 252)

Article in Online Journal or Magazine

Reference

Syntax for Single Author:

Author's Surname, Initial(s) Year, 'Article title', *Journal Title*, volume number, issue number, Page number, viewed Day Month Year, URL.

Syntax for Multiple Authors:

Author's Surname, Initial(s), Author's Surname, Initial(s) and Author's Surname, Initial(s) Year, 'Article title', *Journal Title*, volume number, issue number, Page number, viewed Day Month Year, URL.

Example for Single Author: Gruenwald, RK 2013, 'Entrepreneurship challenges in high-growth companies and consequences for SME policy', *Entrepreneurial Business and Economics Review*, vol. 1, no. 1, pp. 31-45, viewed 03 January 2018, https://eber.uek.krakow.pl/index.php/eber/article/view/4.

Example for Multiple Authors: Salleh, NHM, Siong-Hook, L, Ramachandran, S, Shuib, A and Noor, ZM 2008, 'Asian tourism demand for Malaysia: A bound test approach', *Contemporary Management Research*, vol. 4, no. 4, pp. 220-254, viewed 03 January 2018, http://www.cmr-journal.org/article/viewArticle/1178.

Journal Article with DOI Link

In-text Citation

Format: Direct quote: Author's Surname (Year, Page) **Paraphrase:** (Author's Surname Year, Page)

Example: Direct quote: Pan (2015, p. 88) Paraphrase: (Pan 2015, p. 88)

Reference

Syntax:

Author Surname, Initial(s) Year, 'Article title', *Journal Title*, volume, issue number, Page number, viewed Day Month Year, http://dx.doi.org/xxxxxxx.

Example:

Pan, FC 2015, 'Practical application of importance-performance analysis in determining critical job satisfaction factors of a tourist hotel', *Tourism Management*, vol. 46, pp. 84-91, viewed 03 January 2018, http://dx.doi.org/10.1016/j.tourman.2014.06.004.

Journal Article Retrieved from a Database

In-text Citation

A study examining priming (Johns and Mewhort 2009) discovered ...

Reference

Syntax: Author Surname, Initial(s) Year, 'Article title', *Journal Title*, volume, issue or number, Page range, viewed Day Month Year, Database Name.

Example: Johns, E and Mewhort, D 2009, 'Test sequence priming in recognition memory', *Journal of Experimental Psychology: Learning, Memory and Cognition*, vol. 35, pp. 1162-1174, viewed 20 November 2009, PsyARTICLES database.

Harvard Referencing Style for Website

Website Page with Author

In-text Citation

Format: Direct quote: Author's Surname (Year) Paraphrase: (Author's Surname Year)

Example: Direct quote: Ahmed (2018) Paraphrase: (Ahmed 2018)

Reference

Syntax: Author's Surname, Initial(s) Year (Published Year), *Title of Page*, Website name, Publisher (if applicable), Place of publication (if applicable), viewed Day Month Year, URL.

Example: Ahmed, MA 2018, *Water pollution: Solutions that actually work*, The Daily Star, Dhaka, viewed 07 January 2018, http://www.thedailystar.net/opinion/environment/water-pollution-solutions-actually-work-1515562.

Website Page without Author

In-text Citation

Format: Direct quote: *Title of Page* (Year) **Paraphrase:** (*Title of Page* Year)

Example: Direct quote: *HP recalls computer batteries over fire risk* (2018) **Paraphrase:** (*HP recalls computer batteries over fire risk* 2018)

Reference

Syntax: *Title of Page* Year (Published Year), Website name, Publisher (if applicable), Place of publication (if applicable), viewed Day Month Year, URL.

Example: *HP recalls computer batteries over fire risk* 2018, The Daily Star, Dhaka, viewed 07 January 2018, http://www.thedailystar.net/business/hp-recalls-computer-batteries-over-fire-risk-1516084.

Website Page without Date

In-text Citation

Format: Direct quote: Author's Surname (n.d.) **Paraphrase:** (Author's Surname n.d.)

Example: Direct quote: Mahaffie (n.d.) **Paraphrase:** (Mahaffie n.d.)

Reference

Syntax: Author's Surname, Initial(s) n.d., *Title of Page*, viewed Day Month Year, URL.

Example: Mahaffie, JB n.d., *How for-profit businesses will reshape education*, The Daily Star, Dhaka, viewed 07 January 2018, http://www.wise-qatar.org/john-mahaffie-for-profit-education.

Website Page with Organizational Author

In-text Citation

Format: Direct quote: Organizational Name (Year) **Paraphrase:** (Organizational Name Year)

Example: Direct quote: Attorney-General's Department (1998) Paraphrase: (Attorney-General's Department 1998)

Reference

Syntax: Organizational Name Year (Page created or revised), *Title of specific document*, Publisher (if applicable), Place (if applicable), viewed Day Month Year, URL.

Example: Attorney-General's Department 1998, *Review of the Commonwealth's 'Acts interpretation act 1901'*, viewed 01 October 1999, http://www.law.gov.au.

Blog Post

In-text Citation

Format: Direct quote: Author's Surname (Year) Paraphrase: (Author's Surname Year)

Example: Direct quote: Berg (2017) Paraphrase: (Berg 2017)

Reference

Syntax:

Author's Surname, Initial(s) Year, 'Blog Post Title', *Blog Name*, blog post, Day Month (Date of post), viewed Day Month Year, URL.

Example:

Berg, J 2017, 'On anger in LIS: Notes from a feminized, white profession', *BeerBrarian*, blog post, 27 July, viewed 05 January 2018, https://beerbrarian.blogspot.com/2017.

Wikipedia

In-text Citation

Format: (Title of Article (in single quotation marks) Year)

Example: ('Ha-Meem group' 2019)

Reference

Syntax:

'Title of Article' (in single quotation marks) Year that the site was published/last updated, *Title of wiki site (in italics)*, viewed Day Month Year, URL.

Example:

'Ha-Meem group' 2019, *Wikipedia*, viewed 18 August 2019, https://en.wikipedia.org/wiki/Ha-meem_Group.

Harvard Referencing Style for Newspaper

Newspaper Article with Author

In-text Citation

Format: Direct quote: Author's Surname (Year, Page) **Paraphrase:** (Author's Surname Year, Page)

Example: Direct quote: Byron (2018, p. 17) **Paraphrase:** (Byron 2018, p. 17)

Reference

Syntax: Author's Surname, Initial(s) Year, 'Article title', Newspaper Title, Day Month, Page.

Example: Byron RK 2018, 'Govt. to amend Grameen Bank electoral rules again', *The Daily Star*, 04 January, p. 17.

Newspaper Article without Author

Note

Give the Newspaper name in place of the Author's Surname.

In-text Citation

Format: Direct quote: Newspaper Title (Year, Page) **Paraphrase:** (Newspaper Title Year, Page)

Example: Direct quote: *The Daily Star* (2018, p. 08) **Paraphrase:** (*The Daily Star* 2018, p. 08)

Reference

Syntax: Newspaper Title Year, 'Article title', Day Month, Page.

Example: The Daily Star 2018, 'Antigen test at last: A very welcome decision', 23 September, p. 08.

Online Newspaper or Newsletter Article- No Author, No Page Number

In-text Citation

Format: Direct quote: Article title (Year) **Paraphrase:** (Article title Year)

Example: Direct quote: Amend rules for the lower court judges (2018) **Paraphrase:** (Amend rules for the lower court judges 2018)

Reference

Syntax: 'Article title' Year, Newspaper Title, Day Month, viewed Date Month Year, URL.

Example: 'Amend rules for the lower court judges' 2018, *The Daily Star*, 05 January, viewed 06 January 2018, http://www.thedailystar.net/backPage/amend-rules-the-lower-court-judges-1515259.

Online Newspaper or Newsletter Article

In-text Citation

Format: Direct quote: Author's Surname (Year) **Paraphrase:** (Author's Surname Year)

Example: Direct quote: Rahman (2017) Paraphrase: (Rahman 2017)

Reference

Syntax: Author's Surname, Initial(s) Year, 'Article title', *Newspaper Title*, Day Month, Page range, viewed Day Month Year, URL.

Example: Rahman, CT 2017, 'The journey to Liberation War by a fifteen year old boy', *The Daily Star*, 18 December, viewed 04 January 2017, http://www.thedailystar.net/in-focus/the-journey-liberation-war-fifteen-year-old-boy-1506442.

Harvard Referencing Style Conference or Seminar Paper

Conference or Seminar Papers- Print

In-text Citation

Format: Direct quote: Author's Surname (Year, Page number) Paraphrase: (Author Surname Year, Page number)

Example: Direct quote: Wilde and Cox (2008, p. 115) Paraphrase: (Wilde and Cox 2008, p. 115)

Reference

Syntax: Author's Surname, Initial(s) Year, 'Title of paper', in (Initial and Surname of editors), *Title of published proceedings*, Publisher, Place of Publication, Page number(s).

Example: Wilde, S and Cox, C 2008, 'Principal factors contributing to the competitiveness of tourism destinations at varying stages of development', in S Richardson, L Fredline, A Patiar and M Ternel (eds.), *CAUTHE 2008: Where the 'bloody hell' are we?*, Griffith University, Gold Coast, Qld, pp. 115-8.

Conference Proceedings or Seminar Papers- Online

In-text Citation

Format: Direct quote: Author's Surname (Year) Paraphrase: (Author Surname Year)

Example: Direct quote: Fan, Gordon and Pathak (2000) **Paraphrase:** (Fan, Gordon and Pathak 2000)

Reference

Syntax: Author's Surname, Initial(s) Year (Conference Year), 'Title of Paper', *Name or Title of Conference*, Publisher, Place of Publication, Page, viewed Day Month Year, URL.

Example: Fan, W, Gordon, MD and Pathak, R 2000, 'Personalization of search engine services for effective retrieval and knowledge management', *Proceedings of the twenty-first international conference on information systems*, Association for Information Systems, Brisbane, pp. 20-34, viewed 18 August 2020, https://dl.acm.org/citation.cfm?id=359640.

Harvard Referencing Style for Thesis or Dissertation

Thesis or Dissertation

In-text Citation

Format: Direct quote: Author's Surname (Year, Page number) **Paraphrase:** (Author Surname Year, Page number)

Example: Direct quote: Hoque (2005, p. 45) Paraphrase: (Hoque 2005, p. 45)

Note: If the Thesis Paper is Online, it will need 'Viewed date' and 'URL' in the reference list. Otherwise, no need to add 'Viewed date' and 'URL'.

Reference

Syntax: Author's Surname of thesis, Initial(s) Year of Submission, 'Title of Thesis', Name of Degree thesis, Institution Name, viewed Day Month Year, URL.

Example: Hoque, MS 2005, 'Overview of mobile activity management', Bachelor of Business Administration thesis, East West University, Dhaka, viewed 05 January 2018, http://dspace.ewubd.edu/handle/123456789/1757.

Harvard Referencing Style for Government Publication

Government Department as Author

Notes

For corporate authors with long names, spell out the full name of the body and include an abbreviation in the first in-text reference. Use the abbreviation in subsequent references.

In-text Citation

Format: Direct quote: Government Department name (Year) **Paraphrase:** (Government Department name Year)

Example: Direct quote: Ministry of Finance [MOF] (2016) **Paraphrase:** (Ministry of Finance [MOF] 2016)

Reference

Syntax: Government Department name Year, *Title of publications*, Publisher, Place.

Example: Ministry of Finance 2016, Bangladesh economic review 2016, MOF, Dhaka.

Harvard Referencing System for Video

Online/Social Media Videos (YouTube, Facebook..... etc)

In-text Citation

Format: Direct quote: Author's Surname/Username (Year) **Paraphrase:** (Author's Surname/Username Year)

Example: Direct quote: BRIGHT SIDE (2018) **Paraphrase:** (BRIGHT SIDE 2018)

Reference

Syntax: Author's Surname, Initial(s)/Username Year, *Title of video*, Day Month (video was posted), viewed Day Month Year, URL.

Example: BRIGHT SIDE 2018, *9 Brain exercises to strengthen your mind*, 25 November, viewed 27 November 2018, https://www.youtube.com/watch?v=pCpiteBel8E.

