

REFERENCING:

Harvard style

Based on:

Pears, R. and Shields, G. (2016) *Cite them right*. 10th edn.
Basingstoke: Palgrave Macmillan.

Why reference?



- Show that you've researched your topic area
- Avoid accusations of plagiarism
- Strengthen your arguments and add credibility
- Show that your conclusions are evidence-based
- Allow your readers to trace your sources

Types of referencing

- In-text citations

- Used in the main text of your assignment
- Highlight areas where you have incorporated ideas or exact words from someone else's work
- Links to your reference list
- When in doubt, cite!

- Reference list

- List of all the works cited in your assignment
- Allows readers of your work to trace your sources
- Goes at the end of your assignment

Types of referencing

- In-text citations

Can chocolate reduce stress and increase productivity in the workplace?

There has long been a debate as to the benefits that eating chocolate can provide. Over the past fifty years studies have linked the regular consumption of chocolate to improvements in everything from eyesight (Wonka, 1966) to concentration (Bucket, 2009). At the same time an opposing debate has raged suggesting that chocolate is responsible for a decline in the health of the nation (Salt and Gloop, 2010).

A study by Bucket and Wonka (2014, p. 170) found that chocolate can increase productivity and reduce stress in some workplaces by nearly 99 percent. This statement caused great

- Reference list

Bucket, C. (2009) *Why chocolate is amazing*. 2nd edn. London: Open University Press.

Bucket, C. and Wonka, W. (2014) 'Can chocolate boost productivity: an investigation', *Journal of Chocolate Research*, 35(2), pp. 150-172. doi: 10. 1034/0366583893.

Salt, V. and Gloop, A. (2010) 'Why chocolate is to blame for everything', *Journal of Doom and Gloom*, 1(1), pp. 10-11. doi: 10. 1023/0366893856.

Wonka, W. (1966) 'Chocolate can outperform carrots: the great eyesight test', *British Journal of Chocolate*, 26(7), pp. 45-60. doi: 10. 1080/0246583582.

Types of in- text citation

- Quoting

= Using a direct copy of an authors words

- Paraphrasing

= Expressing someone else's ideas or arguments in your own words

- Summarising

= Using your own words to provide a brief overview of the main points covered by a source

Quotation rules

- Use sparingly and only when relevant to your arguments
- Include short quotations in the body of your text with details of the author(s) surname, date and page number(s)
- Enclose short quotes in quotation marks
- Longer quotes = separate paragraph (indented), without quotation marks. Include the details of the author(s) surname, date and page numbers.

Quoting

Original text:

The study shows that chocolate offers no functional benefits to humans.

Your assignment:

TeeVee (2015, p. 7) actually declared that 'chocolate offers no functional benefits to humans' although on examination this claim is considered to be based on very little factual evidence.

Paraphrasing rules

- Use when you express someone else's ideas or arguments in your own words
- Do not change the meaning of the original author's work
- Cite the author(s)/editor(s) surname, date of publication and page number(s)

Paraphrasing

Original text:

Overall, it is therefore possible to conclude that 40 grams of milk chocolate a day can increase productivity by 65% and reduce stress by 75%. However in workplaces where long shifts are worked in enclosed environments 40 grams of milk chocolate was found to significantly improve productivity and decrease stress by a impressive 99%.

Your assignment:

A study by Bucket and Wonka (2014, p. 170) found that chocolate can increase productivity and reduce stress in some workplaces by 99 per cent.

Summarising rules



- Provide a short overview of the main points of an article, webpage, report, guidance, chapter or book
- Detail is not included
- Include author(s)/editor(s) surname and date of publication

Summarising

Original source:

WHY CHOCOLATE IS TO
BLAME FOR
EVERYTHING



VERUCA SALT & AUGUSTAS GLOOP

Your assignment:

At the same time an opposing debate has raged suggesting that chocolate is responsible for a decline in the health of the nation (Salt and Gloop, 2010).

Using *et al.*

- When a source has more than 3 authors, instead of listing all names, use *et al.*
- *et al.* means 'and others'

In-text example: Loompa *et al.* (2012) found that.....

Reference list example: Loompa, O *et al.* (2012) 'Chocolate and brain power', *Journal of Chocolate Appreciation*, 44(6), pp. 200-221. doi: 10.1032/0366561591.

Note: the previous edition to this book advised that all authors'/editors' names should be included in the reference list. Check the referencing guidelines provided by your place of study.

When not to cite

- When you use your own ideas and original research
- Using facts found in many sources
e.g. The main ingredient of chocolate is cocoa
- When discussing things that are easily observed.
e.g. Chocolate is often found next to supermarket checkouts
- Common sayings
e.g. Chocolate is the answer, who cares what the question is

The reference list

Every in-text citation must have a corresponding reference in the reference list:

Beauregarde, V. (2016) 'The overly addictive properties of chocolate', *British Journal of Addiction*, 26(8), pp. 76-85. doi: 10. 1064/0365673899.

Bucket, C. (2009) *Why chocolate is amazing*. 2nd edn. London: Open University Press.

Bucket, C. and Wonka, W. (2014) 'Can chocolate boost productivity: an investigation', *Journal of Chocolate Research*, 35(2), pp. 150-172. doi: 10. 1034/0366583893.

Loompa, O., Loompa, O. and Loompa, O. (2016) 'Chocolate and productivity: a systematic review', *Journal of Chocolate Appreciation*, 56(8), pp. 300-333. doi: 10. 1034/0366583893.

Salt, V. and Gloop, A. (2010) *Why chocolate is to blame for everything*, 3rd edn. Cambridge: Wiley.

Salt, V. and Gloop, A. (2014) 'Chocolate: the stuff of nightmares', *Journal of Despair*, 7(6), pp. 17-22. doi: 10. 1017/0666897756.

TeeVee, M. (2015) *Chocolate: The hidden story*. London: Wiley.

Wonka, W. (1966) 'Chocolate can outperform carrots: the great eyesight test', *British Journal of Chocolate*, 26(7), pp. 45-60. doi: 10. 1080/0246583582.

Alphabetical order. If more than one source is authored by the same individual(s) order by alphabet and then by date.

Reference list rules

1) Decide which type of source(s) you need to reference

e.g. books, journal articles, websites, reports etc.

2) Follow the appropriate referencing rules for each source type

Tip: Pay attention to your punctuation. Commas, brackets, full stops and quotation marks need to be included as per the rules for each source type

Books

You need to know:

- Author/Editor (surname and initial)
- Year of publication (bracketed)
- Title (in italics)
- Edition (if not the first)
- Place of publication
- Publisher

Bucket, C. (2009) *Why chocolate is amazing*, 2nd edn. London: Open University Press.

Salt, V. and Gloop, A. (2010) *Why chocolate is to blame for everything*. Cambridge: Wiley.

All the information required to reference a book can be found on the book's title page (located within the first few pages of the book).

© 2009, Open University Press. All rights reserved.

The right of Charlie Bucket to be identified as author of this work has been asserted in accordance with the Copyright, Designs and Patents Act 1988.

No part of this publication may be reproduced or transmitted in any form or by any means without permission in writing from the publisher.

First edition 2006

Second edition 2009

Open University Press in the UK is an imprint of McGraw Hill Education registered in England, company number 74739456, of London.

British Library Cataloguing in Publication Data

Why chocolate is amazing. – 2nd ed.

1. Chocolate.

I. Bucket, Charlie.

616.5-dc22

ISBN: 97804465435716

Ebook ISBN: 9780897051821

This book is printed on paper suitable for recycling.

Printed in China.

10 9 8 7 6 5 4 3 2 1

Journal articles

You need to know:

- Author/Editor(s) (surname and initial)
- Year of publication (bracketed)
- Title of article (in single quotation marks)
- Title of journal (in italics)
- Volume and part number
- Page numbers

If the journal is **ONLY** available online also include:

- doi (if available) **or** Available at: URL (Accessed: date).

Loompa, O., Loompa, O. and Loompa, O. (2016) 'Chocolate and productivity: a systematic review', *Journal of Chocolate Appreciation*, 56(8), pp. 300-333. doi: 10. 1034/0366583893.

Cardiovascular effects of flavanol-rich chocolate in patients with heart failure

Andreas J. Flammer^{1,2†}, Isabella Sudano^{1†}, Mathias Wolfrum¹, Rajeev Thomas¹, Frank Enseleit¹, Daniel Périat¹, Priska Kaiser¹, Astrid Hirt¹, Matthias Hermann¹, Mauro Serafini³, Antoine Lévêques⁴, Thomas F. Lüscher¹, Frank Ruschitzka¹, Georg Noll¹, and Roberto Corti^{1*}

¹Cardiovascular Center, Cardiology University Hospital Zurich, Raemistrasse 100, Zurich CH-8091, Switzerland; ²Division of Cardiovascular Diseases, Department of Internal Medicine, Mayo Clinic and College of Medicine, Rochester, NY, USA; ³Antioxidant Research Laboratory, Unit of Human Nutrition INRAN, Rome, Italy; and ⁴Nestlé Research Center, Lausanne, Switzerland

Received 20 June 2011; revised 2 November 2011; accepted 15 November 2011; online publish-ahead-of-print 15 December 2011

This paper was guest edited by Professor Stefano Taddei, Università degli Studi di Pisa, Italy

See page 2118 for the editorial comment on this article (doi:10.1093/eurheartj/ehs026)

Aims

Flavanol-rich chocolate (FRC) is beneficial for vascular and platelet function by increasing nitric oxide bioavailability and decreasing oxidative stress. Congestive heart failure (CHF) is characterized by impaired endothelial and increased platelet reactivity. As statins are ineffective in CHF, alternative therapies are a clinical need. We therefore investigated whether FRC might improve cardiovascular function in patients with CHF.

Methods and results

Twenty patients with CHF were enrolled in a double-blind, randomized placebo-controlled trial, comparing the effect of commercially available FRC with cocoa-liquor-free control chocolate (CC) on endothelial and platelet function in the short term (2 h after ingestion of a chocolate bar) and long term (4 weeks, two chocolate bars/day). Endothelial function was assessed non-invasively by flow-mediated vasodilatation of the brachial artery. Flow-mediated vasodilatation significantly improved from 4.98 ± 1.95 to $5.98 \pm 2.32\%$ ($P = 0.045$ and 0.02 for between-group changes) 2 h after intake of FRC to $6.86 \pm 1.76\%$ after 4 weeks of daily intake ($P = 0.03$ and 0.004 for between groups). No effect on endothelial-independent vasodilatation was observed. Platelet adhesion significantly decreased from 3.9 ± 1.3 to $3.0 \pm 1.3\%$ ($P = 0.03$ and 0.05 for between groups) 2 h after FRC, an effect that was not sustained at 2 and 4 weeks. Cocoa-liquor-free CC had no effect, either on endothelial function or on platelet function. Blood pressure and heart rate did not change in either group.

Conclusion

Flavanol-rich chocolate acutely improves vascular function in patients with CHF. A sustained effect was seen after daily consumption over a 4-week period, even after 12 h abstinence. These beneficial effects were paralleled by

The information required to reference a journal article can often be found on the first page of the article.

Webpages

You need to know:

- Author, organisation name or title of web page if unknown
- Year page was published or last updated (bracketed)
- Title of webpage in italics (if not used in place of author)
- Available at: URL
- Accessed: date (bracketed)

National Health Service (2015) *Are chocolate's health claims for real?*
Available at: <http://www.nhs.uk/Livewell/superfoods/Pages/is-chocolate-a-superfood.aspx> (Accessed: 27 September 2016).

Chocolate uncovered (2014) Available at: <http://www.chocolate.com>
(Accessed: 28 September 2016).

Are chocolate's health claims for real?

Share: [Email] [Twitter] [Facebook] Save: [Bookmark] [Print] Subscribe: [RSS] Print: [Printer]



Recent interest in the health benefits of chocolate was sparked by studies on the cocoa-drinking peoples of Central America.

Researchers observed that the Kuna Indians of Panama, who drank cocoa as their main beverage, had very low blood pressure, a leading cause of heart disease and stroke.

Chocolate is the processed and sweetened food produced from cocoa. Cocoa is a good source of iron, magnesium, manganese, phosphorous and zinc. It also contains the antioxidants catechins and procyanidins.

Extract the information you need to create your webpage reference from the webpage itself.

Healthy Evidence forum

Metabolism
I'm 19 and 9 stone and 6ft 0.5/

2 replies

Breast cancer and statins
After reading a study from norway my gp agreed to put me on zimvastatin.

2 replies

More from the community

Content provided by HealthUnlocked

remember the studies on the health benefits of chocolate have focused on cocoa extracts, not chocolate.

She says: "A range of health benefits from the consumption of cocoa products have been investigated, particularly in relation to cardiovascular disease, with early results showing promise.

"However, the potential health benefit of some compounds in chocolate have to be weighed against the fact that to make chocolate, cocoa is combined with sugar and fat.

"This means chocolate is an energy-dense food that could contribute to weight gain and a higher risk of disease. As an occasional treat, chocolate can be part of a healthy diet. Eaten too frequently, it is an unhealthy choice."

More on other superfoods

Check out the evidence behind the health claims about these other so-called superfoods:

- [beetroot](#)
- [blueberries](#)
- [broccoli](#)
- [garlic](#)
- [goji berries](#)
- [green tea](#)
- [oily fish](#)
- [pomegranate juice](#)
- [wheatgrass](#)

Page last reviewed: 26/08/2015
Next review due: 26/08/2017

Top tips

- Leave enough time
- Make sure you know which type of sources you need to reference
- Follow the rules for each source type
- If you're not sure check with a tutor
- Pay attention to your punctuation
- Be consistent

Check the referencing guidance issued by your college or university – sometimes institutions use a slightly modified style of Harvard. Make sure your references reflect the style expected by your institution.

Further help

Book:

Pears, R. and Shields, G. (2016) *Cite them right*. 10th edn. Basingstoke: Palgrave Macmillan.

Find in the Library at: L 125

Online tools:

Cite this for me - <http://www.citethisforme.com/>

RefMe - <https://www.refme.com/>

