Harvard Citing and Referencing

This is an example essay demonstrating how citations appear in the text

By August 2018, there were 1,272,996 people in contact with mental health services across the UK (NHS Digital, 2018). The Office of National Statistics (2018) stated that 17.8% of people suffered from symptoms of anxiety or depression. To diagnose major depressive disorder, the DSM-5 (APA, 2013) advises a minimum of five symptoms should be met over a minimum course of a 2-week period.

The National Institute of Mental Health (NIMH, 2009) suggests that depression may effect studying due to the loss of interest in activities, feelings of worthlessness, and sadness. In the classroom many of the symptoms of depression could lead to a lack of ability to concentrate, meaning studying with a mental illness can sometimes be difficult (University of Derby, no date). Although, many schools and universities are equiped in using interventions such as cognitive behavioural therapy to assist students with their mental health needs (NIMH, 2009; Department of Health, 2017).

Medications may also be used to manage the symptoms of depression and can improve work-based functioning (Lee et al., 2018). Antidepressants work by increasing the level of neurotransmitters in the brain (Burnett, 2017). However, the use of medication can also impact concentration, if unsuitable doses are taken (Puder, 2018).

Harvard uses the Author-Date format for citations

Harvard requires listing the name of up to three authors when citing

Four or more authors will require et al.

When grouping authors cite them in date order – oldest to most recent

If you cannot find the original source you can still cite the author by secondary referencing e.g. (Smith, 2005, as cited in Jones, 2011)

Short quotations (less than 3 lines) should be incorporated into the text. Longer quotations should be organised in a separate indented paragraph

*Note: Citations have been highlighted here for ease of use, do not highlight them in your work unless otherwise advised.

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This is the reference list for the example essay overleaf


University of Derby (no date) Mental Health and Student Life [Leaflet obtained at St Helena Campus]. 1 November 2019.

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