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Changing a WordPress username

Users, Logins & Security

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Changing a WordPress username

Users, Logins & Security Created on **September 27, 2026** 2 min read



WordPress **will not let you change a username** on the profile screen. The field is greyed out and you cannot type in it. That is deliberate, because the username is tied to everything the person has written.

Before working around it, stop a moment: **in most cases what bothers people is not the username but the name shown on their posts**. And that one changes in two clicks.

The fix that covers most cases

1. Open **Users** and pick the person, or go to your own **Profile**.
2. Fill in the first name and the last name.
3. Under **Display name publicly as**, choose the combination you want the site to show.
4. Save. The username stays the same, and nobody sees it.

This is a security measure too.
When the name on your posts is the same as the name you sign in with, you are handing over half the credentials to anyone who tries. Keep the two apart.

Really changing the username

If you truly need to, the safe road is not to edit the old name: it is to create a new account and hand the content over to it.

1. **Back up the database** before you start.

2. Under **Users**, **Add New**, create the account with the name you want. Use a different e-mail address, because WordPress will not take two the same.

3. Give it the **Administrator** role, if that is what it needs.

4. **Sign out and sign in as the new account.** You cannot delete the account you are working in.

5. Open **Users** and delete the old account. When WordPress asks what to do with its content, choose **attribute all content** to the new account.

6. If you want, go back to the new profile and move the old e-mail address onto it.

The question about content is asked once.
Choose delete instead of attribute and that person's posts go with them, with no way back short of restoring a backup. Read the screen before confirming.

Through the database

You can change the name directly in the users table with phpMyAdmin. It works, but it is the option with the most ways to leave the site in an odd state: the table prefix differs from site to site, some plugins store the name elsewhere, and one row too many locks you out. If you go that way, export the database first and read **databases and phpMyAdmin**.

If you end up locked out afterwards, see **the six usual causes**.

NEED A HAND?

Would rather not touch the database? Tell us what you need and we will make the swap with a backup taken first.

Open a support ticket →

SEE ALSO

- **WordPress hosting** →
- **Password generator** →
- **Support Policy** →

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TAX ID (NIF)	500 260 5724
COMMERCIAL REGISTRATION NO.	26464-25/250724
REGISTERED OFFICE	Rua Direita do Patriota, Bairro Dangereux Belas, Luanda, Angola
CONTACT	info@interweb.ao · +244 942 011 191 · www.interweb.ao
OPENING HOURS	Monday to Friday - 08 AM to 04 PM Saturday & Sunday - Closed

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