

American Psychological Association (APA) Documentation

APA style is often used in the social sciences, including psychology, sociology, and education. This handout provides some of the key rules, but for more help, consult the *Publication Manual of the American Psychological Association*, 7th edition (2019), or visit University Writing Services.

Each time you use any information from a source, include a 1) reference entry and 2) parenthetical citation (sometimes called “in-text”).

STEP 1: REFERENCES PAGE (*see example on reverse*)

As you find each source you want to use, create a citation. Note: don’t wait to cite; do so early! Those citations you’ve created will then be placed at the end of the paper, on a page entitled “References.”

Formatting: Alphabetize references by first word (often author’s last name). Double-space all lines. Place the first line of each entry flush with the left margin and indent subsequent lines using the “hanging indent” feature. Italicize the titles of major works such as journals and books. Do not italicize or quote article or webpage titles. Capitalize the first and all major words in journal and other periodical titles. Capitalize proper nouns and the first word of the title/subtitle of other works, including books and articles.

Electronic sources: Cite an electronic source in APA as you would a print source, then add retrieval information by citing the source’s digital object identifier (DOI). If DOI isn’t available, use URL. In APA 7th Edition, digital object identifiers (DOIs) and URLs are now both presented as hyperlinks for electronic sources. The label “DOI:” is no longer used for entries that include a DOI. Similarly, the label “Retrieved from” preceding a URL is no longer used for entries that include a URL. The only time the word “Retrieved” is used in the References list is when you are citing from an electronic source that is unarchived (not stable). For example, if you were citing something from social media, an online dictionary, Google Maps, etc., you would write “Retrieved Month Date, Year, from URL” at the end of the Reference.

STEP 2: PARENTHETICAL CITATIONS

Place an in-text citation in each sentence containing borrowed concepts or data that are not common knowledge. Cite all information used: paraphrases, summaries, data, quotations, or audio/visuals.

Formatting: There are two main ways to cite parenthetically: providing all information at the end of the idea *or* including some of the information as a signal phrase, part of the sentence.

Type 1: In parentheses, put the author’s last name(s), year, and the page number(s) on which the cited information appears. The period goes after the parentheses.

Ex. Parents often “[forget] the difficulties of being a teenager and thus are unlikely to empathize with the trials and tribulations of high school life” (Smith, 2009, p. 32).

Type 2: For the author in the sentence, give year immediately after, with page at the end.

Ex. Jonathan Smith (2009) remarked that parents are often too far removed from high school to connect with the struggles their children face there (p. 32).

About page numbers: Provide page numbers for **all direct quotes**, even if the quotes come from multiple pages. However, if you are paraphrasing or are summarizing ideas found on more than 1-2 pages, page numbers can be omitted. If the source lacks page numbers, cite the paragraph number (if any) or omit page entirely.

Ex. Too often, “parents of adolescents have forgotten the difficulties of being a teenager and thus are unlikely to empathize with the trials and tribulations of high school life” (Smith, 2009, para. 6).

About authors: For texts with 2 authors, always cite both: (Patel & Jackson, 2008, p. 41). For texts with 3 or more authors, use the abbreviation “et al.”: (Martucci et al., 2007, p. 117). The only exception to this rule is if you’re citing multiple works with similar groups of authors and the shortened “et al” citation form of each source would be the same. In that case, you’ll need to avoid ambiguity by writing out more names: (Martucci,

Weston, Underland, et al., 2007, p. 117) and (Martucci, Weston, Donner et al., 2014, p. 56). **NOTE: If “et al.” would stand for one author, write out the last author’s name.**

An organization as author. When the author of a source is an organization rather than an individual, treat the organization as the author: (Centers for Disease Control, 2008, p. 15). If the organization has a well-known abbreviation, it may be included in brackets the first time the source is cited and all subsequent references may use only the abbreviation: (CDC, 2008, p. 15).

References Example

Book. Author last name, Initials. (year). *Title*. Publisher. DOI if avail.

Online report. Corporate Author or Author last name, Initials. (year). *Report title*. report URL

Print journal article. Author last name, Initials. (year). Article title. *Journal Title*, volume #(issue #), pages.

Journal article online with DOI. Author last name, Initials. (year). Article title. *Journal Title*, volume #(issue #), pages. <https://doi.org/xxxxxxx>

Journal article online without DOI. Author last name, Initials. (year). Article title. *Journal Title*, volume #(issue #), pages. journal homepage URL

Online article from a magazine. Author last name, Initials. (year). Article title. *Periodical Title*, volume #(issue #). magazine homepage URL

Online article from a newspaper. Author last name, Initials. (year). Article title. *Newspaper Title*. newspaper homepage URL

Personal or professional webpage. Corporate Author or Author last name, Initials. (year). *Website Title*. Site name. URL

<p>BODY OBJECTIFICATION</p> <p style="text-align: right;">10</p> <p style="text-align: center;">References</p>	<p>→ Abbot, L. (2006). <i>Beauty and popular culture: Exploring body aesthetics</i>. University of Southern California Press.</p> <p>→ British Medical Association. (2006). <i>Eating disorders, body image, and the media</i>. http://www.bma.org.uk/health_promotion_ethics/nutrition_exercise/Eatingdisorders.jsp</p> <p>→ Clarkson, H., & Riedl, J. (2006). Fear of thinness. <i>American Journal of Psychiatry</i>, 153(3), 441-445.</p> <p>→ Dworkin, S. H., & Kerr, B. A. (2007). Comparisons of interventions for women experiencing body image problems. <i>Journal of Counseling Psychology</i>, 34(2), 136-140. https://doi.org/10.1037/0022-0167.34.2.136</p> <p>→ Eigenbrode, C. R., & Shipman, W. G. (2006). The body image barrier concept. <i>Journal of Abnormal and Social Psychology</i>, 60(3), 450-452. http://www.apa.org/journals/abn/</p> <p>→ Garner, D. (2007, February). Survey says: Body image poll results. <i>Psychology Today</i>, 31(5). http://www.psychologytoday.com/</p> <p>→ Huget, J. (2009, March 10). Somehow, Barbie has survived a culture where obesity is child’s play. <i>The Washington Post</i>. http://www.washingtonpost.com/</p> <p>→ Lane, C. (2012). <i>Side Effects</i>. http://www.psychologytoday.com/blog/side-effects/</p>
--	--