

## APA STYLE: WHAT IS IT?

“APA Style” refers to the publication style of the American Psychological Association. According to the APA website, the Style was founded in 1929 when various academic groups and stakeholders’ interests in scientific writing wanted to codify or systematize how publishers and scholars presented research writing, tone, and look/organization of their manuscripts. Their objective is to offer a guide for clear scientific communication. APA is the most commonly used style in social sciences! Thus, APA Style not only refers to citation practices (how one credits scholarship, presents references to research data in text or through reference list). It also includes how authors:

- Use headings, subheadings, and format manuscripts

**NEW 7<sup>th</sup> EDITION:** Running heads should not include the label “Running Head” on the title page. Also, student papers are not required to have running heads unless required by instructor.

- Apply abbreviations, punctuations, numbers, and statistics
- Create tables and figures
- Spacing, style

**NEW 7<sup>th</sup> EDITION:** Use only one space after a period at the end of a sentence; use gender neutral pronouns (“they” instead of “he or she”)

This citation guide focuses on citation style and practice, but you can learn more about APA style as it is applied to academic writing in social and behavioral sciences in the *Publication Manual of the American Psychological Association*.

## APA STYLE: GENERAL FORMAT FOR REFERENCE LIST

This handout provides examples for the American Psychological Association System.

For a sample of the format, visit <https://apastyle.apa.org/>.

### Book and Edited Book

Last Name, First initial (Include Ed. or Eds. if it is edited) (Date of publication). If applicable provide title of essays in book chapter or resource: Capitalize first letter in first word and first word after colon.  
*Italicized title of longer works or resource such as book title: Capitalize the first letter of the first word and the first letter of the subtitle* (include pp. citing a book chapter). 7th Edition: Publisher Name only.

Hart, R., & Rollins, J. (2011). *Therapeutic activities for children and teens coping with health issues*. John Wiley & Sons, Inc.

Friedman, H. S. (Ed.). (1992). *Hostility, coping, & health*. American Psychological Association.

Friedman, H. S. (1992). Understanding hostility, coping, & health. In H.S. Friedman (Ed.) *Hostility, coping, &*

health (pp. 3-9). American Psychological Association.

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## **Article in Print Journal**

Last Name, First initial (Date of publication). Provide title of essays of book chapter or journal article or resource: Capitalize first letter in first word or first word after colon. *Italicized Title of Journal: Write Title in Full and Capitalize First Letter of Proper Word, italicize volume number (issue number), page range follows comma.*

(Notice: volume number, not the issue number, is italicized!)

Ano, G. G., & Vasconcelles, E. B. (2005). Religious coping and psychological adjustment to stress: A meta-analysis. *Journal of Clinical Psychology, 61*(4), 461-480.

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## **Article in Online Journal**

Last Name, First initial (Date of publication). Provide title of essays of book chapter or journal article or resource: Capitalize first letter in first word or first word after colon. *Italicized Title of Journal: Write Title in Full and Capitalize First Letter of Proper Word, italicize volume number (issue number), pages if available follow comma.* Retrieved from website URL if electronic or provide DOI--digital object identifier—number or website if it is assigned with no period.

**NEW FOR 7<sup>th</sup> EDITION:** <https://doi.org/xxxx>

Gonzales, N. A., Tien J., Sandler, I. N., & Friedman, R. J. (2015). On the limits of coping: Interactions between stress and coping for inner-city adolescents. *Journal of Adolescent Research, 16*(4), 372-395. <https://doi.org/10.1177/0743558401164005>

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## **Other Resources: Government Website**

Author is the government source that published the document. Follow the general format for a chapter in a book or longer document (title of the “book” in the example below is the title of the website).

**NEW FOR 7<sup>th</sup> EDITION:** No “Retrieved from” with URL.

Centers for Disease Control and Prevention (2013). Coping with stress after a traumatic event. *Centers for disease control and prevention*. <http://www.cdc.gov/violenceprevention/pdf/coping-with-stress-2013-508.pdf>

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## Other Resources: YouTube Video

Follow the general format for non-periodical web document or report. Be sure to include file or media format in brackets. Provide as much information as possible, including who directed or produced the video (if available).

Rossman, M. (2010). Coping with stress: Imaginative solutions for stress relief [video]. University of California Television. <https://www.youtube.com/watch?v=FOOQKMiD51JI>

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## Other Resources: Phone Interview, etc.

Phone interviews are rarely listed in references, but should be cited in the main text.

(R. Carpenter, phone interview, October 5, 2015)

(S. Lee, email correspondence, October 5, 2015)

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## Citing an idea from a work but not directly quoting the material

No page reference is necessary. Two authors require no comma between last names.

**NEW FOR 7<sup>th</sup> EDITION:** With three or more authors, you cite first author followed by “et al.” (no comma before al). “et al.” is an abbreviation of et alia (“and the others”)—this includes the first citation.

(Last name, year of publication).

(Friedman, 1992)

(Ano & Vasconcelles, 2005)

(Resnick et al., 1993)

However. . . write out names as needed for multiple authors if you need to distinguish references and avoid ambiguity. Abbreviate rest of the names to “et al.” This is true for narrative citations as well as parenthetical citations.

(Gonzales, Tien, & Sandler, 2015)

(Gonzales, Tien, & Resnick, 2015)

## Authors with the same last name

Use first initials with the last name.

(S. Lee, 2014; P. Lee, 2003)

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## **Two or more works by the same author published in the same year**

To distinguish different works in the in-text citation, use lower-case letters followed by the year.

(Friedman 1987a; Friedman 1987b)

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## **Citing indirect sources (original source that was named in another source).**

Name the original source in your main text and then cite your secondary source (the source that is citing your original source) followed by page number if available.

Friedman argued . . . (as cited in Ano & Vasconcelles, 2005, p. 3).  
(Friedman, 1992, as cited in Rossman et al., 2010).

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## **Unknown author published with unknown date**

Use the first few words of the title or in the parentheses and use “n.d.” (no date).

(“Stress Management,” n. d.)

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## **Direct quoting**

APA recommends that short or long quotations include 1) an integration of the author and year of publication in the main text 2) followed by a reference to the page number. If there is no page number, identify subheadings or paragraph (para 3).

Friedman et al. (1993) found that “childhood personality is related to survival decades into the future” (p. 15).

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## **Summary or paraphrase**

APA recommends the inclusion of author’s last name, date, and page reference in the parentheses following the summary.

According to one study, optimistic personalities may be connected to longer life (Friedman et al., 1993, p. 15).

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## RESOURCES

The following resources may help you cite other sources that are not listed in this handout, as well as provide you with more examples on writing in APA style.

<http://www.csuci.edu/wmc/student-citation.htm>

We provide the most updated guides on APA formatting and style.

*Publication Manual of the American Psychological Association*

Revised on April 24, 2020

Writing and Multiliteracy Center 5