

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

This handout 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

### Periodicals - Journal Articles

Last Name, First Initial. (Date of publication). Title of journal article or resource:  
Capitalize first letter in first word after colon. *Italicized Title of Journal: Write Title in Full and Capitalize Using Title Case, italicized volume number(issue number), page range.* <https://doi.org/xxxx>

#### Print Journal Article

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.

#### Digital Journal Article (with DOI or URL)

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>

## **Books & Reference Works**

Last Name, First Initial. (Date of publication). *Italicized title of book: Capitalize first letter in first word after colon.* Publisher Name. <https://doi.org/xxxx>

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### **Authored Book**

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

### **Dictionary, Thesaurus, or Encyclopedia**

American Psychological Association. (n.d.). *APA dictionary of psychology.* Retrieved June 14, 2019, from <https://dictionary.apa.org/>

## **Edited Books, Chapters in Edited Books, & Entries in Reference Works**

Last Name, First Initial. (Include Ed. or Eds. if it is edited). (Date of publication). If applicable provide title of chapter: Capitalize first letter in first word after colon. In E. E. Editor (Ed.), *Italicized title of resource: Capitalize first letter in first word after colon* (pp. book chapter page range). Publisher Name. <https://doi.org/xxxx>

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### **Edited Book**

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

### **Edited Book Chapter**

Friedman, H. S. (1992). *Understanding hostility, coping, & health.* In H. S. Friedman (Ed.), *Hostility, coping, & health* (pp. 3-9). American Psychological Association.

### **Entry in Reference Work**

Merriam-Webster. (n.d.). *Self-report.* In *Merriam-Webster.com dictionary.* Retrieved July 12, 2019, from <https://www.merriam-webster.com/dictionary/self-report>

## **Webpages & Websites**

Last Name, First Initial OR Name of Group. (Date of publication). *Title of work.* Site Name. <https://xxxxxx>

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### Webpage on a website with an individual author

Zhou, L. (2024, April 2). *Oppenheimer won Best Picture. Its new reception in Japan was very different.* Vox. <https://www.vox.com/culture/24118314/oppenheimer-japan-premiere-christopher-nolan-hiroshima-nagasaki>

### Webpage on a website with a group author

World Health Organization. (2015, June 3). *Biodiversity and health.* <https://www.who.int/news-room/fact-sheets/detail/biodiversity-and-health>

Médecins Sans Frontières. (n.d.). *Analysis, reflection and evaluation.* Retrieved May 6, 2024, from <https://www.msf.org/analysis-reflection-and-evaluation>

## Audiovisual & Online Media

Last Name, First Initial. (Date of publication). *Title of work* [Description]. Publisher/Site Name. <https://xxxxxx>

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### YouTube

The Art Institute of Chicago. (2013, April 15). *LaunchPad: Ancient Greek vase production and the black-figure technique* [Video]. YouTube. [https://www.youtube.com/watch?v=FpLPx\\_Akl7Y](https://www.youtube.com/watch?v=FpLPx_Akl7Y)

### TED

von Petzinger, G. (2015, August). *Why are these 32 symbols found in ancient caves all over Europe?* [Video]. TED Conferences. [https://www.ted.com/talks/genevieve\\_von\\_petzinger\\_why\\_are\\_these\\_32\\_symbols\\_found\\_in\\_ancient\\_caves\\_all\\_over\\_europe/](https://www.ted.com/talks/genevieve_von_petzinger_why_are_these_32_symbols_found_in_ancient_caves_all_over_europe/)

### PowerPoint slides or lecture notes

Michelini, A. (2021). *Introduction to literature review in health science* [PowerPoint slides]. Canvas. <https://myci.csuci.edu/idp/profile/cas/login?execution=e1s1t>

### Artwork in a museum or on a museum website

Anago Master (Yoruba artist). (ca. 1800-1900). *Cap mask* [Mask]. National Museum of African Art, Washington, D.C., United States. [https://www.si.edu/object/cap-mask:nmafa\\_97-11-1](https://www.si.edu/object/cap-mask:nmafa_97-11-1)

### Social media (IG)

CSUCI [@csuci]. (2024, May 1). *CSUCI has chosen to become a leadership partner with Excelencia in Education, the nation's premier authority on efforts to accelerate* [Photograph]. Instagram. <https://www.instagram.com/p/C6b62fHsYak/?hl=en>

## Personal Communications & Interviews

Personal communications (such as personal interviews, email correspondence, unrecorded classroom lectures, live speeches, etc.) are not listed in references but are cited in the main text.

**Parenthetical citation:** (S. Lee, email correspondence, October 5, 2015)

**Narrative citation:** S. Lee (email correspondence, October 5, 2015)

## APA STYLE: GENERAL FORMAT FOR “IN-TEXT” CITATION

### 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. With **three or more authors**, cite first author followed by “et al.” (no comma before al). “et al.” is an abbreviation of et alia (“and the others”).

### (Last name, year of publication)

**One author:** (Friedman, 1992); Friedman (1992)

**Two authors:** (Ano & Vasconcelles, 2005); Ano and Vasconcelles (2005)

**Three or more authors:** (Gonzales et al., 2015); Gonzales et al. (2015)

However, write out names as needed for **three or more authors** to avoid ambiguity. Abbreviate the rest of the names to “et al.”

(Cassidy, Bradley, Bowen, **Wigham, & Rodgers**, 2018) → (Cassidy, Bradley, Bowen, **et al.**, 2018)

(Cassidy, Bradley, Robinson, **Allison, McHugh, & Baron-Cohen**, 2014) → (Cassidy, Bradley, Robinson, **et al.**, 2014)

If only the final author is different, spell out all names every time because “et al.” is plural and cannot refer to one person.

(Hasan, Liang, Kahn, & Jones-Miller, 2015) ✓

(Hasan, Liang, Kahn, et al., 2015) ✗

(Hasan, Liang, Kahn, & Weintraub, 2015) ✓

(Hasan, Liang, Kahn, et al., 2015) ✗

**Authors with the same last name.** Use first initials with the last name.

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

### **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)

### **Citing indirect sources (citing the 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.

Flannelly and Inouye (2001; as cited in Ano & Vasconcelles, 2005) argued... (p. 462).  
(Friedman, 1992, as cited in Rossman et al., 2010)

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

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

(“Stress Management,” n. d.)

### **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).

### **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).

## **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.

- WMC Citation Handouts: <http://www.csuci.edu/wmc/student-citation.htm>
- APA Sample Papers (Student & Professional): <https://apastyle.apa.org/style-grammar-guidelines/paper-format/sample-papers>