

## 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 interested 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
- Apply abbreviations, punctuations, numbers, and statistics
- Create tables and figures

This workshop 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

### Book & 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). Location: Publisher.

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

[notice the comma and ampersand “&” after the first author! Period after year in paren. No periods after postal abbreviations: “NJ”]

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

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

## Journal Article

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!]

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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.

## Electronic Journal Article

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*, 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 [Note: DOI is not capitalized and followed by a colon]

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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. doi:10.1177/0743558401164005

## Citing Other Resources

**Document on a 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). Add “Retrieved from” with URL followed by no period

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

**YouTube video.** Follow the general format for nonperiodical 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. Retrieved from <https://www.youtube.com/watch?v=FOQKMID5QJI>

**Phone interview.** Interviews are not listed in references but cite them in the main text.

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

**E-mail.** Email correspondences are not listed in references but cite them in text main text.

## **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, but **commas are required for three to five authors**. With three to five authors, you must cite them all the first time; the remaining citations may use the first author followed by “et al.” (no comma before al). “et al.” is an abbreviation of et alia (“and the others”).

**A list of six authors** requires you to only cite the first author’s last name followed by “et al.”

**(Last name, year of publication).**

(Friedman, 1992)

(Ano & Vasconcelles, 2005)

(Gonzales, Tien, Sandler, & Friedman, 2015).

(Resnick et al., 1993)

### **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.

Friedman argued . . . (as cited in Ano & Vasconcelles, 2005, p. 3).

Friedman argued . . . (as cited in Rossman 2010).

### **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.)

### **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.

## **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://owl.english.purdue.edu>**

Purdue’s OWL (Online Writing Lab) provides the most updated guides on APA formatting and style.

**<http://library.csuci.edu/research/cite-sources.htm>**

Broome Library compares the APA style of citation against MLA, Chicago Style, Turabian, and ASA).

***Publication Manual of the American Psychological Association***