

# APA



## What is American Psychological Association (APA) Style?

APA Style is used primarily in the social sciences—psychology, sociology, nursing, family studies, etc. It places emphasis on the date of publication, whereas other styles (MLA, for example) emphasize the page number.

APA Style is a parenthetical documentation style. This means it uses in-text citation. Two pieces of information must always be included in the in-text citations: **1. The first author's last name and 2. the date of publication.** If quoting directly from a source, however, **the page number must also be included.** The information contained in parentheses is separated by commas.

**E.g.:** (Smith, 2000) or (Smith, 2000, p.23)

## In-Text Citations

There are several ways to integrate APA citations into your text. In any case, it is important to cite the authors for their ideas. Options for citation include:

### 1.) Place the author(s) and date(s) in parentheses at an appropriate place in or at the end of a sentence.

**e.g.:** The concepts of brain and mind are now used interchangeably by cognitive and neuropsychologists (Malone & Cruchon, 2001)

### 2.) Include the names of the researcher(s) in the sentence. Place only the date in parentheses.

**e.g.:** McMahon (2010) surveyed college students' acceptance of rape myths and their willingness to intervene as a bystander.

### 3.) Integrate the author and the date into your sentence.

**e.g.:** In 2001, Weist proposed using the Child and Adolescent Planning Schema to analyze and develop community mental health programs for young people.

### 4.) When citing a direct quotation, include the page numbers as follows:

**e.g.:** The word *radical* in radical behaviorism does not mean extreme; rather, it means "thoroughgoing or fundamental" (Ledoux, 2004, p.37).

## Notes:

-If your text is written by two authors, list both names in every citation. If there are 3-5 authors, use "first author's last name, et. al." for first and subsequent citations.

**eg:** (Smith, Nelson, Jones & Sawyer, 2004) and subsequently (Smith et al., 2004)

-When writing about an event that occurred in the past, use the past tense (e.g., Smith showed). For an event that is continuous, the present perfect tense is used (e.g., Smith has shown). When results are given, the present tense is used (e.g., the experiment demonstrates).

## Formatting the Paper

**Title Page:** Unless you receive other instructions, make the first page of your paper a title page. The APA Manual doesn't give instructions for the title page of a class paper; the contents and placement of items on the sample title page below are adapted from APA instructions for the title page of a paper to be submitted for publication.

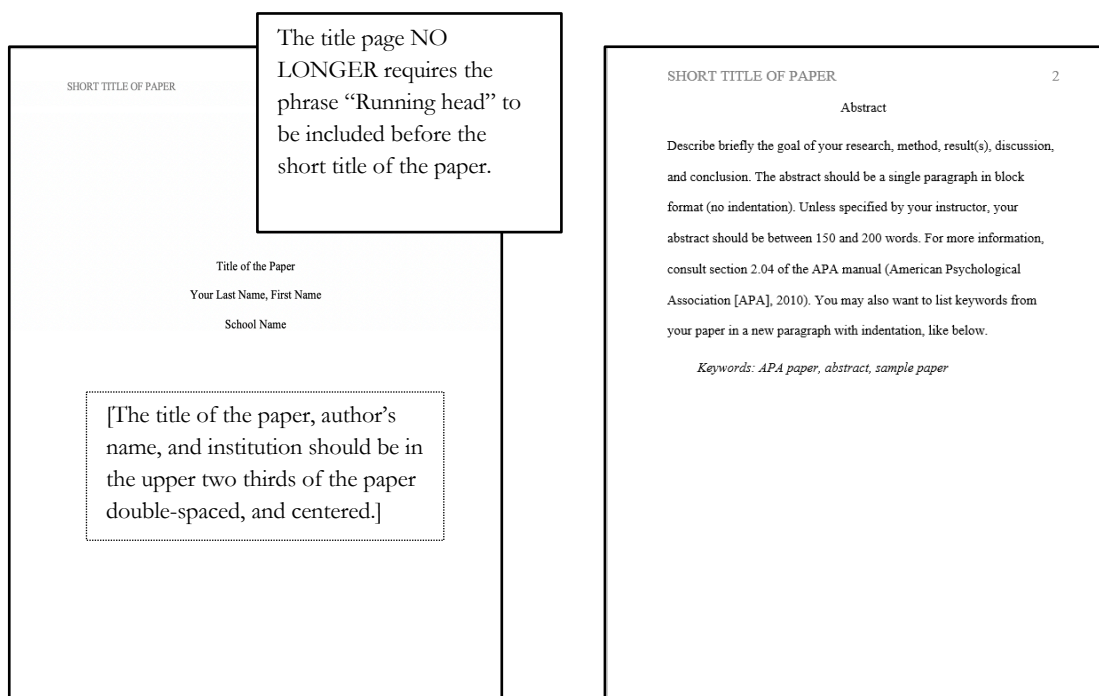
**Margins:** Use uniform margins at least 1 in. from the top, bottom, and sides of every page.

**Spacing:** Double-space all text throughout the manuscript, including the title page and reference page.

**Font:** Unless specified by your instructor, 12-point Times New Roman is the standard font in APA style.

**Page Numbering:** Starting with the title page, place consecutive page numbers at the upper right-hand corner.

**Running Head:** Include a page header at the top of every page. To create a page header, insert page number; then type the title of your paper in the header flush left using all capital letters. The shortened version of your paper's title and cannot exceed 50 characters including spacing and punctuation.



## Formatting the References List

**Title:** Type the word "References" at the top of the page, centered. Do NOT bold, italicize or underline.

**Spacing:** All entries should be double-spaced, unless your assignment instructs you otherwise.

**Indentation:** If an entry is longer than one line, use a hanging indent on the second line.

**Capitalization:** Capitalize only the first word of titles of books and journal articles. However, capitalize each word of names of journals (**Ex:** *Journal of Applied Behavior Analysis*). If there is a subtitle, capitalize the first word after the colon (**Ex:** *The good behavior game in preschool classrooms: An evaluation of feedback*).

**Organization:** All entries should be alphabetized by authors' last names.

## Sample Reference Entries

### Notes:

- Unlike MLA, APA Style does not require quotation marks around chapter or article titles in the References list.
- At a minimum, the reference for an internet source should provide a document title or description, a date (the date of publication; the date of retrieval is no longer required), and the **URL** is now preferred over DOI (digital object identifier).

### Book with a single author:

Author's last name & first initial(s). (Year of publication). *Title of work: Capital letter for subtitle*. Location: Publisher.

**e.g.:** Skinner, B. F. (1971). *Beyond freedom and dignity*. Middlesex, England: Penguin Books.

### Books with two to six authors:

List all authors by last names and initials maintaining the original order; separate the authors names with commas. The last author name should be preceded again by an ampersand (&).

Dattilo, J., & Kensinger, K. (2016). *Application of behavior analysis in leisure contexts: An introductory learning manual*. Urbana: Sagamore Publishing.

### Books with more than six authors:

List the first six authors by last names and initials, followed by an ellipsis (...) then the name of the last author in the listing.

Miller, F. H., Choi, M. J., Angeli, L. L., Harland, A. A., Stamos, J. A., Thomas, S. T., . . . Rubin, L. H. (2009). Web site usability for the blind and low-vision user. Chicago: Chicago University Press.

### Chapter in an edited work:

Author of chapter. (Year of publication). Chapter title. In Name(s) of editor(s) (Eds.). *Title of larger work*. (Edition information, pages of chapter). Location: Publisher.

Roy, A. (1995). Psychiatric emergencies. In H.I. Kaplan & B.J. Sadock (Eds.). *Comprehensive textbook of Psychiatry*. (6th ed., pp. 1739-1752). Baltimore, MD: Williams & Wilkins.

### Printed Journal article:

Author's last name, first initial(s). (Year of publication). Title of article: Capital letter for subtitle. *Title of Journal, volume number*(issue), page range.

Ledoux, S. F. (2004). An introduction to the philosophy called radical behaviorism. *Behaviorology Today*, 7(2), 37-41.

\*\*the volume number is italicized, followed by the issue number in parentheses but NOT italicized. Do not include a space between the volume number and issue number.\*\*

**Connors Writing Center**

Dimond Library 329 . UNH . writing.center@unh.edu 603-862-3272

**This page was adapted from:**

*Publication Manual of the American Psychological Association*, 5th edition, the UW-Madison Writing Center Online <<http://www.wisc.edu/writing/handbook/docAPA.html>>, and Diana Hacker's *A Writer's Reference*, 6th edition.

## Sample Reference Entries (Continued)

**Notes:** At a minimum, the reference for an internet source should provide a document title or description, a date (the date of publication - the date of retrieval is no longer required), and the DOI (digital object identifier) should now be listed as a **URL (\*preferred)**.

### Article from an Online Periodical with DOI Assigned:

Authors' last names & first initials. (Year of publication). Title of the article. *Title of Journal, volume*(issue), page range. <http://dx.doi.org/10.0000/0000>

Degue, S., Holt, M., Massetti, G., Matjasko, J., Tharp, A., & Valle, L. (2012). Looking ahead toward community-level strategies to prevent sexual violence. *Journal of Women's Health, 21*(1), 1-3. <https://doi.org/10.1089/jwh.2011.3263>

**\*Article From an Online Periodical with No DOI Assigned:** Online scholarly journal articles without a DOI require the URL of the journal home page. It is important to provide your readers with enough information to find the article.

Author's last name, first initial(s) (Year of publication). Title of article. *Title of Journal, volume*(issue [if available]). <http://www.journalhomepage.com/full/url/>

Kenneth, I. A. (2000). A Buddhist response to the nature of human rights. *Journal of Buddhist Ethics, 8*. <http://www.cac.psu.edu/jbe/twocont.html>

### Online Newspaper Article:

Author's last name, first initial(s). (Year, Month Day). Title of article. *Title of Newspaper*. <http://www.someaddress.com/full/url/>

Parker-Pope, T. (2008, May 6). Psychiatry handbook linked to drug industry. *The New York Times*. <http://www.nytimes.com>

### Nonperiodical Web Document, Web Page, or Report:

Author's last name, first initial(s). (Date of publication). *Title of document*. <http://Web address>

Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, M., Soderland, L., & Brizee, A. (2010, May 5). *General format*. <http://owl.english.purdue.edu/owl/resource/560/01/>

Sinozich, S., & Langton, L. (2014). *Rape and sexual assault victimization among college-age females, 1995-2013* (Report No. NCJ 248471). <https://www.bjs.gov/content/pub/pdf/rsavcaf9513.pdf>

**Connors Writing Center** Dimond Library 329 . UNH . [writing.center@unh.edu](mailto:writing.center@unh.edu) 603-862-3272

This page was adapted from:

*Publication Manual of the American Psychological Association*, 5th edition, the UW-Madison Writing Center Online <<http://www.wisc.edu/writing/handbook/docAPA.html>>, and Diana Hacker's *A Writer's Reference*, 6th edition.