

How to Cite Using APA Style

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# APA Documentation Tutorial

# What is APA?

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- APA = **American Psychological Association**
  - Publishes guidelines for preparing student research papers and projects and scholarly manuscripts in the social and behavioral sciences
  - “APA style” refers to a system of citing research sources

# Why Should I Cite?

1. Citing identifies sources used in a research paper or project
2. It gives credit to those researchers, authors, and writers whose words or ideas you borrow, acknowledging their role in shaping your research
3. It allows others to follow-up on or retrieve this material
4. To avoid charges of plagiarism

# What is Plagiarism?

Plagiarism is:

- The unacknowledged use or appropriation of another person's words or ideas
- A form of cheating or stealing
- A serious academic offense

\*When you borrow words or ideas from sources to support your argument or research, you **MUST** give proper credit. By crediting your sources, you avoid plagiarism. If you do not cite a source (intentionally or unintentionally), you are guilty of plagiarism.



# How Do I Cite?



There are two parts to citing according to APA style:

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1. Brief in-text citations (often in parentheses) within the body of your essay or paper
2. List of full citations in the “References” page at the end of your paper

*Note: Sources cited in the text must appear in the “References” page. Conversely, each entry in the “References” page must be cited in the text.*

# In-Text Citations

When citing sources in the body of your paper, include: 1) the author's LAST NAME and 2) the YEAR OF PUBLICATION. For example:

(Wasser, 2019)

Place the parenthetical reference at the end of the sentence BEFORE the punctuation mark.

Bedwetting emissions have been determined to consist mostly of two parts hydrogen to one part oxygen, plus assorted diurnal chemicals (Wasser, 2009).

# In-Text Citations, cont.

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When the author's name appears as part of your sentence (known as a “signal phrase”), do not use it again in the parenthetical citation. Just give the year of publication:

Wasser (2009) argues that bedwetting is ultimately a genetically predisposed behavior.

# In-Text Citations, cont. 2

- When there are two authors, name both authors every time their work is referenced in your paper:
- Among epidemiological samples, Selbst and Tikling (2018) found that early onset social anxiety disorder results from adverse parental responses to bedwetting.
- The study also showed that there was a high rate of alcohol and drug abuse associated with unresolved bedwetting issues (Selbst and Tikling, 2018).



# Other Citation Possibilities – 3 or More Authors

When there are 3 or more authors, use the first author's last name and "et al." for all the others. For ex:

In work with the Human Genome Project, Selbst et al. (2009) have identified the unique gene that contributes to bedwetting propensity.

In work with the Human Genome Project, a unique gene that contributes to bedwetting propensity have been identified (Selbst et al., 2009).



## Other Citation Possibilities – Organization as an Author or Unknown Author

If the author is a group (e.g., corporation, association, government agency), use the entire name in the in-text citation the first time. If the organization has a well-known abbreviation, the abbreviation can be used subsequently. For ex:

According to government figures, boys are 35% more likely across the socio-economic spectrum than girls to wet their beds (National Institute of Mental Health, 2020).

Next instance: (NIMH, 2020)

When a work has no identified author, cite the first few words of the reference list entry. For ex:

Bedwetters also wet couches (“IKEA Report,” 2015).

# Other Citation Possibilities, 2 or More Sources & Direct Quotations

When referring to more than one source in your in-text citation, place them alphabetically, separated by a semicolon.

Primary enuresis in young children is the expression of auto-erotic pleasure (Freud 1901; Jung 1905).

When citing a specific part of a source (e.g., chapter, figure, table or equation) or directly quoting, indicate the page number.

In a letter to Freud, Ferenczi wrote, “I believe that syphilis leads to erythrophobia only in those people who in their childhood had to energetically suppress their rage toward their parents because of unjust punishment [especially because of punishment for *enuresis*]” (Brabant et al., 1992, p. 271).

Jung establishes the significance of the father in the development of enuresis in young children (1916, chapter 3).

# Other Citation Possibilities, Electronic Sources

Treat electronic sources the same as print sources. Direct quotations from e-sources which don't have page numbers are referenced by paragraph or heading and paragraph number (if available).

Eiberg et al. (2015) concluded in a Danish study that “nocturnal enuresis, or nightly bedwetting in children more than seven years of age affects about 10% of seven-year-old children, with a wide range of frequencies between populations” (para. 4).

A recent Italian study found that “the prevalence of enuresis was higher when the child was from a family of low socio-economic status despite the child's age group” (Chiozza et al., 2012, “Results,” para. 3).

## Long (Block) Quotations

If your direct quotation is 40 words or more, it is considered to be a long quote and must be written as a free standing “block.” This means each line of your quotation must be indented 0.5 inch from the left margin.

# Long Quotation, Example

20 min of either meditation, progressive muscle relaxation, or waiting as a control condition. Students exposed to meditation and progressive muscle relaxation recovered more quickly from subsequent stressors than did students in the control condition. Rausch et al. (2006) concluded the following:

A mere 20 min of these group interventions was effective in reducing anxiety to normal levels

. . . merely 10 min of the interventions allowed [the high-anxiety group] to recover from the

stressor. Thus, brief interventions of meditation and progressive muscle relaxation may be

effective for those with clinical levels of anxiety and for stress recovery when exposed to brief,

transitory stressors. (p. 287)

# References List

- The References list appears at the end of your paper on its own page.
- Everything you referenced in your text must be listed in your References list .
- Conversely, everything you list in the References list must be cited in the body of your paper.
- The References list provides the information needed for a reader to find and retrieve any source used in your paper.

# Sample References page (APA, 7<sup>th</sup> ed.)

The image shows a sample APA 7th edition references page. On the left side, there are four callout boxes with arrows pointing to specific entries in the references list. The callouts are: 'book reference, 10.2' pointing to the first entry; 'report reference, 10.4' pointing to the second entry; 'journal article reference, 10.1' pointing to the third entry; and 'YouTube video reference, 10.12' pointing to the last entry. The references list itself is centered on the page and contains ten entries, each with a different format: a book, a report, two journal articles, a manual, a review, and a video.

**References**

book reference, 10.2 → Achterberg, J. (1985). *Imagery in healing*. Shambhala Publications.

report reference, 10.4 → American Psychological Association. (2017). *Stress in America: The state of our nation*.  
<https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

journal article reference, 10.1 → Baider, L., Uziely, B., & Kaplan De-Nour, A. (1994). Progressive muscle relaxation and guided imagery in cancer patients. *General Hospital Psychiatry, 16*(5), 340–347. [https://doi.org/10.1016/0163-8343\(94\)90021-3](https://doi.org/10.1016/0163-8343(94)90021-3)

Ball, T. M., Shapiro, D. E., Monheim, C. J., & Weydert, J. A. (2003). A pilot study of the use of guided imagery for the treatment of recurrent abdominal pain in children. *Clinical Pediatrics, 42*(6), 527–532. <https://doi.org/10.1177/000992280304200607>

Bernstein, D. A., & Borkovec, T. D. (1973). *Progressive relaxation training: A manual for the helping professions*. Research Press.

Bottomley, A. (1996). Group cognitive behavioural therapy interventions with cancer patients: A review of the literature. *European Journal of Cancer Cure, 5*(3), 143–146.  
<https://doi.org/10.1111/i.1365-2354.1996.tb00225.x>

Cohen, M., & Fried, G. (2007). Comparing relaxation training and cognitive-behavioral group therapy for women with breast cancer. *Research on Social Work Practice, 17*(3), 313–323.  
<https://doi.org/10.1177/1049731506293741>

Cunningham, A. J., & Tocco, E. K. (1989). A randomized trial of group psychoeducational therapy for cancer patients. *Patient Education and Counseling, 14*(2), 101–114.  
[https://doi.org/10.1016/0738-3991\(89\)90046-3](https://doi.org/10.1016/0738-3991(89)90046-3)

YouTube video reference, 10.12 → Freebird Meditations. (2012, June 17). *Progressive muscle relaxation guided meditation* [Video]. YouTube. [https://www.youtube.com/watch?v=FDZI-4udE\\_o](https://www.youtube.com/watch?v=FDZI-4udE_o)



# Sample References page (APA, 7<sup>th</sup> ed.)

\*Sources are listed alphabetically  
and the entire page is double spaced  
in 12-pt font

Title “References” is centered  
at the top of the page

## References

book reference, 10.2

Achterberg, J. (1985). *Imagery in healing*. Shambhala Publications.

report reference, 10.4

American Psychological Association. (2017). *Stress in America: The state of our nation*.

<https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

journal article reference, 10.1

Baider, L., Uziely, B., & Kaplan De-Nour, A. (1994). Progressive muscle relaxation and guided imagery in cancer patients. *General Hospital Psychiatry, 16*(5), 340–347. [https://doi.org/10.1016/0163-8343\(94\)90021-3](https://doi.org/10.1016/0163-8343(94)90021-3)

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Bottomley, A. (1996). Group cognitive behavioural therapy interventions with cancer patients: A review of the literature. *European Journal of Cancer Care, 5*(3), 143–146. <https://doi.org/10.1111/i.1365-2354.1996.tb00225.x>

Cohen, M., & Fried, G. (2007). Comparing relaxation training and cognitive-behavioral group therapy for women with breast cancer. *Research on Social Work Practice, 17*(3), 313–323. <https://doi.org/10.1177/1049731506293741>

Cunningham, A. J., & Tocco, E. K. (1989). A randomized trial of group psychoeducational therapy for cancer patients. *Patient Education and Counseling, 14*(2), 101–114. [https://doi.org/10.1016/0738-3991\(89\)90046-3](https://doi.org/10.1016/0738-3991(89)90046-3)

YouTube video  
reference, 10.12

Freebird Meditations. (2012, June 17). *Progressive muscle relaxation guided meditation* [Video].

YouTube. [https://www.youtube.com/watch?v=FDZI-4udE\\_o](https://www.youtube.com/watch?v=FDZI-4udE_o)

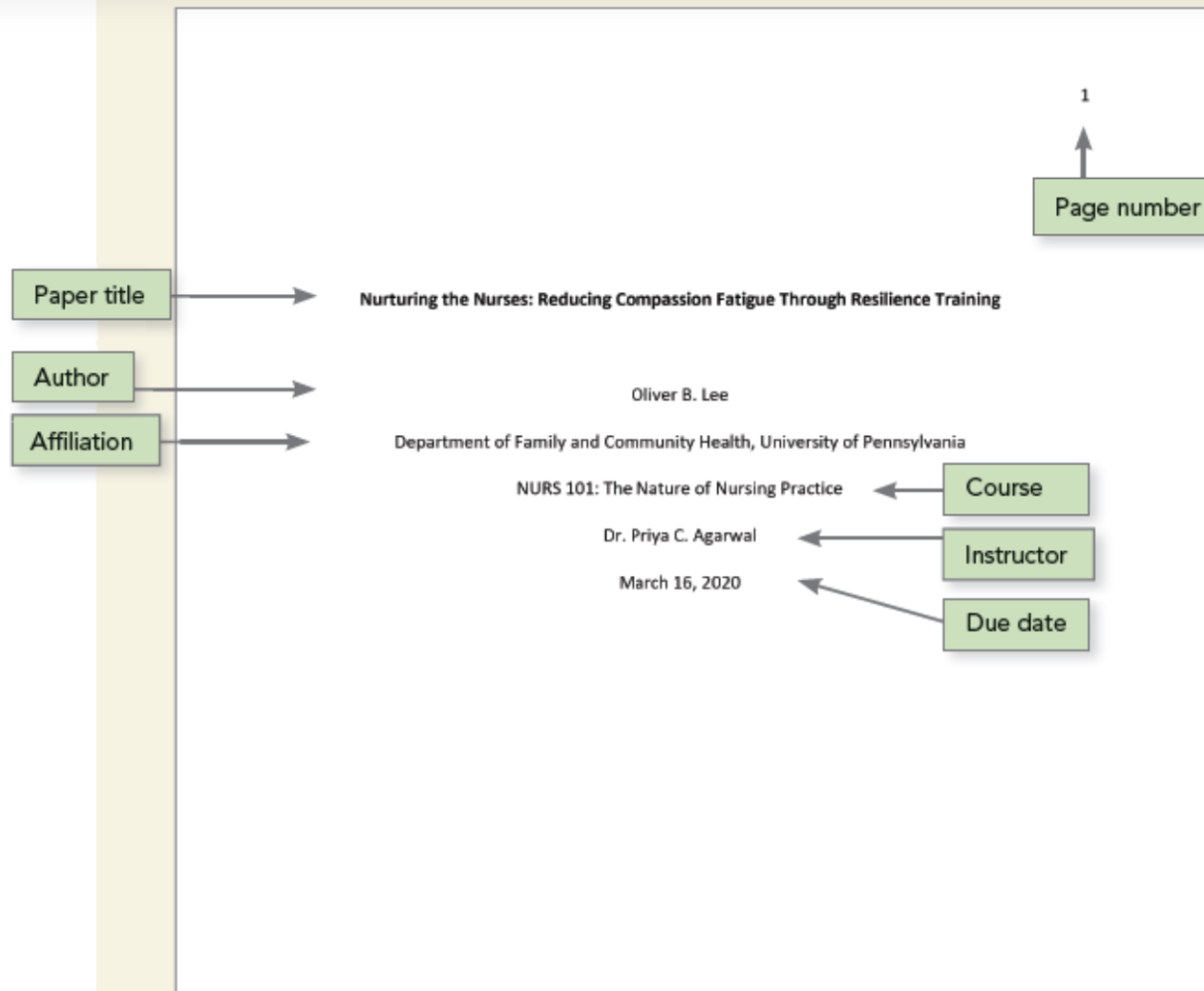
Indent all lines after  
the first ½ inch for  
each reference  
listed

All citations end  
in a period (.),  
except those  
with a URL

# Title Page & Running Header

Student Paper \*APA, 7<sup>th</sup> ed

See: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/title-page>



# General Tips: Print Resources

Author's last name first, then his first (and middle) name(s) abbreviated

**Camplone, A.**

If more than one author, but no more than twenty, list all authors, separated by a comma and connecting the last with an ampersand

**Schulman, S. L., Colish, Y., von Zuben, F. C., & Kodman-Jones, C.**

Titles of books are italicized (only the first word in title) and after a colon (only the first word in the secondary title). The entire periodical titles are capitalized

**[BOOK] *Water world: Enuresis, the wet and dry of it.***

**[PERIODICAL] *Clinical Pediatrics***

Article and chapter titles appear in regular font with same rules for capitalization

**To treat bed-wetting, healthy doses of patience.**

*\*If available, APA 7 requires a DOI for all works that have one —print or digital*

# More Tips: Print Resources with Editors as Authors & Book by Corporate Authors

## **Editors as authors**

Leitch, M. G., & Rushton, C. J. (Eds.). (2019). *A new companion to Malory*. D. S. Brewer.

\*Include DOI as a URL (if available)

## **Book by a corporate author**

Bureau of International Organization Affairs. (2018). *U.S. contributions to international organizations, 2017* [Annual report]. U.S. Department of State.

# General Tips: Journal Articles

- Authors are named with last name followed by initials
- Publication year goes between parentheses, followed by a period
- The title of the article is in sentence-case (only the first word and proper nouns are capitalized)
- The periodical title is in title case, followed by the volume number which is also italicized
- Include DOI, if available

Baniya, S., & Weech, S. (2019). Data and experience design: Negotiating community-oriented digital research with service-learning. *Purdue Journal of Service-Learning and International Engagement*, 6(1), 11-16. <https://doi.org/10.5703/1288284316979>

# Examples of Articles in a Magazine or Newspaper

## **Article in a Magazine**

Vance, J. W. (2020, Oct). She warned us: Ginsburg's dissent on voting rights foretold the future. *Time*, 135(17), 14-18.

## **Article in a Newspaper**

Schultz, S. (2005, December). Calls made to strengthen state energy policies. *The Country Today*, 1A, 2A.

# General Tips: Electronic Sources

- If the page names an individual author or a group/organization, cite their names first
- If the page's author is not listed, start with the title instead
- If the date of publication is not listed, use the abbreviation (n.d.).
- For websites, give the name of the organization followed by the date and the title. If no title, provide a brief explanation of what type of data in brackets. Include the URL and the retrieval date if there is no publication date

# Examples of Electronic Sources

## Online Content with an individual author or group author

Price, D. (2018, March 23). *Laziness does not exist*.

Medium. <https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01>

American Society for the Prevention of Cruelty to Animals. (2019, November 21). *Justice served: Case closed for over 40 dogfighting victims*. <https://www.asPCA.org/news/justice-served-case-closed-over-40-dogfighting-victims>

## Online content without a date

National Alliance on Mental Illness. (n.d.). *Mental health conditions*. <https://www.nami.org/Learn-More/Mental-Health-Conditions>



# Electronic Books

It is not necessary to note if the item is an eBook or audiobook when the content is the same as a physical book. Distinguish between the eBook or audiobook and the print version only if the content is different or abridged, or you want to cite the narrator of an audiobook. See following templates:

Lastname, F. M. (Year). *Title of book*. Publisher. URL

Lastname, F. M. (Year). *Title of book* [eBook edition]. Publisher. URL

Lastname, F. M. (Year). *Title of book* (N. Narrator, Narr.) [Audiobook]. Publisher. URL (if applicable)



# APA Standard Formatting

- Margin (1" for entire document, ½" for indenting paragraph )
- Text Formatting (12 pt font, spacing, etc.)
- Page Header (running head)
- Title Page
- References (alphabetized, hanging indent)

# APA Resources

APA Website – <https://apastyle.apa.org>

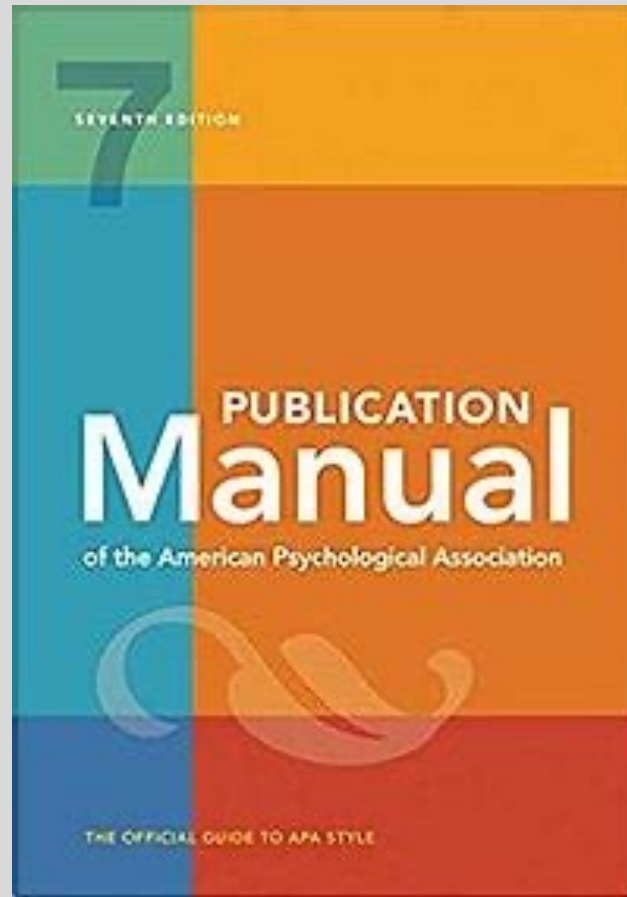
APA Style Blog –  
<https://apastyle.apa.org/blog>

Academic Writer -  
<https://digitalllearning.apa.org/academic-writer>

APA Sample Student Paper –  
<https://apastyle.apa.org/style-grammar-guidelines/paper-format/student-annotated.pdf>

APA Sample Professional Paper –  
<https://apastyle.apa.org/style-grammar-guidelines/paper-format/professional-annotated.pdf>

If you come across anything not mentioned in this presentation or need further information, consult the *Publication Manual of the APA, 7th ed.*



***Publication manual of the American Psychological Association: the official guide to APA style. (Seventh edition.). (2020). American Psychological Association.***