Citation Using the A.P.A. Format 7th Edition 2020

The A.P.A (American Psychological Association) format is used by courses such as science and psychology, fields where it is important to know that information is recent.

Formatting information and accompanying tables and figures are from:

American Psychological Association. (2020). *Publication manual of the American Psychological*

   Association (7th ed). https://doi.org/10.1037/0000165-000
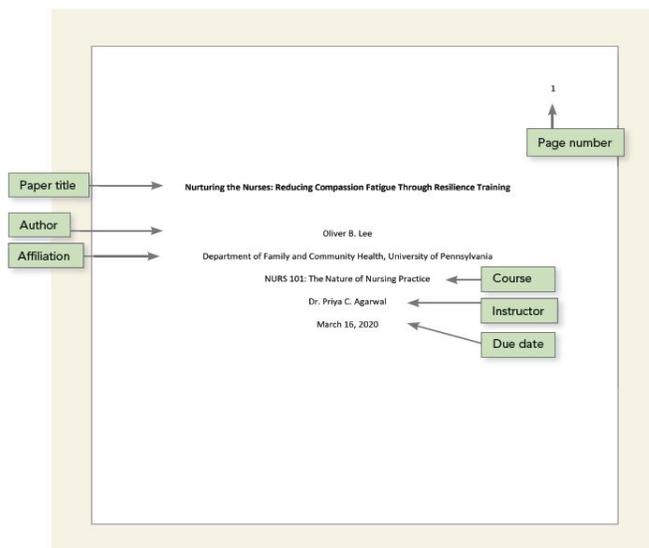
Additional examples and clarifications are from:

Myers, M., Paiz, J., Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, M.,…Keck, R.

   (2019, December 20). *General format*. Purdue Online Writing Lab.

   https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_g

   uide/general_format.html

Format for a Title Page

- recommended fonts: 11-point Calibri, 11-point, Arial, 10-point Lucida Sans Unicode, 12-point, Times New Roman, 11-point Georgia, or 10-point, Computer Modern1
- 1 iin. margins on all sides
- Title, author name(s), course name, instructor name, assignment due date positioned in the upper-middle of the page (3 or 4 lines below the top of the page)
- Centred and double spaced
- Not bold or italic, except for the paper title
- Page number (starting at 1) in the top right
- Corner inserted using the automatic page numbering function of your word-processing program
- No running head2

General Rules for References

- Begin the reference list on a new page after the text of your essay. Place the section label **References** centered at the top of the page and in bold
- The list is **alphabetical** by author's surname; and the initial of the author's first name
- Organize several works by the same author are by year of publication, earliest listed first
- Give the last name and first/middle initials for all authors of a particular work up to and including 20 authors**.** Separate each author's initials from the next author in the list with a comma. Use an ampersand (&) before the last author's name. If there are 21 or more authors, use an ellipsis (but no &) after the 19th author, then add the final author's name.
- If there is no author, use the first word of the work's title to alphabetize the entry
- Each entry usually contains the following **four elements**: author, date, title and source--all that is necessary for unique identification and library search (see more below)
- A period appears after each reference element except for after a DOI or URL as it may interfere with link functionality
- For the title of a work that stands alone (book, journal, podcast, etc.) use *italics*
- **Do not use** italics for a work that is part of a greater whole (title of a journal article, chapter or poem in a book etc.);
- Abbreviations for parts of books and other publications are to be used (ed. for edition; 2nd, 3rd, etc. for numbered editions; Rev. ed. for Revised edition; Ed. or Eds. for editor; Trans. for translator, n.d. for no date; p. or pp. for page; Vol. for volume; No. for number;
- Capitalize **ONLY** the first word of the title and subtitle (if applicable) **and proper nouns**
- The Reference list must be **double spaced** within the entry and between each entry
- **Second and subsequent lines** of each entry are **indented** one tab from the left margin
- Because a Reference list includes only references that document the article and provide data that can be recovered by the reader, do not include in the list personal communications such as letters, memos and informal electronic communications (email etc.).; instead, cite personal communications only in the text of your essay

General Rules for Parenthetical (Embedded) In Text Citations

- References in your essay must point to **specific sources** in the References page
- References are cited in the text with an author-date citation system, a comma separating the two parts of the citation. Use only the last name(s) of the author (s) and only use the year as date of publication. If the publication date is more specific, that information goes in the Reference list page. In-text Example: (Smith, 2009). If there are page numbers for your source they are included as well (Smith, 2009, p. 40) or (Smith, 2009, pp. 40-44)
- If the author's name appears in the sentence outlining or introducing the information, only the year of publication appears in parentheses; Example: Kessler (2003) found that among epidemiological samples….
- If a work has two authors, cite both names each time the reference occurs in the essay; Example: Smith and Wesson (1999) found in their study of ballistics…..
- If a work has three or more authors, in the text of your essay include the first author's name plus "et al." Example: Kosslyn et al. (2008) demonstrated…..
- If a work has no identified author, cite the source by its title in your essay, or use the first word or two in the parenthetical/embedded citation. Titles of books and reports are italicized; titles of articles, chapters, and web pages are in quotation marks. Capitalize important words in titles in your essay, but not in the Reference list. Example: A similar study was done of students learning to format research papers ("Using Citations," 2001). **Note that quotation marks are not used around the title in the Reference list**

Principles of Reference List Entries

A reference generally has **four** elements: author, date, title and source. Each element answers a question:

Author: who is responsible for this work?

Date: when was this work published?

Title: what is the work called?

Source: where can I retrieve this work?

Considering these four questions will help you create a reference for any type of work. Sometimes reference elements are missing or unknown and the References list entry must be adapted.

The following is a selection of the types of sources you may need to reference as you write your essay. Included as well is what the embedded/parenthetical reference looks like. **After this section, you will find a more complete "how to" guide for parenthetical (embedded) citations.**

The **Purdue** guide is a great reference if you have a type of source not found in the examples provided. You can find the Purdue guide at https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/reference_list_author_authors.html

TYPE OF SOURCE	PARENTHETICAL REFERENCE
A work by one author, in this case a book	
Author's last name and first name initial. (Date of Publication). *Title of source.* Publisher. Notice that the & symbol replaces the word "and" in the publisher information.	
Brown, E. (2013). *Comedy and the feminine middlebrow novel*. Pickering & Chatto.	(Brown, 2013, p.24)
A work with an author and an editor	
Author's last name and first name initial. (Date of Publication). *Title of the source.* (Editor's first name initial. Last Name, Ed. or Eds.). Publisher.	(Meadows, 2008)
Meadows, D,H. (2008). Thinking in systems: A primer (D. Wright, Ed.). Chelsea Green Publishing.	
A work by two authors	
List by their last names and initials. Separate author names with a comma.Use the ampersand instead of "and."	
Last name, first initial(s) & next author's last name, first initial(s). (Date of Publication). Title of article. *Title of Source*, volume and pages if provided. Url or doi if applicable.	

Soto, C. J., & John, O. P. (2017). The next big five inventory (BFI-2): Developing
 	
    and assessing a hierarchical model with 15 facets to enhance bandwidth,
 	
    fidelity, and predictive power. *Journal of Personality and Social Psychology,*
 	
    113(1), 117-143. **http://dx.doi.org/10.1037/pspp0000096**
	(Soto & John, 2017)

A work by three to twenty authors	
List by last names and initials; commas separate author names, while the last author name is preceded again by &	

Nguyen, T., Carnevale, J. J., Scholer, A. A., Miele, D. B., & Fujita, K. (2019).
 	
    Metamotivational knowledge of the role of high-level and low-level construal in
 	
    goal-relevant task performance. *Journal of Personality and Social Psychology,*
 	
    117(5), 879-899. http://dx.doi.org/10.1037/pspa0000166
	(Nguyen et al. 2019, pp. 888-89)

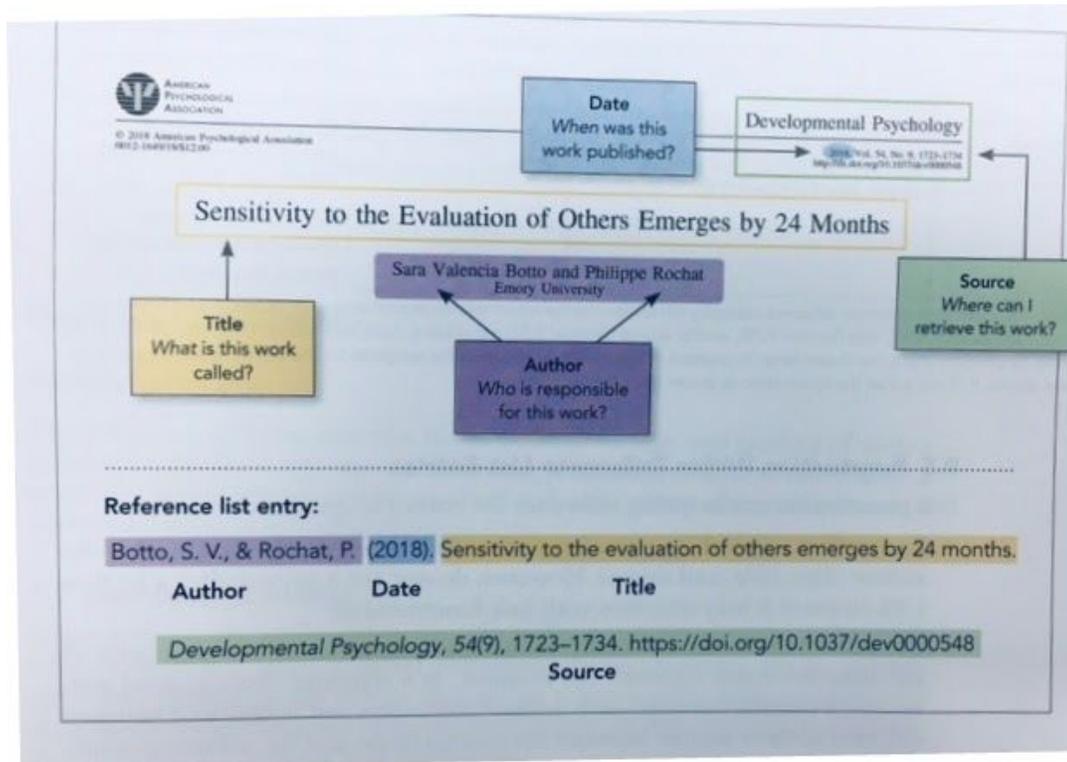|	
A work by more than twenty authors	
List by last names and initials; commas separate author names. After the first 19 authors' names, use an ellipsis in place of the remaining author names. Then, end with the final author's name (do not place an & before it). There should be no more than twenty names in the citation in total.	
Pegion, K., Kirtman, B. P., Becker, E., Collins, D. C., LaJoie, E., Burgman, R., Bell, R., DelSole, R., Min, D., Zhu, Y., Li, W., Sinsky, E., Guan, H., Gottschalck, J., Metzger, E. J., Barton, N. P., Achuthavarier, D., Marshak, J., Koster, R., . . . Kim, H. (2019). The subseasonal experiment (SubX): A multi-model subseasonal prediction experiment. *Bulletin of the American Meteorological Society*, *100*(10), 2043-2061. https://doi.org/10.1175/BAMS-D-18-0270.1	(Pegion et al., 2019, pp. 2055-2057)
A work by a corporate author	
Sometimes a corporation, government agency, or organization may be the author. Or in the case of a reference source without a credited author, the author is considered a group author. Treat the organization the same as you would an individual author. Notice that the word **In** precedes the title of the source.	
Merriam-Webster. (2008). Braggadocio. In *Merriam-Webster's Advanced Learner's English Dictionary*. Merriam-Webster.	(Merriam-Webster, 2008)
Heart and Stroke Foundation of Canada. (2018). A Fighting Chance. *Heart and stroke Canada*, https://www.heartandstroke.ca/women	(Heart and stroke)
A republished book, ebook or audiobook	
If the new version has been edited and/or translated from the original, provide those names after the title in parentheses. If an audiobook was released in a different year than the text version of the book, treat the audiobook as republished. Square brackets are used to identify that the source is an audiobook.	Original publication and publication of new source are both included
Freud, S. (2010). *The interpretation of dreams: The complete and definitive text* (J. Strachey, Ed. & Trans.). Basic Books. (Original work published 1900)	(Freud, 1900/2010)
Rowling, J.K. (2015). *Harry Potter and the sorcerer's stone* (J. Dale, Narr.) [Audiobook]. Pottermore Publishing. http://bit.ly/2TcHcz (Original work published 1997)	(Rowling, 1997/2015)

A Chapter in an edited book

The title of the chapter is not italicized. Editor information goes after the author information but before the source title. Notice the word **In** is used before the editors' names.

Burnard, B. (2001). In C.Shields & M. Anderson (Eds.) *Dropped threads: What we*

    aren't told (41-50), Vintage P.

(Burnard, 2001)

Finding the reference elements for a journal or periodical

A Journal/Periodical Article with a DOI (digital object identifier)

The doi is used instead of a url. No period after the doi so it doesn't interfere with the link working. Include the volume and edition (in parentheses), followed by page numbers.

McCauley, S. M., & Christiansen, M.H. (2019). Language learning as language

    Use: A cross-linguistic model of child language development. *Psychological*

    Review, 126 (1), 1-51. https://doi.org/10.1037/rev0000126

(McCauley & Christansen, 2019)

A journal/periodical, magazine or newspaper article without a DOI, from an academic research databases	(Carlson, 2014, p. 335)
Unlike the 6th edition, APA 7 does not require the database name or url for academic databases such as EBSCO	
Carlson, K.M. (2014). Political failure, judicial opportunity: The Supreme Court of Canada and Aboriginal and treaty rights. *American Review of Canadian Studies,* 44(3), 334-346.	
An online encyclopedia	(Viola Desmond, 2020)
Author if provided. Name of article. (Publication date). *Name of Encyclopedia.* "Retrieved" Month day, year "from" url	
Viola Desmond. (2020). *Encyclopædia Britannica*. Retrieved February 26, 2020 from https://school.eb.com/levels/high/article/Viola-Desmond/625911	(Lorinc, 2009)
A magazine article	
Author's last name, author's first name initial. Year of publication. Title of article. *Title of magazine* (in italics).Volume (issue in brackets), page number(s).	
Lorinc, J. (2009). Wind power for Everyman. *Canadian Geographic,* 129 (3), 40.	
A newspaper article (online)	
Note that the date order is year, Month and day	(Guarino, 2017)
Guarino, B. (2017, December 4th). How will humanity react to alien life? Psychologists have some predictions. *The Washington Post.* https://washingtonpost.com/news/speaking-of-science/wp/2017/12/04/how will Humanity-react-to-alien-life-psychologists-have-some-predictions	

A Webpage with an individual author	
Use this format only if there is no other source (such as a journal, blog) other than the website itself. When the author name and the site name are the same, omit the site name from the source element. Include a retrieval date only when the content is designed to change over time and the page is not archived.	
Author's last name, first name Initial. (Year, Month day). *Title of webpage article* (in italics). Publisher. url	
Martin Lillie, C.M. (2016, December 29). Be Kind to yourself: *How* *self-compassion can improve your resiliency*. *Mayo Clinic.* https://mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-compassion -can-improve-your-resilency/art-20267193	(Martin Lillie, 2016)
A Webpage on a website with no date	
When the author and the site name are the same, omit the site name from the source element. Use n.d. to stand for no date.	
National Nurses United. (n.d.). *What employers should do to protect nurses from* *Zika*. https:/www.nationanursesunited.org/pages/what-employers-should-do to-protect-rns-from-zika	(National Nurses United, n.d.)
A blog post	
Author's last name, author's first name initial. (year, Month day posted). Title of blog. *Source title* (in italics). url	
Klymkowsky, M. (2018, September 15). Can we talk scientifically about free will? *Sci-Ed*. https://blogs.plos.org/scied/2018/09/15/can-we-talk-scientifically- about-free-will/	(Klymkowsky, 2018)
A Film or Video	
The director is considered the author. The format or other descriptive information is enclosed in [ ], following the word "Film" and a semi-colon	
Director's last name, first name initial.(Director in parenthesis). (year of release). *Title of film* (in italics). [identification of film type]. Film Company name.	
Jackson, P. (Director). (2001). *The lord of the rings: The fellowship of the ring* [Film; four-disc special extended ed. On DVD]. WingNut Films; The Saul Zaentz Company.	(Jackson, 2001)

A TED Talk
 	
Giertz, S. (2018, April). *Why you should make useless things* [Video]. TED
 	
    Conferences. https://www.ted.com/talks/simone_giertz_why_you_should_
 	
    Make_useless_things
	(Giertz, 2018)

A YouTube video or other streaming video The person or group who uploaded the video is credited as the author for retrievability, even if they did not create the work. You can note the contributions of others who appear in the video in the content of your essay if you'd like. University of Oxford. (2018, December 6). *How do geckos walk on water?* [Video]. YouTube. https://www.youtube.come/watch?v=qm1xGfOZJc8	(University of Oxford, 2018)
A Single Song or Track If the song has no associated album, omit that part of the reference. Include a URL if that location is the only way of accessing the song (for artists who provide music in only one location). Artist's last name, first initial (if performer goes by more than one name). (Year of release). Name of song or video [identify performance type]. *Album Name* (in italics). Record Company name. Beyoncé. (2016). Formation [Song]. On *Lemonade.* Parkwood; Columbia.	(Beyoncé, 2016)
Clipart or stock image GDJ. (2018). Neural network deep learning primatic [Clip art]. Openclipart. https:// openclipart.org/details/309343/neural-network-deep-learning-prismatic	(GDJ, 2018)
A Photograph The source is the name of the site from which the photograph was retrieved. For an untitled photograph, include a description in square brackets in place of a title. Photographer's last name, photographer's first name initial. (year taken). [title of photograph or description if no title provided]. Webpage or publisher. Url if applicable Rinaldi, J. (2016). [Photograph series of a boy who finds his footing after abuse by those he trusted]. The Pulitzer Prizes.ttps://www.pulitzer.org/winners/jessica-rinaldi	(Rinaldi 2016)

Artwork (paintings, sculptures, photographs, drawings, prints, etc) Always include a description of the medium or format in [ ] after the title. For untitled art, include a description [ ] in place of a title. Wood, G. (1930). *American Gothic* [Painting]. Art Institute of Chicago, Chicago, IL, United States. https://www.artic.edu/aic/collections/artwork/6565	(Wood, 1930)

Artwork (paintings, sculptures, photographs, drawings, prints, etc)

Always include a description of the medium or format in [ ] after the title. For untitled art, include a description [ ] in place of a title.

References

(Remember that there is no end punctuation (.) for works that have a url link or doi)

Beyoncé. (2016). Formation [Song]. On *Lemonade.* Parkwood; Columbia.

Burnard, B. (2001). In C.Shields & M. Anderson (Eds.) *Dropped threads: What we*
aren't told (41-50), Vintage P.

Carlson, K.M. (2014). Political failure, judicial opportunity: The Supreme Court of
Canada and Aboriginal and treaty rights. *American Review of Canadian*
Studies, 44(3), 334-346.

Giertz, S. (2018, April). *Why you should make useless things* [Video]. TED
Conferences. https://www.ted.com/talks/simone_giertz_why_you_should_
Make_useless_things

Klymkowsky, M. (2018, September 15). Can we talk scientifically about free will?
Sci-Ed. https://blogs.plos.org/scied/2018/09/15/can-we-talk-scientifically-
about-free-will/

National Nurses United. (n.d.). *What employers should do to protect nurses from*
Zika. https:/www.nationanursesunited.org/pages/what-employers-should-do
to-protect-rns-from-zika

Rinaldi, J. (2016). [Photograph series of a boy who finds his footing after abuse by those he
Trusted]. The Pulitzer Prizes. https://www.pulitzer.org/winners/jessica-rinaldi

University of Oxford. (2018, December 6). *How do geckos walk on water?* [Video].
YouTube. https://www.youtube.come/watch?v=qm1xGfOZJc8

Viola Desmond. (2020). *Encyclopædia Britannica*. Retrieved February 26, 2020
from https://school.eb.com/levels/high/article/Viola-Desmond/625911

Embedded (Parenthetical) Citations: How to Write Them!

In order to avoid plagiarism, credit must be provided for all outside sources used in creating your essay. This includes:
- when you paraphrase (put in your own words) facts and ideas of others
- when you directly quote the words or others
- when you reprint or adapt a table or figure, or images from the internet
- when you reprint a long text passage or commercially copyrighted test item

It's important to remember that if you refer to someone's theory in an essay, you need to give that person credit. If a published study inspires you to conduct a similar study yourself, the individual(s) who created the original study needs to be credited.

A Direct Quotation-narrative style
This example introduces the authors within the sentence before the quotation. APA7 calls this a narrative citation. Note that the sentence's period always goes after the bracket ( ).

Biebel et al. (2018) noted that "incorporating the voice of students with psychiatric disabilities into supported education services can increase access, involvement, and retention" (p.299).

A Direct Quotation-parenthetical citation style
This example includes the author and year together in the parenthetical citation.

"Even smart, educated, emotionally stable adults believe superstitions that they recognize are not rational," as demonstrated by the existence of people who knock on wood for good luck (Riesen, 2016, p.202).

A Block Quotation (40 words or more)

If a quotation has forty words or more, do not enclose it in quotations. Provide an introduction which is a complete sentence punctuated by a colon (:), then begin a new line and tab in .5 each line. Double space the entire quotation. If there are additional paragraphs within the quotation, indent those paragraphs an additional .5. Either cite the source in parentheses after the quotation's final punctuation or cite the author and year in the narrative before the quotation and place only the page numbers in parentheses after the quotation's final punctuation. DO NOT add a period after the closing parenthesis in either case.

Example with parenthetical information at the end
Researchers have studied how people talk to themselves:

> Inner speech is a paradoxical phenomenon. It is an experience that is central to many
>
> people's everyday lives, and yet it presents considerable challenges to any effort to
>
> study it scientifically. Nevertheless, a wide range of methodologies and approaches
>
> have combined to shed light on the subjective experience of inner speech and its
>
> cognitive and neural underpinnings. (Alderson-Day & Fernyhough, 2015, p. 957)

Example with author and year in narrative (introduction)

Alderson-Day & Fernyhough (2015) examined how people talk to themselves:

> Inner speech is a paradoxical phenomenon. It is an experience that is central to many
>
> people's everyday lives, and yet it presents considerable challenges to any effort to
>
> study it scientifically. Nevertheless, a wide range of methodologies and approaches
>
> have combined to shed light on the subjective experience of inner speech and its
>
> cognitive and neural underpinnings. (p.957)

A Paraphrase

Paraphrasing someone's ideas or theories demonstrates your ability to summarize and synthesize, an important component of critical thinking! Cite the work you paraphrase in your essay using either the narrative or parenthetical format. Examples of both are found below. Although it is not required to provide a page number when citing a paraphrase, you may decide to include one if you think your instructor might want to locate the relevant passage. It's a good idea to check with your instructor if you're unsure. Don't forget that the end punctuation goes after the parentheses.

Example using narrative format (writer chooses to include page numbers)

Webster-Stratton (2016) described a case example of a 4-year old girl who showed an

insecure attachment to her mother; in working with the family dyad, the therapist focused on

increasing the mother's empathy for her child (pp.152-153).

Example using parenthetical format

Avid readers of science fiction and fantasy books are more likely than readers of other

genres to believe in futuristic scenarios--for example, that it will someday be possible to travel to

other galaxies or power a car on solar energy (Black et al., 2018).

Example of a paragraph using paraphrasing where more than one source is cited

Although many people believe schizophrenia is a relatively modern disease, in fact Swiss psychiatrist Eugen Bleuler introduced the term in 1908. Most cases of schizophrenia begin in the late teenage years or in the early years of adulthood. Approximately one percent of the population are schizophrenic. In the United States that translates to between 1.5 and two million people (Schizophrenia, 2020). Schizophrenia is challenging to diagnose as symptoms vary among sufferers, but they can be divided into three categories: :positive symptoms, which include hallucinations and delusions; negative symptoms, such as social withdrawal and a lack of enjoyment of day to day activities and brain related symptoms (Mattingly 2017). The invention of the CT scan in the late 1970s helped researchers discover that the brain of a schizophrenic has larger ventricles than someone who doesn't suffer from schizophrenia. This means that someone suffering from schizophrenia may have less brain tissue may hamper the individual's ability to pay attention and to remember things (Park 2003, p.94).