



WRITING CENTRE

APA Basic Format

- Always **double-space** your reference list
- Always **indent** the second and subsequent lines of a citation
- Always arrange your reference list by the author's last name
- Only use the first and middle initials of the author's name, do not type out the full name!
- If the article or book has multiple authors, you must list all of them up to 7!
- Use the & symbol before the last author's name, do not type out the word "and."
- Always *italicize* the journal or magazine title and the volume number
- Always *italicize* the book title.
- Only capitalize the first word, first word of a subtitle, or proper nouns in an article or book title.
- Make sure you know the format of the item you are citing (print or electronic).

CITING BOOKS:

Printed Book:

Author, A. A. (year). *Title of book*. Location: Publisher.

Robinson, D. N. (1992). *Social discourse and moral judgment*. San Diego, CA: Academic Press.

E-Book:

Author, A. A. (year). *Title of book*. Retrieved from URL (or doi number)

Bernstein, M. (2002). *A list apart: for people who make websites*. Retrieved from <http://www.alistapart.com/articles/writeliving>

Book Chapter:

Author, A. A. (year). Chapter title. In author, *Book Title* (pp.xx-xx). Location: Publisher

O'Neil, J. M., & Egan, J. (1992). Men's and women's gender role journeys: Metaphor for healing, transition, and transformation. In B.R. Wainrib (Ed.), *Gender Issues Across the Life Cycle* (pp. 107-123). New York, NY: Springer.

CITING PRINT JOURNAL/MAGAZINE/NEWSPAPER ARTICLES:

Article from a Journal:

Author, A. A. (year). Title of article. *Title of Journal*, vol # (issue #), pp–pp.

Kernis, M. H. (1993). There's more to self-esteem than whether it is high or low: The importance of stability of self-esteem. *Journal of Personality and Social Psychology*, 65(3), 1190–1204.

Magazine Article:

Author, A. A. (year, month). Title of article. *Title of Magazine*, vol #(issue#), pp–pp.

Chamberlin, J., Novotney, A., Packard, E., & Price, M. (2008, May). Enhancing worker well-being: Occupational health psychologists convene to share their research on work, stress, and health. *Monitor on Psychology*, 39(5), 26–29.

Newspaper Article:

Author, A. A. (year, month day). Title of article. *Title of Newspaper*, pp–pp.

Schwartz, J. (1993, September 30). Obesity affects economic, social status. *The Washington Post*, pp. A1, A4.

CITING ELECTRONIC JOURNAL/MAGAZINE/NEWSPAPER ARTICLES:

*Before you cite an electronic article you need to know if the electronic article has a **DOI (digital object identifier)**.

If the article does have a DOI follow the examples for citing a print source and add the DOI information at the end of the citation.

Herbst-Damm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 225–229. doi:10.1037/0278-6133.24.2.225

Stultz, J. (2006). Integrating exposure therapy and analytic therapy in trauma treatment. *American Journal of Orthopsychiatry*, 76, 482–488. doi:10.1037/0002-9432.76.4.482

If the article does not have a DOI give the URL of the journal/magazine/newspaper homepage.

Clay, R. (2008, June). Science vs. ideology: Psychologists fight back about the misuse of research. *Monitor on Psychology*, 39(6). Retrieved from <https://www.apa.org/monitor>

Hager, M. H. (2007). Therapeutic diet order writing: Current issues and considerations. *Topics in Clinical Nutrition*, 22(1), 28–36. Retrieved from <http://www.topicsinclinicalnutrition.com>

CITING INTERNET SOURCES:

Web Page:

Author, A. A. (date of last update). *Site title*. Retrieved from URL

U.S. General Accounting Office. (1997, February). *Telemedicine: Federal strategy is needed to guide investments*. Retrieved from
http://www.access.gpo.gov/su_docs/aces/aces160.shtml?/gao/index.html

Online Encyclopedias and Dictionaries:

Feminism. (n.d.). In *Encyclopædia Britannica online*. Retrieved from
<http://www.britannica.com/EBchecked/topic/724633/feminism>

APA IN-TEXT CITATION

APA in-text citation style uses the **author's last name** and the **year of publication**, for example: (Field, 2005).

If you include the author's name in the narrative you only need to include the year in parentheses.

Ex. Walker (2000) compared reaction times....

If you don't include the author's name in the narrative then you put it and the year in parentheses.

Ex. In a recent study of reaction times (Walker, 2000)

Work by Single Author

Ex. Walker (2000) compared reaction times....

Ex. In a recent study of reaction times (Walker, 2000)

Work by Multiple Authors:

If your article, book or web site has 1 or 2 authors you must always use both of them in your in-text citations.

Ex. as has been shown (Joreskog & Sorbom, 1989)

If your work has 3, 4, or 5 authors you must cite all the authors for the first in-text citation. If you cite that work again you only list the first author and then use et al.

Ex. this was found to be true (Wasserstein, Zappulla, Rosen, Gerstman, & Rock, 1994)

Ex. The testing was concluded in 1985 (Wasserstein et al., 1994)

If your work has 6 or more authors you must cite the first author and then use et al.

Ex. Davis et al. (1999) found that...

Ex. According to the study (Davis et al., 1999)

Direct Quotations:

If you use a direct quotation in your paper you must say what page (if an article) or paragraph (if a web site) the quotation came from.

Ex. (Potter & Buss, 1981, p. 332)

Ex. (Myers, 2000, para. 5)

APA REFERENCE LIST EXAMPLE:

References

- Chamberlin, J., Novotney, A. Packard, E., & Price, M. (2008, May). Enhancing worker well-being: Occupational health psychologists convene to share their research on work, stress, and health. *Monitor on Psychology, 39*(5), 26–29.
- Hager, M. H. (2007). Therapeutic diet order writing: Current issues and considerations. *Topics in Clinical Nutrition, 22*(1), 28–36. Retrieved from <http://www.topicsinclinicalnutrition.com>
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- Klimoski, R., & Palmer, S. (1993). The ADA and the hiring process in organizations. *Consulting Psychology Journal: Practice and Research, 45*(2), 10–36.
- Norton, R. (2006, November 4). How to train a cat to operate a light switch [Video file]. Retrieved from <https://www.youtube.com/watch?v=Vja83KLQXZs>
- O'Neil, J. M., & Egan, J. (1992). Men's and women's gender role journeys: Metaphor or healing, transition, and transformation. In B. R. Wainrib (Ed.), *Gender issues across the life cycle* (pp.107–123). New York, NY: Springer.
- Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. Retrieved from <http://www.ebookstore.tandf.co.uk/html/index.asp>
- Stultz, J. (2006). Integrating exposure therapy and analytic therapy in trauma treatment. *American Journal of Orthopsychiatry, 76*, 482–488. doi:10.1037/0002-9432.76.4.482
- U.S. General Accounting Office. (1997, February). *Telemedicine: Federal strategy is needed to guide investments*. Retrieved from http://www.access.gpo.gov/su_docs/aces/aces160.shtml?/gaol/index.html