Section 1: In-Text Citations

Two Options for In-Text Citations

Option 1: Author’s Name and Publication Year in Front, Page Number in Back
Critser (2019) noted that despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (p. 5).

Option 2: Author’s Name, Year, and Page Number in Back
This option is often used for a paraphrase or summary.

Sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (Yanovski, 2018, p. 594).

Special In-Text Citation Situations

No Author
Use the title of the source in front or a shortened version of the source’s title in back.

Children struggling to control their weight must also struggle with the pressures of television advertising that, on the one hand, encourages the consumption of junk food and, on the other, celebrates thin celebrities (“Television,” 2014).

No Date
Put the abbreviation “n.d.” where the date would be.

Attempts to establish a definitive link between television programming and children’s eating habits have been problematic (Magnus, n.d.).

No Page Number
Give a paragraph number with the abbreviation “para.” (even if they’re not numbered). If the article has section headings, then use the section heading along with paragraph numbers.

Hoppin and Taveras (2010) pointed out that several other medications were classified by the Drug Enforcement Administration as having the “potential for abuse” (Weight-Loss Drugs section, para. 6).

Two Authors
Name both authors each time; use “and” in front, “&” in back.

According to Sothern and Gordon (2009), “Environmental factors may contribute as much as 80% to the causes of childhood obesity” (p. 104).

Three to Five Authors
Identify all authors the first time you use them; after that, use the first author plus “et al.”
Berkowitz, Wadden, Tershakovec, and Cronquist (2009) concluded, “Sibutramine must be carefully monitored in adolescents, as in adults, to control increases in blood pressure and pulse rate” (p. 1811).

Six or More Authors
Always use the first author’s name followed by “et al.”

McDuffie et al. (2019) found orlistat to be most effective in the study (p. 7).

Organization as Author
Name the organization in the signal phrase or in the parentheses the first time you cite the source and use a familiar acronym thereafter.

Obesity puts children at risk for a number of medical complications, including Type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2010, p. 1).

Section 2: References List Entries

Basic Item Order in an APA References List Entry
Generally, references follow one of the patterns below. The first is for a book, the second for an article.

Author’s Last Name, Initial. (Year). Title of book. Place of Publication: Publisher.

Author’s Last Name, Initial. (Date). Title of article. Title of Publication, volume(issue), page range. DOI

If you don’t have an author, then simply start with the title followed by the year. For an online source, use a digital object identifier (DOI) if available. If not, use “Retrieved from” and the URL.

Specific Examples of References List Entries

Basic Format for a Book

Organization as Author (and an Edition Other than the First)

Article in a Magazine (Print)

Article in a Magazine (Web)

Article in a Scholarly Journal (Online Database)

Short Works, Video Files, Blog Posts, and Other Miscellaneous Sources from Websites
If necessary to clarify the type of source, place a description in brackets after the title (Lee, 2010).

References
The content of this handout was adapted with changes/additions from the following source:

Additional source:

Section 3: Integrating Sources in APA

Three Ways to Cite Sources
Note: Introduce the material with a signal phrase that includes the last name of the author and place the page number in parentheses at the end of the sentence.

Quotation
Record another person’s exact words to preserve their accuracy or to relay especially vivid, well-phrased, or dramatic statements.

As Beal and Hochman (2017) reported, “Children of divorce have no choice. If the parent with whom they live, usually the mother, has to or wants to work, the children must pick up some of the slack. It doesn’t usually hurt them and, in fact, many adults of divorce . . . say that the arrangement worked amazingly well . . .” (p. 23).

Note: You may include the author’s last name along with the page number in parentheses if, for stylistic reasons, you choose to paraphrase or summarize material without direct mention of the author in a signal phrase.

Paraphrase
Restate another person’s ideas in your own words. A paraphrase is usually a sentence or two, is used for portions of a work, and does not necessarily condense the original version the way a summary does.

Many people who, as children of divorced parents, were raised in a single-parent home acknowledge that they gained skills that helped them mature as adults (Beal & Hochman, 2017, p. 23).

Summary
Concisely restate the main facts or ideas of a longer work: entire books, whole articles or essays, or portions of a work. When writing a summary, be brief, be accurate, and use your own words and style to express the idea.

According to researchers, children living with a divorced parent may benefit from extra responsibilities they must take on, and often progress faster into responsible adulthood than peers raised by married parents (Beal & Hochman, 2017, p. 23).

Note: When summarizing an entire book, article, or essay, page numbers are unnecessary. Example: (Beal & Hochman, 2017).
**Integrating Long Quotations**

When you quote forty or more words from a source, set off the quotation by indenting it one-half inch from the left margin. Use the normal right margin. Long quotations should be introduced by an informative sentence, usually followed by a colon. Quotation marks are unnecessary because of the indented format, and the period is placed at the end of the sentence instead of after the parenthetical reference.

**Example of a Long Quotation:**
In the article “Adult Children of Divorce,” Edward Beal and Gloria Hochman (2017) stated the following:

> Children of divorce have no choice. If the parent with whom they live, usually the mother, has to or wants to work, the children must pick up some of the slack. It doesn’t usually hurt them and, in fact, many adults of divorce, in retrospect, say that the arrangement worked amazingly well and propelled them on the road to competence and independence as an adult. (p. 23)

This passage augments the findings of the Galifianakis study: Children of divorce often grow up faster.

Note: Make sure the in-text citation matches a corresponding entry on the references page where you give the full publication information for each source. The references will be organized alphabetically by the author’s last name.

**DIVORCE’S PSYCHOLOGICAL EFFECTS**

References


The content of this section was adapted with changes from the following source:

**Section 4: Plagiarism!**

Plagiarism occurs when you intentionally or unintentionally give the impression that words or ideas from another person are your own. The best way to avoid plagiarism—a serious academic offense—is to make sure you have something to say about your topic first. Then follow the conventions of summarizing, paraphrasing, and quoting to give credit to the other people whose information you’re sharing with readers.

**Section 5: Page Formatting**

The following examples of APA page formatting are all in 12-point Times New Roman font and use double line spacing. This is the conventional style for an APA paper. Some instructors may allow other fonts, such as Calibri, but a 12-point size and double spacing remain standard.

**Title Page (Page 1) in APA Format**

The next page is an example of a properly formatted title page in APA. The author note at the bottom of the page is optional. Check to see if your instructor would like an author note on your title page.
Can Medication Cure Obesity in Children?

A Review of the Literature

Luisa Mirano

Yakima Valley College

Author Note

This paper was prepared for Ethnic Studies 101 taught by Doctor Strong.
Can Medication Cure Obesity in Children?

A Review of the Literature

In March, 2012, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona found a rising obesity rate of 15% among current American children. Since the 1980s...

References


This handout was created by the Writing Centers at YVC.

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Visit us at the [Writing Center’s homepage](http://www.hhs.gov/ asl/testify/t040302.html).