The APA Quotation Burger

Using quotes in your APA paper helps support the points you are making, but if you don’t set up a quote properly, it can confuse your audience. Your readers need to move from your words to the words of a source without feeling a jolt. One helpful analogy is a hamburger.

The Top Bun

Use a signal phrase. A signal phrase prepares your readers for what is coming. Here are some phrases for introducing quotations:

- X (2017) noted, “. . .” (p. 50).
- X (2019) advised, “. . .” (p. 3).
- In X’s view (2008), “. . .” (p. 11).
- X wrote (2019), “. . .” (p. 11).
- X explained (2012), “. . .” (p. 11).
- X argued (2016), “. . .” (p. 11).

The Meat

The meat is the quote itself. Choose words and phrases that help support your ideas. Be sure to quote the words exactly!

The Bottom Bun

You need to tell your reader why and/or how this quote connects to the point you are making in your paper and/or in the paragraph. Here are some sample phrases for explaining quotations:

- X reported that . . .
- In other words, X believed . . .
- This study revealed . . .
- These words suggested . . .
- X’s point was that . . .
- X’s findings have shown that . . .
Examples of the Quotation Burger

Critser (2013) 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 young” (p. 5). In other words, healthcare providers may currently be turning a blind eye to the growing and legitimate obesity epidemic.

According to Sothern and Gordon (2003), “Environmental factors may contribute as much as 80% to the causes of childhood obesity” (p. 104). This assertion, along with its data, sheds light on the fact that the home lives of children largely affect whether or not they will struggle with obesity.

The Henry J. Kaiser Family Foundation (2004) reported, “Obesity puts children at risk for a number of medical complications, including Type 2 diabetes, hypertension, sleep apnea, and orthopedic problems” (p. 55). This report provides a glimpse into the wide array of health complications that can occur due to childhood obesity.

Examples of Signal Phrase Verbs (APA requires past tense or present perfect tense)

acknowledged        rejected        maintained
commented           agreed          suggested
endorsed            contended       believed
pointed out         implied         disputed
added               reported        noted
compared            argued          thought
granted             declared        claimed
reasoned            insisted        emphasized
admitted            responded       observed
confirmed           asserted        wrote
illustrated         denied

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