

# APA PACKET

7th Edition (Most Current) APA Formatting

## Section 1: In-Text Citations

### Two Options for In-Text Citations

#### Option 1: Author in Narrative Followed by Publication Date in Parentheses

This option is often used for direct quotes, for which a parenthetical page number is also included after the quoted material.

**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 and Publication Date in Parentheses After Borrowed Material

This option is often used for a paraphrase or summary, for which a page number is not required.

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

### Special In-Text Citation Situations

#### No Author

Use the title of the work in the narrative or a shortened version of the work’s title in parentheses.

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

When quoting a source with no page numbers, give a paragraph number with the abbreviation “para.” (even if they’re not numbered). If the work has section headings, then use the section heading along with the paragraph number.

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

Every time you cite the work, name both authors. Join their names with “and” in a narrative citation and “&” in a parenthetical citation.

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

### **Three or More Authors**

Use the first author’s name followed by “et al.”

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

### **Group Author**

For the first citation, give the full name of the group followed by a familiar acronym (if available). After that, only use the acronym when referencing the group author.

According to the Center for Disease Control and Prevention (CDC, 2019), there isn’t enough evidence to conclude that eating sugar causes ADHD.

There isn’t enough evidence to conclude that eating sugar causes ADHD (Center for Disease Control and Prevention [CDC], 2019).

## **References**

The content of this section was adapted with changes/additions from the following sources:

American Psychological Association. (2019). *Publication manual of the American Psychological Association* (7th ed.).

Hacker, D., & Sommers, N. (2015). *A writer’s reference* (8th ed.). Bedford/St. Martin’s.

## **Section 2: References List Entries**

Make sure the in-text citation matches a corresponding entry on the references page, where you give the full publication information for each reference.

### **Basic Item Order in an APA References List Entry**

APA references follow this pattern:

Author. Date. Title. Source.

If a work has no attributed author, then simply start with the title followed by the date and source. Use years for books and journal articles and more detailed dates for publications like magazines and newspapers. The source is generally the publisher and DOI or URL for longer works. For articles, the source is the publication title, volume, issue, page range, and DOI or URL.

### **Specific Examples of References List Entries**

#### **Book With a DOI**

Brown, L. S. (2018). *Feminist therapy* (2nd ed.). American Psychological Association. <https://doi.org/10.1037/0000092-000>

#### **Article With a DOI**

Bergeson, S. (2019, January 4). Really cool neutral plasmas. *Science*, *363*(6422), 33–34. <https://doi.org/10.1126/science.aau7988>

#### **Book or Article Without a DOI**

For a book or article from most databases, omit the database name and URL. For a book or article with a non-database URL, provide the URL. Print versions don’t require a DOI or URL.

Anderson, M. (2018). Getting consistent with consequences. *Educational Leadership*, 76(1), 26–33.

Christian, B., & Griffiths, T. (2016). *Algorithms to live by: The computer science of human decisions*. Henry Holt and Co. <https://a.co/7qGBZAK>

### **Webpage on a Website**

Martin Lillie, C. M. (2016, December 26). *Be kind to yourself: How self-compassion can improve your resiliency*. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-compassion-can-improve-your-resiliency/art-20267193>

World Health Organization. (2018, March). *Questions and answers on immunization and vaccine safety*. <https://www.who.int/features/qa/84/en/>

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# **Section 3: Integrating Borrowed Material in APA**

## **Three Ways to Cite Borrowed Material**

### **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: Always include a page number when quoting.

### **Paraphrase**

Restate another person's ideas in your own words. A paraphrase is usually a sentence or two, is used for short 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).

Note: If you paraphrase material, a page number is not required. However, you may include it if you are borrowing from a longer work (like a book) and want to ensure a reader can find the material in the original.

### **Summary**

Concisely restate the main facts or ideas of an entire work or section of a work (i.e. a book chapter or section of a paper). 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).

Note: When summarizing an entire book, article, or essay, page numbers are unnecessary.

## **Integrating Long Quotations**

When you quote forty or more words from a work, 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 Vengerberg study: Children of divorce often grow up faster.

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## **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 (Student Paper)**

The following examples of APA page formatting are all in 12-point Times New Roman font and use double line spacing. The American Psychological Association (APA, 2019) recommends using accessible fonts (for example, 12-point Times New Roman, 11-point Arial, or 11-point Georgia). Also, check with your instructor to see if they have any requirements for font type and size.

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

The next page is an example of a properly formatted title page in APA. Include a page number, your paper’s title (in bold), your name, your affiliation (institution name), your instructor’s name, and the paper’s submission date. Place the title three or four double-spaced lines down the page and skip one double-spaced line between the title and your name.

**Can Community Aid in the Treatment of Social Anxiety Disorder?**

Yesenia X. Chavez

Yakima Valley College

PSYCH 101: Intro to Psychology

Dr. Amanda M. Bossk

March 6, 2020

## Page 2 in APA Format

Your paper's title should also appear in bold before the text of your paper.

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### **Can Community Aid in the Treatment of Social Anxiety Disorder?**

For those with social anxiety disorder, even the most mundane interpersonal interactions can be harrowing. As a result, the friends and family of a socially anxious person often struggle to support their loved one. According to the American Psychiatric Association (APA, 2013), the isolating nature of this

## References Page

A list of references should appear on a separate page at the end of your paper. The page should be given the bolded title "References." Entries on this page should be organized alphabetically.

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### **References**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.).

Brown, L. S. (2018). *Feminist therapy* (2nd ed.). American Psychological Association. <https://doi.org/10.1037/0000092-000>

Fiske, S. T., Gilbert, D. T., & Lindzey, G. (2010). *Handbook of social psychology* (5th ed., Vol. 1). John Wiley & Sons. <https://doi.org/10.1002/9780470561119>

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