

APA Style (6th Edition)

When writing a research paper, scholars and writers follow “rules” in order to enhance the dissemination of knowledge” in their fields of study (American Psychological Association, 2010, p. xiii). These rules are written in handbooks like the *Publication Manual of the American Psychological Association* (APA), which offer guidelines for everything from how the research is presented (the style), to how it looks (the format), and how to incorporate sources (citation).

APA is most commonly used by scholars in the social and behavioral sciences. This style requires writers to acknowledge each source use in two ways:

1. In the body of the paper—known as **in-text citations** or **parenthetical citations**
2. On a list at the end of the paper—known the **reference list**

WHY USE APA?

Generally, the APA style allows writers to communicate their knowledge and research findings in a clear manner, but, more specifically, using APA allows you to:

- establish your credibility or ethos;
- be responsible in how you use sources;
- help your readers find the sources you used;
- help your readers distinguish your ideas from those of others;
- and, finally, “protect [yourself] from accusations of plagiarism, which is the purposeful or accidental uncredited use of source material by other writers” (*The Purdue Owl*).

GENERAL APA GUIDELINES

- **Cite** all the sources you have consulted and the ideas you derived whether they are direct quotations, paraphrases, or summaries.
- The essay should include **four** major sections: the Cover Page, Abstract, Paper Body, and References.
- Include a page header (known as **Running head**) at the top of every page (flush left) and include **page numbers** (flush right)
- Begin the **reference** page list on a separate page.
- **Double-space** all the paper including the reference page.
- Use **Times New Roman** and **12 font**.
- Set the paper at **1 inch** on all the margins.
- Indent the first line of each paragraph.

Note: You can find a full sample APA paper in the APA Manual or by following the link below:

https://owl.english.purdue.edu/media/pdf/20090212013008_560.pdf

1. IN-TEXT OR PARENTHETICAL CITATIONS IN APA

Whether you are quoting, paraphrasing, or summarizing, you need to cite the ideas you borrow from each source and indicate where in the source you found the ideas—we call these in-text citations. Usually, APA requires writers to include the author’s name, year of publication, and page number(s) in the parentheses, but the rules vary. The following are some basic rules and examples:

- a) You could use a **signal phrase** to introduce a source followed by the year of publication, or you could include all the information in a parenthetical citation. See the following examples:

Author and year

Signal phrase

Interpreting these results, **Robbins et al. (2003)** suggested that the “therapists in dropout cases may have inadvertently validated parental negativity about the adolescent without adequately responding to the adolescent’s needs or concerns” **(p. 541)**, contributing to an overall climate of negativity.

Page no. because it's a quote

Confusing this issue is the overlapping nature of roles in palliative care, whereby “medical needs are met by those in the medical disciplines; nonmedical needs may be addressed by anyone on the team” **(Csikai & Chaitin, 2006, p. 112)**.

Parenthetical citation

- b) The information you provide about any source in the parenthetical citation must match with the information you provide about the source in the reference page. See the following example:

(Janet, 1876)

In text

Janet, P. (1876). La notion de la personnalité [The notion of personality]. *Revue Scientifique*, 10, 574–575.

In reference page

- For a more detailed list of in-text citation rules and examples, follow the link below:
<https://owl.english.purdue.edu/owl/resource/664/01/>
- For more examples of **signal phrases** to introduce sources, consult *They Say/I Say*.
- The citation examples and rules on this handout are adapted from *Publication manual of the American Psychological Association* 6th Edition and The Purdue OWL Web site.

2. A REFERENCE LIST IN APA

PERIODICALS (From *The APA Manual*)

An Article in a Scholarly Journal (Printed)

Author, A. A., Author, B. B., & Author, C. C. (Year). Title of article. *Title of Periodical*, volume number (issue number), pages.

Light, M. A., & Light, I. H. (2008). The geographic expansion of Mexican immigration in the United States and its implications for local law enforcement. *Law Enforcement Executive Forum Journal*, 8(1), 73–82.

An Article in a Scholarly Journal (Accessed Online)

Note: For articles accessed online, include the Digital Object Identifier (DOI) if one is assigned to the article. If DOI is unavailable, include the home page URL for the journal by using this format: Retrieved from <http://www.xxxxxxxx>

DOI is a unique digital code assigned by a registration agency to online sources and does not change from library to library or from database to database.

With DOI

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

Without DOI

Sillick, T. J., & Schutte, N. S. (2006). Emotional intelligence and self-esteem mediate between perceived early parental love and adult happiness. *E-Journal of Applied Psychology*, 2(2), 38–48. Retrieved from <http://ojs.lib.swin.edu.au/index.php/ejap>

Note: For rules to cite articles in magazine or newspaper, a review, and similar sources, Consult the APA Manual or follow the link below: <https://owl.english.purdue.edu/owl/resource/560/07/>

OTHER ELECTRONIC SOURCES (The Purdue Owl)

Blog (Weblog) and Video Blog Post

Author, A. A. (Date). Title of the message. [Web log comment]. Retrieved from: <http://www.xxxxxxxx>

Dean, J. (2008, May 7). When the self emerges: Is that me in the mirror? [Web log comment]. Retrieved from <http://www.spring.org.uk/the1sttransport>

For rules to cite other online sources like graphic data, online lectures, wikis, interviews, e-mail, television broadcast, consult the APA Manual or follow the links below:
<https://owl.english.purdue.edu/owl/resource/560/10/>
<https://owl.english.purdue.edu/owl/resource/560/11/>

BOOKS (From *The APA Manual*)

A Book by a Single Author (Print Version)

Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle*. Location: Publisher.

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. London, England: Taylor & Francis.

Note: For books accessed online, include the Digital Object Identifier (DOI) if one is assigned to the book. If DOI is unavailable, include the home page URL for the book by using this format: Retrieved from <http://www.xxxxxxxx>

See the following example:

Schiraldi, G. R. (2001). The post-traumatic stress disorder sourcebook: A guide to healing, recovery, and growth [Adobe Digital Editions version]. doi:10.1036/0071393722

An Article or a Chapter in an Edited Book

Author, A. A., & Author, B. B. (Year of publication). Title of chapter. In A. A. Editor & B. B. Editor (Eds.), *Title of book* (pages of chapter). Location: Publisher.

Haybron, D. M. (2008). Philosophy and the science of subjective well-being. In M. Eid & R. J. Larsen (Eds.), *The science of subjective well-being* (pp. 17–43). New York, NY: Guilford Press.

Note: For rules to cite an edited book with no author, a book by a corporate author or organization, an anthology or collection, an introduction, and similar sources, follow the link below: <https://owl.english.purdue.edu/owl/resource/560/08/>
<https://owl.english.purdue.edu/owl/resource/560/09/>

