

APA STYLE GUIDE

This guide provides basic guidelines and examples for citing sources following the *Publication Manual of the American Psychological Association*, commonly referred to as "APA style."

- In your text, provide **parenthetical** reference citations to briefly identify each source.
- At the end of your paper, provide a Reference List to completely identify each source.

Parenthetical Reference Citations

For economy of space, the examples (below) are single-spaced. However, double-spacing should be used between entries and between successive lines of an entry.

CITING A WORK WITH ONE NAMED AUTHOR	Within a paragraph, you do not need to include the year in subsequent references as long as the study cannot be confused with other studies cited.
Corresponding reference list entry	Clinton, K. (2004, January). The science of meditation. <i>Psychology Today</i> , 54-56, 58-60.
1 st CITATION IN TEXT:	Your text here (Clinton, 2004).
2 nd CITATION IN SAME PARAGRAPH:	Clinton also found...
QUOTATION:	"Quotation here," (Clinton, 2004, p. 55).
CITING A WORK WITH TWO AUTHORS	Always cite both names every time the reference occurs in text.
Corresponding reference list entry	Zand, J., & Roundtree, B. (1999). <i>Smart medicine for a healthier child</i> . Garden City Park, NJ: Avery Publishing Group.
1 st CITATION IN TEXT:	Your text here (Zand & Roundtree, 1999).
OR:	According to Zand and Roundtree (1999), your text continues...
QUOTATION:	"Quotation here," (Zand & Roundtree, 1999, p. 65).
CITING A WORK WITH THREE TO FIVE AUTHORS	Cite all authors the first time the reference occurs; in subsequent citations, include only the surname of the first author followed by et al. and the year if it is the first citation of the reference in a paragraph.
Corresponding reference list entry	Vandergilt, G., Brown, B. T., & Soo, Y. Z. (2005). Evidence-based practice resources in physical therapy. <i>Journal of Sports Medicine</i> , 43(3), 123-128.
1 st CITATION IN TEXT:	Your text here (Vandergilt, Brown, & Soo, 2005).
2 nd CITATION IN SAME PARAGRAPH:	Vandergilt et al. assume....
3 rd CITATION IN NEW PARAGRAPH:	Vandergilt et al. (2005) maintain...
1 st QUOTATION:	Vandergilt, Brown, and Soo (2005, p. 124) argue, "Your quotation here."

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CITING A WORK WITH SIX AUTHORS OR MORE	Cite only the surname of the first author followed by et al. and the year for the first and subsequent citations. In the reference list, spell out six authors and seven authors and use et al. after the sixth author for eight or more authors.
Corresponding reference list entry	Gerdner, L. A., Yang, D., Cha, D., Tripp-Reimer, T., Owens, E. B., & Hogan, K. (2007). <i>The circle of life</i> [Electronic version]. <i>Journal of Gerontological Nursing</i> , 33(5), 20-31.
1st CITATION IN TEXT:	Gernder et al. (2007) stress that
GROUPS AS AUTHORS	The names of groups that serve as authors (e.g., corporations, associations, government agencies, and study groups) are usually spelled out each time they appear in a text citation. The names of some group authors are spelled out in the first citation and abbreviated thereafter.
Corresponding reference list entry	National Institute of Mental Health. (2007). <i>Depression</i> . Retrieved August 7, 2007, from http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm
EXAMPLE OF 1st CITATION IN TEXT:	(National Institute of Mental Health [NIMH], 2007)
2nd CITATION:	(NIMH, 2007)
WORKS WITH NO AUTHOR	Cite in text the first few words of the reference list entry (usually the title) and the year. Use double quotation marks around the title of an article or chapter, and italicize the title of a periodical, book, brochure or report.
Corresponding reference list entry	<i>College Bound Seniors</i> . (1974). New York: Viking.
EXAMPLE OF 1st CITATION IN TEXT:	The book <i>College Bound Seniors</i> (1974) profiles....
SPECIFIC PARTS OF A SOURCE	For a direct quotation in the text, the parenthetical reference citation will vary depending on whether your sources was in print or electronic form. When citing print sources, give the author, year, and page number in parentheses.
Electronic Sources	When citing electronic sources that do not provide page numbers, use the paragraph number, if available, preceded by the ¶ symbol or the abbreviation para. If neither paragraph nor page number are visible, cite the heading and the number of the paragraph following it.
	<p>“Quote here,” (Cheek & Chow, 2001, pp. 41-42).</p> <p>“Quote here,” (Hasselback, 2004, chap. 3).</p> <p>Myers and Morgan (2000, ¶ 5) argue that “Quote here...”</p> <p>“Quote here,” (Beutler & Baz, 2000, Conclusion section, para. 1).</p>
PERSONAL COMMUNICATION	Personal communicatons may be letters, memos, e-mail, personal interviews, telephone conversations, etc. Give the initials as well as the surname of the communicator and provide as exact a date as possible.
General Format	Since personal communications do not provide retrievable data to a reader, they are not included in the reference list. They are cited in the text only.
Example:	According to T. K. Lutes (personal communication, November 18, 2007), your text here.

