

Documenting Sources: APA Format (American Psychological Association)

The first section of this guide provides guidelines and examples for using the **author-date method** of citing sources in text. The second section explains and demonstrates the construction of the reference list, which is included at the end of a research paper. The following information is taken from the *Publication Manual of the American Psychological Association, 6th Edition*. It is shelved in the Ready Reference area by the call number, R 150.72 Am35P. If you need help with finding the book or citing your sources, please speak with a reference librarian.

SECTION I: REFERENCE CITATIONS IN TEXT

You must give credit to the original source of any facts, ideas, opinions, direct quotations, and paraphrased material that you include in your paper. By documenting statements properly, you will avoid **plagiarism**, i.e., stealing the ideas of someone else and using them as if they were your own. You do not need to provide references for information that is common knowledge. *When you are unsure of whether or not to document a statement, it is better to document it than to risk plagiarizing.*

The APA style requires that sources be cited in the text of the paper in a manner that enables the reader to identify the corresponding entry in the reference list. The references are placed within sentences and paragraphs to show clearly what is being paraphrased or quoted from another source and to give credit to the author(s) responsible for the information.

There are two basic formats for citing references in the text of your paper:

1. If the name of the author is mentioned in the narrative of your paper, insert the year of publication in parentheses after the author's name.

Walker (2000) compared reaction times...

2. When the author's name is not included in the text, write the author's name and year of publication, separated by a comma, in parentheses.

In a recent study of reaction times (Walker, 2000)...

The examples below show the proper format for both types of text citations. If you do not find an example that is appropriate for a source that you are citing, consult pp.174-179 of the manual, or ask a reference librarian for assistance.

ONE WORK BY A SINGLE AUTHOR: Use the author-date method of citation that includes the last name of the author and the year of publication inserted in the text at the appropriate point.

Example: Early onset results in a more persistent and severe course (Kessler, 2003).

If the name of the author appears in the text, cite only the publication date in parentheses.

Example: "Kessler (2003) found that among epidemiological samples..."

ONE WORK BY TWO OR MORE AUTHORS: When a work has two authors, always cite both names every time the reference occurs in text.

When a work has more than two authors but fewer than six authors, cite all authors the first time the reference occurs.

Example: "Williams, Jones, Smith, Bradner, and Torrington (1983) found..."

In subsequent citations, include only the last name of the first author followed by "et al." Include the year if it is the first citation of the reference within a paragraph.

Example: "Williams et al. (1983) found..."

Joining authors' names with "and" or an ampersand (&): The *Publication Manual* (p.175) states:

"Precede the final name in a multiple-author citation in running text by the word *and*. In parenthetical material, in tables and captions, and in the reference list, join the names by an ampersand (&):"

as Kurtines and Szapocznik (2003) demonstrated

as has been shown (Joeskog & Sorbom, 2007)

NO AUTHOR'S NAME IS GIVEN: When you are citing a work with no known author, provide enough of the title to identify the entry in the Reference List and include the date of publication:

Example: ...on free care ("Study Finds," 2007).

If the title is given in the text, place the date in parentheses after the italicized title:

Example: ...the book *College Bound Seniors* (2008) states that ...

ANONYMOUS AUTHOR: When "Anonymous" is given in place of an author's name, use the word *Anonymous*, followed by a comma and the date, in the parenthetical reference:

(Anonymous, 1998)

In the reference list, an anonymous work is alphabetized by the word *Anonymous* (page 183).

CORPORATE AUTHORS: The *Publication Manual* (p.176) states that "*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.*" When appropriate, the names of some corporate authors are spelled out in the first citation and abbreviated thereafter. The guiding rule for abbreviating in this manner is to supply enough information in the text citation for the reader to locate the entry in the reference list without difficulty.

Examples:

First citation in text - (National Institute of Mental Health [NIMH], 2003)

Subsequent text citations - (NIMH, 2003)

SECONDARY SOURCES: When you use information from one source that actually comes from another source, you are using a “secondary source.” The *Publication Manual* (p. 178) states:

Use secondary sources sparingly, for instance, when the original work is out of print, unavailable through usual sources, or not available in English. Give the secondary source in the reference list; in text, name the original work and give a citation for the secondary for the secondary source. For example, if Allport’s work is cited in Nicholson and you did not read Allport’s work, list the Nicholson reference in the reference list. In the text, use the following citation:

Allport’s diary (as cited in Nicholson, 2003).

SPECIFIC PARTS OF A SOURCE: Provide page numbers for direct quotations. Give page, chapter, or figure number, when appropriate. (For electronic sources, see “Electronic Materials” on page 4 of this guide.)

Examples:

(Cheek & Buss, 1981, p. 332)

(Shimamura, 1989, chap. 3)

PERSONAL COMMUNICATIONS: Personal communication includes letters, memos, e-mail, telephone conversations, interviews, etc. Because they do not provide recoverable data, these items are not included in a reference list (*Publication Manual*, p. 179). Cite personal communications in text only. Give the initials and the surname of the communicator, and provide as exact a date as possible:

T. K. Lutes (personal communication, April 18, 2001)

(V.-G Nguyen, personal communication, September 28, 1998)

LEGAL MATERIALS: Text citations for legal materials (court cases, statutes, etc.) follow the same form as APA parenthetical citations for unauthored works. See Page 8 of this guide or Appendix 7 in the manual (pp. 216-224) for more information on citing legal materials.

Examples:

Court Case (Lessard v. Schmidt (1972) or
(Lessard v. Schmidt, 1972)

Statute* Mental Health Systems Act (1988) or
Mental Health Systems Act of 1988

* When citing a statute in text, give the year the act was introduced, not the year it was codified.

Full Legislative Hearing *Urban America’s Need* (1992) or
(*Urban America’s Need*, 1992)

TEXT CITATIONS FOR ELECTRONIC MATERIALS: Text citations for electronic resources follow the same author-date format that is explained above. If a specific page or section is being referenced, as in a direct quotation, the page or paragraph number should also be included. **If no paragraph or page numbers are present**, indicate the heading of the section from which the information is taken, followed by the number of the paragraph following the section heading. See the example for “Section” below (*Publication Manual*, p. 172):

Examples:

Page Number	(Hilts, 1999, p. 17)
Paragraph	(Myers, 2000, para. 5)
Section	(Wilson, 2003, “Conclusion” section, para. 3)
Chapter	(Shimamura, 1989, chap. 3)

A location reference may be omitted when:

- page and paragraph numbers are not provided and,
- there are no headings to use as a point of reference, or
- using a heading in parentheses would be confusing.

When only a corporate or group name is provided on the web site, use that name as the author:
(National Institute of Mental Health, 1999)

SECTION II: REFERENCE LIST

PRINT RESOURCES

References cited in your research paper must appear in a list that identifies each source that you cited from or consulted for your paper. These citations are listed alphabetically by author and are included at the end of the paper. It is necessary for each citation to provide complete and accurate information so the reader can identify and retrieve each source, if desired (*Publication Manual*, 180).

The examples below include the most common types of materials cited in the reference lists of undergraduate student research papers. For additional details and examples, refer to the *Publication Manual of the American Psychological Association*, 6th edition (180-224).

Double-space all reference entries, and format them with a **hanging indent**, which means that the first line of the entry is flush with the margin, and the subsequent lines are indented. There are instances when the *Publication Manual* may not contain an example that matches the item you want to include in the reference list. In that case, you are advised to select an example closest to your source and follow the format. When you must adapt an example and are unsure of how to write the reference, the manual states, that you should “include more information rather than less” (p. 193).

NOTE: There are two kinds of sources that are cited only in text: no bibliographical entry is included. They are: “References to classical works such as the **Bible** and the **Qur’an**, whose sections are standardized across editions, and references to personal communications” (p. 174).

BOOKS

General Format:

Author, A. A. (2006). *Title of work*. Location: Publisher.

One Author

Bernstein, T. M. (1965). *The careful writer: A modern guide to English usage*. New York, NY: Antheneum.

Two Authors

Strunk, W., Jr., & White, E. B. (1979). *The elements of style* (3rd ed.). New York, NY: Macmillan.

No Author or Editor

College bound seniors. (1979). Princeton, NJ: College Board Publications.

Group Author as Publisher

American Psychiatric Association. (1980). *Diagnostic and statistical manual of mental disorders* (3rd ed.). Washington, DC: Author.

Edited Book

Letheridge, S., & Cannon, C. R. (Eds.). (1980). *Bilingual education: Teaching English as a second language*. New York, NY: Praeger.

Translated Book

Bringuier, Jean Claude. (1980). *Conversations with Jean Piaget* (Basia M. Gulati, Trans.). Chicago: University of Chicago Press.

ARTICLES OR CHAPTERS IN EDITED BOOKS

General format:

Author, A.A. & Author, B.B. (1995.) Title of chapter or entry. In A. Editor & B. Editor (Eds.), *Title of book* (pp. xxx-xxx). Location: Publisher.

Book Chapter

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.

Three Authors

Hartley, J. T., Harker, J. O., & Walsh, D. A. (1980). Contemporary issues and new directions in adult development of learning and memory. In L. W. Poon (Ed.), *Aging in the 1980s: Psychological issues* (pp. 239-252). Washington, DC: American Psychological Association.

Two Editors

Jacobson, Neil S., Ph.D. (1981). Behavioral marital therapy. In A. S. Gurman & D. P. Kniskern (Eds.), *Handbook of family therapy* (pp. 556-591). New York, NY: Brunner/Mazel.

Signed Article in an Encyclopedia

Bergman, P. G. (1993). Relativity. In *The new encyclopaedia Britannica* (Vol. 26, pp. 501-508). Chicago: Encyclopaedia Britannica.

Note: When no author's name is given, place the title first in the reference, followed by the date.

JOURNALS, MAGAZINES, AND NEWSPAPERS

General format:

Author, A.A. & Author, B.B. (Year). Title of article. *Title of Periodical*, xx (i), pp-pp.

Note: The issue number is included in parentheses after the volume number if the journal is paginated separately by issue. Italicize the volume number, but NOT the issue number.

Journal Article, One Author

Paivio, A. (1975). Perceptual comparisons through the mind's eye. *Memory & Cognition*, 3, 635-647.

Journal Article, Two Authors

Becker, L. J., & Seligman, C. (1981). Welcome to the energy crisis. *Journal of Social Issues*, 37(2), 1-7.

Journal Article, Three to Seven Authors*

Horowitz, L. M., Post, D. L., French, R. S., & Siegelman, E. Y. (1981). The prototype as a construct in abnormal psychology: II. Clarifying disagreement in psychiatric judgments. *Journal of Abnormal Psychology*, 90, 575-585.

***“When authors number eight or more, include the first six authors’ names, then insert three ellipses, and add the last author’s name” (Publication Manual, p. 198).**

Gilbert, D. G., McClernon, J. F., Rabinovich, N. E., Sugai, C., Plath, L. C., Asgaard, G.,
...Botros, N. (2004). Effects of quitting smoking on EEG activation and attention last
for more than 31 days and are more severe with stress, dependence, DRD@ A1
allele, and depressive traits. *Nicotine and Tobacco Research*, 6, 249-267.

Magazine Article

Chamberlin, J., Novotney, A., Packard, E., & Price, M. (2008, May). Enhancing worker well-
being: Occupational health psychologists convene to share their research on work,
stress, and health. *Monitor on Psychology*, 39(5), 26-29.

Newspaper Article, No Author

Study finds free care used more. (1982, April). *APA Monitor*, pp. 14, 16.

Newspaper Article with Author

Smith, D. (2001, October 25). Hallowed ground zero; Competing plans hope to shape a trade
center memorial. *New York Times*, p. E1.

O'Neill, G. W. (1982, January). In support of DSM-III [Letter to the editor]. *APA Monitor*, p. 4.

REVIEWS

Review of a Book

Schatz, B. R. (2000, November 17). Learning by text or context? [Review of the book *The
social life of information*, by J. S. Brown & P. Duguid] *Science*, 290, 1304.

Review of a Film*

Bowers, K. S. (1982). Deeper into "Deeper into hypnosis" [Review of the film *Deeper into
Hypnosis, 1978*, produced by J. B. Maas]. *Contemporary Psychology*, 27, 223-224.

***If the review is untitled, use the material in brackets as the title; retain the brackets to indicate
that the material is a description of form and content, not a title. (Publication Manual, p. 208.)**

TECHNICAL AND RESEARCH REPORTS (See Publication Manual, pp. 205-206.)

Format references to technical and research reports as you would a book.

Author, A. A. (1998). *Title of work* (Report No. xxx). Location: Publisher.

Government Report, Corporate Author, GPO Publisher

National Institute of Mental Health. (1982). *Television and behavior: Ten years of scientific
progress and implications for the eighties* (DHHS Publication No. ADM 82-1195).
Washington, DC: Government Printing Office.

Authored Report, from Non-Governmental Organization

Kessey, S. S. A., & Urio, F. M. (2006). *The contribution of microfinance institutions to poverty reduction in Tanzania* (Research Report No. 06.3). Dar es Salaam, Tanzania: Research on Poverty Alleviation.

AUDIOVISUAL MEDIA

Motion Picture

Scorsese, M. (Producer), & Lonergan, K. (Writer/Director). (2000). *You can count on me* [Motion picture]. United States: Paramount Pictures.

American Psychological Association. (Producer). (2000). *Responding therapeutically to patient expressions of sexual attraction* [DVD]. Available from <http://www.apa.org/videos/>

Music Recording

lang, k. d. (2008) *Shadow and the frame. On Watershed* [CD]. New York, NY: Nonesuch Records.

LEGAL MATERIALS: For more specific information and additional examples of references to legal materials, see the *Publication Manual*, pp. 216-224.

Reference Format for Court Cases from the *Publication Manual* (p. 217):

Name v. Name, Volume Source Page (Court Date).

Abbreviate the published source (if any), court, and date as specified in the *Bluebook*.

Example: Lessard v. Schmidt, 349 F. Supp. 1078 (E.D. Wis. 1972).

Text citation: (*Lessard v. Schmidt*, 1972)
Lessard v. Schmidt (1972)

“Explanation: This decision was rendered by the federal district court for the Eastern District of Wisconsin in 1972. It appears in volume 349 of the *Federal Supplement* and starts on page 1078 of that volume” (*Publication Manual*, p. 217).

U.S. Supreme Court Case (Citation to the *United States Reports*)

O'Connor v. Donaldson, 422 U.S. 563 (1975).

Statutes (Citation to the *United States Code*)

Mental Health Systems Act, 42 U.S.C. § 9401 (1988).

Statutes (Citation to the *United States Statutes at Large*)

Americans with Disabilities Act of 1990, Pub. L. No. 101-336, § 2, 104 Stat. 328 (1991).

Legislative Materials (Reference for a full hearing)

Urban America's need for social services to strengthen families: Hearing before the Subcommittee on Human Resource of the Committee on Ways and Means, House of Representatives, 102d Cong., 2d Sess. 1 (1992).

PERSONAL COMMUNICATION: Memos, letters, telephone conversations, or interviews that are not archived are not included in the reference list, because they do not contain recoverable data. These sources of information *should be cited only in text*. Provide the communicator's initials as well as the surname, and give as exact a date as possible. (*Publication Manual*, p. 179)

T. K. Lutes (personal communication, April 18, 2001) stated that...

(V. -G. Nguyen, personal communication, September 28, 1998)

ELECTRONIC MEDIA

Include the same elements, in the same order, for an electronic source that you would for a print source. Add as much electronic retrieval information as needed for others to locate the sources you cited. (*Publication Manual*, p. 187)

The Digital Object Identifier (DOI)

One of the recent changes in APA style is the inclusion of the **DOI** in the reference, whenever possible. According to the *Publication Manual*, "the DOI System provides a means of persistent identification for managing information on digital networks (see <http://www.doi.org/>)." The American Psychological Association recommends, "When DOIs are available, you include them for both print and electronic sources" (p. 189). For more information on the DOI system, refer to pages 187-191 of the *Publication Manual*.

General Tips for Writing Reference Citations for Electronic Media:

- Use this format for the DOI in references: doi:xxxxxxxx
- When a DOI is used, no further retrieval information is needed to identify or locate the content.
- If no DOI is assigned, provide the home page URL of the journal, book, etc.
- Avoid dividing a URL in a citation, if possible. When necessary, you may divide the address before most punctuation, with the exception of <http://>. Do not insert a hyphen if you must break the URL.
- In general, it is not necessary to include database information.
- No retrieval date is needed, unless the source material may change over time (e.g., Wikis).
- Before submitting a paper, recheck the URLs to make sure that they are accurate and that they still work. Update if necessary.
- If an Internet site is not dated, insert (n.d.) immediately after the document title.

BOOKS

When a DOI is assigned, include it in the reference as shown in the examples below. When no DOI is given, include the URL instead.

Electronic Version of a Print Book

Shotten, M. A. (1989). *Computer addiction? A study of computer dependency*. [DX Reader version]. Retrieved from <http://www.ebookstore.tandf.co.uk/html/index.asp>

Electronic-only Book

O'Keefe, E. (n.d.) *Egoism & the crisis in Western values*. Retrieved from <http://www.onlineoriginals.com/showitem.asp?itemID=135>

JOURNAL and NEWSPAPER ARTICLES (Available Electronically)

General Format:

Author, A. A., Author, B. B., & Author, C. C. (Year). Title of article. *Title of Periodical*, xx, pp-pp. doi:xx.xxxxxxxxxxxxxx

Note: If each issue number of a journal begins on page 1, give the issue number in parentheses immediately after the volume number.

Journal Article 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

Journal Article 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>

Review of a Book

Schatz, B. R. (2000, November 17). Learning by text or context? [Review of the book *The social life of information*, by J. S. Brown & P. Duguid]. *Science*, 290, 1304. doi:10.1126/science.290.5495.1304

Article in an Online Magazine

Clay, R. (2008, June). Science vs. ideology: Psychologists fight back about the misuse of research. *Monitor on Psychology*, 39(6). Retrieved from <http://www.apa.org/monitor/>

Newsletter Article, No Author

Six sites meet for comprehensive anti-gang initiative conference. (2006, November/December). *OJJDP News @ a Glance*. Retrieved from http://www.ncjrs.gov/html/ojjdp/news_at_glance/216684/topstory.html

Online Newspaper Article

Schwartz, J. (1993, September 30). Obesity affects economic, social status. *The Washington Post*, pp.A1, A4. Retrieved from <http://www.washingtonpost.com>

Report from an Institutional Archive

McDaniel, J. E., & Miskel, C. G. (2002). *The effect of groups and individuals on national decisionmaking: Influence and domination in the reading policymaking environment (CIERA Report 3-025)*. Retrieved from University of Michigan, Center for Improvement of Early Reading Achievement website: <http://www.ciera.org/library/reports/inquiry-3/3-025/3-025.pdf>

Document Created by a Private Organization, No Date

Greater New Milford (Ct) Area Healthy Community 2000, Task Force on Teen and Adolescent Issues. (n.d.). *Who has time for a family meal? You do!* Retrieved from <http://www.familymealttime.org>

Electronic Version of a Book Chapter in a Volume in a Series

Strong, E. K., Jr., & Uhrbrock, R. S. (1923). Bibliography on job analysis. In L. Outhwaite (Series Ed.) *Personnel Research Series: Vol. 1. Job analysis and the curriculum (pp.140-146)*. doi:10.1037/10762-000

Informally Published or Self-Archived Work

Mitchell, S. D. (2000). *The import of uncertainty*. Retrieved from <http://philsci-archive.pitt.edu/archive/00000162/>

Daily Newspaper Article, Electronic Version Available by Internet Search

Hilts, P. J. (1999, February 16). In forecasting their emotions, most people flunk out. *New York Times*. Retrieved November 21, 2000, from <http://www.nytimes.com>

Newspaper Article, Electronic Version Retrieved from a Database

Liswood, Laura A. (1999, March 31). Gender politics and the Oval Office: Why don't women run for president? *Baltimore Sun*. Retrieved from <http://www.lexis-nexis.com/universe>

E-Mail, Discussion Groups, Bulletin Boards

Electronic messages sent from one person to another are not included in the reference list, because they do not provide recoverable data. If information from personal communication is referred to in the paper, it should be cited in the text as follows:

(T. K. Lutes, personal communication, April 18, 2001)

Internet Message Boards, Electronic Mailing Lists, and Other Online Communities

General format:

Author, A. A. (Year, Month, Day). Title of post [Description of form]. Retrieved from <http://www.xxxx>

Message Posted to a Newsgroup, Online Forum, or Discussion Group

Rampersad, T. (2005, June 8). Re: Traditional knowledge and traditional cultural expressions [Online forum comment]. Retrieved from http://www.wipo.int/roller/comments/ipisforum/Weblog/theme_eight_how_can_cultural#comments

Message Posted to an Electronic Mailing List

Smith, S. (2006, January 5). Re: Disputed estimates of IQ [Electronic mailing list message]. Retrieved from <http://tech.groups.yahoo.com/group/ForensicNetwork/message/670>

Blog Post

PZ Myers. (2007, January 22). The unfortunate prerequisites and consequences of partitioning your mind [Web log post]. Retrieved from http://scienceblogs.com/pharyngula/2007/01/the_unfortunate_prerequisites.php

MiddleKid. (2007, January 22). Re: The unfortunate prerequisites and consequences of partitioning your mind [Web log comment]. Retrieved from http://scienceblogs.com/pharyngula/2007/01/the_unfortunate_prerequisites.php

Note: For additional assistance, consult a reference librarian or visit the following site:

The Online Writing Lab at Purdue: <http://owl.english.purdue.edu/owl/resource/560/01/>

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