

APA Style



The American Psychological Association (APA) regulates how academic papers are formatted in many disciplines, including business, engineering, education, and the social sciences. When you learn and use APA style well, you demonstrate credibility to other scholars and direct those scholars to your sources.

The following guidelines are based on the *Publication Manual of the American Psychological Association, Sixth Edition*. For each topic, the corresponding section in the handbook is listed in parentheses.

General Format (*APA Manual* section 8.03)

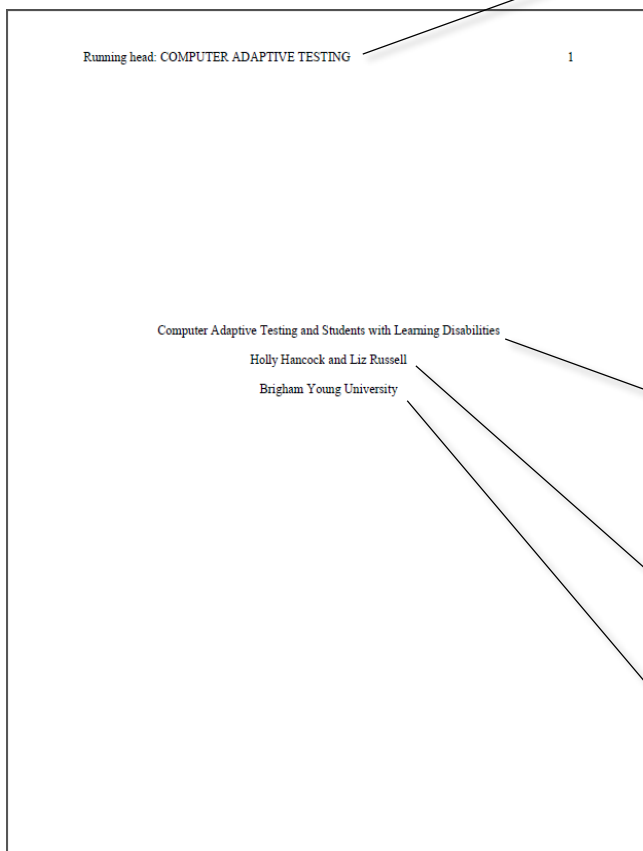
Font (8.03): Clear, standard size (Times New Roman, 12 pt. font is preferred)

Line Spacing (8.03): Double-spaced, no extra spaces between headings or body paragraphs

Margins (8.03): 1-inch margins on all sides

Title Page (*APA Manual* sections 2.01–2.03, 8.03)

Your title page identifies you and announces the topic of the paper and your affiliations.



Running Head (8.03): Type *Running head:* then put the title, or a shortened version, in all caps flush left. Your header should not exceed 50 characters including spaces and punctuation. The page number should be flush right.
Note: Only the cover page will have the words *Running head:* and each subsequent page will only have the heading in all caps. In Microsoft Word, when your cursor is in the header, the option to select *Different First Page* will appear above, allowing you to change the heading of subsequent pages.

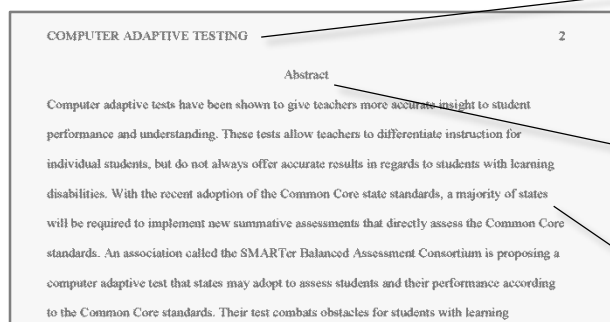
Title (2.01): Center the title between the margins and place it in the upper half of the title page. **Note:** You will also include your title on the first page of your main paper or body text.

Author's Name (2.02): Place your name beneath the full title. Including your middle initial is preferred.

Institutional Affiliation (2.02): Give the full name of your institutional affiliation.

Abstract (APA Manual section 2.04)

The purpose of an abstract is to summarize your paper. Generally, an abstract is between 150 and 250 words and is on its own page following the title page. Your abstract should summarize your major points in the same order they are presented in the paper.



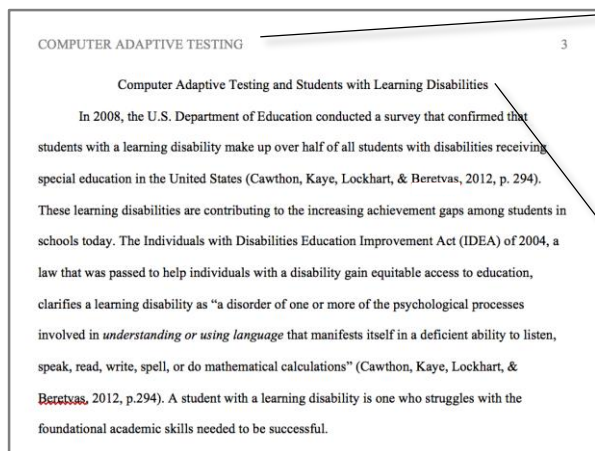
Header: Continue the running header and the pagination. **Note:** After the cover page, the abbreviated running head should be in all caps and should not have the words *Running Head:* preceding it.

Title: Title the page *Abstract* (centered, same formatting as your body text).

Body: Begin typing on the next line without indenting. Do not split the abstract into more than one paragraph.

The Body of the Paper (APA Manual sections 2.05, 8.03)

The body of your paper will follow the title page and abstract.



Running Head (8.03): After the title page, each subsequent page will have the running head in all caps. The page numbers begin with the title page. **Note:** After the cover page, the abbreviated running head should be in all caps and should not have the words *Running Head:* preceding it.

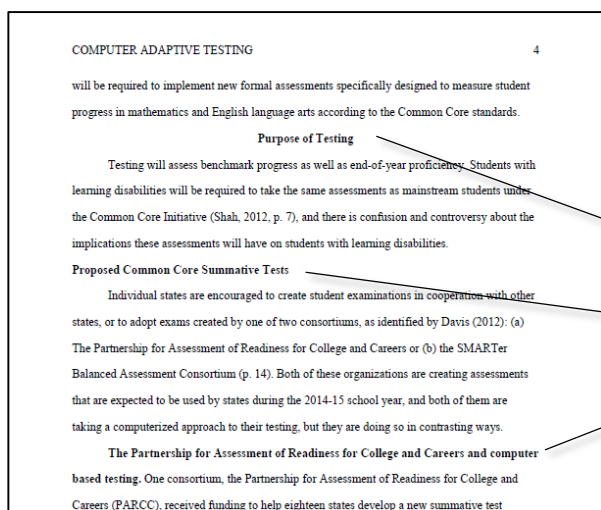
Title (2.01): The first few paragraphs of your paper will be an introduction. Rather than begin with a heading identifying the introduction, you should write the title of your paper at the top of the page, centered and not bolded. After the introduction, begin using the five levels of APA headings.

Headings (3.02-3.03): APA uses five levels of heading. Levels one through three are described below. For levels four and five, consult the APA Manual section 3.03.

Level one headings are bolded and centered

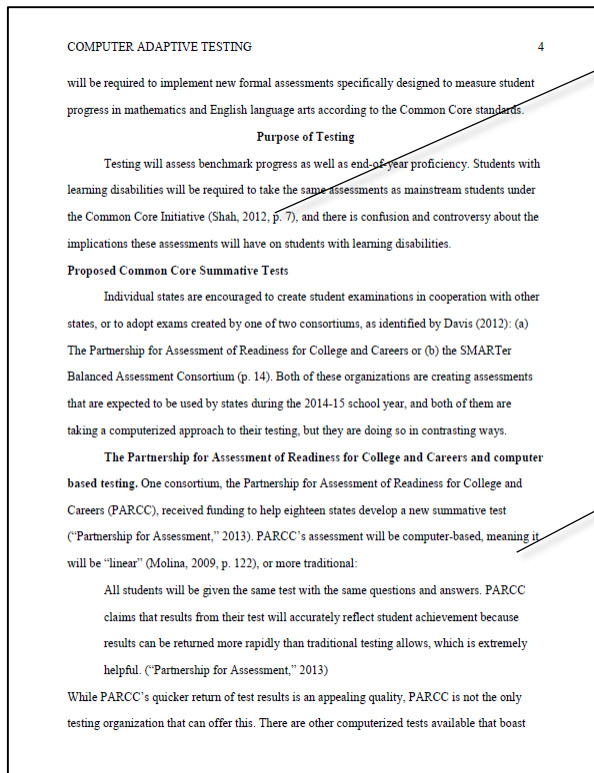
Level two headings are bolded and flushed left

Level three headings are bolded and indented with sentence punctuation and capitalization



In-Text Citations (*APA Manual* chapter 6)

In-text citations indicate to readers where your thoughts end and your research begins. In-text citations also direct readers to the full citations included on your reference page.



In-Text Citations (6.03, 6.11-6.21): Provide the author's last name and the date the work was published. Also include a page number if using a direct quote.

Alternatively, you can use the author's name and the publication date in the text and include only the page number (if needed) in parentheses. Remember that the period follows the closing parenthesis.

Example:

Adaptation is central to this claim (Davis, 2012).
Davis (2012) identified this "reoccurring adaption" (p. 14).

Block Quotes (6.03): Quotes longer than forty words use the block quote format: indent the block quote an additional ½ inch from the left margin and main body text, double-space, omit quotation marks, and place the citation after the period.

In-Text Citations of Multiple or Duplicate Authors and Titles (*APA Manual* chapter 6)

One Work by Multiple Authors (6.12)

If a work has two authors, always include both of their names in an in-text citation. For up to five authors, list all authors' names in the first citation, but in each citation after that, use the first author's name followed by *et al.* For six or more authors, use the name of the first author followed by *et al.* each time including the first.

Two Authors: (Miller & Minor, 2001) or Miller and Minor (2001) explain . . .

Three, Four, or Five Authors: First cite (Miller, Derryberry, & Minor, 2001), followed by (Miller et al., 2001)

Six or More Authors: (Miller et al., 2001) or Miller et al (2001) explain . . .

Authors with Multiple Works (6.16)

When you are citing multiple works by the same author or authors, arrange them by year of publication. If the works have the same publication year, add the suffixes *a*, *b*, *c*, etc. after the year and include those suffixes in the reference list (which will be ordered alphabetically).

Example: Several studies corroborate this finding (Derryberry & Reed, 2005a, 2005b).

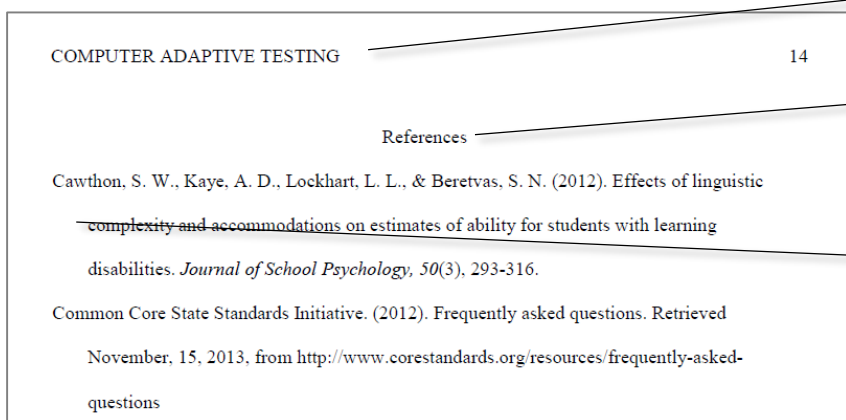
Citing Multiple Authors Within One Citation (6.16)

If you have multiple sources that all validate the same fact that you are asserting, include all of those references alphabetically in the same parenthetical in-text citation, separated with a semicolon.

Example: Several studies corroborate this finding (Miller, 1999; Minor, 2001).

Reference List (*APA Manual* sections 6.22–6.32)

The reference page should follow the same format as the rest of the paper: 1-inch margins, double-spacing, and your header. List sources alphabetically with no extra lines between sources.



Header (8.03): Continue the running header and the pagination.

Title (2.11): Place the title *References* in the center and in the same size and format as the body of your paper

Hanging Indent (2.11): Set a 0.5-inch indent for citations that extend more than one line. In Microsoft Word, highlight the text, right click, and select *Paragraph*. Then, under *Indentation*, select *Special Indent*, and click *Hanging*. Set it to 0.5 inch.

Citing Specific Sources (*APA Manual* sections 6 & 7)

Since there are many types of sources, only some of the most commonly used are included in this handout. For more citation help with sources and for exceptions consult *The Publication Manual of the American Psychological Association, Sixth Edition* or the Purdue Online Writing Lab.

Book (7.02)

Include: Author's last name, First initial. Middle initial. (Year of publication). *Title of work*. Location: Publisher.

Example: Rousculp, T. (2014). *Rhetoric of respect: Recognizing change at a community writing center*. Urbana, IL: NCTE.

Scholarly Journal Article (7.01)

Include: Author's last name, First initial. Middle initial. (Year of publication). Title of article. *Title of Periodical*, volume number(issue number), page range.

Example: Walsh, R. T. G. (2015). Making discursive space in psychology for qualitative report-writing. *Qualitative Psychology*, 2(1), 29–49.

Online Scholarly Journal Article (7.01)

Include: Author's last name, First initial. Middle initial. (Date of publication). Title of article. *Title of Periodical*, volume number(issue number), page range. doi:xx.xxxxxxxxxx or URL (if no DOI)*

Example: Zilio, D. (2016). On the autonomy of psychology from neuroscience: A case study of Skinner's radical behaviorism and behavior analysis. *Review of General Psychology*, 20(2), 155–170.
doi:10.1037/gpr0000067

Internet Source (6.32)

Include: Author's last name, First initial. Middle initial. (Date of publication). *Title of document* [Format description]. Retrieved from http://Web address*

Example: Driscoll, D., & Brizee, A. (2016). *Commas: Quick rules* [webpage]. Retrieved from <https://owl.english.purdue.edu/owl/owlprint/607/>

*Do not include a period at the end of the web address or DOI (Digital Object Identifier, a consistent link provided by the publisher).