

APA Writing Style Examples and Formatting for Student Papers

This document has APA Writing Style examples and proper formatting for citing references within the paper, quotations, headings, and different types of references for the reference list. This is not an exhaustive reference; it contains the most used occurrences.

Reference Citations within the Paper

When citing a reference in your paper, you use the author(s) and year the first time in the paragraph. Other times in the paragraph, you only need to include the author unless it is in a parenthetical reference with other works.

One work by one author, Walker (2007) and parenthetical reference is (Walker, 2007). Omit the year if cited in the same paragraph unless in a parenthetical reference with other works.

One work by two authors is always the same - in the text, Walker and Allen (2004) or parenthetical reference (Walker & Allen, 2004).

One work by three or more authors is Bradley et al. (1999) in the sentence or (Bradley et al., 1999) at the end of the sentence every time.

Groups as authors with a narrative citation with abbreviation included: American Psychiatric Association's (2013) *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.; *DSM-5*) or World Health Organization's (2019) *International Statistical Classification of Diseases and Related Health Problems* (11th ed.; *ICD-11*) the first time in the text. After that, you can cite parenthetically at the end of the sentence (American Psychiatric Association, 2013; World Health Organization, 2019) or narrative citations: American Psychiatric Association (2013) and World Health Organization (2019).

When your parenthetical citation includes two or more works, order them the same way they appear in the reference list, separated by a semi-colon, in alphabetical order (Berndt, 2002;

Harlow, 1983). For authors with the same last name, to prevent confusion, use first initials with the last names (E. Johnson, 2001; L. Johnson, 1998).

The APA Style Manuals recommend that you list steps in a procedure or other itemized information as a numbered or bulleted list. If you have only a few items to list, the approved mechanism is to letter them as options within a paragraph (a) first option, (b) second option, and (c) third option. Use commas to separate them unless they are long or include their own punctuation, in which case you should use semi-colons to separate them. If you do include a bulleted or numbered list, check for parallel construction, i.e., consistency of punctuation, style, indentation, and voice.

- Are all the entries sentences? Fragments?
- Do they all end in a period? Semi-colon? No punctuation?
- Are they all active verbs? Passive verbs? Gerunds?

Other Citations and Quotations

You should always try to use a source that you have seen yourself, paraphrase the material, and cite your reference. If you use a source that was cited in another source, name the original source in your signal phrase. List the secondary source in your reference list and include the secondary source in the parentheses like the following sentence. Joseph Wolpe (1960; as cited in Peterson et al., 2011) theorized that relaxation was a promising treatment. For personal communications, you could write that Rosenblad (personal communication, February 16, 2012) is a counselor educator at Sam Houston State University and has been working there for about a year. If you do not use the reference's name in the sentence, put it in parentheses at the end of the sentence like this (S. Rosenblad, personal communication, February 16, 2012). Watts (1992) compares this idea of social interest to the Christian concept of love:

The word for love in the Biblical mandate from the language in which the New Testament was originally written (Koine Greek) is “agape.” *Agape* is the highest form of love and is primarily volitional and self-giving rather than emotional and self-centered.

(p. 35)

Quotes 40 words or more require them to be blocked and indented with no quotation marks. A quote less than 40 words in text is: Miele (1993) found that, “the ‘placebo effect,’ which had been verified in previous studies, disappeared when behaviors were studied in this manner” (p. 276).

Heading Section Level 1

The first heading section level should be centered, upper and lower case, and bold print.

Heading Section Level 2

The second subsection is flush left, upper and lower case, and bold print.

Heading Section Level 3

Then begin the sentence here. The third level is flush left, upper and lower case, and all in italicized bold print.

Heading Section Level 4. Then begin the sentence here. The fourth level is indented, upper and lower case, bold, with a period at the end.

Heading Section Level 5. Then begin the sentence here. The fifth level is indented, upper and lower case, bold, and italics with a period at the end.

Figures and Tables

This group is more structured than many of other groups and theoretically is more solution-focused. Each client places one miniature in their tray to represent a problem they are facing. After the group processes their problems, each member receives a solution, coping skill,

or encouragement from the other members in the form of a miniature. In Figure 1, a man is lying down in the center of the tray. Figures are included after the reference pages or within the text depending on the publication.

Tables should be numbered above the table in bold. The title of the table is one double-space below in normal italics. The body of the table can be single-spaced, double-spaced or one-and-a-half. Tables can go in the text or after the reference page depending on the publication (see Table 1).

Table 1

Components' Cronbach's α Reliability Coefficients

Component	Cronbach's α	Reliability Determinant
1	0.88	High
2	0.82	High
3	0.77	Acceptable
4	0.78	Acceptable
5	0.81	High
6	0.74	Acceptable

Numbers

Use numerals for numbers 10 and above (12 of the subjects); measurements, statistical or math numbers; time, dates, ages (3 years ago, 2 hours 15 minutes); scores, points, and money.

Use words to express numbers below 10 that do not represent precise measurements (eight items, nine pages); for numbers beginning a sentence, title, or heading (Forty-eight percent responded; Ten subjects improved, and 4 subjects did not.).

Reference

American Psychological Association. (2020). *Publication manual of the American Psychological Association: The official guide to APA style* (7th ed.).
<https://doi.org/10.1037/0000165-000>

References by Type

Same last name, different year

- Watts, R. E. (1992). Biblical agape as a model of social interest. *Individual Psychology: Journal of Adlerian Theory, Research & Practice*, 48, 35-40.
- Watts, R. E. (2000). Biblically based Christian spirituality and Adlerian psychotherapy. *The Journal of Individual Psychology*, 56(3), 316-328.

Same last name, same year

- Berndt, T. J. (1981a). Age changes and changes over time in prosocial intentions and behavior between friends. *Developmental Psychology*, 17, 408-416.
- Berndt, T. J. (1981b). Effects of friendship on prosocial intentions and behavior. *Child Development*, 52, 636-643.

Journal Articles with and without a doi

- Herbst-Bamm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 224-229. doi:10.1037/0278-6133
- Light, M. A., & Light, I. H. (2008). The geographic expansion of Mexican immigration in the United States. *Law Enforcement Executive Forum Journal*, 8(1), 73-82.

Online-only material in a periodical

- Marshall, S. & Whiten, A. (2008). Social learning of nut-cracking behavior [Supplemental material]. *Journal of Comparative Psychology*, 122, 186-194. doi: 10.1037/0735

Online magazine article

Clay, R. (2008, June 4). Science vs. ideology: Psychologists fight back. *Monitor on Psychology*, 39(6). Retrieved from <http://www.apa.org/monitor/>

Entire book, print version

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency* (2nd ed.). Taylor & Francis.

Book with author and editor

McLuhan, M. (2003). *Understanding me: Lectures and interviews* (S. McLuhan & D. Staine, Eds.). McClelland & Stewart Publishing.

Book chapter, print version

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* (2nd ed., pp. 17-43). Guilford Press.

Olesen, V. (2005). Early millennial feminist qualitative research: Challenges and contours. In N. K. Denzin & Y. S. Lincoln (Eds), *The Sage handbook of qualitative research* (3rd ed., pp. 235-278). Sage.

Electronic version of print book

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. Guilford Press.
<http://www.ebookstore.tandf.co.uk>

Reference book

VandenBos, G. R. (Ed.). (2007). *APA dictionary of psychology*. American Psychological Association.

Several volumes in multivolume work

Koch, S. (Ed.). (1959-1963). *Psychology: A study of science* (Vols. 1-6). McGraw-Hill.

Corporate author, government report

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

Doctoral dissertation, from database

Hollander, M. M. (2017). *Resistance to authority: Methodological innovations and new lessons from the Milgram experiment* (Publication No. 10289373) [Doctoral dissertation, University of Wisconsin–Madison]. ProQuest Dissertations and Theses Global.

Doctoral dissertation from the web

Hutcheson, V. H. (2012). *Dealing with dual differences: Social coping strategies of gifted and lesbian, gay, bisexual, transgender, and queer adolescents* [Master's thesis, The College of William & Mary]. William & Mary Digital Archive.
<https://digitalarchive.wm.edu/bitstream/handle/10288/16594/HutchesonVirginia2012.pdf>

Website

Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, M., Soderland, L., & Brizee, A. (2010, May 5). General format. Retrieved from
<http://owl.english.purdue.edu/owl/resource/560/01/>

Unpublished Manuscript

Yoo, J., Miyamoto, Y., Rigotti, A., & Ryff, C. (2016). *Linking positive affect to blood lipids: A cultural perspective* [Unpublished manuscript]. Department of Psychology, University of Wisconsin–Madison.

Manuscript in preparation

O'Shea, M. (2018). *Understanding proactive behavior in the workplace as a function of gender* [Manuscript in preparation]. Department of Management, University of Kansas.

Manuscript submitted for publication

Lippincott, T., & Poindexter, E. K. (2019). *Emotion recognition as a function of facial cues: Implications for practice* [Manuscript submitted for publication]. Department of Psychology, University of Washington.

Professional Presentation

Fistek, A., Jester, E., & Sonnenberg, K. (2017, July 12–15). *Everybody's got a little music in them: Using music therapy to connect, engage, and motivate* [Conference session]. Autism Society National Conference, Milwaukee, WI, United States.
<https://asa.confex.com/asa/2017/webprogramarchives/Session9517.html>

Paper presentation

Maddox, S., Hurling, J., Stewart, E., & Edwards, A. (2016, March 30–April 2). *If mama ain't happy, nobody's happy: The effect of parental depression on mood dysregulation in children* [Paper presentation]. Southeastern Psychological Association 62nd Annual Meeting, New Orleans, LA, United States.

Poster presentation

Pearson, J. (2018, September 27–30). *Fat talk and its effects on state-based body image in women* [Poster presentation]. Australian Psychological Society Congress, Sydney, NSW, Australia. <http://bit.ly/2XGStHP>

Wikipedia Entry

List of oldest companies. (2019, January 13). In *Wikipedia*.

https://en.wikipedia.org/w/index.php?title=List_of_oldest_companies&oldid=878158136

Data set

D'Souza, A., & Wiseheart, M. (2018). *Cognitive effects of music and dance training in children*

(ICPSR 37080; Version V1) [Data set]. ICPSR. <https://doi.org/10.3886/ICPSR37080.v1>

Software

Borenstein, M., Hedges, L., Higgins, J., & Rothstein, H. (2014). *Comprehensive meta-analysis*

(Version 3.3.070) [Computer software]. Biostat. <https://www.meta-analysis.com/>

Manual for a test, scale, or inventory

Tellegen, A., & Ben-Porath, Y. S. (2011). *Minnesota Multiphasic Personality Inventory–2*

Restructured Form (MMPI-2-RF): Technical manual. Pearson.

Film or video

Forman, M. (Director). (1975). *One flew over the cuckoo's nest* [Film]. United Artists.

YouTube video or other streaming video

Cutts, S. (2017, November 24). *Happiness* [Video]. Vimeo. <https://vimeo.com/244405542>

Single song or track

Beethoven, L. van. (2012). Symphony No. 3 in E-flat major [Song recorded by Staatskapelle

Dresden]. On *Beethoven: Complete symphonies*. Brilliant Classics. (Original work

published 1804)

PowerPoint slides or lecture notes

Canan, E., & Vasilev, J. (2019, May 22). [Lecture notes on resource allocation]. Department of Management Control and Information Systems, University of Chile.

<https://uchilefau.academia.edu/ElseZCanan>

Webpage on a website with an individual author

Martin Lillie, C. M. (2016, December 29). *Be kind to yourself: How self-compassion can improve your resiliency*. Mayo Clinic. <http://www.ethicsguidebook.ac.uk/EthicsPrinciples>

