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APA Style (6th) Quick Guide

This guide provides examples for selected research sources based on style recommendations from the *Publication Manual of the American Psychological Association (APA)* (6th ed., 2010) but coming soon will be the 7th edition (2019, October).

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There are four basic components for all APA references: A. (B). C. D.

The letters represent Who? When? What? Where? A is the author, B is the date, C is the title, and D provides source information.

NOTE: The APA Style requires double-spacing between ALL text lines, including References.

To save space and paper when printed, the examples in this Quick Guide have been formatted with single spacing.

TIP: See page 8 for author variations, e.g., how to write an in-text citation for 6 authors, a reference for 8 authors, or what to do when no author is listed.

Frequently Asked Questions about the APA Style:

www.apastyle.org/learn/faqs/

The academic community builds new knowledge, in part, by understanding what has already been written on a subject. To put new research into the context of existing research, academics provide links to previously published works. Sometimes, the citation links offer the context of the new work; at other times, the links give evidence of agreement, disagreement, or novelty. In all situations, listing your sources enables readers to find the cited information. In other words, citations are pathways between the current work and past works.

In order for academics and students to indicate pathways to past works, organizations and journals have created standardized formats (often referred to as style guides) for in-text citations and reference lists (referred to as references, works cited, or bibliography). This Quick Guide offers models of in-text citations and reference lists. Read the preliminary notes (pp. 1-2) to understand rules for spacing, punctuation, block quotations, and so on. For specific content formatting (e.g. a chapter in an edited book) find the section and sub-heading modeling that material and format your reference exactly as you see it. Additional information on this style can be found in more comprehensive style guides (that are available at the bookstore, in the library, online at other universities, or at organization/journal websites). Recently, in an effort to keep up with changing media and archiving practices, some organizations have established blogs.

More material is available in the APA Style Blog: <https://blog.apastyle.org/apastyle/apa-style-blog-6th-edition-archive.html>

Formatting your paper

APA style requires that you use parenthetical citations to acknowledge quotations, paraphrases, summaries, and other material from a source used in your paper. These correspond to the full bibliographic entries found in a list of references included at the end of your paper. To cite a source in the text of your assignment, indicate in parentheses the last name of the author(s), or if there is no author, the first few words of the document title (in quotation marks), followed by the year of publication, and the page number. The next two paragraphs show some sample in-text citations, followed by the corresponding references.

In his classic study, Gardner (2004)¹ summarizes the scepticism of current researchers and observers about whether the messages presented in the Fourth Assessment Report were really about the end of the world as we know it. His conclusion is that “anthropogenic global warming is occurring” (p. 22)² and human activities are to blame. But four renowned researchers (Tannenbaum, Leung, Sudha, & White, 2005)³ who re-analysed published data have rejected the likelihood of human influence on recent climate change and concluded that:

Block Quote

The current climate change is natural. The close of the millennium was marked by a deep suspicion of the natural world and an increasing reliance upon the pronouncements of soothsayers and visionaries, who caused hysteria with their doom-laden forecasts of the end of humanity. (p. 184)⁴

This has prompted some key influential organisations to hold non-committal positions on this issue. But in a recent publication Cooper et al. (2009) positively identified the "human fingerprints" associated with climate changes stating that “temperatures have risen compared to pre-1800 levels, and humans significantly influence the global temperature” (p. 19). Al Gore echoed this in his recent presentation at Dalhousie University when he concluded that “we're in for a planetary emergency unless we change the way we live now” (personal communication, May 3, 2010).⁵

References⁶

- Cooper, M., Garzon, R., Palumbo, T., Bhatt, D., Alder, H., Calin, G. A., ... Croce, C. (2009). Human fingerprints: A knowledge evolution. *Journal of Global Warming*, 18(4), 11-35. doi:10.1073/pnas.0600587103⁷
- Gardner, S. (2004). *Anthropogenic global warming: How the world is changing*. New York, NY: Morrow.
- Tannenbaum, R. V., Leung, K., Sudha, J. R., & White, M. A. (2005). A re-examination of the notion of global warming. *Journal of the Environment*, 20⁸, 168-196.

¹ In-text citations need to be with the sentence that mentions the source but the author can be split apart from the year and page number.

² APA requires the page numbers(s) for direct quotations, but are optional (and very helpful) for paraphrases or summaries. If the document has no page numbers, use paragraph numbers, e.g., (“Bahrain streets,” 2011, para. 3).

³ When a source that has 3 to 5 authors is cited, all authors are included the first time the source is cited. If that source is cited again, use the first author's lastname and "et al.", e.g., (Tannenbaum et al., 2005). When a source that has six or more authors is cited, the first author's lastname and "et al." are used every time the source is cited (including the first time), e.g., (Cooper et al., 2009).

⁴ Place direct quotations longer than 40 words in a free-standing block and omit quotation marks. The page number is placed after the period.

⁵ Personal communications, including an interview, email, or lecture, can be cited but are not included in the list of references.

⁶ Start the list of references in alphabetical order on a new page, after the body of your written assignment.

⁷ The best method for citing a doi is to use the newly standardized, secure link. <https://doi.org/10.1073/pnas.0600587103>

⁸ Not all journals have both a volume number and an issue number, or if the journal is paginated by the volume, omit the issue number.

APA requires double-spacing for all In-text Citations and References

1. JOURNAL ARTICLES

IN-TEXT CITATIONS (paraphrasing) or (direct quotation)	
Cite Author(s)	(Schacter et al., 2012) or (Schacter et al., 2012, p. 684) (Ashe & McCutcheon, 2001) (Ashe & McCutcheon, 2001, p. 126) (Sawyer, 1966) (Sawyer, 1966, p. 187)
REFERENCES	
Online with DOI¹	Schacter, D. L., Addis, D. R., Hassabis, D., Martin, V. C., Spreng, R. N., & Szpunar, K. K. (2012). The future of memory: Remembering, imagining, and the brain. <i>Neuron</i> 76(4), 677-694. https://doi.org/10.1016/j.neuron.2012.11.001
Posted on an accessible website without DOI²	Ashe, D. D., & McCutcheon, L. E. (2001). Shyness, loneliness, and attitude toward celebrities. <i>Current Research in Social Psychology</i> , 6(9), 124-132. Retrieved from https://uiowa.edu/crisp/sites/uiowa.edu.crisp/files/6.9.pdf
Print³	Sawyer, J. (1966). Measurement and prediction, clinical and statistical. <i>Psychological Bulletin</i> , 66(3), 178-200. https://doi.org/10.1037/h0023624
Notes	¹ Use the secure URL by putting https://doi.org/ in front of the DOI – in this case 10.1016/j.neuron.2012.11.001 ² Without a DOI, give the URL of the online journal home page. These can be shortened, if the site is searchable. ³ Printed articles may be assigned a DOI, if so you should include this in your reference.

2. NEWSPAPER & MAGAZINE ARTICLES

IN-TEXT CITATIONS (paraphrasing) or (direct quotation)	
With Author	(Gleick, 2000) or (Gleick, 2000, p. 171)
No Author, no pages¹	("Bahrain streets," 2011) ("Bahrain streets," 2011, para. 3)
REFERENCES	
Newspaper article from the website	Boseley, S. (2018, March 18). Male pill could be on horizon as trials yield positive results. <i>The Guardian</i> . Retrieved from http://www.theguardian.com
Newspaper article from a database²	Altman, L. K. (2001, January 18). Mysterious illnesses often turn out to be mass hysteria. <i>New York Times</i> . Retrieved from the Factiva database.
Magazine article	Deisseroth, K. (2016, October). A look inside the brain. <i>Scientific American</i> 315(4), 30-37.
Book Review	Gleick, E. (2000, December 14). The burdens of genius [Review of the book <i>The last samurai</i> , by H. DeWitt]. <i>Time</i> , 156, 171.
Newspaper article with no author³	Bahrain streets calm but tense. (2011, February 21). <i>The Chronicle Herald</i> . Retrieved from the Eureka.cc database.
Editorial in print^{3,4}	Sovereignty in the human presence [Editorial]. (2011, February 21). <i>The Globe and Mail</i> , p. A9.
Notes	¹ If you include a heading, the paragraph count rennumbers from 1: (... 2017, Heading first words, para.1). ² Give as full a date as possible. Do not shorten the names of months. e.g., (2000, March 14). ³ Articles without authors are referenced by the first words of their titles. ⁴ Editorials must be acknowledged in your references.

3. INTERNET & SOCIAL MEDIA MATERIALS

In-text citations	(TED, 2007) or (Robinson, 2006)
REFERENCES	
Personal homepage	Atwood, M. (2016). Homepage. Retrieved from http://margaretatwood.ca/
Online community (including blogs) ¹	McAdoo, T. (2018, December 10). APA style blog: How to cite Instagram in APA Style [Blog]. Retrieved from http://blog.apastyle.org/apastyle/social-media/
Posting to an online community ¹	Stafford, T. (2018, February 25). A graph that is made by perceiving it [Blog post]. Retrieved from https://mindhacks.com/2018/02/25/
Commenting on a blog post ^{1,2}	van der Hiel, A. (2018, February 25). Re: A graph that is made by perceiving it [Blog comment]. Retrieved from https://mindhacks.com/2018/02/25/a-graph-that-is-made-by-perceiving-it/#comments
Twitter post or tweet ¹	Nye, B. [BillNye]. (2019, July 29). Spoiler alert: It's not carbonation, it's nitrogenation! [Tweet]. Retrieved from https://twitter.com/BillNye/status/1155918324779192320
Website of an organization or government body ³	Kielburger, C., & Kielburger, M. (2018, May 6). <i>Holding ourselves accountable: Our gender bias report card</i> . Retrieved from https://www.we.org/ Nova Scotia Department of Lands and Forestry. (2018). <i>Biodiversity data and information</i> . Retrieved from https://novascotia.ca/natr/wildlife/biodiversity/
Online video from YouTube ⁴	TED. (2007, January 6). <i>Ken Robinson: Do schools kill creativity?</i> [Video file]. Retrieved from https://www.youtube.com/watch?v=iG9CE55wbtY
TED Talk video ⁴	Robinson, K. (2006, February). <i>Ken Robinson: Do schools kill creativity?</i> [Video file]. Retrieved from http://www.ted.com/talks/ken_robinson_says_schools_kill_creativity
PowerPoint presentation ⁵	Geist, M. (2017, November 8). <i>The challenges of open</i> [Presentation slides]. Retrieved from https://www.slideshare.net/FWD50/dr-michael-geist-fwd50-2017-breakout-the-challenges-of-open
Notes	¹ <i>There is no consensus on exactly how to cite Blogs and Tweets but you will find some examples in the Social Media section of the APA Style Blog: http://blog.apastyle.org/apastyle/social-media/</i> ² <i>Use screen names or pseudonyms only when the author's real name is not known.</i> ³ <i>Use author name(s) if listed, otherwise use the name of the organization or government body.</i> ⁴ <i>Use the most detailed date provided, which could be the month, or the month and day.</i> ⁵ <i>Split long URLs between two lines and remove the link if hyperlinked (URL in black, not underlined).</i>

4. REPORTS

In-text citation	(Microsoft, 2017)
REFERENCES	
Industry report from a database	MarketLine. (2018, February 14). <i>Australia - Food and grocery retail</i> . Retrieved from MarketLine Advantage database.
Company report from a database	Mergent, Inc. (2017, December 31). <i>Facebook Inc (NMS: FB): Company profile</i> . Retrieved from Mergent Online database.
Report from a company website	Microsoft Corp. (2017). <i>Annual report</i> . Retrieved from https://www.microsoft.com/investor/reports/ar17/

5. BOOKS

IN-TEXT CITATIONS	
Author and date:	(Avgerou, 2003)
For a translation:	(Freud, 1940/1970)
With no date:	(Smith, n.d.)
REFERENCES	
Electronic with DOI¹	Avgerou, C. (2003). <i>Information systems and global diversity</i> . https://doi.org/10.1093/acprof:oso/9780199263424.001.0001
Electronic without DOI	Glosser, S. L. (2003). <i>Chinese visions of family and state, 1915-1953</i> . Retrieved from http://hdl.handle.net/2027/heb.04248.0001.001
Print¹	Avgerou, C. (2002). <i>Information systems and global diversity</i> . New York, NY: Oxford University Press.
Print, with an editor²	Updike, J. (Ed.). (1999). <i>The best American short stories of the century</i> . Boston, MA: Houghton Mifflin.
Print, when citing a chapter	Rubenstein, J. P. (1967). The effect of television violence on small children. In B. F. Kane (Ed.), <i>Television and juvenile psychological development</i> (pp. 112-134). New York, NY: American Psychological Society.
Print, when citing a work from an anthology	Jung, C. G. (1990). On the nature and functioning of the psyche. In V. S. de Laszlo & R. F. C. Hull (Eds.), <i>The basic writings of C. G. Jung</i> (pp.15-35). Princeton, NJ: Princeton University Press. (Original work published 1947).
Print, a translation	Freud, S. (1970). <i>An outline of psycho-analysis</i> (J. Strachey, Trans.). New York, NY: Norton. (Original work published 1940).
No publication date^{3,4}	Smith, J. (n.d.). <i>Morality in masquerade</i> . London, England: Churchill.
Notes	¹ The same title may exist in both formats (ebook and print), you should cite the one used. ² Use (Eds.) instead of (Ed.) when there is more than one editor. ³ Use (n.d.) in place of a year when your work has no known date of publication. ⁴ The 2-letter abbreviation is used for cities in provinces and states; for all other cities, name the country.

6. DISSERTATIONS & THESES

In-text citation	(Mancall, 1979)
REFERENCES	
Electronic from a database¹	Mancall, J. C. (1979). <i>Resources used by high school students in preparing independent study projects: A bibliometric approach</i> (Doctoral dissertation). Retrieved from ProQuest Dissertations and Theses database. (UMI No. AAT 7905069)
Print obtained from a university²	Carlson, W. R. (1977). <i>Dialectic and rhetoric in Pierre Bayle</i> . (Unpublished doctoral dissertation). Yale University, CT.
Print abstract from DAI	Delgado, V. (1997). An interview study of Native American philosophical foundations in education. <i>Dissertation Abstracts International: Section A. Humanities and Social Sciences</i> , 58(9), 3395.
Notes	¹ UMI Dissertation Publishing generates unique numbers for each doctoral dissertation and master's thesis. ² Dissertations and theses which have not been indexed in a database are "unpublished."

7. ENCYCLOPEDIAS & REFERENCE MATERIALS

IN-TEXT CITATIONS (paraphrasing) or (direct quotation)	
Signed entry:	(MacKintosh, 2010) or (MacKintosh, 2010, p. 856)
Unsigned entry:	("Acer saccharum," 2004) ("Acer saccharum," 2004, p. 59)
REFERENCES	
Electronic with DOI¹	Levi, D. M. (2010). Amblyopia. In D. A. Dartt et al. (Eds.), <i>Encyclopedia of the eye</i> (pp. 63-66). https://doi.org/10.1016/B978-0-12-374203-2.00243-8
Electronic without DOI¹	Tolan, J. (2011). Petrus Alfonsi. In P. Bearman, et al. (Eds.), <i>Encyclopaedia of Islam</i> (2nd ed.). Retrieved from http://www.brillonline.nl/subscriber/entry?entry=islam_SIM-6120
Print, signed entry^{1,2,3}	MacKintosh, N. J. (2010). Animal learning. In D.H. Hoiberg (Ed.), <i>Encyclopaedia Britannica</i> (15th ed., Vol. 22, pp. 854-869). Chicago, IL: Encyclopaedia Britannica.
Print, unsigned entry^{1,3,4}	<i>Acer saccharum</i> (sugar maple). (2004). In G. Sternberg (Ed.), <i>Native trees for North American landscapes</i> (pp. 56-59). Portland, OR: Timber Press.
Notes	<p>¹ Find the editors' names in the first volume of the series. If the author of the entry is identified only by initials, then look for a list of author names in the encyclopedia index. If neither a name nor initials appear in the entry, then cite the entry according to its title.</p> <p>² Provide volume and page information when provided.</p> <p>³ Use the 2-letter abbreviation for cities in the United States.</p> <p>⁴ Genus and species names are italicized, unless within an already italicized title (when reverse italicization is used).</p>

8. CONFERENCE PROCEEDINGS

In-text citation	(Heerikhuisen, Pogorelov, & Zank, 2010)
REFERENCES	
Electronic with DOI^{1,2,3}	Heerikhuisen, J., Pogorelov, N., & Zank, G. (2010). IBEX ribbon from outer heliosheath pick-up ions. <i>Proceedings of the 9th Annual International Astrophysics Conference, Maui, HI, 1302</i> , 98-103. https://doi.org/10.1063/1.3529997
Electronic without DOI^{1,3}	Miller, S. (2000). Introduction to manufacturing simulation. <i>Proceedings of the 2000 Winter Simulation Conference, Orlando, FL, 33</i> , 63-66. Retrieved from http://www.informs-sim.org/wsc00papers/011.PDF
Print^{2,3,4}	Etoroma, E. E. (1997). Black community building in Hamilton: Problems and prospects. In J. Cohnstaedt & Y. Frenette (Eds.), <i>Canadian Cultures and Globalization: Selected Proceedings of the 23rd Annual Conference of the Association for Canadian Studies</i> (pp. 107-118). Montreal, QC: Association for Canadian Studies.
Unpublished poster³	Kirk, J. T., & Mulder, F. (1999, May). <i>Science fiction on television: A study</i> . Poster presented at the meeting of the Science Fiction Association, Toronto, ON.
Notes	<p>¹ Annual conference proceedings should list location and volume information when available.</p> <p>² Numbers indicating a sequence should not be superscripted (9th rather than 9th).</p> <p>³ Use the 2-letter abbreviation for cities in provinces and states.</p> <p>⁴ Proceedings published in book format are cited like a book chapter.</p>

9. FILM & TELEVISION

In-text citation	(Wallace & Curtiz, 1942)
REFERENCES	
Film	Wallace, H. B. (Producer), & Curtiz, M. (Director). (1942). <i>Casablanca</i> [Motion Picture]. United States: Warner Brothers.
Television broadcast	Sorkin, A. (Writer), & Buckland, M. (Director). (1999). A proportional response [Television series episode]. In A. Sorkin (Producer), <i>The west wing</i> . Los Angeles, CA: Warner Brothers Television.

10. PATENTS

In-text citation ¹	(U.S. Patent No. 4,285,338, 1981)
REFERENCES	
Electronic	Lemelson, J. H. (1981). <i>U.S. Patent No. 4,285,338</i> . Retrieved from http://patft.uspto.gov/
Print	Lemelson, J. H. (1981). <i>U.S. Patent No. 4,285,338</i> . Washington, DC: U.S. Patent and Trademark Office.
Note	¹ <i>Patents are cited according to their numbers as opposed to their inventors.</i>

11. LEGAL ACTS/STATUTES & BILLS

In-text citation ¹	(Cannabis Act, 2018)
REFERENCES	
Electronic Act ¹	Assisted Human Reproduction Act (S.C. 2004, c. 2). https://laws-lois.justice.gc.ca/eng/acts/A-13.4 Cannabis Act. (S.C. 2018, c. 16). Retrieved from https://laws-lois.justice.gc.ca/eng/acts/c-24.5
Electronic Bill ²	<i>Bill C-16, An Act to Amend the Canadian Human Rights Act and the Criminal Code</i> . (2017). 1st Session, 42nd Parliament. Retrieved from https://www.parl.ca/DocumentViewer/en/42-1/bill/C-16/royal-assent
Notes	¹ <i>Names of Acts are not italicized.</i> ² <i>Split long URLs between two lines and remove the link if hyperlinked (URL in black, not underlined).</i>

12. DATABASES

In-text citation ¹	(NM_006538.4, 2019)
REFERENCES	
Electronic	Nucleotide [Database]. (2019, January 27). <i>Accession No. NM_006538.4, Homo sapiens BCL2 like 11 (BCL2L11), transcript variant 6, mRNA</i> . Bethesda, MD: National Library of Medicine, National Center for Biotechnology Information. Retrieved from https://www.ncbi.nlm.nih.gov/nuccore/NM_006538.4
Note	¹ <i>Genetic sequences from NCBI databases are cited by their accession numbers (include version number if listed).</i>

13. AUTHOR VARIATIONS

In-text Citations	First citation with 2 authors	(Cain & Burris, 1999)
	Subsequent citations for 2 authors	(Cain & Burris, 1999)
	First citation with 3 to 5 authors	(Kosslyn, Thompson, & Ganis, 2010)
	Subsequent citations for 3 to 5 authors	(Kosslyn et al., 2010)
	First citation with 6 or more authors	(Bieber et al., 2002)
	Subsequent citations for 6 or more authors	(Bieber et al., 2002)
	Organization as author [optional abbreviation] Citations for already identified abbreviation	(American Psychological Association [APA], 2011) (APA, 2011)
	No author for books, brochures and reports ¹	(<i>Experimental Psychology</i> , 1938)
	No author for articles, chapters or webpages ²	(“Senate passes,” 2011)
	An author named Anonymous	(Anonymous, 1933)
	A text cited by another source	(Bandura, 1982, as cited in Feist, 1998)
References	2 to 7 authors	Cain, A., & Burris, M. (1999, April). <i>Investigation of the use of mobile phones while driving</i> . Retrieved from http://www.cutr.usf.edu/oldpubs/mobile_phone.pdf Kosslyn, S. M., Thompson, W. L., & Ganis, G. (2010). <i>The case for mental imagery</i> . https://doi.org/10.1093/acprof:oso/9780195179088.001.0001
	8 or more authors ^{3,4}	Bieber, M., Engelbart, D., Furuta, R., Hiltz, S. R., Noll, J., Preece, J., ... Van De Walle, B. (2002). Toward virtual community knowledge evolution. <i>Journal of Management Information Systems</i> , 18(4), 11-35. https://doi.org/10.1080/07421222.2002.11045707
	Organization as author	American Psychological Association. (2011). <i>Dollars and sense: Talking to your children about the economy</i> . Retrieved from http://www.apa.org/helpcenter/children-economy.aspx
	No author for books, brochures and reports	<i>Experimental Psychology</i> . (1938). New York, NY: Holt.
	No author for articles, chapters or webpages	Senate passes bill to stop shark finning in U.S. (2011, January). <i>Sea Technology</i> , 52(1), 51.
	An author named Anonymous	Anonymous. (1933). <i>The Spanish republic: A survey of two years' progress</i> . London, England: Eyre and Spottiswoode.
Notes	¹ Use the name of the book, brochure, or report in your in-text citation when it has no identifiable author or editor. ² Use the first few words of the title for chapters, articles, or web pages that have no identifiable author or editor. ³ List the first six authors, followed by an ellipsis ... then ending with the last author. ⁴ Include the DOI if one exists, even if you read the print version of the article.	

Selecting your final Citations & References:

- Every source that has informed your thinking should be both cited and referenced.
- In-text citations flag exact locations using sources of information within the context of your written assignment.
- References describe details of the works that correspond to your citations.
- Resources read but not cited are not listed under References.