

What is APA Style?

American Psychological Association (APA) style is one of several styles for academic writing. This guide covers frequently used citation forms. The sixth edition of the *Publication Manual of the American Psychological Association* (BF 76.7 .P83 2010) is a comprehensive resource, available at most UBC Libraries.

General Rules

- **Formatting:** The preferred APA font is a serif typeface such as Times New Roman with 12-point size. Double-space between all lines of text, including the reference list. Have uniform margins of at least 1 in. (2.54 cm) on all sides.
- **Hanging indents** should be used for the reference list entries. This means that all lines after the first line of each entry should be indented one half inch from the left margin (in Word 2007 use Paragraph>Special>Hanging).
- Arrange reference list entries in **alphabetical order** by the surname of the first author or by title if there is no author. Use only the initial(s) of the author's given name, not the full name, with a space between the initials.
- If the reference list includes **two or more entries by the same author(s)**, list them in chronological order (oldest first). Add a lower case letter (a, b, etc.) after the year, within the parentheses.
- **Capitalize** only the first letter of the first word in the article or book title. Proper nouns are also capitalized as well as the word following a colon (subtitle). Journal titles should have every major word capitalized.
- **Italicize** journal titles, volume numbers and even the comma following the journal title. Do not italicize issue numbers (i.e., the number which appears in parentheses after the volume number).
- References cited in the text must appear in the reference list and vice versa. The only exceptions to this rule are personal communications and secondary sources, which are cited in the text only and are not

included in the reference list.

- **Citations in Text**

- 1. When using a direct quotation, include the page number of the quote. • Stereotypes have been defined as “generalized and usually value-laden impressions that one’s social group uses in characterizing members of another group” (Lindgren, 2001, p. 1617). 2. When paraphrasing an idea, the citation will include author(s) and date.

Author’s name given in the body of your paper: • Lindgren (2001) reported...

Author’s name not given in the body of your paper: • A study of the comparison process (Lindgren, 2001) 3. For electronic sources without page numbers, use the abbreviation para. If the paragraph number is not apparent, cite the section heading and the paragraph number following it. • (Myers, 2000, para. 5) • (Butler, 2000, Conclusion, para. 1) 4. Order two or more works within the same parentheses as they would appear in the reference list. • Past research (Heschl, 2001, 2005; Noonan & Johnson, 2002a, 2002b; Wolchuk et al., 2000) has shown...

APA Reference List Examples

- **Book with Single Author:**

Gore, A. (2006). *An inconvenient truth: The planetary emergency of global warming and what we can do about it*. Emmaus, PA: Rodale.

In-text reference: (Gore, 2006)

- **Book with Two Authors:**

Michaels, P. J., & Balling, R. C., Jr. (2000). *The satanic gases: Clearing the air about global warming*. Washington, DC: Cato Institute.

In-text reference: (Michaels & Balling, 2000)

- **Book with Editor as Author:**

Galley, K. E. (Ed.). (2004). Global climate change and wildlife in North America. Bethesda, MD: Wildlife Society.

In-text reference: (Galley, 2004)

- **Brochure or Pamphlet:**

New York State Department of Health. (2002). After a sexual assault. [Brochure]. Albany, NY: Author.

In-text reference: (New York, 2002)

- **An Anonymous Book:**

Environmental resource handbook. (2001). Millerton, NY: Grey House. In-text reference: (Environmental Resource Handbook, 2001)

- **Magazine Articles:**

Allen, L. (2004, August). Will Tuvalu disappear beneath the sea? Global warming threatens to swamp a small island nation. *Smithsonian*, 35(5), 44-52.

Begley, S., & Murr, A. (2007, July 2). Which of these is not causing global warming? A. Sport utility vehicles; B. Rice fields; C. Increased solar output. *Newsweek*, 150(2), 48-50.

In-text references: (Allen, 2004) (Begley, 2007)

- **Journal Article with Continuous Paging:**

Miller-Rushing, A. J., Primack, R. B., Primack, D., & Mukunda, S. (2006). Photographs and herbarium specimens as tools to document phenological changes in response to global warming. *American Journal of Botany*, 93, 1667-1674. In-text reference: (Miller-Rushing, Primack, Primack, & Mukunda, 2006)

Gelspan, R. (2007). The Heat Is Online. Lake Oswego, OR: Green House Network. Retrieved from The Heat Is Online website: <http://www.heatisonline.org> In-text reference: (Gelspan, 2007)