APA 7 REFERENCE STYLE

**In-text Citations**

When you reference another source use an **in-text citation** in the body of your paper.

**Basic Format:**

(Author's Last Name(s) or Organization, Year).

**I'm using...**

**Summarizing or Paraphrasing**

Paraphrasing or summarizing the main findings or takeaways from a research article is the preferred method of citing sources in an APA paper. Always include the last name of the author(s) and the year of the publication, so your reader can find the full citation in the reference list.

According to Shavers (2007), limitations of studying socioeconomic status in research on health disparities include difficulties in collecting data on socioeconomic status and the complications of classifying women, children, and employment status.

**Direct Quotes**

If you're quoting the exact words of someone else, introduce the quote with an in-text citation in parentheses. Any sentence punctuation goes after the closing parenthesis.

• According to Brown (2019), "Direct quote" (p. 1021).

• Brown (2019) found that "Direct quote" (p. 1021).

• [Some other introduction] "Direct quote" (Brown, 2019, p. 1021).

  If you're directly quoting more than 40 words, use a **blockquote**. Block quotes don't need quotation marks. Instead, indent the text 1/2" as a visual cue that you are citing. The in-text citation in parentheses goes after the punctuation of the quote.

Shavers (2007) study found the following:

While research studies have established that socioeconomic status influences disease incidence, severity and access to healthcare, there has been relatively less study of the specific manner in which low SES influences receipt of quality care and consequent morbidity and mortality among patients with similar disease characteristics, particularly among those who have gained access to the healthcare system. (p. 1021)

**I'm citing a work with...**

**1 Author**

You only need the author's last name comma year in parentheses.

(Abrams, 2018)

(Trakhtenberg, 2008, p. 850)

(Scherwitz et al., 2005, pp.154-155)

(as cited in Peterson et al., 2011)

**2 Authors**

Connect both authors' last names with & (ampersand) comma and the year.

(Wegener & Petty, 1994)

(Yalom & Leszcz, 2005, pp. 23-25)

**3 or More Authors**

If there are 3 or more authors use et al., which means "and others," comma and the year.

(Harris et al., 2018)

(Harris et al., 2018, p.412)

**Group Authors**

First time with an abbreviation:

(Centers for Disease Control and Prevention [CDC], 2019)

Then all subsequent citations: (CDC, 2019)

**REFERENCES**

Include the complete citation at the end of your paper in a **references** section. References are organized by the author's last name in alphabetic (A-Z) order. Use an hanging indent to separate each list item.

**Basic Format:**

Author, A. A., & Author, B. B. (Date). Title of the work. *Source* *where you can retrieve the work*. URL or DOI if available

**I’m Citing a**

**Journal Article Citing**

1. **Author(s).** Note: List each author's last name and initial as Author, A. A., Author, B. B., & Author, C. C. Use an ampersand (&) before the final author's name. [Read more from the APA Style website if there are 21 or more authors.](https://apastyle.apa.org/style-grammar-guidelines/references/elements-list-entry#formatname)
2. **(Year).**
3. **Title of the article.** Note: For works that are part of a greater whole (e.g. articles, chapter), use sentence case. Only the first word of the title and subtitle and proper nouns are capitalized.
4. ***Title of the Journal*,** Note: Italicize and capitalize each word in the journal.
5. ***Volume*** Note: Italicize the journal volume. If there is no issue, include a comma before the page range.
6. **(Issue),** Note: If there is a issue number in addition to a volume number, include it in parentheses.
7. **Page range.** Note: If there is no page range within the journal volume/issue, this can be excluded.
8. **DOI (Digital Object Identifier)** [Read more about DOIs from the APA Style wesbite.](https://apastyle.apa.org/style-grammar-guidelines/references/dois-urls)

Ashing‐Giwa, K. T., Padilla, G., Tejero, J., Kraemer, J., Wright, K., Coscarelli, A., Clayton, S., Williams, I., & Hills, D. (2004). Understanding the breast cancer experience of women: A qualitative study of African American, Asian American, Latina and Caucasian cancer survivors. *Psycho‐Oncology*, *13*(6), 408-428. <https://doi.org/10.1002/pon.750>

Bottomley, A. (1996). Group cognitive behavioural therapy interventions with cancer patients: A review of the literature. *European Journal of Cancer Cure*, 5(3), 143–146. <https://doi.org/10.1111/j.1365-2354.1996.tb00225.x>

Holden-Lund, C. (1988). Effects of relaxation with guided imagery on surgical stress and wound healing. *Research in Nursing & Health, 11*(4), 235–244. <http://doi.org/dztcdf>

**I’m Citing a Book;**

1. **Author(s).** Note: List each author's last name and initials as Author, A. A., Author, B. B., & Author, C. C. Use an ampersand (&) before the final author's name.
2. **(Year).**
3. ***Title of the book.*** Note: For works that stand alone (e.g. books, reports), italicize the title. Only capitalize the first word of the title and subtitle and any proper nouns.
4. **(Edition).** Note: If there is an edition or volume, include it in parentheses and use abbreviations of ed. or vol.
5. **Publisher.** Note: You do not need to include the publisher location or databases where you retrieved it.

Schmidt, N. A., & Brown, J. M. (2017). *Evidence-based practice for nurses: Appraisal and application of research* (4th ed.). Jones & Bartlett Learning, LLC.

Bernstein, D. A., & Borkovec, T. D. (1973). *Progressive relaxation training: A manual for the helping professions*. Research Press.

**I’m citing Book Chapter with Editor(s)**

1. **Author(s).** Note: List each chapter author's last name and initials as Author, A. A., Author, B. B., & Author, C. C. Use an ampersand (&) before the final author's name.
2. **(Year).**
3. **Title of the chapter.** Note: For works that are part of a greater whole (e.g. articles, chapter), use sentence case. Only the first word of the title and subtitle and proper nouns are capitalized.
4. **In Editor(s),**Note: List each editor's last name and initials as A. A. Editor, B. B. Editor, & C. C. Editors, include (Ed.) or (Eds.) in parentheses, and end with a comma.
5. ***Title of the book*** Note: For works that stand alone (e.g. books, reports), italicize the title. Only capitalize the first word of the title and subtitle and any proper nouns.
6. **(pp.xx-xx).**
7. **Publisher.** Note: You do not need to include the publisher location or databases where you retrieved it.

Example: McCormack, B., McCance, T., & Maben, J. (2013). Outcome evaluation in the development of person-centred practice. In B. McCormack, K. Manley, & A. Titchen (Eds.), *Practice development in nursing and healthcare* (pp. 190-211). John Wiley & Sons.

McGuigan, F. J., & Lehrer, P. M. (2007). Progressive relaxation: Origins, principles, and clinical applications. In P. M. Lehrer, R. L. Woolfolk, & W. E. Sime (Eds.), *Principles and practice of stress management* (3rd ed., pp. 57–87). Guilford Press.

**I’m citing a Web Page / Video / Dissertation or Thesis**

Centers for Disease Control and Prevention. (n.d.). *Preventing HPV-associated cancers*. [https://www.cdc.gov/cancer/hpv/basic\_info/prevention.htm/](https://www.cdc.gov/cancer/hpv/basic_info/prevention.htm)

Freebird Meditations. (2012, June 17). *Progressive muscle relaxation guided meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=fDZI-4udE_o>

Valentin, E. R. (2019, Summer). *Narcissism predicted by Snapchat selfie sharing, filter usage, and editing* [Master's thesis, California State University Dominguez Hills]. CSU ScholarWorks. <https://scholarworks.calstate.edu/concern/theses/3197xm925?locale=en>

**I’m citing an Online News/Magazine Article**

1. **Author(s).** Note: List each author's last name and initials as Author, A. A., Author, B. B., & Author, C. C. Use an ampersand (&) before the final author's name.
2. **(Year, Month Date).** Note: You do not need to abbreviate the month.
3. **Title of the article.** Note: For works that are part of a greater whole (e.g. articles, chapter), use sentence case. Only the first word of the title and subtitle and proper nouns are capitalized.
4. ***Title of the online newspaper or publication*.** Note: Capitalize each word in the publication and italicize. If the publication has an associated newly newspaper in print, use the [newspaper article reference example](https://apastyle.apa.org/style-grammar-guidelines/references/examples/newspaper-article-references" \l "1).
5. **URL**

Rogers, O. (2021, July 9). Why naming race is necessary to undo racism. *Psychology Today*. <https://www.psychologytoday.com/us/blog/who-am-i-who-are-we/202107/why-naming-race-is-necessary-undo-racism>