

APA STYLE SHEET

How to Create an APA Reference List:

A Reference list documents the sources used in a research project. Below is an example of a Reference list done in APA (American Psychological Association) style. The list should be formatted in specific ways:

- Center the title, References, one inch from the top.
- Double space within and between all of the citations.
- Alphabetize by author's last name or by title if no author. Ignore "a," "an" or "the" as the first word.
- Begin the References on a new page at the end of the paper. Number the page as a continuation of the text.
- Use a 5 space indentation for all lines after the first line of an entry.

New in 2008! Recent changes in APA now call for inclusion of a Digital Object Identifier (DOI) in a citation if it is available.

References

- American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: Author.
- Attia, E. & Walsh, B. T. (2007). Anorexia nervosa. *The American Journal of Psychiatry*, 164(12), 1805-10. doi: 10.1176/appi.ajp.2007.07071151
- Butsch, R. (Ed.). (1990). *For fun and profit: The transformation of leisure into consumption*. Philadelphia: Temple University Press.
- Carter, R. (1999). Mental health should be treated on a par with physical health. In J. Hurley (Ed.), *Mental health*. Retrieved from Opposing Viewpoint Reference Center database. (Reprinted from A positive link of mind and body, in *Los Angeles Times*, editorial by R. Carter, 7 May, 1996.)
- Chukovsky, K. (1967). The young child: A linguistic genius. In Y. Brackbill & G. G. Thompson (Eds.), *Behavior in infancy and early childhood* (pp. 334-339). New York: Free Press. (Reprinted from *From two to five.*, pp. 25-32, by M. Morton, Ed. & Trans., 1963, Berkeley: University of California Press.)
- Craig, T., Hwang, M. Y., & Bromet, E. J. Obsessive-compulsive and panic symptoms in patients with first-admission psychosis. *The American Journal of Psychiatry*, 159(4), 592-598. Retrieved from ProQuest Psychology Module database.
- Fassler, D. G. (2002, October 28). *Talking to children about snipers and terrorism: Tips for parents*. Retrieved from the American Academy of Child & Adolescent Psychiatry Web site: http://www.aacap.org/publications/DisasterResponse/20tips_2.htm
- Finally, it's ok to cry. (1991, October 8). *Your Health*, 22-23.
- Goode, E. (2002, October 1). Deflating self-esteem's role in society's ills. *New York Times*, pp. D1, D6.
- Hendricks, J. C. (1993). English bulldogs as an animal model of sleep apnea. In M. A. Carskadon (Ed.), *Encyclopedia of sleep and dreaming* (pp. 219-200). New York: Macmillan.
- Lambert, W. E. & Klineberg, O. (1966). *Children's views of foreign peoples: A cross-national study*. New York: Appleton-Century-Crofts.
- Nash, J. M. (1996, January 29). Zooming in on dyslexia: Can video games treat learning disorders? New research causes hope. *Time* 147(5), 62-65. Retrieved from Expanded Academic ASAP database.
- Rampage, C. (2002). Marriage in the 20th century: A feminist perspective. *Family Process*, 41(2), 261-268.
- Sociology. (2002). In *Encyclopedia Britannica online*. Retrieved from Encyclopaedia Britannica database.

For more detailed information on the APA style and to find additional citation examples consult:

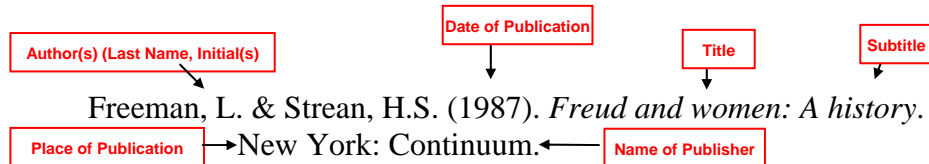
[Publication Manual of the American Psychological Association. Ref/BF/76.7/.P83/2001](#)

APA CITATION EXAMPLES

A citation is a reference to a source used in your project and must include enough information for a reader to locate the source. Citations from some sources may require more information than others. List as much information about a source as possible (include more rather than too little). For example some articles may have an author and some may not. Citations should be formatted in specific ways:

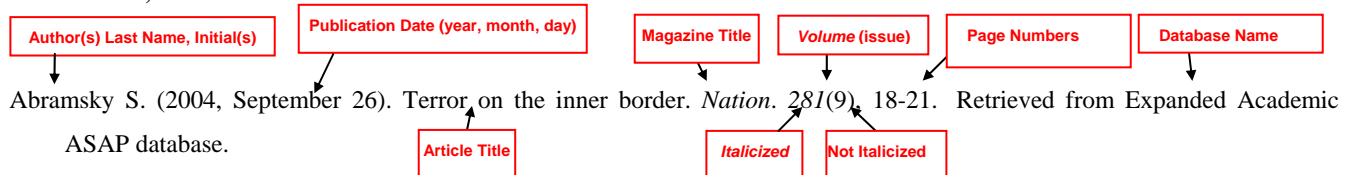
- | | |
|--|--|
| <ul style="list-style-type: none"> • Use only initials for authors' first and middle names. • Punctuate, capitalize, and italicize exactly as shown below. • Double space within and between all of the citations. • Use a 5 space indention for all lines after the first line of an entry. • All citations end with a period unless it ends with a URL. | <ul style="list-style-type: none"> • URLs may be split after slashes. • Include state abbreviations, except for well known cities such as New York, Boston, Chicago, etc. • For publisher, OMIT words like, Inc., Co., House, Publishers, etc. RETAIN words like Press and Books. |
|--|--|

BOOKS



NO AUTHOR	<i>World development report.</i> (1989). New York: Oxford University Press.
ONE AUTHOR	Sulloway, F. J. (1979). <i>Freud, biologist of the mind: Beyond the psychoanalytic legend.</i> New York: Basic Books.
TWO TO SIX AUTHORS	Freeman, L. & Streaan, H. S. (1987). <i>Freud and women.</i> New York: Continuum.
MORE THAN SIX AUTHORS	D'Andre, R. G., Dornbusch, S. M., Hamburg, D. A., KoKohlberg, L., Lunde, D. T., Maccoby, E. E., et al. (1966). <i>Development of Sex Differences.</i> Stanford, CA: Stanford University Press.
AUTHOR AND PUBLISHER THE SAME	American Psychiatric Association. (1994). <i>Diagnostic and statistical manual of mental disorders</i> (4 th ed.). Washington, DC: Author.
EDITOR	Jennings, S. (Ed.). (1995). <i>Dramatherapy with children and adolescents.</i> London: Routledge.
SEVERAL VOLUMES (Note: cite only the volume(s) used)	Leach, M. (Ed.). (1950). <i>Dictionary of folklore.</i> (Vol. 2). New York: Funk & Wagnall.
EDITION (Other Than the First)	Far, P. M. (1996). <i>Wetland Plants</i> (2nd ed.). Mill Valley, CA: Pickleweed.
ESSAY OR ARTICLE IN A COLLECTION	Krippner, S. (1974). Telepathy. In J. White (Ed.), <i>Psychic exploration: A challenge for science</i> (pp. 112-131). New York: Paragon Books.
ENTIRE E-BOOK (From a Subscription Database)	Schneider B. & Smith, D. B. (2004). <i>Personality and organizations.</i> Retrieved from netLibrary database.

MAGAZINES, JOURNALS AND NEWSPAPERS



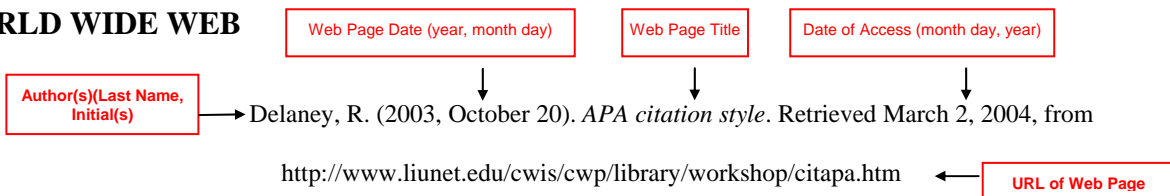
MAGAZINE ARTICLE (From a Subscription Database)	Abramsky, S. (2004, September 26). Terror on the inner border. <i>Nation</i> , 281(9), 18-21. Retrieved from Expanded Academic ASAP database.
MAGAZINE ARTICLE (From a Print Source)	Brink, S. (2002, November 18). Hormones and emotions. <i>U.S. News & World Report</i> , 133(2), 68.

SCHOLARLY JOURNAL (From a Subscription Database)	Silva-Garcia, J. (1990). Dreams and transference. <i>American Journal of Psychoanalysis</i> , 50(3), 203. Retrieved from ProQuest Research Library database.
SCHOLARLY JOURNAL (From a Print Source)	Cooper, J. K., Harris, Y., & McGready, J. (2002). Sadness predicts death in older people. <i>Journal of Aging and Health</i> , 14(4), 20-39.
NEWSPAPER ARTICLE (From a Subscription Database)	Kay, J. (2003, July 23). Wildlife refuge is South Bay magnet. <i>San Francisco Chronicle</i> , p. A1. Retrieved from ProQuest Newspapers database.
NEWSPAPER ARTICLE (From a Print Source)	Goode, E. (2002, October 1). Deflating self-esteem's role in society's ills. <i>New York Times</i> , pp. D1, D6.
BOOK REVIEW	Szimhart, J. P. (2003). A personal mythology. [Review of the book <i>Anatomy of a life possessed</i>]. <i>Skeptical Inquirer</i> , 27(1), 51-52.

SUBSCRIPTION DATABASES

SUBSCRIPTION DATABASE EXAMPLES:	Consult: http://www.santarosa.edu/library/guides/apa-databases.pdf
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WORLD WIDE WEB



NO AUTHOR	<i>Anxiety Disorders</i> . (2004, April 26). Retrieved May 22, 2005, from http://www.nimh.nih.gov/healthinformation/anxietymenu.cfm
AUTHOR	Delaney, R. (2003, October 20). <i>APA citation style</i> . Retrieved March 2, 2004, from http://www.liunet.edu/cwis/cwp/library/workshop/citapa.htm
ARTICLE IN AN ONLINE NEWSPAPER/NEWS SERVICE (NOT SUBSCRIPTION DATABASES):	Nerbert, K. (2006, August 25). College's most expensive building blends tradition with high tech. <i>Press Democrat</i> . Retrieved November 2, 2007, from http://www1.pressdemocrat.com/apps/pbcs.dll/section?Category=jobs

OTHER USEFUL EXAMPLES

ENCYCLOPEDIA ARTICLE (From an Subscription Database)	Freud, Sigmund. (2003). In <i>Encyclopaedia Britannica online</i> . Retrieved from Encyclopaedia Britannica Online database.
ENCYCLOPEDIA ARTICLE (From a Print Source)	Kellar-Guenther, Y. (1999). Abandonment. In <i>Encyclopedia of human emotions</i> (Vol. 1, pp. 1-6). New York: Macmillan.
INTERVIEW IN PERSON	An interview is not considered recoverable data so no entry is needed in the References list. Cite within the text of your paper as a personal communication (see page 4, item 7).
SPEECH OR LECTURE	Proehl, A. (2003, April 16). <i>Psychology library orientation</i> . Lecture presented at the Santa Rosa Junior College, Santa Rosa, CA.
TELEVISION OR RADIO PROGRAM	Crystal, L. (Executive Producer). (1993, October 11). <i>The McNeil/Lehrer news hour</i> . [Television broadcast]. New York: Public Broadcasting Service.
MOTION PICTURE (DVD, VIDEO OR FILM)	Bull, D. & Mulryan, J. (Directors). (1996). <i>Men talk sex</i> [Motion picture]. Boston: Fanlight Productions.

IN-TEXT REFERENCES

In-text references are used instead of footnotes or endnotes in a research paper. Their purpose is to acknowledge your use of borrowed material. APA uses the author-date method of citation. If an author's words are quoted EXACTLY, enclose the words quoted in quotation marks, and include the page number at the end of the sentence in parentheses. If an author's ideas are paraphrased, give that author credit but do not include the page number. Do this by placing in parentheses the author's last name and the year of the work. Because in-text citations are so brief they **must always be accompanied by a list of References**.

PLACEMENT AND PUNCTUATION GUIDELINES

1. Keep the parenthetical references as brief as possible. Do this by inserting the **author's last name, year of publication** and if you are quoting the author, include a **page number** in parentheses after the statement you are documenting:

"In truth, the young child is the hardest mental toiler on our planet" (Chukovsky, 1967, p. 336).

2. If you include the author's name in a sentence, follow it with the year of the publication in parentheses. The page number of the reference appears at the end of the sentence in parentheses:

Chukovsky (1967) believes that a young child "is the hardest mental toiler on our planet" (p. 336).

3. If you are citing an entire work rather than a specific passage or section, give the author's last name in your sentence followed by the year of the work:

Throughout his work, Chukovsky (1967) argues that individuals exercise their brains at a young age more than at any other time in their life.

4. In general, place the parenthetical reference at the end of the sentence before the final period:

Young children exercise their mental faculties more vigorously than at any other time in their life (Chukovsky, 1967).

5. In some cases it may be clearer to place the reference within the sentence. In such cases, place the reference at the end of the clause, but before the comma that would normally occur:

Young children use their mental abilities far more vigorously than other age groups according to Chukovsky (1967), but other psychologists do not agree.

6. When your reference is used to document a quotation of forty or more words indent the entire quotation, keep it double-spaced and do not include quotation marks around the quotation. Always include author, year and a specific page number placed in parentheses at the end of the quoted passage but after the final period.

7. Do not list personal communications as a citation in your final Reference list. Cite these in the text of your paper only. Give the initials as well as the surname of the communicator and provide as exact a date as possible. Example: M.L. Baines (personal communication, March 21, 1999) believes strongly that ice cream is the secret to good living.

EXAMPLES OF IN-TEXT REFERENCES

The following examples of in-text references cover works with no author, multiple authors and government agencies.

1. A work by an author with the same last name as another author in your Reference list	Supply initials and last name. R. D. Luce (1959)
2. A work by more than one author	<u>Two authors:</u> Hiller and Strober (1965) Or (Hiller & Strober, 1965) <u>Three to Five authors:</u> List all the authors the first time you cite the source. In subsequent references use the first author followed by et al. First: (Smith, Lopez, Doe & Gee, 1999) Subsequent: (Smith et al., 1999) <u>Six or more authors:</u> Use the first author followed by et al.: (Hiller et al., 1996)
3. Work with no author	Use shortened version of title or whole title if it is short. Book, periodical and report titles are italicized and articles or chapters are put in quotation marks. If you shorten the title, be sure to begin with the word by which the source is alphabetized in your References list: (<i>Americana</i> , 1997) or ("Finally," 1991).
4. Corporate author or government agency	Give the full name of the organization the first time you cite the source, followed by the familiar abbreviation for the group in brackets. In subsequent references you can use the familiar abbreviation, if applicable: (Centers for Disease Control [CDC], 2001). Subsequent reference: (CDC, 2001)