



The Library

# Getting Started with APA Citation Style

## 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...

## JOURNAL ARTICLES

- Journal article:  
Retrieved online with  
digital object identifier (DOI)**  
(Example on p. 198 #1 of the *Manual*)
- Rutherford, B. J. (2006). Reading disability and hemispheric interaction on a lexical decision task. *Brain and Cognition*, 60, 55-63. doi:10.1016/j.bandc.2005.09.013
- Direct quotation in text: (Rutherford, 2006, p. 56)
- ❖ If each issue of a journal begins on page 1, give the issue number in parentheses immediately after the volume number (p. 198).
- Journal article:  
Retrieved online with DOI:  
Three to five authors**  
(p. 198 # 1 & p. 177 table 6.1)
- Rush, K. L., Waldrop, S., Mitchell, C., & Dyches, C. (2005). The RN-BSN distance education experience: From educational limbo to more than an elusive degree. *Journal of Professional Nursing*, 21, 283-292. doi:10.1016/j.profnurs.2005.07.007
- Direct quotation in text (from a passage that spans two pages): **First citation:** (Rush, Waldrop, Mitchell, & Dyches, 2005, pp. 283-284) **Subsequent citation to a different passage from the same source:** (Rush et al., 2005, p. 291)
- Journal article:  
Retrieved online with DOI:  
Six or seven authors**  
(p. 198 #1 & p. 177 table 6.1)
- Robinson, C., Pesut, B., Bottorff, J. L., Mowry, A., Broughton, S., & Fyles, G. (2009). Rural palliative care: A comprehensive review. *Journal of Palliative Medicine*, 12, 253-258. doi:10.1089/jpm.2008.0228
- First and subsequent citations in text: (Robinson et al., 2009)
- Journal article:  
Retrieved online with DOI:  
Eight or more authors:  
Advance online publication**  
(p. 198 #2 & p. 199 #5)
- Bottorff, J. L., Carey, J., Mowatt, R., Varcoe, C., Johnson, J. L., Hutchinson, P., . . . Wardman, D. (2009). Bingo halls and smoking: Perspectives of First Nations women. *Health & Place*. Advance online publication. doi:10.1016/j.healthplace.2009.04.005
- First and subsequent citations in text: (Bottorff et al., 2009)
- ❖ When authors number eight or more, include the first six authors' names in the reference, then insert three spaced dots (an ellipsis - p. 172), and add the last author's name (p. 184).
- Journal article:  
Retrieved online with no DOI:  
Give URL of the journal  
home page (even if retrieved  
from a database)**  
(p. 199 #3)
- Mathieson, C. M., Bailey, N., & Gurevich, M. (2002). Health care services for lesbian and bisexual women: Some Canadian data. *Health Care for Women International*, 23, 185-196. Retrieved from <http://www.tandf.co.uk/journals/titles/07399332.asp>
- Citation in text: (Mathieson, Bailey, & Gurevich, 2002)
- ❖ Hint: Google journal title to locate URL.
- Journal article:  
Retrieved online with no DOI:  
Posted to preprint archive:  
No pagination**  
(p. 200 #6 & p. 171 sec. 6.05)
- Gabora, L. (2007). Self-other organization: Why early life did not evolve through natural selection. *Journal of Theoretical Biology*. Retrieved from <http://cogprints.org/5583/01/soo.htm>
- Direct quotation in text: (Gabora, 2007, para. 5)
- ❖ The exact URL is used because the article is "informally published" (p. 200).
- Journal article:  
Not retrieved online (print version)  
with no DOI:  
Discussed in a secondary source**  
(p. 199 #3 & p. 178 sec. 6.17)
- Kolb, B., & Cioe, J. (1998). Absence of recovery or dendritic reorganization after neonatal posterior parietal lesions. *Psychobiology*, 26, 134-142.
- Citation in text: Diamattia and Kesner's study (as cited in Kolb & Cioe, 1998) . . .
- ❖ "Use secondary sources sparingly, for instance, when the original work is out of print, unavailable through usual sources, or not available in English" (p. 178).

continued . . .

## JOURNAL ARTICLES (continued)

- Online magazine article**  
(p. 200 #8)
- Wells, P. (2009, July 28). Our universities can be smarter. *Maclean's*. Retrieved from <http://www2.macleans.ca/>
- Citation in text: (Wells, 2009)
- Online newspaper article:  
Give URL (even if retrieved  
from a database):  
No author**  
(p. 200 #11)
- Cernetig, M. (2009, August 11). Opinion: Crafty Campbell knew the dangers of HST. *The Vancouver Sun*. Retrieved from <http://www.vancouver.sun.com/>
- Citations in text: (Cernetig, 2009)
- ❖ "Give the URL of the home page when the online version of the article is available by search to avoid non working URLs" (p. 201).

## BOOKS & BOOK SECTIONS

- Book: 1-2 authors**  
(p. 203 #18)
- Mitchell, J. J. (2001). *The mental and emotional life of teenagers*. Calgary, AB: Detselig Enterprises.
- Citation in text: (Mitchell, 2001)
- Book: 3-5 authors**  
(p. 203 #18)
- Murphy, M. A., Lai, D., & Sookraj, D. (1997). *Evaluation of the neighborhood (congregate) meal program: Final report*. Kelowna, BC: Kelowna Home Support Society.
- Citations in text: **First Citation:** (Murphy, Lai, & Sookraj, 1997) **Subsequent:** (Murphy et al., 1997)
- Book: Group author:  
Author as publisher: 6th edition**  
(p. 203 2nd bullet & p. 177 table 6.1)
- American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.
- Citations in text: **First citation:** (American Psychological Association [APA], 2010) **Subsequent:** (APA, 2010)
- Edited book**  
(p. 202 sec. 7.02)
- Hare, R. D., & Schalling, D. (Eds.). (1978). *Psychopathic behaviour: Approaches to research*. Chichester, NY: Wiley.
- Citation in text: (Hare & Schalling, 1978)
- Chapter in an edited book**  
book (p. 204 #25)
- Porter, S., Woodworth, M., & Doucette, N. (2007). Memory for murder: The qualities and credibility of homicide narratives by perpetrators. In S. Christianson (Ed.), *Offenders' memories of violent crimes* (pp. 115-134). New York, NY: Wiley.
- Citation in text: (Porter, Woodworth, & Doucette, 2007)
- Chapter in an edited book:  
English translation:  
Reprinted from another source**  
(p. 204 #26)
- Piaget, J. (1988). Extracts from Piaget's theory (G. Gellerier & J. Langer, Trans.). In K. Richardson & S. Sheldon (Eds.), *Cognitive development to adolescence: A reader* (pp. 3-18). Hillsdale, NJ: Erlbaum. (Reprinted from *Manual of child psychology*, pp. 703-732, by P. H. Mussen, Ed., 1970, New York, NY: Wiley)
- Citation in text: (Piaget, 1970/1988)
- Encyclopedia article**  
(p. 203 sec. 7.02 & p. 205 #29)
- Lindgren, H. C. (2001). Stereotyping. In *The Corsini encyclopedia of psychology and behavioral science* (Vol. 4, pp. 1617-1618). New York, NY: Wiley.
- Citation in text: (Lindgren, 2001)
- Book with no author or editor**  
(p. 205 #30)
- Merriam-Webster's collegiate dictionary* (10th ed.). (1993). Springfield, MA: Merriam-Webster.
- Citation in text: (*Merriam-Webster's*, 1993)

## BOOKS AND BOOK SECTIONS (continued)

**Published conference proceedings: No DOI**  
(p. 207 #39)

Deci, E. L., & Ryan, R. M. (1991). A motivational approach to self: Integration in personality. In R. Dienstbier (Ed.), *Nebraska Symposium on Motivation: Vol. 38. Perspectives on motivation* (pp. 237-288). Lincoln: University of Nebraska Press.

Citation in text: (Deci & Ryan, 1991)

❖ “If the publisher is a university and the name of the state or province is included in the name of the university, do not repeat the name in the publisher location” (p. 187)

**Multi-volume work**  
(p. 204 #23)

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

Citation in text: (Koch, 1959-1963)

**Entry in an online reference work:**  
**No author:**  
(p. 205 #29 & #30  
& p. 176 sec. 6.15)

Globalization. (2005). In J. Scott & G. Marshall (Eds.), *A dictionary of sociology*. Retrieved from <http://www.oxfordreference.com>

Citation in text: (“Globalization”, 2005)

**Electronic version of a print book**  
(p. 203 #19 & 21)

Dutton, D. (2006). *The abusive personality: Violence and control in intimate relationships* (2nd ed.). Retrieved from <http://books.google.ca/books>

Citation in text: (Dutton, 2006)

**Limited-circulation book or monograph:**  
**Retrieved from a database**  
(p. 204 #22)

Johnson, S. (2008). *Medically unexplained illness: Gender and biopsychosocial implications* [Monograph]. Retrieved from PsycBOOKS database.

Citation in text: (Johnson, 2008)

**Book review:**  
**Retrieved from a journal online**  
(p. 209 #45)

Rasmussen, B. (2005). Have we learned from our mistakes? [Review of the book *Learning from our mistakes: Beyond dogma in psychoanalysis and psychotherapy*, by P. Casement]. *Psychoanalytic Social Work*, 12(1), 73-79. doi:10.1300/J032v12n01\_06.

Citation in text: (Rasmussen, 2006)

**Test review:**  
**Retrieved from a database**  
(p. 209 #45)

O’Grady, K. E. (1986). [Review of the test *Golombok Rust Inventory of Sexual Satisfaction*, by J. Rust & S. Golombok]. *Mental measurements yearbook* (10th ed.). Retrieved from Mental Measurements Yearbook database

Citation in text: (O’Grady, 1986)

❖ “Database names . . . may be given for material of limited circulation” (p. 202)

**ERIC document:**  
**Retrieved online**  
(p. 212 #62)

Peterson, L. (1999). *Transforming the daily life of the classroom: The District Six laptop project*. Retrieved from ERIC database. (ED437028)

Citation in text: (Peterson, 1999)

**Dissertation:**  
**Retrieved from a database**  
(p. 208 #40)

Aguiar, L. (2001). *The ‘dirt’ on the contract cleaning industry in Toronto: Cleanliness and work reorganization* (Doctoral dissertation). Retrieved from ProQuest Dissertations and Theses database. (AAT NQ67931)

Citation in text: (Aguiar, 2001)

**Master’s thesis:**  
**Retrieved from an institutional database**  
(p. 208 #41)

Gibson, L. S. (2007). *Considering critical thinking and History 12: One teacher’s story* (Master’s thesis). Retrieved from <https://circle.ubc.ca/>

Citation in text: (Gibson, 2007)

continued . . .

## WEB DOCUMENTS

**Webpage**  
(p. 212 #61)

Mulhauser, G. (2009). *An introduction to cognitive therapy & cognitive behavioural approaches*. Retrieved from <http://counsellingresource.com/types/cognitive-therapy/>

Citation in text: (Mulhauser, 2009)

“Do not include retrieval dates unless the source material may change over time (e.g., Wikis)” (p. 192).

**Webpage:**  
**Corporate author**  
(p. 205 #31)

National Defense and the Canadian Forces. (2004). *Backgrounder: Post traumatic stress disorder (PTSD)*. Retrieved from <http://www.forces.gc.ca/site/news-nouvelles/view-news-afficher-nouvelles-eng.asp?id=1514>

Citation in text: (National Defense and the Canadian Forces, 2004)

**Web report:**  
**Author different from the publisher** (p. 205 sec. 7.03)  
**so identify publisher as part of retrieval statement**  
(p. 206 #33)

Shields, M., & Wilkins, K. (2006). *Findings from the 2005 National Survey of the Work and Health of Nurses* (Report No. 83-003-XPE). Retrieved from Canadian Institute for Health Information website: [http://secure.cihi.ca/cihiweb/products/NHSRep06\\_ENG.pdf](http://secure.cihi.ca/cihiweb/products/NHSRep06_ENG.pdf)

Citation in text: (Shields & Wilkins, 2006)

**Web report:**  
**Author same as publisher**  
(p. 205 #31)

Statistics Canada. (2005). *Access to health care services in Canada* (Report No. 82-575-XIE). Retrieved from <http://www.statcan.ca/english/freepub/82-575-XIE/82-575-XIE2006002.htm>

Citation in text: (Statistics Canada, 2005)

**Blog posting**  
(p. 215 #76)

Kiume, S. (2007, August 17). Loneliness isn't good [Web log message]. Retrieved from <http://psychcentral.com/blog/archives/2007/08/17/loneliness-isnt-good/>

Citation in text: (Kiume, 2007)

## LEGAL DOCUMENTS

**Legislation:**  
**Revised Statutes of Canada:**  
**Retrieved from the internet**  
(p. 220 #11)

Criminal Code, R.S., c. C-34 (1985). Retrieved from <http://laws.justice.gc.ca/en/C-46/index.html>

Citation in text: (Criminal Code, 1985)

**Legislation:**  
**Revised Statutes of British Columbia:**  
**Retrieved from a database**  
(p. 220 #10)

University Act, R.S.B.C. c. 468 (1996). Retrieved from QP LegalEze database.

Citation in text: (University Act, 1996)

**Case law:**  
**Supreme Court of Canada Reports:**  
**Retrieved from the internet**  
(p. 217 #1)

R. v. Latimer, 1 S.C.R. 3 (2001). Retrieved from <http://scc.lexum.umontreal.ca/en/2001/2001scc1/2001scc1.html>

Citation in text: (*R. v. Latimer*, 2001)

## MEDIA

**Video clip, e.g. YouTube:**  
**Retrieved from the internet**  
(p. 215 #77)

Norton, R. (2006, November 4). How to train a cat to operate a light switch [Video file]. Retrieved from <http://www.youtube.com/watch?v=Vja83KLQXZs>

Citation in text: (Norton, 2006)

continued . . .

## **MEDIA** (continued)

**Audio clip [podcast]:  
Retrieved from the internet**  
(p. 210 #50)

Green, C. D. (Producer). (2006, October 9-15). Thomas Blass on Stanley Milgram's shocking studies of obedience [Audio podcast]. Retrieved from <http://www.yorku.ca/christo/podcasts/>

Citation in text: (Green, 2006)

**Motion picture**  
(p. 209 section 7.07)

Davidson, F. (Producer), & Davidson, J. (Director). (1999). *B. F. Skinner: A fresh appraisal* [Motion picture]. United States: Davidson Films.

Citation in text: (Davidson, 1999)

**Single episode  
from a television series**  
(p. 210 #51)

MacIntyre, L. (Reporter). (2006). Money, truth and spin [Television series episode]. In H. Cashore (Producer), *The fifth estate*. Toronto, ON: Canadian Broadcasting Corporation.

Citation in text: (MacIntyre, 2006)

## **NOTES, HANDOUTS & YOUR ESSAYS FROM LAST YEAR**

**Personal communication**  
(p. 179 section 6.20)

Includes letters, phone calls, email messages, and interviews. Because they include "unrecoverable data," they are NOT included in the reference list.

Citation in text: M. Burton (personal communication, August 1, 2006)...

**Class notes**  
(p. 179 section 6.20)

Cite information from your own personal notes from a lecture as a personal communication and refer to it only in the body of your essay.

Citation in text: In a lecture on November 16, 2008, to a PSYO 235 class, Professor Davies said...

**Class handout:  
Has title**  
(p. 211 #58)

Woodworth, M. (2006). *Psychopaths* [Class handout]. Department of Psychology, University of British Columbia Okanagan, Kelowna, Canada.

Citation in text: (Woodworth, 2006)

**Lecture notes  
posted to WebCT Vista**  
(p. 212 #61)

Cioe, J. (2006). *The normal distribution* [Lecture notes]. Retrieved from <https://www.elearning.ubc.ca>

Citation in text: (Cioe, 2006)

**PowerPoint presentation  
posted to WebCT Vista**  
(p. 212 # 61)

Cioe, J. (2006). *Biological foundations of sexuality* [PowerPoint slides]. Retrieved from <https://www.elearning.ubc.ca>

Citation in text: (Cioe, 2006)

**Custom course materials:  
Reprinted from another source**  
(p. 204 #26)

Redfield, R. (2007). The folk society. In N. Netting (Ed.), *Custom course materials SOCI 355* (pp. 56-71). Kelowna, BC: University of British Columbia Okanagan, Bookstore. (Reprinted from *American Journal of Sociology*, 52(4), 293-308, 1947).

Citation in text: (Redfield, 1947/2007)

**Essay: Self-citation**  
(template on p. 207 section 7.05)

Janke, R. (1997). *Librarians are novel lovers: An exploration of our risqué professional stereotypes* (Unpublished graduate essay). University of British Columbia, Vancouver, Canada.

Citation in text: (Janke, 1997)

## REFERENCES

Running head: GETTING STARTED WITH APA CITATION STYLE

Start your reference list on a new page and double-space all entries. Generally, your paper should be written in 12-pt Times New Roman with 1" margins (pp. 228-229).

References

Identify each page of your paper with a running head which is a shorter version of your title. It should be capitalized and not exceed 50 characters including spaces and punctuation (p. 229)

Cioe, J. (2000). The normal distribution [Lecture notes]. Retrieved

.ubc.ca

Deci, E. L., & Ryan, R. M. (1991). A motivational approach to self: Integration in personality. In

URLs and DOIs can be broken across line breaks before most punctuation (p. 192).

*Nebraska Symposium on Motivation: Vol. 38. Perspectives on*

(1991). Lincoln: University of Nebraska Press.

Globalization. (2005). In J. Scott & G. Marshall (Eds.), *A dictionary of sociology*. Available May

14, 2006, from <http://www.oxfordreference.com>

Kiume, S. (2007, August 17). Loneliness isn't good [Web log message]. Retrieved from

<http://psychcentral.com/blog/archives/2007/08/17/loneliness>

If the name of the state, province, or country is included in the name of the university press do not repeat it in the publisher location (p. 230).

*Merriam-Webster's collegiate dictionary* (10th ed.). (1993). Springfield, MA: Merriam-Webster.

Murphy, M. A., Lai, D., & Sookraj, D. (1997). *Evaluation of the neighborhood (congregate)*

*meal program: Final report*. Kelowna, BC: Kelowna Home Support Society.

Peterson, L. (1999). *Transforming the daily life of the classroom: The District Six laptop project*.

Retrieved from ERIC database. (ED437028)

Rush, K. L., Waldrop, S., Mitchell, C., & Dyches, C. (2005). The RN-BSN distance education

experience: From educational limbo to more than an elusive degree. *Journal of*

*Professional Nursing*, 21, 283-292. doi:10.1016/j.profnurs.2005.07.007

For journal articles, only include the issue number if the journal is paginated by issue, i.e. each issue begins on page 1 (p. 199).