



Guide to What's New in the *Publication Manual of the American Psychological Association, Seventh Edition*

This document provides an overview of what's new in the seventh edition of the *Publication Manual of the American Psychological Association*. Content throughout the manual has been significantly expanded and revised from the sixth edition.

Chapter 1

Chapter 1 has new and updated content on scholarly writing and publishing principles. This includes information about

- types of journal articles and student papers,
- ethical and accurate reporting of research results,
- data retention and sharing (with additional data-sharing considerations for qualitative research),
- contributions meriting publication credit,
- authors' intellectual property rights during manuscript review, and
- much more.

Chapter 2

Chapter 2 covers paper elements and formatting for both professional and student papers. The summaries of *Publication Manual* sections outlined here focus mostly on changes that affect student paper formatting, though significant changes to professional papers are also noted.

A [sample professional paper](#) and a [sample student paper](#) are available on the APA Style website and in the manual.

2.3 Title Page

NEW

The seventh edition includes guidelines for student paper title page formatting that are different from professional paper title page formatting. Student title page elements include the course number and name, instructor name, and assignment due date as well as the omission of the running head. Students should follow the guidelines of their instructor or institution when determining which title page format is most appropriate to use. Sample student and professional title pages are provided in the manual (Figures 2.2 and 2.3) and in the [title page guidelines](#) on the APA Style website.

2.4 Title

EXPANDED

The title of the paper should be in title case, bold, centered, and positioned in the upper half of the title page. See this section for additional guidelines.

2.5 Author Name (Byline)

EXPANDED

This section includes clearer instructions on how to format a byline.

2.6 Author Affiliation

REVISED

Affiliations for authors working at different institutions now use a superscript format that involves using Arabic numerals to connect author names to the appropriate affiliations. For all authors, academic affiliations should include the name of any department or division and the name of the institution, separated by a comma. It is not necessary to include the location of the institution unless the location is part of the institution's name.

Details and additional [examples of affiliations](#) are available on the APA Style website.

2.7 Author Note

REVISED

An author note is not required for student papers, unless requested by an instructor. This revised section includes information for authors of professional papers about how to format the author note and new content to be included (i.e., ORCID iDs, study registration, open sharing practices).

2.8 Running Head

REVISED

- A running head is not required on student papers, unless requested by an instructor.
- Professional manuscripts still include a running head of 50 characters or fewer. The words "Running head:" no longer appear as a label on the first page.
- See the [professional sample paper](#) on the APA Style website for examples of the seventh edition running head.

2.9 Abstract

REVISED

An abstract is not required for student papers, unless requested by an instructor. This revised section includes guidelines for formatting abstracts, including structured abstracts.

2.10 Keywords

NEW

Keywords are not required for student papers, unless requested by an instructor. This section includes guidance about how to format keywords in professional papers.

2.11 Text (Body)

EXPANDED

This section describes how to format the text of the paper, including considerations for paper organization. The paper title appears at the top of the first page of the text in bold and centered.

2.12 Reference List

REVISED

This section describes how to format the reference list. The label "References" is now bold.

2.13 Footnotes

EXPANDED

This section has instructions on how to create a callout to a footnote in the text, number footnotes, and format footnotes listed on a separate page.

2.14 Appendices

EXPANDED AND REVISED

This section has clearer guidance on how to label and format different types of appendices. The label "Appendix" is now bold.

2.15 Supplemental Materials

EXPANDED AND NEW

This section includes examples of and considerations for content in supplemental materials as well as new suggestions for making content accessible for all users.

2.17 Order of Pages

EXPANDED

This section outlines the order of pages in a paper, including a more flexible placement of tables and figures: either embedded in the text after they are first called out or on separate pages after the reference list. See also information on the [order of pages](#) on the APA Style website.

2.18 Page Header

EXPANDED AND REVISED

This section includes instructions on where to place elements in the page header and details revised elements tailored to meet the different needs of papers for professionals (page number and running head) and students (page number only). See also information on [page headers](#) on the APA Style website.

2.19 Font

REVISED

- Font guidelines are more flexible. This revised section notes that "APA Style papers should be written in a font that is accessible to all users." Section 2.19 provides the following font recommendations:
 - a sans serif font such as 11-point Calibri, 11-point Arial, or 10-point Lucida Sans Unicode or
 - a serif font such as 12-point Times New Roman, 11-point Georgia, or normal (10-point) Computer Modern (the latter is the default font for LaTeX).

- Students and other authors may choose other fonts, as needed, but should keep accessibility in mind when doing so. The APA Style website contains further [discussion of font and accessible typography](#).
- Because different fonts take up different amounts of space on the page, we recommend using word count rather than page count to gauge paper length (see Section 2.25 for more information about paper length).

2.21 Line Spacing

EXPANDED

General guidance to double-space the paper is provided, followed by line spacing for specific paper sections: title page, table body, figure image, footnotes, and displayed equations. Do not add lines before or after headings or between paragraphs.

2.22 Margins

EXPANDED

The section on margins addresses possible adjustments needed for margins in dissertations and theses compared to journal articles. See also information on [margins](#) on the APA Style website.

2.23 Paragraph Alignment

EXPANDED

- This section describes how to align paragraphs to the left margin. See also information on [paragraph alignment](#) on the APA Style website.
- Formatting of long DOIs or URLs is outlined: (a) line breaks should not be manually inserted, and (b) breaks applied automatically by a word-processing program are permissible.

2.24 Paragraph Indentation

EXPANDED

This section describes guidance for paragraph indentation as well as exceptions needing different indentation: title page, abstract, section labels, appendix labels and titles, headings, block quotations, tables and figures, and reference entries. See also information on [paragraph indentation](#) on the APA Style website.

2.25 Paper Length

EXPANDED AND NEW

This section includes a recommendation to use word count rather than page count to determine paper length when possible. When using word count, count all words in text, references, table bodies, table and figure notes, and appendices.

2.26 Principles of Organization

EXPANDED

This section includes a discussion of how and why to use headings to effectively organize and structure a paper.

2.27 Headings

REVISED

The following table demonstrates how to format headings in seventh edition APA Style. All headings are bold; Levels 3 and 5 are also italic.

Level	Seventh Edition Format
1	Centered, Bold, Title Case Heading Text begins indented as a new paragraph.
2	Flush Left, Bold, Title Case Heading Text begins indented as a new paragraph.
3	<i>Flush Left, Bold Italic, Title Case Heading</i> Text begins indented as a new paragraph.
4	Indented, Bold, Title Case Heading, Ending With a Period. Text begins on the same line and continues as a regular paragraph.
5	<i>Indented, Bold Italic, Title Case Heading, Ending With a Period.</i> Text begins on the same line and continues as a regular paragraph.

For more details about how to format headings, including headings in the introduction of a paper, see [information about headings](#) and headings in [sample papers](#) on the APA Style website.

2.28 Section Labels

REVISED

- All section labels (e.g., "Author Note," "Abstract," "References") are now bold.
- The chapter ends with full samples of both student and professional papers with labels to show how specific elements appear when implemented and where in the manual to find more information.

Chapter 3

Chapter 3 orients writers to journal article reporting standards (JARS) and includes tables outlining standards for reporting quantitative, qualitative, and mixed methods research.

- JARS was significantly updated to provide guidance for not only quantitative research but also qualitative and mixed methods research.

- Substantial content in Chapter 3 and throughout the *Publication Manual* addresses the unique needs of qualitative and mixed methods researchers.

Chapter 4

Chapter 4 provides guidance on writing style and grammar. Guidance has been updated and expanded and new examples added throughout.

- The singular “they” is endorsed, consistent with inclusive usage. Details and examples are in Section 4.18 as well as in the [blog post on singular “they.”](#)
- Improved guidance and specific examples help authors determine what does and does not constitute anthropomorphism (see Section 4.11).
- Expanded and new sections outline strategies anyone can use to improve their writing.

Chapter 5

Chapter 5 presents bias-free language guidelines. General guidelines for writing about all people with inclusivity and respect have been updated.

- Guidance has been updated to reflect best practices for discussing the following characteristics:
 - [age](#) (Section 5.3)
 - [disability](#) (Section 5.4)
 - [gender](#) (Section 5.5)
 - [racial and ethnic identity](#) (Section 5.7)
 - [sexual orientation](#) (Section 5.8)
- New guidance is provided for discussing:
 - [participation in research](#) (Section 5.6)
 - [socioeconomic status](#) (Section 5.9)
 - [intersectionality](#) (Section 5.10)

Chapter 6

Chapter 6 covers the mechanics of style, including punctuation, capitalization, abbreviations, numbers, and statistics in text. Examples have been updated throughout the chapter. Key changes are as follows:

- Use one space after a period (or other punctuation) at the end of a sentence.
- Use double quotation marks to refer to a letter, word, phrase, or sentence as a linguistic example or as itself. See Section 6.7 and as well as the guidance on [quotation marks](#) on the APA Style website.

EXAMPLES:

- the letter “m”
- the singular “they”
- answered “yes” or “no”
- Instead of referring to someone as a “defective child,” talk about a “child with a congenital disability” or a “child with a birth impairment.”
- Students wrote “I promise to uphold the honor code” at the top of the test page.

- Use double quotation marks to present stimuli in the text (long lists of stimuli may be better presented in a table, where quotation marks are not needed).

EXAMPLE:

- The stimulus words were “garden,” “laundry,” “briefcase,” and “salary.”
- Spelling in APA Style papers should conform to the [Merriam-Webster.com Dictionary](#). Spellings of psychological terms should conform to the [APA Dictionary of Psychology](#). If a word appears differently in these two dictionaries, follow the spelling in the *APA Dictionary of Psychology*. If a word is not in either of these dictionaries, consult an [unabridged edition of Webster’s dictionary](#). If the dictionary offers a choice of spellings, select one spelling and use it consistently throughout your paper.
- Section 6.11 specifies preferred spellings for common technology words, including “internet” (lowercase “i”), “email” (no hyphen), “ebook” (no hyphen), and others.
- Expanded guidance is provided on the capitalization of proper nouns, job titles, diseases and disorders, and more (see Sections 6.13–6.21).
- Guidelines for the presentation of abbreviations have been revised and expanded to address common questions, such as how to include a citation with an abbreviation and how to use scientific and Latin abbreviations.
- New guidance is given on how to write gene and protein names and abbreviations (see Section 6.31).
- Guidelines for the presentation of numbers have been updated to be consistent throughout a work (e.g., there is no longer an exception for presenting numbers in an abstract).
- Updated guidelines allow greater flexibility for lettered, numbered, and bulleted lists (see Sections 6.49–6.52). Bulleted lists do not need to be punctuated as though they are complete sentences.

Chapter 7

- Chapter 7 includes expanded and revised guidance on creating tables and figures and new samples showing a range of basic and complex table and figure types.
- Authors may place tables and figures in the paper either after the reference list on separate pages or embedded in the text near where they are first called out.
- The [accessible use of color in figures](#) is addressed (see Section 7.26).
- A table checklist is included in Section 7.20. A figure checklist is included in Section 7.35.
- Tables and figures are now parallel: the formatting of numbers, titles, and notes is consistent across both (as outlined below).

Tables

- Bold the word “Table” and the number: **Table 1**
- The table title is in title case and italics.
- A diagram that illustrates the [basic table components is available online](#) and in Section 7.9.

Figures

- Bold the word “Figure” and the number: **Figure 1**
- Figures now have titles, just like tables.
- The figure title is in title case and italics.
- Figures now have notes (instead of a caption) that follow the same guidelines as table notes. Figures can have general, specific, and probability notes.
- A diagram that illustrates the [basic figure components is available online](#) and in Section 7.23

The APA Style website also contains many [sample tables](#) and [sample figures](#) in seventh edition APA Style.

Chapter 8

Chapter 8 addresses appropriate levels of citation as well as plagiarism, self-plagiarism, and other unethical writing practices.

- New guidance is provided on how to cite recorded or unrecorded Traditional Knowledge and Oral Traditions of Indigenous Peoples (see Section 8.9).
- New guidance is provided on how to format quotations from research participants (see Section 8.36).
- Information about plagiarism and self-plagiarism has been updated (see Sections 8.2 and 8.3).

- An example of how to format epigraphs is now included (see Section 8.35).
- In-text citations have been simplified and made easier: For works with three or more authors, include the name of only the first author and the abbreviation “et al.” in every in-text citation, even the first time a citation appears.
 - **Sixth edition style:** First citation: Smith, Ellenio, and Pruitt (2019) or (Smith, Ellenio, & Pruitt, 2019); subsequent citation: Smith et al. (2019) or (Smith et al., 2019)
 - **Seventh edition style:** Both first and subsequent citations: Smith et al. (2019) or (Smith et al., 2019)
 - See details and examples of [narrative and parenthetical in-text citations](#) on the APA Style website.
 - When multiple references would shorten to the same “et al.” abbreviation, disambiguate them by spelling out as many author names as needed to differentiate the citations and match them to their reference list entry. These and other guidelines (outlined in Sections 8.10–8.22) about in-text citations are unchanged from the sixth edition. Some [details for in-text citations](#) can be found online as well.

Chapters 9–10

Chapters 9 and 10 work together; Chapter 9 contains guidance, and Chapter 10 has the reference examples.

Chapter 9 includes

- expanded guidelines for creating references, with specific sections focusing on each reference element (author, date, title, and source) as well as the format and order of a reference list
- new guidelines for formatting annotated bibliographies
- updated guidance on when to include DOIs and URLs for works retrieved from most academic research databases as well as from proprietary databases such as ERIC or UpToDate

Chapter 10 provides

- more than 100 new examples of APA Style references grouped by category (periodicals, books, book chapters, reports, dissertations, social media, websites, etc.)
- templates in each category, so readers can understand the building blocks needed to create a reference for any type of work
- corresponding parenthetical and narrative in-text citations for each reference

New Guidelines for All Reference Types

The number of authors included in a reference entry has changed:

- Provide surnames and initials for up to and including 20 authors. When there are two to 20 authors, use an ampersand before the final author's name: Author, A. A., Author, B. B., & Author, C. C.
- When there are 21 or more authors, include the first 19 authors' names, insert an ellipsis (but no ampersand), and then add the final author's name.

EXAMPLE WITH 21+ AUTHORS

Kalnay, E., Kanamitsu, M., Kistler, R., Collins, W., Deaven, D., Gandin, L., Iredell, M., Saha, S., White, G., Woollen, J., Zhu, Y., Chelliah, M., Ebisuzaki, W., Higgins, W., Janowiak, J., Mo, K. C., Ropelewski, C., Wang, J., Leetmaa, A., . . . Joseph, D. (1996). The NCEP/NCAR 40-year reanalysis project. *Bulletin of the American Meteorological Society*, 77(3), 437–471. [https://doi.org/10.1175/1520-0477\(1996\)077%3C0437:TNYRP%3E2.0.CO;2](https://doi.org/10.1175/1520-0477(1996)077%3C0437:TNYRP%3E2.0.CO;2)

For more on why this change was made, see the [blog post on the number of authors to include in a reference](#).

- The presentation of DOIs and URLs has been standardized.
 - Both are presented as hyperlinks.
 - The label "DOI:" is no longer used before a DOI. DOIs should begin with the prefix <https://doi.org/>
 - The words "Retrieved from" are used before a URL only when a retrieval date is also needed; otherwise, URLs are presented without a label.
 - The APA Style website also contains [guidance on DOIs and URLs](#).
- For any reference with a publisher or a site name:
 - When the author name and the publisher are an exact match, the publisher is omitted.
 - The word "Author" is no longer included in the source element of the reference as a replacement as in the sixth edition.

EXAMPLE

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

NOT

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Author. <https://doi.org/10.1176/appi.books.9780890425596>

NOT

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). American Psychiatric Association. <https://doi.org/10.1176/appi.books.9780890425596>

The author name in this reference (American Psychiatric Association) is also the name of the publisher, so the name appears only once in the reference (in the author element). The source element of the reference includes only the DOI.

- The seventh edition includes expanded guidelines and examples for citing works that are written in another language (see Sections 9.38 and 9.39 as well as the examples in Chapter 10).

10.1 Journal Articles

- When an issue number is present, always include it (in parentheses and not italicized) after the volume number.

EXAMPLE

Grady, J. S., Her, M., Moreno, G., Perez, C., & Yelinek, J. (2019). Emotions in storybooks: A comparison of storybooks that represent ethnic and racial groups in the United States. *Psychology of Popular Media Culture*, 8(3), 207–217. <https://doi.org/10.1037/ppm0000185>

- If a journal uses article numbers, include the word "Article" and the number instead of any page range.

EXAMPLE

Burin, D., Kilteni, K., Rabuffetti, M., Slater, M., & Pia, L. (2019). Body ownership increases the interference between observed and executed movements. *PLOS ONE*, *14*(1), Article e0209899. <https://doi.org/10.1371/journal.pone.0209899>

10.2 and 10.3 Books and Book Chapters

- Do not include physical locations for publishers in any reference type. Whereas a sixth edition reference included “Washington, DC: SAGE.,” a seventh edition reference now says only “SAGE.”

EXAMPLES

With a DOI:

Brown, L. S. (2018). *Feminist therapy* (2nd ed.). American Psychological Association. <https://doi.org/10.1037/0000092-000>

Without a DOI:

Burgess, R. (2019). *Rethinking global health: Frameworks of power*. Routledge.

- For ebooks, the format, platform, or device (e.g., Kindle) is not included in the reference. For audiobooks, include the narrator and audiobook notation only in specific cases (see Examples 22 and 29).
- Religious works and ancient Greek or Roman works are cited in the text (see Section 9.42 and Examples 35–36 in Chapter 10).

10.4 Reports and Gray literature

- Reports follow a standard format. Examples are given for government and other reports written by an agency, individuals, or a task force.
- This category also includes examples for annual reports, press releases, codes of ethics, grants, and more.

10.5–10.16 Other Reference Types

New examples are included for dissertations, TED Talks, TV series, webinars, YouTube and other streaming videos, albums, songs, podcast episodes, radio interviews and speech audio recordings, albums and songs, artwork in a museum, clip art or stock images, infographics, photographs, PowerPoint slides or lecture notes, Twitter, Facebook, Instagram, Reddit, webpages on news websites, and many more.

The APA Style website contains [additional reference examples](#).

Chapter 11

Chapter 11 presents expanded guidance and updated examples for more types of legal references. Guidelines from *The Bluebook: A Uniform System of Citation* continue to be the foundation for APA Style legal references, with some modifications.

Chapter 12

Chapter 12 provides guidance on the publication process.

- New content helps early career researchers adapt a dissertation or thesis into a journal article or articles, select a journal for publication, avoid predatory or deceptive publishers, and navigate journal submission.
- Sections on understanding the editorial publication process illuminate the role of editors, the peer review process, and criteria for evaluating manuscripts.
- Sections 12.9 to 12.13 describe how to prepare a manuscript for submission, how to use an online submission portal, how to write a cover letter, and more.
- Sections 12.14 to 12.18 on copyright and permissions include general guidelines for reprinting or adapting materials and information about copyright and fair use.
- New guidance helps authors share and promote their work following publication.