



# CRASH COURSE: APA 7<sup>TH</sup> EDITION

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**Writing Centre Coordinator**

# What is APA Style?

- guidelines developed by the American Psychological Association (APA)
- appears in the *Publication Manual of the American Psychological Association* (now in 7<sup>th</sup> edition)
- tells you how to cite sources, how your paper should look on the page, and how to reference all the materials you use to research your paper.

# What is citing?

citing = referencing, referring to your source

i.e. telling the reader where the words and info in your paper came from

We cite in order to

- avoid plagiarism
  - plagiarism = “presenting another person's ideas, words, or other intellectual property, including material found on the Internet, as one's own” (STU policy on Academic Misconduct)
- show respect to authors
- help the reader

# Defining Academic Sources

Academic sources are:

- scholarly books, journal articles
- written by and for academics
- generally produced by scholarly publishers who use a peer review process
- found in university libraries

# How do we cite in APA?

*To cite* something means to *mention* it.

2 parts:

- list of references (i.e. bibliography. works cited)
- in-text citation

# List of References

- starts on a new page (usually last page)
- lists all sources you used
- contains complete publication information about each source

## Sample Student Paper (continued)

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**References**

book reference, 10.2 → Achterberg, J. (1985). *Imagery in healing*. Shambhala Publications.

report reference, 10.4 → American Psychological Association. (2017). *Stress in America: The state of our nation*. <https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

journal article reference, 10.1 → Baider, L., Uziel, B., & Kaplan De-Nour, A. (1994). Progressive muscle relaxation and guided imagery in cancer patients. *General Hospital Psychiatry, 16*(5), 340–347. [https://doi.org/10.1016/0018-8143\(94\)90211-3](https://doi.org/10.1016/0018-8143(94)90211-3)

Ball, T. M., Shapiro, D. E., Morheim, C. J., & Weydert, J. A. (2003). A pilot study of the use of guided imagery for the treatment of recurrent abdominal pain in children. *Clinical Pediatrics, 42*(6), 527–532. <https://doi.org/10.1177/000991280304200607>

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

Bottomley, A. (1996). Group cognitive behavioural therapy interventions with cancer patients: A review of the literature. *European Journal of Cancer Care, 5*(3), 143–146. <https://doi.org/10.1111/j.1365-2354.1996.tb00275.x>

Cohen, M., & Fried, G. (2007). Comparing relaxation training and cognitive-behavioral group therapy for women with breast cancer. *Research on Social Work Practice, 17*(3), 313–323. <https://doi.org/10.1177/1049731506293763>

Cunningham, A. J., & Tocco, E. K. (1989). A randomized trial of group psychoeducational therapy for cancer patients. *Patient Education and Counseling, 14*(2), 101–114. [https://doi.org/10.1016/0738-3991\(89\)90046-3](https://doi.org/10.1016/0738-3991(89)90046-3)

YouTube video reference, 10.12 → Freebird Meditations. (2012, June 17). *Progressive muscle relaxation guided meditation* [Video]. YouTube. [https://www.youtube.com/watch?v=ID7-4udf\\_g](https://www.youtube.com/watch?v=ID7-4udf_g)

11

Hardy, K. (2017, October 8). Mindfulness is plentiful in "The post-traumatic insomnia workbook." Veterans Training Support Center. <http://bit.ly/2DfudUJ>

blog post reference, 10.1 →

short URL, 9.36 →

Hastim, H. A., & Zainoi, N. A. (2015). Changes in emotional distress, short term memory, and sustained attention following 6 and 12 sessions of progressive muscle relaxation training in 10–11 years old primary school children. *Psychology, Health & Medicine, 20*(5), 623–628. <https://doi.org/10.1080/13548506.2014.1000851>

Holden-Lund, C. (1988). Effects of relaxation with guided imagery on surgical stress and wound healing. *Research in Nursing & Health, 11*(4), 235–244. [https://doi.org/10.1016/0191-4812\(88\)90011-1](https://doi.org/10.1016/0191-4812(88)90011-1)

Jacobson, E. (1938). *Progressive relaxation* (2nd ed.). University of Chicago Press.

conference presentation reference, 10.5 →

shortDOI, 9.36 →

Junge, S. (1982, August 23–27). *A realistic look at guided fantasy* [Paper presentation]. American Psychological Association 90th Annual Convention, Washington, DC.

edited book chapter reference, 10.3 →

McCaule, M. S., Blum, C. M., & Hood, C. J. (2006). Progressive muscle relaxation. *Journal of Human Behavior in the Social Environment, 13*(3), 51–66. <http://doi.org/10.1300/J154m3>

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.

Menezes, V., Lyon, D. E., Elswick, R. K., Jr., McCain, N. L., & Gray, D. P. (2014). Effects of guided imagery

# In-Text Citation

- in-text citation = referring to sources inside your paper (i.e. not at the end)
- **use in-text citation whenever you mention ideas, information, words or opinions from a source in your paper**
- 3 items to include:
  1. last name of author(s)
  2. year of publication
  3. page numbers (for quotations or specific facts)



# How to vary your in-text citations:

**(Narrative citation)** According to Brooks (2014), “U.S. drone strikes represent a significant challenge to the international rule of law” (p. 83).

**(Parenthetical Citation)** Legal analysts recognize that “U.S. drone strikes represent a significant challenge to the international rule of law” (Brooks, 2014, p. 83).

**(Narrative Citation with Paraphrase)** Brooks (2014) notes that America’s recent use of drones in combat overseas has tested international law.

**(Parenthetical Citation with Paraphrase)** America’s recent use of drones in combat overseas has tested international law (Brooks, 2014).

# Changes to APA: 7<sup>th</sup> Edition

- Font flexibility to accommodate accessibility. Students can now choose:
  - 11-point Calibri
  - 11-point Arial
  - 10–point Lucinda or Sans Unicode
  - 12-point Times New Roman
  - 11-point Georgia

# Changes to APA: 7<sup>th</sup> Edition

<b>APA 6<sup>th</sup> Edition</b>	<b>APA 7<sup>th</sup> Edition</b>	<b>Difference?</b>
<b>(Taylor, Kotler, Johnson &amp; Parker, 2018)</b>	<b>(Taylor et al., 2018)</b>	<b>In-text citation for 3 or more authors is now shortened from first appearance.</b>

# Changes to APA: 7<sup>th</sup> Edition

APA 6 <sup>th</sup> Edition	APA 7 <sup>th</sup> Edition	Difference?
<p>Covey, S. R. (2013). <i>The 7 habits of highly effective people: Powerful lessons in personal change</i>. <b>New York, NY</b>: Simon &amp; Schuster.</p>	<p>Covey, S. R. (2013). <i>The 7 habits of highly effective people: Powerful lessons in personal change</i>. Simon &amp; Schuster.</p>	<p><b>The publisher location is no longer included in the reference.</b></p>

# Changes to APA: 7<sup>th</sup> Edition

<b>APA 6<sup>th</sup> Edition</b>	<b>APA 7<sup>th</sup> Edition</b>	<b>Difference?</b>
<b>Miller, T. C., Brown, M. J., Wilson, G. L., Evans, B. B., Kelly, R. S., Turner, S. T., ... Lee, L. H. (2018).</b>	<b>Miller, T. C., Brown, M. J., Wilson, G. L., Evans, B. B., Kelly, R. S., Turner, S. T., Lewis, F., Lee, L. H., Cox, G., Harris, H. L., Martin, P., Gonzalez, W. L., Hughes, W., Carter, D., Campbell, C., Baker, A. B., Flores, T., Gray, W. E., Green, G., ... Nelson, T. P. (2018).</b>	<b>Surnames and initials for up to 20 authors (instead of 7) should be provided in the reference list</b>

# Changes to APA: 7<sup>th</sup> Edition

<b>APA 6<sup>th</sup> Edition</b>	<b>APA 7<sup>th</sup> Edition</b>	<b>Difference?</b>
<b>doi: 10.1080/02626667.2018. 1560449</b>	<b><a href="https://doi.org/10.1080/02626667.2018.1560449">https://doi.org/10.1080/02626667.2018.1560449</a></b>	<b>DOIs are formatted the same as URLs. The label “DOI:” is no longer necessary.</b>

# Changes to APA: 7<sup>th</sup> Edition

APA 6 <sup>th</sup> Edition	APA 7 <sup>th</sup> Edition	Difference?
<p>Walker, A. (2019, November 14). Germany avoids recession but growth remains weak. Retrieved from <a href="https://www.bbc.com/news/business-50419127">https://www.bbc.com/news/business-50419127</a></p>	<p>Walker, A. (2019, November 14). Germany avoids recession but growth remains weak. BBC News. <a href="https://www.bbc.com/news/business-50419127">https://www.bbc.com/news/business-50419127</a></p>	<p>URLs are no longer preceded by “Retrieved from,” unless a retrieval date is needed. The website name is included (unless it’s the same as the author), and web page titles are italicized.</p>

# Changes to APA: 7<sup>th</sup> Edition

APA 6 <sup>th</sup> Edition	APA 7 <sup>th</sup> Edition	Difference?
<b>Brück, M. (2009). Women in early British and Irish astronomy: Stars and satellites [Kindle version]. <a href="https://doi.org/10.1007/978-90-481-2473-2">https://doi.org/10.1007/978-90-481-2473-2</a></b>	<b>Brück, M. (2009). Women in early British and Irish astronomy: Stars and satellites. Springer Nature. <a href="https://doi.org/10.1007/978-90-481-2473-2">https://doi.org/10.1007/978-90-481-2473-2</a></b>	<b>For ebooks, the format, platform, or device (e.g. Kindle) is no longer included in the reference, and the publisher is included.</b>



# Example of a 7<sup>th</sup> edition title page

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## **Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy**

Heather R. MacDonald

Department of Psychology, St. Thomas University

PSYC 1023 E: Introduction to Psychology

Professor Hilary Randall

March 10, 2020

# Chapter 5: Bias-Free Language

	Use This	Not That
<b>Negative and Condescending Terminology</b>	Wheelchair user	Confined to a wheelchair, wheelchair bound
	Person with AIDS	AIDS victim
	Person with a traumatic brain injury	Brain damaged
	Focus on a person's strengths and weaknesses	"high-functioning", or "low-functioning"
	Person with a disability (as a general term. Be specific when you can)	Special needs, physically challenged, handi-capable

# Chapter 5: Bias-Free Language

	Use This	Not That
<b>Disability</b>	A person with paraplegia	A paraplegic
	People with substance use disorders	Substance abusers
	People with intellectual disabilities	The mentally challenged
	Person with hearing loss, person with vision loss	The deaf, the blind

# Chapter 5: Bias-Free Language

	Use This	Not That
Age	Older people, older persons, older adults, older patients, older individuals, persons 65 and over, the older population	Seniors, the elderly, the aged, aging dependents

# Chapter 5: Bias-Free Language

Endorses “they” as a singular pronoun”  
(when the preferred pronoun isn’t known, or  
when it is the preferred pronoun\*)

\*APA 7<sup>th</sup> Edition, Ch. 5, pg. 140, *Gender and Pronoun Usage*, para. 2

Level	Format
1	<p style="text-align: center;"><b>Centered, Bold, Title Case Heading</b></p> <p style="text-align: center;">Text begins as a new paragraph.</p>
2	<p><b>Flush Left, Bold, Title Case Heading</b></p> <p style="text-align: center;">Text begins as a new paragraph.</p>
3	<p><i><b>Flush Left, Bold Italic, Title Case Heading</b></i></p> <p style="text-align: center;">Text begins as a new paragraph.</p>
4	<p><b>Indented, Bold, Title Case Heading, Ending With a Period.</b> Text begins on the same line and continues as a regular paragraph.</p>
5	<p><i><b>Indented, Bold Italic, Title Case Heading, Ending With a Period.</b></i> Text begins on the same line and continues as a regular paragraph.</p>



# 7th Edition Quick Reference Guide

## Journal Article

Invert names so that the last name comes first, followed by a comma and the initials. Leave a space between initials. Retain the order of authors' names.

Place the year in parentheses. End with a period.

Capitalize only the first letter of the first word. For a two-part title, capitalize the first word of the second part of the title. Also capitalize proper nouns. Do not italicize. End with a period.

Author, A. A., & Author, B. B. (Year). Title of the article.

*Name of the Periodical*, volume(issue), #-#. <https://doi.org/xxxx>

Capitalize all major words in the periodical name. Follow with a comma. Italicize the periodical name (but not the comma after).

Italicize the volume number. Do not put a space between the volume number and the parentheses around the issue number.

Do not italicize the issue number or parentheses. Follow the parentheses with a comma. **No issue number?** That's okay. Follow the volume number with a comma.

Include the article page range. Use an en dash; do not put spaces around the en dash. End with a period.

**Does the article have a DOI?** Include a DOI for all works that have one. Do not put a period after the DOI.

Find me at: <https://apastyle.apa.org/instructional-aids/handouts-guides>

# Journal Article, Online

Author, A. A., & Author, B. B. (Year). Article title. *Journal Title*, volume(issue), pages. <https://doi.org/>

Van der Horne, H. J., Liemburg, E. J., Scheenen, M. E., de Koning, M. E., Spikman, J.M. & van der Naalt, J. (2016). Post-concussive complaints after mild traumatic brain injury associated with altered brain networks during working memory performance. *Brain Imaging and Behaviour*, 10(4), 1243-1253.  
<https://doi.org/10.1007/s11682-015-9489-y>



# Journal Article, Online

Author, A. A., & Author, B. B. (Year). Article title.  
*Journal Title, volume(issue), pages.*  
<https://doi.org/xxxxx>

Brownlie, D. (2007). Toward effective poster presentations: An annotated bibliography. *European Journal of Marketing, 41(11-12)*, 1245-1283.  
<https://doi.org/10.1108/03090560710821161>

Bernstein, M. (2002). 10 tips on writing the living web. *A List Apart: For People Who Make Websites, 149.*  
<http://www.alistapart.com/articles/writeliving>

# Webpage or Document

Author	Date	Title	Website Name	URL
<b>Author A. A., &amp; Author, B. B.</b>  <b>Name of Group</b>	(2020). (2020, August). (2020, September 28). (n.d.).	Title of work	Site Name.	<a href="https://xxxxx">https://xxxxx</a> Retrieved December

# Make a Quote Sandwich

1. First, introduce the author, source or idea
2. Then quote the original source
  - quote when the information is technical or difficult to paraphrase, or when the exact phrasing is important
  - copy the words and punctuation exactly
  - put double quotation marks before/after quote
  - see *Using Quotations* handout for more tips
3. Finally, explain or interpret (paraphrase) the quotation
  - what is the author or source saying?
  - why is it significant?

# Quote Sandwich

“the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities” (p. 1251)

Van der Horne, H. J., Liemburg, E. J., Scheenen, M. E., de Koning, M. E., Spikman, J.M. & van der Naalt, J. (2016). Post-concussive complaints after mild traumatic brain injury associated with altered brain networks during working memory performance. *Brain Imaging and Behaviour*, 10(4), 1243-1253. <https://doi.org/10.1007/s11682-015-9489-y>

# Quote Sandwich

(introduce) According to van der Horne et al. (2016),

(original source) “the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities” (p. 1251)

# Quote Sandwich

(introduce) According to van der Horne et al. (2016),

(original source) “the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities” (p. 1251)

(analysis) which takes significant focus off the nature and severity of the concussion and emphasizes the overall importance of having access to emotional and mental health resources in varsity sports to develop resiliency.

# In-Text Citation

Author Type	Parenthetical Citation	Narrative Citation
One Author	(Luna, 2020)	Luna (2020)
Two Authors	(Salas & D'Agostina, 2020)	Salas and D'Agostino (2020)
Three or More Authors	(Martin et al., 2020)	Martin et al. (2020)
Web page or document	(Stanford University, 2020)	Stanford University (2020)

# In-Text Citation

“the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities”

## **Parenthetical Citation (using a direct quote):**

Psychologists recognize that when dealing with concussions “the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities” (van der Horne et al., 2016, p. 1251).



# In-Text Citation

“the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities”

## **Narrative Citation (using a direct quote):**

According to van der Horne et al. (2016), “the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities” (p. 1251).

# In-Text Citation

“the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities”

## **Narrative Citation (using a paraphrase):**

Van der Horne et al. (2016) concludes that the subject's pre-existing resiliency and ability to self-control might be more significant for healing than the nature of the concussion itself.

# In-Text Citation

“the injury itself may be less influential in the development of post-concussive complaints than pre-morbid personality characteristics and emotion regulation abilities”

## **Parenthetical Citation (using a paraphrase):**

The subject’s pre-existing resiliency and ability to self-control might be more significant for healing than the nature of the concussion itself (van der Horne et al., 2016).

# More Help

- Your Professor
- Presentation Slides
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- [www.apastyle.apa.org](http://www.apastyle.apa.org)
- [stu.ca/writingcentre](http://stu.ca/writingcentre)
- Follow us on social media!