

## IN-TEXT CITATIONS

In-text citations allow the reader to connect your specific references to the claims and quotes within your paper. What you include in your in-text citation will vary based on the type of source.

### Short Quotations

When directly quoting from a work, include the author, year of publication, and the page number (p. #) for the reference.

According to Jones (1998), "Students often had difficulty using APA style, especially when it was their first time" (p. 199).

She stated, "Students often had difficulty using APA style," but she did not offer an explanation as to why (Jones, 1998, p. 199).

### Long Quotations

Direct quotations longer than 40 words should go in a free-standing block of text without quotation marks. Start the quotation on a new line, indented five spaces from the left margin maintaining double space. The parenthetical citation should come after the closing punctuation mark.

Jones's (1998) study found the following:

Students often had difficulty using APA style, especially when it was their first time citing sources. This difficulty could be attributed to the fact that many students failed to purchase a style manual or to ask their teacher for help. (p. 199)

### Summarizing or Paraphrasing

When paraphrasing an idea from another work, you only have to make reference to the author and year of publication in your in-text reference. APA guidelines encourage you to provide the page number, though it is not required.

According to Jones (1998), APA style can be a difficult citation format for first-time learners, so it is important to consult the proper resources to ensure accuracy.

## EXAMPLES OF REFERENCES PAGE ENTRIES

The Reference page lists the bibliographic information for all the sources that you cited in your paper. These examples follow the instructions outlined in the Publication Manual of the American Psychological Association, 5th ed. This handout contains examples of the most commonly used types of sources used in the social sciences.

- The references list should begin on a new page titled "References" (with no quotation marks, underlining, etc.), centered at the top of the page. It should be double-spaced just like the rest of your paper.
- Reference list entries should be alphabetized by the first word of each entry.
- Use initials for authors' first and middle names.
- If your reference extends past the first line, every line after should have a hanging indent; the equivalent of one tab space.
- Italicize the main title (of a book, journal, etc).
- Capitalize the first letter of the first word in the title and subtitle (except journal articles).

Pay careful attention to the content and format of each entry below; APA has very specific guidelines regarding punctuation and capitalization.

Please note: **this handout will be updated according to the requirements of the 6th edition of the *Publication Manual* when it is released in 2009.**

### Article in Journals Paginated by Volume

Harlow, H. F. (1983). Fundamentals for preparing psychology journal articles. *Journal of Comparative and Physiological Psychology*, 55, 893-896.

Berndt, T. J. (2002). Friendship quality and social development. *Current Directions in Psychological Science*, 11, 7-10.

### Article in a Magazine

Henry, W. A., III. (1990, April 9). Making the grade in today's schools. *Time*, 135, 28-31.

### Article or Chapter in an Edited Book

Author, A. A., & Author, B. B. (Year of publication). Title of chapter. In A. Editor & B. Editor (Eds.), *Title of book* (pages of chapter). Location: Publisher.

### Article from Online Periodical

Provide retrieval date only if information is subject to change (as in blogs and wikis).

Bernstein, M. (2002). 10 tips on writing the living Web. *A List Apart: For People Who Make Websites*, 149. Retrieved May 2, 2006, from <http://www.alistapart.com/articles/writeliving>

### Article from a Database

Smyth, A. M., Parker, A. L., & Pease, D. L. (2002). A study of enjoyment of peas. *Journal of Abnormal Eating*, 8(3). Retrieved February 20, 2003, from PsycARTICLES database.

### Newspaper Article

Author, A. A. (Year, Month Day). Title of article. *Title of Newspaper*. Retrieved from <http://www.someaddress.com/fullurl/>

## FORMATTING REFERENCE ENTRIES, CONTINUED

### Blog and Video Blog Entries

Dean, J. (2008, May 7). When the self emerges: Is that me in the mirror? Message posted to <http://www.spring.org.uk/the1sttransport>. (2004, September 26). Psychology Video Blog #3 [Video File]. Video posted to <http://www.youtube.com/watch?v=lqM90eQi5-M>

### Books

Calfee, R. C., & Valencia, R. R. (1991). *APA guide to preparing manuscripts for journal publication*. Washington, DC: American Psychological Association.

### Edited Book, No Author

Duncan, G. J., & Brooks-Gunn, J. (Eds.). (1997). *Consequences of growing up poor*. New York: Russell Sage Foundation.

### Encyclopedia Entry

Bergmann, P. G. (1993). Relativity. In *The new encyclopedia britannica* (Vol. 26, pp. 501-508). Chicago: Encyclopedia Britannica.

### Government Document

National Institute of Mental Health. (1990). *Clinical training in serious mental illness* (DHHS Publication No. ADM 90-1679). Washington, DC: U.S. Government Printing Office.

### Review of a Book

Zacharek, S. (2008, April 27). Natural women [Review of the book *Girls like us*]. *The New York Times*. Retrieved from <http://www.nytimes.com/2008/04/27/books/review/Zachareck-t.html?pagewanted=2>

### Online Encyclopedias and Dictionaries

Feminism. (n.d.) In *Encyclopædia Britannica online*. Retrieved March 16, 2008, from <http://www.britannica.com>

### Work Discussed in a Secondary Source:

 lists the source the work was discussed in

Coltheart, M., Curtis, B., Atkins, P., & Haller, M. (1993). Models of reading aloud: Dual-route and parallel-distributed-processing approaches. *Psychological Review*, *100*, 589-608.

**Interviews, Email, and Other Personal Communication** are not included in your reference list; instead, parenthetically cite the communicator's name, the fact that it was personal communication, and the date of the communication in your main text only.

(E. Robbins, personal communication, January 4, 2001).

## FORMATTING REFERENCE ENTRIES BASED ON NUMBER OF AUTHORS

The format of your reference entries will vary based on the number of authors.  
Apply the guidelines below to your entries as necessary.

**Sources with One Author:** List the last name first, followed by author initials.

Barnes, J. (2006). Quality of social development. *Directions in Social Psychology, 11*, 7-10.

**Sources with Two Authors:** Use the ampersand (&) instead of "and."

Barnes, J., & Nichols, E. H. (2004). Mood management for schizoaffective disorder states. *Journal of Personality & Social Psychology, 66*, 1034-1048.

**Three to Six Authors:** Commas separate author names. If there are more than six authors, list the first six, then "et al.," which stands for "and others."

Barnes, J., Nichols, E.H., Sun, C. R., Berry, A., & Harlow, T. (1993). Self-esteem stability. *Journal of Personality and Social Psychology, 65*, 1190-1204.

**Sources with Two Works by Same Author:** If you have more than one article by the same author, single-author references or multiple-author references with the exact same authors in the exact same order are listed in order by the year of publication, starting with the earliest.

*This handout includes information on how to create both in-text citations and reference list entries for some of the most common types of resources, but should not be used as a definitive guide. For more information on APA citation, consult the APA Publication Manual, 5th ed (6th ed is forthcoming), The Purdue OWL (<http://owl.english.purdue.edu/owl/>) or contact the UWB Writing Center at 425-352-5253 or [uwbwrite@uwb.edu](mailto:uwbwrite@uwb.edu) for quick questions or to schedule an appointment with a Writing Consultant.*  
*Last updated: July 2, 2009 by the UWB Writing Center*