

Documenting Sources in APA Style: 2010 Update

Adapted from Hacker/Sommers,
The Bedford Handbook,
8th ed. (Boston: Bedford, 2010)

Bedford/St. Martin's
Boston ♦ New York

Copyright © 2010 Bedford/St. Martin's

All Rights Reserved.

Manufactured in the United States of America

4 3 2 1 0

f e d c b

For information, write: Bedford/St. Martin's, 75 Arlington Street,
Boston, MA 02116 (617-399-4000)

ISBN-10: 0-312-64318-7

ISBN-13: 978-0-312-64318-8

Contents

Introduction 1

Documenting sources in APA style 1

APA in-text citations 2

Directory to APA in-text citation models 2

APA list of references 8

Directory to APA references 8

General guidelines for listing authors
(print and online) 9

Articles in periodicals (print) 12

Books (print) 15

Online sources 19

Other sources (including online versions) 28

APA manuscript format 32

Formatting the paper 32

Preparing the list of references 35

Sample APA research paper 36

Sample APA paper 37

Sample APA title page: Paper for publication 47

Introduction

This booklet is published as a free supplement to accompany titles by Bedford/St. Martin's.

The models in this booklet follow the updated guidelines in the *Publication Manual of the American Psychological Association*, 6th ed. (Washington: APA, 2010). Models for in-text citations and reference list entries begin on pages 2 and 9, respectively, and a model research paper is on pages 37–46.

The following are a few changes in APA style represented in the models in this booklet:

- Use the state abbreviation for all US cities or the country (not abbreviated) for non-US cities (see p. 15).
- In reference list entries for sources with up to seven authors, use all authors' names. For sources with eight or more authors, use the first six names followed by an ellipsis mark and the last author's name. (See p. 10 for details and models.)
- Use the issue number with the volume number only for journals that begin each issue with page 1; use the volume number alone for journals that number pages consecutively through the entire volume.
- Make headings within an APA paper boldface.

The contents of this booklet can be downloaded for free at bedfordstmartins.com/apa.

Documenting sources in APA style

In most social science classes, you will be asked to use the APA system for documenting sources. APA recommends in-text citations that refer readers to a list of references.

An in-text citation gives the author of the source (often in a signal phrase), the year of publication, and at times a page number in parentheses. At the end of the paper, a list of references provides publication information for the source (see p. 46 for a sample list of references).

Directory to APA in-text citation models

1. Basic format for a quotation, 2
2. Basic format for a summary or a paraphrase, 3
3. Work with two authors, 3
4. Work with three to five authors, 4
5. Work with six or more authors, 4
6. Work with unknown author, 4
7. Organization as author, 4
8. Authors with the same last name, 5
9. Two or more works by the same author in the same year, 5
10. Two or more works in the same parentheses, 5
11. Personal communication, 5
12. Electronic source, 6
13. Indirect source, 7
14. Sacred or classical text, 7

IN-TEXT CITATION

Yanovski and Yanovski (2002) reported that “the current state of the treatment for obesity is similar to the state of the treatment of hypertension several decades ago” (p. 600).

ENTRY IN THE LIST OF REFERENCES

Yanovski, S. Z., & Yanovski, J. A. (2002). Drug therapy: Obesity. *The New England Journal of Medicine*, 346, 591-602.

For a reference list that includes this entry, see page 46.

APA in-text citations

APA’s in-text citations provide at least the author’s last name and the year of publication. For direct quotations and some paraphrases, a page number is given as well.

NOTE: APA style requires the use of the past tense or the present perfect tense in signal phrases introducing cited material: *Smith (2005) reported*, *Smith (2005) has argued*.

1. Basic format for a quotation Ordinarily, introduce the quotation with a signal phrase that includes the author’s last name followed by the year of publication in parentheses. Put the page number (preceded by “p.”) in parentheses after the quotation.

Critser (2003) noted that despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (p. 5).

If the author is not named in the signal phrase, place the author’s name, the year, and the page number in parentheses after the quotation: (Critser, 2003, p. 5).

NOTE: APA style requires the year of publication in an in-text citation. Do not include a month, even if the entry in the reference list includes the month.

2. Basic format for a summary or a paraphrase Include the author’s last name and the year either in a signal phrase introducing the material or in parentheses following it. A page number is not required for a summary or a paraphrase, but include one if it would help readers find the passage in a long work. (For the use of other locators, such as paragraph numbers or section names in online sources, see pp. 6–7.)

Yanovski and Yanovski (2002) explained that sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (p. 594).

Sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (Yanovski & Yanovski, 2002, p. 594).

3. Work with two authors Name both authors in the signal phrase or the parentheses each time you cite the work. In the parentheses, use “&” between the authors’ names; in the signal phrase, use “and.”

According to Sothern and Gordon (2003), “Environmental factors may contribute as much as 80% to the causes of childhood obesity” (p. 104).

Obese children often engage in limited physical activity (Sothern & Gordon, 2003, p. 104).

4. Work with three to five authors Identify all authors in the signal phrase or the parentheses the first time you cite the source.

In 2003, Berkowitz, Wadden, Tershakovec, and Cronquist concluded, "Sibutramine . . . must be carefully monitored in adolescents, as in adults, to control increases in [blood pressure] and pulse rate" (p. 1811).

In subsequent citations, use the first author's name followed by "et al." in either the signal phrase or the parentheses.

As Berkowitz et al. (2003) advised, "Until more extensive safety and efficacy data are available, . . . weight-loss medications should be used only on an experimental basis for adolescents" (p. 1811).

5. Work with six or more authors Use the first author's name followed by "et al." in the signal phrase or the parentheses.

McDuffie et al. (2002) tested 20 adolescents, aged 12-16, over a three-month period and found that orlistat, combined with behavioral therapy, produced an average weight loss of 4.4 kg, or 9.7 pounds (p. 646).

6. Work with unknown author If the author is unknown, mention the work's title in the signal phrase or give the first word or two of the title in the parenthetical citation. Titles of articles and chapters are put in quotation marks; titles of books and reports are italicized. (For online sources with no author, see item 12 on p. 6.)

Children struggling to control their weight must also struggle with the pressures of television advertising that, on the one hand, encourages the consumption of junk food and, on the other, celebrates thin celebrities ("Television," 2002).

NOTE: In the rare case when "Anonymous" is specified as the author, treat it as if it were a real name: (Anonymous, 2001). In the list of references, also use the name Anonymous as author.

7. Organization as author If the author is a government organization or another organization, name the organization in

the signal phrase or in the parenthetical citation the first time you cite the source.

Obesity puts children at risk for a number of medical complications, including type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2004, p. 1).

If the organization has a familiar abbreviation, you may include it in brackets the first time you cite the source and use the abbreviation alone in later citations.

FIRST CITATION (Centers for Disease Control and Prevention [CDC], 2009)

LATER CITATIONS (CDC, 2009)

8. Authors with the same last name To avoid confusion, use initials with the last names if your reference list includes two or more authors with the same last name.

Research by E. Smith (1989) revealed that . . .

9. Two or more works by the same author in the same year When your list of references includes more than one work by the same author in the same year, use lowercase letters (“a,” “b,” and so on) with the year to order the entries in the reference list. (See item 6 on p. 11.) Use those same letters with the year in the in-text citation.

Research by Durgin (2003b) has yielded new findings about the role of counseling in treating childhood obesity.

10. Two or more works in the same parentheses When your parenthetical citation names two or more works, put them in the same order that they appear in the reference list, separated with semicolons.

Researchers have indicated that studies of pharmacological treatments for childhood obesity are inconclusive (Berkowitz et al., 2003; McDuffie et al., 2002).

11. Personal communication Personal interviews, memos, letters, e-mail, and similar unpublished communications

should be cited in the text only, not in the reference list. (Use the first initial with the last name in parentheses.)

One of Atkinson's colleagues, who has studied the effect of the media on children's eating habits, has contended that advertisers for snack foods will need to design ads responsibly for their younger viewers (F. Johnson, personal communication, October 20, 2009).

12. Electronic source When possible, cite electronic sources, including online sources, as you would any other source, giving the author and the year.

Atkinson (2001) found that children who spent at least four hours a day watching TV were less likely to engage in adequate physical activity during the week.

Electronic sources sometimes lack authors' names, dates, or page numbers.

Unknown author

If no author is named, mention the title of the source in the signal phrase or give the first word or two of the title in the parentheses (see also item 6). (If an organization serves as the author, see item 7.)

The body's basal metabolic rate, or BMR, is a measure of its at-rest energy requirement ("Exercise," 2003).

Unknown date

When the date is unknown, use the abbreviation "n.d." (for "no date").

Attempts to establish a definitive link between television programming and children's eating habits have been problematic (Magnus, n.d.).

No page numbers

APA ordinarily requires page numbers for quotations, and it recommends them for summaries and paraphrases from long sources. When an electronic source lacks stable numbered pages, your citation should include information that will help readers locate the particular passage being cited.

If the source has numbered paragraphs, use the paragraph number preceded by the abbreviation “para.”: (Hall, 2008, para. 5). If the source contains headings, cite the appropriate heading in parentheses; you may also indicate the paragraph under the heading that you are referring to, even if the paragraphs are not numbered.

Hoppin and Taveras (2004) pointed out that several other medications were classified by the Drug Enforcement Administration as having the “potential for abuse” (Weight-Loss Drugs section, para. 6).

NOTE: Electronic files in portable document format (PDF) often have stable page numbers. For such sources, give the page number in the parenthetical citation.

13. Indirect source If you use a source that was cited in another source (a secondary source), name the original source in your signal phrase. List the secondary source in your reference list and include it in your parenthetical citation, preceded by the words “as cited in.” In the following example, Satcher is the original source, and Critser is the secondary source, given in the reference list.

Former surgeon general Dr. David Satcher described “a nation of young people seriously at risk of starting out obese and dooming themselves to the difficult task of overcoming a tough illness” (as cited in Critser, 2003, p. 4).

14. Sacred or classical text Identify the text, the version or edition you used, and the relevant part (chapter, verse, line). It is not necessary to include the source in the reference list.

Peace activists have long cited the biblical prophet’s vision of a world without war: “And they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more” (Isaiah 2:4, Revised Standard Version).

Directory to APA references (bibliographic entries)

General guidelines for listing authors (print and online)

1. Single author, 10
2. Multiple authors, 10
3. Organization as author, 11
4. Unknown author, 11
5. Two or more works by the same author, 11
6. Two or more works by the same author in the same year, 11

Articles in periodicals (print)

7. Article in a journal, 12
8. Article in a magazine, 12
9. Article in a newspaper, 12
10. Article with three to seven authors, 14
11. Article with eight or more authors, 14
12. Abstract of a journal article, 14
13. Letter to the editor, 14
14. Editorial or other unsigned article, 14
15. Newsletter article, 14
16. Review, 15

Books (print)

17. Basic format for a book, 15
18. Book with an editor, 15
19. Book with an author and an editor, 16
20. Book with an author and a translator, 16
21. Edition other than the first, 16
22. Article or chapter in an edited book or an anthology, 16
23. Multivolume work, 18

24. Introduction, preface, foreword, or afterword, 18
25. Dictionary or other reference work, 18
26. Article in a reference work, 18
27. Republished book, 18
28. Book with a title in its title, 18
29. Sacred or classical text, 18

Online sources

30. Article in an online journal, 19
31. Article in an online magazine, 19
32. Article in an online newspaper, 20
33. Article published only online, 20
34. Article from a database, 20
35. Abstract for an online article, 22
36. Online book, 22
37. Chapter in an online book, 22
38. Online reference work, 22
39. Document from a Web site, 23
40. Section in a Web document, 23
41. Document from a university Web site or government agency, 24
42. Article in an online newsletter, 24
43. Podcast, 24
44. Weblog (blog) post, 27
45. Online audio or video file, 27
46. Entry in a wiki, 27
47. Data set or graphic representation, 27
48. Conference hearing, 28
49. E-mail, 28
50. Online posting, 28



Directory to APA references (bibliographic entries) (continued)

Other sources (including online versions)

- | | |
|---|---|
| 51. Dissertation from a database, 28 | 59. Map or chart, 30 |
| 52. Unpublished dissertation, 28 | 60. Advertisement, 30 |
| 53. Government document, 29 | 61. Published interview, 30 |
| 54. Report from a private organization, 29 | 62. Lecture, speech, or address, 30 |
| 55. Legal source, 29 | 63. Work of art or photograph, 30 |
| 56. Conference proceedings, 29 | 64. Brochure, pamphlet, or fact sheet, 30 |
| 57. Paper presented at a meeting or symposium (unpublished), 29 | 65. Presentation slides, 30 |
| 58. Poster session at a conference, 29 | 66. Film or video (motion picture), 31 |
| | 67. Television program, 31 |
| | 68. Sound recording, 32 |
| | 69. Computer software or video game, 32 |

APA list of references

In APA style, the alphabetical list of works cited, which appears at the end of the paper, is titled “References.” For advice on preparing the reference list, see pages 35–36. For a sample reference list, see page 46.

Alphabetize entries in the list of references by authors’ last names; if a work has no author, alphabetize it by its title. The first element of each entry is important because citations in the text of the paper refer to it and readers will be looking for it in the alphabetized list. The date of publication appears immediately after the first element of the citation.

In APA style, titles of books are italicized; titles of articles are neither italicized nor put in quotation marks. (For rules on capitalization of titles, see p. 33.)

General guidelines for listing authors (print and online)

In APA style, all authors’ names are inverted (the last name comes first), and initials only are used for all first and middle names.

NAME AND DATE CITED IN TEXT

Duncan (2008) has reported that . . .

BEGINNING OF ENTRY IN THE LIST OF REFERENCES

Duncan, B. (2008).

1. Single author

author: last name
+ initial(s) year title (book)

Egeland, J. (2008). *A billion lives: An eyewitness report from the frontlines of humanity*. New York, NY: Simon & Schuster.

place of publication publisher

2. Multiple authors List up to seven authors by last names followed by initials. Use an ampersand (&) before the name of the last author. If there are more than seven authors, list the first six followed by three ellipsis dots and the last author's name. (See pp. 3–4 for citing works with multiple authors in your paper.)

Two to seven authors

all authors:
last name + initial(s) year title (book) place of publication

Musick, M. A., & Wilson, J. (2007). *Volunteers: A social profile*. Bloomington: Indiana University Press.

publisher

all authors:
last name + initial(s) year

Diessner, R., Solom, R. C., Frost, N. K., Parsons, L., & Davidson, J. (2008). Engagement with beauty: Appreciating natural, artistic, and moral beauty.

title (article)

journal title volume page range

The Journal of Psychology, 142, 303-329.

Eight or more authors

Mulvaney, S. A., Mudasiru, E., Schlundt, D. G., Baughman, C. L., Fleming, M., VanderWoude, A., . . . Rothman, R. (2008). Self-management in Type 2 diabetes: The adolescent perspective. *The Diabetes Educator*, 34, 118-127.

3. Organization as author

author:
 organization name year title (book)
 American Psychiatric Association. (1994). *Diagnostic and statistical manual of*
 edition place organization as author
 number of publication and publisher
mental disorders (4th ed.). Washington, DC: Author.

If the publisher is not the same as the author, give the publisher's name as you would for any other source.

4. Unknown author

Begin the entry with the work's title.

title (book) year place of publication publisher
New concise world atlas. (2007). New York, NY: Oxford University Press.

title (article) year + date (for weekly publication) journal title volume, issue page range
 Order in the jungle. (2008, March 15). *The Economist*, 386(8571), 83-85.

5. Two or more works by the same author

Use the author's name for all entries. List the entries by year, the earliest first.

Barry, P. (2007, December 8). Putting tumors on pause. *Science News*, 172, 365.

Barry, P. (2008, August 2). Finding the golden genes. *Science News*, 174, 16-21.

6. Two or more works by the same author in the same year

List the works alphabetically by title. In the parentheses, following the year add "a," "b," and so on. Use these same letters when giving the year in the in-text citation. (See also p. 35.)

Elkind, D. (2008a, Spring). Can we play? *Greater Good*, 4(4), 14-17.

Elkind, D. (2008b, June 27). The price of hurrying children [Web log message]. Retrieved from <http://blogs.psychologytoday.com/blog/digital-children>

Articles in periodicals (print)

Periodicals include scholarly journals, magazines, and newspapers. For a journal or a magazine, give only the volume number if the publication is paginated continuously through each volume; give the volume and issue numbers if each issue of the volume begins on page 1. Italicize the volume number and put the issue number, not italicized, in parentheses.

For all periodicals, when an article appears on consecutive pages, provide the range of pages. When an article does not appear on consecutive pages, give all page numbers: A1, A17. (See also “Online sources” beginning on p. 19 for online articles and articles accessed through a library’s database.) For an illustrated citation of an article in a periodical, see page 13.

7. Article in a journal

author: last name
+ initial(s) year article title

Zhang, L.-F. (2008). Teachers’ styles of thinking: An exploratory study. *The Journal of Psychology*, 142, 37-55.

journal title volume page range

8. Article in a magazine Cite as a journal article, but give the year and the month for monthly magazines; add the day for weekly magazines.

McKibben, B. (2007, October). Carbon’s new math. *National Geographic*, 212(4), 32-37.

9. Article in a newspaper

author: last name year + month + day
+ initial(s) (for daily publication) article title

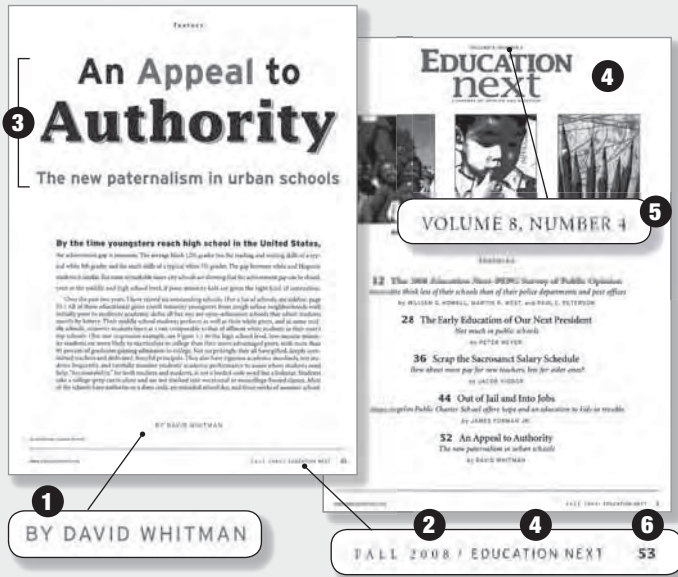
Svoboda, E. (2008, October 21). Deep in the rain forest, stalking the next pandemic. *The New York Times*, p. D5.

newspaper title page number

Citation at a glance | Article in a periodical (APA)

To cite an article in a print periodical in APA style, include the following elements:

- 1 Author
- 2 Year of publication
- 3 Title of article
- 4 Name of periodical
- 5 Volume number; issue number, if required (see p. 12)
- 6 Page numbers of article



REFERENCE LIST ENTRY FOR AN ARTICLE IN A PRINT PERIODICAL

Whitman, D. (2008). An appeal to authority: The new paternalism in urban schools. *Education Next*, 8(4), 53-58.

For variations on citing articles in print periodicals in APA style, see pages 12–15.

Give the year, month, and day for daily and weekly newspapers. Use “p.” or “pp.” before page numbers.

10. Article with three to seven authors

Ungar, M., Brown, M., Liebenberg, L., Othman, R., Kwong, W. M., Armstrong, M., & Gilgun, J. (2007). Unique pathways to resilience across cultures. *Adolescence, 42*, 287-310.

11. Article with eight or more authors List the first six authors followed by three ellipsis dots and the last author.

Krippner, G., Granovetter, M., Block, F., Biggart, N., Beamish, T., Hsing, Y., . . . O’Riain, S. (2004). Polanyi Symposium: A conversation on embeddedness. *Socio-Economic Review, 2*, 109-135.

12. Abstract of a journal article

Lahm, K. (2008). Inmate-on-inmate assault: A multilevel examination of prison violence [Abstract]. *Criminal Justice and Behavior, 35*(1), 120-137.

13. Letter to the editor Letters to the editor appear in journals, magazines, and newspapers. Follow the appropriate model (see items 7–9), and insert the words “Letter to the editor” in brackets after the title of the letter. If the letter has no title, use the bracketed words as the title.

Park, T. (2008, August). Defining the line [Letter to the editor]. *Scientific American, 299*(2), 10.

14. Editorial or other unsigned article

The global justice movement [Editorial]. (2005). *Multinational Monitor, 26*(7/8), 6.

15. Newsletter article

Setting the stage for remembering. (2006, September). *Mind, Mood, and Memory, 2*(9), 4-5.

16. Review Give the author and title of the review (if any) and, in brackets, the type of work, the title, and the author for a book or the year for a motion picture. If the review has no author or title, use the material in brackets as the title.

Applebaum, A. (2008, February 14). A movie that matters [Review of the motion picture *Katyn*, 2007]. *The New York Review of Books*, 55(2), 13-15.

Agents of change. (2008, February 2). [Review of the book *The power of unreasonable people: How social entrepreneurs create markets that change the world*, by J. Elkington & P. Hartigan]. *The Economist*, 386(8565), 94.

Books (print)

Items 17–29 apply to print books. For online books, see items 36 and 37. For an illustrated citation of a print book, see page 17.

Take the information about a book from its title page and copyright page. If more than one place of publication is listed, use only the first. Give the city and state (abbreviated) for all US cities or the city and country (not abbreviated) for all non-US cities; also include the province for Canadian cities. Do not give a state if the publisher's name includes it (as in many university presses, for example).

17. Basic format for a book

author: last name + initial(s) year of publication book title

McKenzie, F. R. (2008). *Theory and practice with adolescents: An applied approach*.

place of publication publisher

Chicago, IL: Lyceum Books.

18. Book with an editor

all editors: last name + initial(s) year of publication book title

Aronson, J., & Aronson, E. (Eds.). (2008). *Readings about the social animal*

edition number place of publication publisher

(10th ed.). New York, NY: Worth.

The abbreviation “Eds.” is for multiple editors. If the book has one editor, use “Ed.”

19. Book with an author and an editor

author: last name + initial(s) year of publication book title name(s) of editor(s): in normal order

McLuhan, M. (2003). *Understanding me: Lectures and interviews* (S. McLuhan & D. Staine, Eds.). Toronto, Ontario, Canada: McClelland & Stewart.

place of publication (city, province, country) publisher

The abbreviation “Eds.” is for multiple editors. If the book has one editor, use “Ed.”

20. Book with an author and a translator After the title, name the translator, followed by “Trans.,” in parentheses. Add the original date of publication at the end of the entry.

Steinberg, M. D. (2003). *Voices of revolution, 1917* (M. Schwartz, Trans.). New Haven, CT: Yale University Press. (Original work published 2001)

21. Edition other than the first

O’Brien, J. A. (Ed.). (2006). *The production of reality: Essays and readings on social interaction* (4th ed.). Thousand Oaks, CA: Pine Forge Press.

22. Article or chapter in an edited book or an anthology

author of chapter: last name + initial(s) year of publication title of chapter

Denton, N. A. (2006). Segregation and discrimination in housing. In R. G. Bratt, M. E. Stone, & C. Hartman (Eds.), *A right to housing: Foundation of a new social agenda* (pp. 61-81). Philadelphia, PA: Temple University Press.

book editor(s): in normal order book title

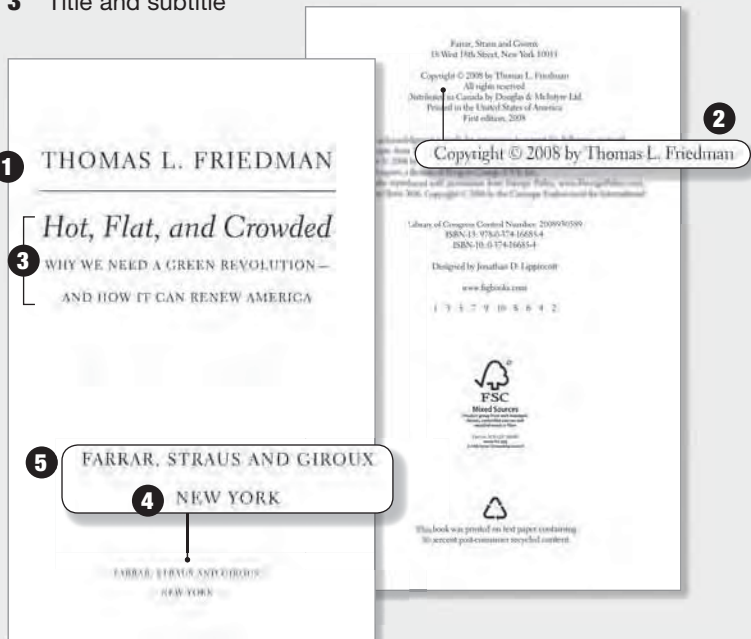
page range for chapter place of publication publisher

The abbreviation “Eds.” is for multiple editors. If the book has one editor, use “Ed.”

Citation at a glance | Book (APA)

To cite a print book in APA style, include the following elements:

- | | |
|------------------------------|-------------------------------|
| 1 Author | 4 Place of publication |
| 2 Year of publication | 5 Publisher |
| 3 Title and subtitle | |



1 2 3
 Friedman, T. L. (2008). *Hot, flat, and crowded: Why we need a green revolution—*
And how it can renew America. New York, NY: Farrar, Straus & Giroux.
 4 5

For more on citing print books in APA style, see pages 15–18.

23. Multivolume work Give the number of volumes after the title.

Luo, J. (Ed.). (2005). *China today: An encyclopedia of life in the People's Republic* (Vols. 1-2). Westport, CT: Greenwood Press.

24. Introduction, preface, foreword, or afterword

Gore, A. (2000). Foreword. In B. Katz (Ed.), *Reflections on regionalism* (pp. ix-x). Washington, DC: Brookings Institution Press.

25. Dictionary or other reference work

Leong, F. T. L. (Ed.). (2008). *Encyclopedia of counseling* (Vols. 1-4). Thousand Oaks, CA: Sage.

26. Article in a reference work

Konijn, E. A. (2008). Affects and media exposure. In W. Donsbach (Ed.), *The international encyclopedia of communication* (Vol. 1, pp. 123-129). Malden, MA: Blackwell.

27. Republished book

Mailer, N. (2008). *Miami and the siege of Chicago: An informal history of the Republican and Democratic conventions of 1968*. New York, NY: New York Review Books. (Original work published 1968)

28. Book with a title in its title If the book title contains another book title or an article title, neither italicize the internal title nor place it in quotation marks.

Marcus, L. (Ed.). (1999). *Sigmund Freud's The interpretation of dreams: New interdisciplinary essays*. Manchester, England: Manchester University Press.

29. Sacred or classical text It is not necessary to list sacred works such as the Bible or the Qur'an or classical Greek and Roman works in your reference list. See item 14 on page 7 for how to cite these sources in the text of your paper.

Online sources

When citing an online article, include publication information as for a print periodical (see items 7–16) and add information about the online version (see items 30–35).

Online articles and books sometimes include a DOI (digital object identifier). APA uses the DOI, when available, in place of a URL in reference list entries.

Use a retrieval date for an online source only if the content is likely to change. Most of the examples in this section do not show a retrieval date because the content of the sources is stable; if you are unsure about whether to use a retrieval date, include the date or consult your instructor.

If you must break a DOI or a URL at the end of a line, break it after a double slash or before any other mark of punctuation; do not add a hyphen. Do not put a period at the end of the entry.

30. Article in an online journal

author: last name + initial(s) year of publication article title journal title
 Whitmeyer, J. M. (2000). Power through appointment. *Social Science Research*,
 volume page range DOI
 29, 535-555. doi:10.1006/ssre.2000.0680

If there is no DOI, include the URL for the journal's home page.

Ashe, D. D., & McCutcheon, L. E. (2001). Shyness, loneliness, and attitude toward celebrities. *Current Research in Social Psychology*, 6, 124-133.
 Retrieved from <http://www.uiowa.edu/~grpproc/crisp/crisp.html>

31. Article in an online magazine Treat as an article in a print magazine (see item 8), and add the URL for the magazine's home page.

Shelburne, E. C. (2008, September). The great disruption. *The Atlantic*, 302(2).
 Retrieved from <http://www.theatlantic.com/>

32. Article in an online newspaper Treat as an article in a print newspaper (see item 9), adding the URL for the newspaper's home page.

Watson, P. (2008, October 19). Biofuel boom endangers orangutan habitat. *Los Angeles Times*. Retrieved from <http://www.latimes.com/>

33. Article published only online If an article in a journal, magazine, or newspaper appears only online, give whatever publication information is available in the source and add the description "Supplemental material" in brackets following the article title.

Samuel, T. (2009, March 27). Mind the wage gap [Supplemental material]. *The American Prospect*. Retrieved from <http://www.prospect.org/>

34. Article from a database Start with the publication information for the source (see items 7–16). If the database entry gives a DOI for the article, use that number at the end and do not include the database name. For an illustrated citation of a work from a database, see page 21.

all authors:
 last name + initial(s) year article title
 Eskritt, M., & McLeod, K. (2008). Children's note taking as a mnemonic tool.
 journal title volume, page
 issue range DOI
Journal of Experimental Child Psychology, 101, 52-74. doi:10.1016
 /jecp.2008.05.007

If there is no DOI, include the URL for the home page of the journal.

Howard, K. R. (2007). Childhood overweight: Parental perceptions and readiness for change. *The Journal of School Nursing*, 23, 73-79. Retrieved from <http://jsn.sagepub.com/>

Citation at a glance | Article from a database (APA)

To cite an article from a database in APA style, include the following elements:

- | | |
|---|---|
| 1 Author(s) | 6 Page range |
| 2 Date of publication | 7 DOI (digital object identifier) |
| 3 Title of article | 8 URL for journal's home page (if there is no DOI) |
| 4 Name of periodical | |
| 5 Volume number; issue number, if required (see p. 12) | |

ON-SCREEN VIEW OF DATABASE RECORD

The screenshot shows the EBSCO database interface. At the top, there are navigation tabs: New Search, Publications, Company Profiles, Thesaurus, More, Sign In to My EBSCOhost, Folder, New Features!, and Help. The search bar contains 'AN 27711104' and three dropdown menus for selecting fields. Below the search bar are buttons for Search and Clear. The main content area shows the search results for 'AN 27711104'. The record is titled 'International Human Rights and Consumer Quality of Life: An Ethical Perspective' by Hill, Ronald Paul, Felice, William F., and Ainscough, Thomas. The source is 'Journal of Macromarketing; Dec2007, Vol. 27 Issue 4, p370-379, 10p, 2 charts'. The document type is 'Article'. The ISSN is 0276-1467 and the DOI is 10.1177/027614670307128.

1 Author(s)
2 Date of publication
3 Title of article
4 Name of periodical
5 Volume number; issue number, if required (see p. 12)
6 Page range
7 DOI (digital object identifier)
8 URL for journal's home page (if there is no DOI)

END OF DATABASE RECORD

REFERENCE LIST ENTRY FOR AN ARTICLE FROM A DATABASE

Hill, R. P., Felice, W. F., & Ainscough, T. (2007). International human rights
 and consumer quality of life: An ethical perspective. *Journal of*
Macromarketing, 27, 370-379. doi:10.1177/027614670307128

For more on citing articles from a database in APA style, see item 34.

35. Abstract for an online article

Brockerhoff, E. G., Jactel, H., Parrotta, J. A., Quine, C. P., & Sayer, J. (2008).
 Plantation forests and biodiversity: Oxymoron or opportunity? [Abstract].
Biodiversity and Conservation, 17, 925-951. doi:10.1007/s10531-008-
 9380-x

36. Online book

Adams, B. (2004). *The theory of social revolutions*. Retrieved from
http://www.gutenberg.org/catalog/world/readfile?fk_files=44092
 (Original work published 1913)

37. Chapter in an online book

Clinton, S. J. (1999). What can be done to prevent childhood obesity? In
Understanding childhood obesity (pp. 81-98). Retrieved from [http://](http://www.questionia.com/)
www.questionia.com/

38. Online reference work

Swain, C. M. (2004). Sociology of affirmative action. In N. J. Smelser
 & P. B. Baltes (Eds.), *International encyclopedia of the social and*
behavioral sciences. Retrieved from [http://www.sciencedirect.com](http://www.sciencedirect.com/science/referenceworks/9780080430768)
[/science/referenceworks/9780080430768](http://www.sciencedirect.com/science/referenceworks/9780080430768)

Use a retrieval date only if the content of the work is likely to change.

39. Document from a Web site List as many of the following elements as are available: author's name, publication date (or "n.d." if there is no date), title (in italics), and URL. Give your retrieval date only if the content of the source is likely to change.

Source with date

all authors: last name + initial(s) online publication date: year + month document title

Cain, A., & Burris, M. (1999, April). *Investigation of the use of mobile phones while driving*. Retrieved from http://www.cutr.eng.usf.edu/its/mobile_phone_text.htm

URL

Source with no date

Archer, D. (n.d.). *Exploring nonverbal communication*. Retrieved from <http://nonverbal.ucsc.edu>

Source with no author

If a source has no author, begin with the title and follow it with the date in parentheses.

What causes Alzheimer's disease. (2008). Retrieved from http://www.memorystudy.org/alzheimers_causes.htm

40. Section in a Web document

author (organization) year title of section

National Institute on Media and the Family. (2009). Mobile networking.

title of Web document

In *Guide to social networking: Risks*. Retrieved from http://www.mediafamily.org/network_pdf/MediaWise_Guide_to_Social_Networking_Risks_09.pdf

URL

For an illustrated citation of a section in a Web document, see page 25.

41. Document from a university Web site or government agency Name the organization or agency in your retrieval statement.

Cosmides, L., & Tooby, J. (1997). *Evolutionary psychology: A primer*. Retrieved from University of California, Santa Barbara, Center for Evolutionary Psychology website: <http://www.psych.ucsb.edu/research/cep/primer.html>

42. Article in an online newsletter Cite as an online article (see items 30–32), giving the title of the newsletter and whatever other information is available, including volume and issue numbers.

In the face of extinction. (2008, May). *NSF Current*. Retrieved from http://www.nsf.gov/news/newsletter/may_08/index.jsp

43. Podcast

organization as producer
National Academies (Producer). date of posting (2007, June 6). podcast title Progress in preventing descriptive label childhood obesity: How do we measure up? [Audio podcast].
series title *The sounds of science podcast*. Retrieved from URL <http://media.nap.edu/podcasts/>

writer/presenter
Chesney, M. date of posting (2007, September 13). podcast title Gender differences in the use of podcast number complementary and alternative medicine (No. 12827) descriptive label [Audio podcast]. Retrieved from Web site hosting podcast University of California Television website: URL <http://www.uctv.tv/ondemand>

Citation at a glance | Section in a Web document (APA)

To cite a section in a Web document in APA style, include the following elements:

- | | |
|---|--|
| <p>1 Author</p> <p>2 Date of publication or most recent update</p> <p>3 Title of section</p> | <p>4 Title of document</p> <p>5 URL of section</p> |
|---|--|

BROWSER PRINTOUT OF WEB SITE

2003 Minnesota Health Statistics Annual Summary - Minnesota... <http://www.health.state.mn.us/divs/chs/03annual/index.html>

1 Minnesota Department of Health

2 published February 2005.

3 Fertility (PDF: 80KB/2 pages)

4 2003 Minnesota Health Statistics Annual Summary

Minnesota Center for Health Statistics

- [Home](#)
- General statistics:
 - [Minnesota Vital Statistics Interactive Queries](#)
 - [Minnesota Vital Signs](#)
 - [Minnesota County Health Tables](#)
 - [Mini Profiles](#)
 - [Minnesota Health Statistics Annual Summary](#)
 - [Population Health Assessment Quarterly](#)
- Topic-specific statistics:
 - [Induced Abortions in Minnesota Reports](#)
 - [Populations of Color Health Status Report](#)
 - [Tobacco Reports](#)

The 2003 Minnesota Health Statistics Annual Summary

The Minnesota "Annual Summary" or "Minnesota Health Statistics" is a report published yearly. The most recent version of this report is **2003 Minnesota Health Statistics**, published February 2005. This report provides statistical data on the following seven subjects for the state of Minnesota.

To view the PDF files, you will need Adobe Acrobat Reader or for screen reader accessibility, [Acessat Access](#) (free downloads from Allstate Web site).

- [Overview of 2003 Annual Summary \(PDF: 251KB/11 pages\)](#)
- [Live Births \(PDF: 608KB/21 pages\)](#)
- [Fertility \(PDF: 80KB/2 pages\)](#)
- [Infant Mortality and Fetal Deaths \(PDF: 414KB/15 pages\)](#)
- [General Mortality \(PDF: 581KB/40 pages\)](#)
- [Marriage \(PDF: 83KB/4 pages\)](#)
- [Divorce \(PDF: 62KB/3 pages\)](#)
- [Population \(PDF: 29KB/12 pages\)](#)

Note: Induced abortion statistics previously reported in this publication are now published separately. See > [Report to the Legislature: Induced Abortions in Minnesota](#).

See also: [Minnesota Health Statistics Annual Summary Main Page](#)

40F3

6/28/03 5:14 PM

ON-SCREEN VIEW OF DOCUMENT

Year	Total Reported Pregnancies*	Live Births	Induced Abortions	Fetal Deaths	Female Population Ages 15-44	Pregnancy Rate**
1980	84,984	68,375	11,821	488	867,367	81.8
1982	84,986	68,912	11,938	479	877,807	86.4
1983	80,530	65,559	14,514	457	981,287	82.1
1984	82,736	66,715	15,556	465	985,608	83.9
1985	83,853	67,412	16,002	439	994,240	84.3
1986	81,882	65,766	15,716	400	997,501	82.1
1987	81,318	65,168	15,746	404	1,004,801	80.9
1988	83,335	66,743	16,124	466	1,020,209	81.7
1989	83,426	67,499	15,506	430	1,024,576	81.4
1990	83,714	67,985	15,280	449	1,025,919	81.6

REFERENCE LIST ENTRY FOR A SECTION IN A WEB DOCUMENT

1 Minnesota Department of Health. (2005, February). Fertility. In 2003
 2
 3
 4
 5
Minnesota health statistics annual summary. Retrieved from <http://www.health.state.mn.us/divs/chs/03annsum/fertility.pdf>

For more on citing documents from Web sites in APA style, see pages 23–28.

44. Weblog (blog) post Give the writer's name, the date of the post, the subject, the label "Web log post," and the URL. For a response to a post, use the label "Web log comment."

Kellermann, M. (2007, May 23). Disclosing clinical trials [Web log post]. Retrieved from <http://www.iq.harvard.edu/blog/sss/archives/2007/05>

45. Online audio or video file Give the medium or a description of the source file in brackets following the title.

Chomsky, N. (n.d.). The new imperialism [Audio file]. Retrieved from <http://www.rhapsody.com/noamchomsky>

Zakaria, F. (Host), & McCullough, C. (Writer). (2007, March 6). In focus: American teens, Rwandan truths [Video file]. Retrieved from <http://www.pulitzercenter.org/showproject.cfm?id=26>

46. Entry in a wiki Begin with the title of the entry and the date of posting, if there is one (use "n.d." for "no date" if there is not). Then add your retrieval date, the name of the wiki, and the URL for the wiki. Include the date of retrieval because the content of a wiki is often not stable. If an author or an editor is identified, include that name at the beginning of the entry.

Ethnomethodology. (n.d.). Retrieved August 22, 2008, from <http://en.stswiki.org/index.php/Ethnomethodology>

47. Data set or graphic representation Give information about the type of source in brackets following the title. If there is no title, give a brief description of the content of the source in brackets in place of the title.

U.S. Department of Agriculture, Economic Research Service. (2009). *Eating and health module (ATUS): 2007 data* [Data set]. Retrieved from <http://www.ers.usda.gov/Data/ATUS/Data/2007/2007data.htm>

Gallup. (2008, October 23). *No increase in proportion of first-time voters* [Graphs]. Retrieved from <http://www.gallup.com/poll/111331/No-Increase-Proportion-First-Time-Voters.aspx>

48. Conference hearing

Carmona, R. H. (2004, March 2). *The growing epidemic of childhood obesity*. Testimony before the Subcommittee on Competition, Foreign Commerce, and Infrastructure of the U.S. Senate Committee on Commerce, Science, and Transportation. Retrieved from <http://www.hhs.gov/asl/testify/t040302.html>

49. E-mail E-mail messages, letters, and other personal communications are not included in the list of references. (See p. 5 for citing these sources in the text of your paper.)

50. Online posting If an online posting is not archived, cite it as a personal communication in the text of your paper and do not include it in the list of references. If the posting is archived, give the URL and the name of the discussion list if it is not part of the URL.

McKinney, J. (2006, December 19). Adult education-healthcare partnerships [Electronic mailing list message]. Retrieved from <http://www.nifl.gov/pipermail/healthliteracy/2006/000524.html>

Other sources (including online versions)

51. Dissertation from a database

Hymel, K. M. (2009). *Essays in urban economics* (Doctoral dissertation). Available from ProQuest Dissertations and Theses database. (AAT 3355930)

52. Unpublished dissertation

Mitchell, R. D. (2007). *The Wesleyan Quadrilateral: Relocating the conversation* (Unpublished doctoral dissertation). Claremont School of Theology, Claremont, CA.

53. Government document

U.S. Census Bureau. (2006). *Statistical abstract of the United States*. Washington, DC: Government Printing Office.

U.S. Census Bureau, Bureau of Economic Analysis. (2008, August). *U.S. international trade in goods and services* (Report No. CB08-121, BEA08-37, FT-900). Retrieved from <http://www.census.gov/foreign-trade/Press-Release/2008pr/06/ftdpress.pdf>

54. Report from a private organization If the publisher and the author are the same, begin with the publisher. For a print source, use “Author” as the publisher at the end of the entry (see item 3 on p. 11); for an online source, give the URL. If the report has a number, put it in parentheses following the title.

Ford Foundation. (n.d.). *Helping citizens to understand and influence state budgets*. Retrieved from http://www.fordfound.org/pdfs/impact/evaluations/state_fiscal_initiative.pdf

55. Legal source

Sweatt v. Painter, 339 U.S. 629 (1950). Retrieved from Cornell University Law School, Legal Information Institute website: http://www.law.cornell.edu/supct/html/historics/USSC_CR_0339_0629_ZS.html

56. Conference proceedings

Stahl, G. (Ed.). (2002). *Proceedings of CSCL '02: Computer support for collaborative learning*. Hillsdale, NJ: Erlbaum.

57. Paper presented at a meeting or symposium (unpublished)

Anderson, D. N. (2008, May). *Cab-hailing and the micropolitics of gesture*. Paper presented at the Arizona Linguistics and Anthropology Symposium, Tucson, AZ.

58. Poster session at a conference

Wang, Z., & Keogh, T. (2008, June). *A click away: Student response to clickers*. Poster session presented at the annual conference of the American Library Association, Anaheim, CA.

59. Map or chart

Ukraine [Map]. (2008). Retrieved from the University of Texas at Austin Perry-Castañeda Library Map Collection website: http://www.lib.utexas.edu/maps/cia08/ukraine_sm_2008.gif

60. Advertisement

Xbox 360 [Advertisement]. (2007, February). *Wired*, 15(2), 71.

61. Published interview

Murphy, C. (2007, June 22). As the Romans did [Interview by G. Hahn]. Retrieved from <http://www.theatlantic.com/>

62. Lecture, speech, or address

Fox, V. (2008, March 5). *Economic growth, poverty, and democracy in Latin America: A president's perspective*. Address at the Freeman Spogli Institute, Stanford University, Stanford, CA.

63. Work of art or photograph

Weber, J. (1992). *Toward freedom* [Outdoor mural]. Sherman Oaks, CA.

Newkirk, K. (2006). *Gainer (part II)*. Museum of Contemporary Art, Chicago, IL.

64. Brochure, pamphlet, or fact sheet

National Council of State Boards of Nursing. (n.d.). *Professional boundaries* [Brochure]. Retrieved from https://www.ncsbn.org/Professional_Boundaries_2007_Web.pdf

World Health Organization. (2007, October). *Health of indigenous peoples* (No. 326) [Fact sheet]. Retrieved from <http://www.who.int/mediacentre/factsheets/fs326/en/index.html>

65. Presentation slides

Boeninger, C. F. (2008, August). *Web 2.0 tools for reference and instructional services* [Presentation slides]. Retrieved from <http://libraryvoice.com/archives/2008/08/04/opal-20-conference-presentation-slides/>

66. Film or video (motion picture) Give the director, producer, and other relevant contributors, followed by the year of the film's release, the title, the description "Motion picture" in brackets, the country where the film was made, and the studio. If you viewed the film on videocassette or DVD, indicate that medium in brackets in place of "Motion picture." If the original release date and the date of the DVD or videocassette are different, add "Original release" and that date in parentheses at the end of the entry. If the motion picture would be difficult for your readers to find, include instead the name and address of its distributor.

Guggenheim, D. (Director), & Bender, L. (Producer). (2006). *An inconvenient truth* [DVD]. United States: Paramount Home Entertainment.

Spurlock, M. (Director). (2004). *Super size me* [Motion picture].
Available from IDP Films, 1133 Broadway, Suite 926, New York,
NY 10010

67. Television program List the producer and the date the program was aired. Give the title, followed by "Television broadcast" in brackets, the city, and the television network or service.

Pratt, C. (Executive producer). (2008, October 5). *Face the nation* [Television broadcast]. Washington, DC: CBS News.

For a television series, use the year in which the series was produced, and follow the title with "Television series" in brackets. For an episode in a series, list the writer and director and the year. After the episode title, put "Television series episode" in brackets. Follow with information about the series.

Fanning, D. (Executive producer). (2008). *Frontline* [Television series].
Boston, MA: WGBH.

Smith, M. (Writer/producer). (2008). Heat [Television series episode]. In
D. Fanning (Executive producer), *Frontline*. Boston, MA: WGBH.

68. Sound recording

Thomas, G. (1996). Breath. On *Didgeridoo: Ancient sound of the future* [CD]. Oxnard, CA: Aquarius International Music.

69. Computer software or video game Add the words “Computer software” (neither italicized nor in quotation marks) in brackets after the title of the program.

Sims 2 [Computer software]. (2005). New York, NY: Maxis.

APA manuscript format

The American Psychological Association makes a number of recommendations for formatting a paper and preparing a list of references. The following guidelines are consistent with advice given in the *Publication Manual of the American Psychological Association*, 6th ed. (Washington: APA, 2010), and typical requirements for undergraduate papers.

Formatting the paper

Many instructors in the social sciences require students to follow APA guidelines for formatting a paper.

The APA manual provides guidelines for papers prepared for publication in a scholarly journal; it does not provide separate guidelines for papers prepared for undergraduate classes. The formatting guidelines in this section and the sample paper on pages 37–46 can be used for either type of paper. If you are in doubt about the specific format preferred or required in your course, ask your instructor.

Materials and font Use good-quality 8½” × 11” white paper. Avoid a font that is unusual or hard to read.

Title page Begin at the top left with the words “Running head,” followed by a colon and a short form of the title of your paper. The short form should be no more than fifty char-

acters and should be typed in all capital letters. Flush with the right margin, put the page number 1.

About halfway down the page, center the full title of your paper (capitalizing all words of four letters or more), your name, and your school's name. At the bottom of the page, you may add the heading "Author Note," centered, followed by a brief paragraph that lists specific information about the course or department or provides acknowledgments or contact information. See page 37 for a sample title page.

Some instructors may instead require a title page like the one on page 47. If in doubt about the requirements in your course, check with your instructor.

Page numbers and running head Number all pages with arabic numerals (1, 2, 3, and so on) in the upper right corner about one inch from the top of the page. The title page is numbered 1.

On every page, in the upper left corner on the same line as the page number, place a running head. The running head consists of a short form of the title of the paper (no more than fifty characters) in all capital letters. (On the title page only, include the words "Running head" followed by a colon before the shortened title.) See pages 37–46.

Margins, line spacing, and paragraph indents Use margins of one inch on all sides of the page. Left-align the text.

Double-space throughout the paper. Indent the first line of each paragraph one-half inch.

Capitalization, italics, and quotation marks Capitalize all words of four letters or more in titles of works and in headings that appear in the text of the paper. Capitalize the first word after a colon if the word begins a complete sentence.

Italicize the titles of books and other long works, such as Web sites. Use quotation marks around the titles of periodical articles, short stories, poems, and other short works.

NOTE: APA has different requirements for titles in the reference list. See page 36.

Long quotations and footnotes When a quotation is longer than forty words, set it off from the text by indenting it one-half inch from the left margin. Double-space the quotation. Do not use quotation marks around a quotation that has been set off from the text. See page 45 for an example.

Place each footnote, if any, at the bottom of the page on which the text reference occurs. Insert an extra double-spaced line between the last line of text on the page and the footnote. Indent the first line of the footnote one-half inch. Begin the note with the superscript arabic numeral that corresponds to the number in the text. See page 39 for an example.

Abstract If your instructor requires an abstract, include it immediately after the title page. Center the word *Abstract* one inch from the top of the page; double-space the abstract as you do the body of your paper.

An abstract is a 100-to-150-word paragraph that provides readers with a quick overview of your essay. It should express your main idea and your key points; it might also briefly suggest any implications or applications of the research you discuss in the paper. See page 38 for an example.

Headings Although headings are not always necessary, their use is encouraged in the social sciences. For most undergraduate papers, one level of heading will usually be sufficient.

In APA style, major headings are centered and boldface. Capitalize the first word of the heading, along with all words except articles, short prepositions, and coordinating conjunctions. See the sample paper on pages 37–46.

Visuals APA classifies visuals as tables and figures (figures include graphs, charts, drawings, and photographs). Keep visuals as simple as possible.

Label each table with an arabic numeral (Table 1, Table 2, and so on) and provide a title. Place the label and title on separate lines above the table, flush left and single-spaced.

Below the table, give its source in a note. If any data in the table require an explanatory footnote, use a superscript lowercase letter in the body of the table and in a footnote following the source note. Double-space source notes and footnotes and do not indent the first line of each note. See page 42 for an example of a table in a model paper.

For each figure, place a label and a caption below the figure, flush left and double-spaced. The label and caption need not appear on separate lines.

In the text of your paper, discuss the most significant features of each visual. Place the visual as close as possible to the sentences that relate to it unless your instructor prefers it in an appendix.

Preparing the list of references

Begin your list of references on a new page at the end of the paper. Center the title References one inch from the top of the page. Double-space throughout. For a sample reference list, see page 46.

Indenting entries Use a hanging indent in the reference list: Type the first line of each entry flush left and indent any additional lines one-half inch, as shown on page 46.

Alphabetizing the list Alphabetize the reference list by the last names of the authors (or editors); when a work has no author or editor, alphabetize by the first word of the title other than *A*, *An*, or *The*.

If your list includes two or more works by the same author, arrange the entries by year, the earliest first. If your list includes two or more works by the same author in the same year, arrange the works alphabetically by title. Add the letters "a," "b," and so on within the parentheses after the year. Use only the year and the letter for articles in journals: (2002a). Use the full date and the letter for articles in magazines and

newspapers in the reference list: (2005a, July 7). Use only the year and the letter in the in-text citation.

Authors' names Invert all authors' names and use initials instead of first names. With two or more authors, use an ampersand (&) before the last author's name. Separate the names with commas. Include names for the first seven authors; if there are eight or more authors, give the first six authors, three ellipsis dots, and the last author (see p. 10).

Titles of books and articles Italicize the titles and subtitles of books. Do not use quotation marks around the titles of articles. Capitalize only the first word of the title and subtitle (and all proper nouns) of books and articles. Capitalize names of periodicals as you would capitalize them normally.

Abbreviations for page numbers Abbreviations for "page" and "pages" ("p." and "pp.") are used before page numbers of newspaper articles and articles in edited books (see item 9 on p. 12 and item 22 on p. 16) but not before page numbers of articles in magazines and scholarly journals (see items 7 and 8 on p. 12).

Breaking a URL When a URL or a DOI (digital object identifier) must be divided, break it after a double slash or before any other mark of punctuation. Do not insert a hyphen, and do not add a period at the end.

For information about the exact format of each entry in your list, consult the models on pages 10–32.

Sample APA research paper

On the following pages is a research paper on the effectiveness of treatments for childhood obesity, written by Luisa Mirano, a student in a psychology class. Mirano's assignment was to write a literature review paper documented with APA-style citations and references.

See page 32 for a discussion of formatting differences in APA-style student papers and papers prepared for publication.

Running head: CAN MEDICATION CURE OBESITY IN CHILDREN?

1 A running head, which will be used in the printed journal article, consists of a shortened title in all capital letters. On the title page, it is preceded by the label "Running head." Page numbers appear in the upper right corner.

Can Medication Cure Obesity in Children?
A Review of the Literature
Luisa Mirano
Northwest-Shoals Community College

Full title, writer's name, and school name are centered halfway down the page.

Author Note

This paper was prepared for Psychology 108, Section B, taught by Professor Kang.

An author's note lists specific information about the course or department and can provide acknowledgments and contact information.

Marginal annotations indicate APA-style formatting and effective writing.

CAN MEDICATION CURE OBESITY IN CHILDREN?

2

Abstract

Abstract appears on a separate page.

In recent years, policymakers and medical experts have expressed alarm about the growing problem of childhood obesity in the United States. While most agree that the issue deserves attention, consensus dissolves around how to respond to the problem. This literature review examines one approach to treating childhood obesity: medication. The paper compares the effectiveness for adolescents of the only two drugs approved by the Food and Drug Administration (FDA) for long-term treatment of obesity, sibutramine and orlistat. This examination of pharmacological treatments for obesity points out the limitations of medication and suggests the need for a comprehensive solution that combines medical, social, behavioral, and political approaches to this complex problem.

CAN MEDICATION CURE OBESITY IN CHILDREN?

3

Can Medication Cure Obesity in Children?

Full title, centered.

A Review of the Literature

In March 2004, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona said that the “astounding” 15% child obesity rate constitutes an “epidemic.” Since the early 1980s, that rate has “doubled in children and tripled in adolescents.” Now more than nine million children are classified as obese.¹ While the traditional response to a medical epidemic is to hunt for a vaccine or a cure-all pill, childhood obesity has proven more elusive. The lack of success of recent initiatives suggests that medication might not be the answer for the escalating problem. This literature review considers whether the use of medication is a promising approach for solving the childhood obesity problem by responding to the following questions:

1. What are the implications of childhood obesity?
2. Is medication effective at treating childhood obesity?
3. Is medication safe for children?
4. Is medication the best solution?

Mirano sets up her organization by posing four questions.

Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity problem in the United States and underscores the need for physicians, advocacy groups, and policymakers to search for other solutions.

Mirano states her thesis.

What Are the Implications of Childhood Obesity?

Obesity can be a devastating problem from both an individual and a societal perspective. Obesity puts children at risk for a number of

Headings, centered, help readers follow the organization.

¹Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. A child with a BMI in the 95th percentile for his or her age and gender is considered obese.

Mirano uses a footnote to define an essential term that would be cumbersome to define within the text.

CAN MEDICATION CURE OBESITY IN CHILDREN?

4

In a signal phrase, the word “and” links the names of two authors; the date is given in parentheses.

medical complications, including type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2004, p. 1). Researchers Hoppin and Taveras (2004) have noted that obesity is often associated with psychological issues such as depression, anxiety, and binge eating (Table 4).

Because the author (Carmona) is not named in the signal phrase, his name and the date appear in parentheses.

Obesity also poses serious problems for a society struggling to cope with rising health care costs. The cost of treating obesity currently totals \$117 billion per year—a price, according to the surgeon general, “second only to the cost of [treating] tobacco use” (Carmona, 2004). And as the number of children who suffer from obesity grows, long-term costs will only increase.

Is Medication Effective at Treating Childhood Obesity?

Ellipsis mark indicates omitted words.

The widening scope of the obesity problem has prompted medical professionals to rethink old conceptions of the disorder and its causes. As researchers Yanovski and Yanovski (2002) have explained, obesity was once considered “either a moral failing or evidence of underlying psychopathology” (p. 592). But this view has shifted: Many medical professionals now consider obesity a biomedical rather than a moral condition, influenced by both genetic and environmental factors. Yanovski and Yanovski have further noted that the development of weight-loss medications in the early 1990s showed that “obesity should be treated in the same manner as any other chronic disease . . . through the long-term use of medication” (p. 592).

The search for the right long-term medication has been complicated. Many of the drugs authorized by the Food and Drug Administration (FDA) in the early 1990s proved to be a disappointment. Two of the medications—fenfluramine and dexfenfluramine—were withdrawn from the market because of severe side effects (Yanovski & Yanovski, 2002, p. 592), and several others

CAN MEDICATION CURE OBESITY IN CHILDREN?

5

were classified by the Drug Enforcement Administration as having the “potential for abuse” (Hoppin & Taveras, 2004, Weight-Loss Drugs section, para. 6). Currently only two medications have been approved by the FDA for long-term treatment of obesity: sibutramine (marketed as Meridia) and orlistat (marketed as Xenical). This section compares studies on the effectiveness of each.

In a parenthetical citation, an ampersand links the names of two authors.

Sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (Yanovski & Yanovski, 2002, p. 594). Though the drug won FDA approval in 1998, experiments to test its effectiveness for younger patients came considerably later. In 2003, University of Pennsylvania researchers Berkowitz, Wadden, Tershakovec, and Cronquist released the first double-blind placebo study testing the effect of sibutramine on adolescents, aged 13-17, over a 12-month period. Their findings are summarized in Table 1.

Mirano draws attention to an important article.

After 6 months, the group receiving medication had lost 4.6 kg (about 10 pounds) more than the control group. But during the second half of the study, when both groups received sibutramine, the results were more ambiguous. In months 6-12, the group that continued to take sibutramine gained an average of 0.8 kg, or roughly 2 pounds; the control group, which switched from placebo to sibutramine, lost 1.3 kg, or roughly 3 pounds (p. 1808). Both groups received behavioral therapy covering diet, exercise, and mental health.

These results paint a murky picture of the effectiveness of the medication: While initial data seemed promising, the results after one year raised questions about whether medication-induced weight loss could be sustained over time. As Berkowitz et al. (2003) advised, “Until more extensive safety and efficacy data are available, . . . weight-loss medications should be used only on an experimental basis for adolescents” (p. 1811).

CAN MEDICATION CURE OBESITY IN CHILDREN?

6

Mirano uses a table to summarize the findings presented in two sources.

Table 1

Effectiveness of Sibutramine and Orlistat in Adolescents

Medication	Subjects	Treatment ^a	Side effects	Average weight loss/gain
Sibutramine	Control	0-6 mos.: placebo	Mos. 6-12: increased blood pressure; increased pulse rate	After 6 mos.: loss of 3.2 kg (7 lb)
		6-12 mos.: sibutramine		After 12 mos.: loss of 4.5 kg (9.9 lb)
Sibutramine	Medicated	0-12 mos.: sibutramine	Increased blood pressure; increased pulse rate	After 6 mos.: loss of 7.8 kg (17.2 lb)
				After 12 mos.: loss of 7.0 kg (15.4 lb)
Orlistat	Control	0-12 mos.: placebo	None	Gain of 0.67 kg (1.5 lb)
		Medicated		0-12 mos.: orlistat

A note gives the source of the data.

Note. The data on sibutramine are adapted from "Behavior Therapy and Sibutramine for the Treatment of Adolescent Obesity," by R. I. Berkowitz, T. A. Wadden, A. M. Tereshakovec, & J. L. Cronquist, 2003, *Journal of the American Medical Association*, 289, pp. 1807-1809. The data on orlistat are adapted from *Xenical (Orlistat) Capsules: Complete Product Information*, by Roche Laboratories, December 2003, retrieved from <http://www.rocheusa.com/products/xenical/pi.pdf>

A content note explains data common to all subjects.

^aThe medication and/or placebo were combined with behavioral therapy in all groups over all time periods.

CAN MEDICATION CURE OBESITY IN CHILDREN?

7

A study testing the effectiveness of orlistat in adolescents showed similarly ambiguous results. The FDA approved orlistat in 1999 but did not authorize it for adolescents until December 2003. Roche Laboratories (2003), maker of orlistat, released results of a one-year study testing the drug on 539 obese adolescents, aged 12-16. The drug, which promotes weight loss by blocking fat absorption in the large intestine, showed some effectiveness in adolescents: an average loss of 1.3 kg, or roughly 3 pounds, for subjects taking orlistat for one year, as opposed to an average gain of 0.67 kg, or 1.5 pounds, for the control group (pp. 8-9). See Table 1.

Short-term studies of orlistat have shown slightly more dramatic results. Researchers at the National Institute of Child Health and Human Development tested 20 adolescents, aged 12-16, over a three-month period and found that orlistat, combined with behavioral therapy, produced an average weight loss of 4.4 kg, or 9.7 pounds (McDuffie et al., 2002, p. 646). The study was not controlled against a placebo group; therefore, the relative effectiveness of orlistat in this case remains unclear.

Is Medication Safe for Children?

While modest weight loss has been documented for both medications, each carries risks of certain side effects. Sibutramine has been observed to increase blood pressure and pulse rate. In 2002, a consumer group claimed that the medication was related to the deaths of 19 people and filed a petition with the Department of Health and Human Services to ban the medication (Hilts, 2002). The sibutramine study by Berkowitz et al. (2003) noted elevated blood pressure as a side effect, and dosages had to be reduced or the medication discontinued in 19 of the 43 subjects in the first six months (p. 1809).

The main side effects associated with orlistat were abdominal discomfort, oily spotting, fecal incontinence, and nausea (Roche

For a source with six or more authors, the first author's surname followed by "et al." is used for the first and subsequent references.

When this article was first cited, all four authors were named. In subsequent citations of a work with three to five authors, "et al." is used after the first author's name.

Laboratories, 2003, p. 13). More serious for long-term health is the concern that orlistat, being a fat-blocker, would affect absorption of fat-soluble vitamins, such as vitamin D. However, the study found that this side effect can be minimized or eliminated if patients take vitamin supplements two hours before or after administration of orlistat (p. 10). With close monitoring of patients taking the medication, many of the risks can be reduced.

Is Medication the Best Solution?

The data on the safety and efficacy of pharmacological treatments of childhood obesity raise the question of whether medication is the best solution for the problem. The treatments have clear costs for individual patients, including unpleasant side effects, little information about long-term use, and uncertainty that they will yield significant weight loss.

In purely financial terms, the drugs cost more than \$3 a day on average (Duenwald, 2004). In each of the clinical trials, use of medication was accompanied by an expensive regime of behavioral therapies, including counseling, nutritional education, fitness advising, and monitoring. As journalist Greg Critser (2003) noted in his book *Fat Land*, use of weight-loss drugs is unlikely to have an effect without the proper “support system”—one that includes doctors, facilities, time, and money (p. 3). For some, this level of care is prohibitively expensive.

A third complication is that the studies focused on adolescents aged 12-16, but obesity can begin at a much younger age. Little data exist to establish the safety or efficacy of medication for treating very young children.

While the scientific data on the concrete effects of these medications in children remain somewhat unclear, medication is not the only avenue for addressing the crisis. Both medical experts and

Mirano develops the paper's thesis.

CAN MEDICATION CURE OBESITY IN CHILDREN?

9

policymakers recognize that solutions might come not only from a laboratory but also from policy, education, and advocacy. A handbook designed to educate doctors on obesity called for “major changes in some aspects of western culture” (Hoppin & Taveras, 2004, Conclusion section, para. 1). Cultural change may not be the typical realm of medical professionals, but the handbook urged doctors to be proactive and “focus [their] energy on public policies and interventions” (Conclusion section, para. 1).

Brackets indicate a word not in the original source.

The solutions proposed by a number of advocacy groups underscore this interest in political and cultural change. A report by the Henry J. Kaiser Family Foundation (2004) outlined trends that may have contributed to the childhood obesity crisis, including food advertising for children as well as

a reduction in physical education classes and after-school athletic programs, an increase in the availability of sodas and snacks in public schools, the growth in the number of fast-food outlets . . . , and the increasing number of highly processed high-calorie and high-fat grocery products. (p. 1)

A quotation longer than forty words is indented without quotation marks.

Addressing each of these areas requires more than a doctor armed with a prescription pad; it requires a broad mobilization not just of doctors and concerned parents but of educators, food industry executives, advertisers, and media representatives.

Mirano interprets the evidence; she doesn't just report it.

The barrage of possible approaches to combating childhood obesity—from scientific research to political lobbying—indicates both the severity and the complexity of the problem. While none of the medications currently available is a miracle drug for curing the nation's 9 million obese children, research has illuminated some of the underlying factors that affect obesity and has shown the need for a comprehensive approach to the problem that includes behavioral, medical, social, and political change.

The tone of the conclusion is objective.

CAN MEDICATION CURE OBESITY IN CHILDREN?

10

List of references

begins on a new page.
Heading is centered.

References

List is alphabetized by
authors' last names.
All authors' names are
inverted.The first line of an
entry is at the left
margin; subsequent
lines indent 1/2".Double-spacing is
used throughout.

- Berkowitz, R. I., Wadden, T. A., Tershakovec, A. M., & Cronquist, J. L. (2003). Behavior therapy and sibutramine for the treatment of adolescent obesity. *Journal of the American Medical Association, 289*, 1805-1812.
- Carmona, R. H. (2004, March 2). *The growing epidemic of childhood obesity*. Testimony before the Subcommittee on Competition, Foreign Commerce, and Infrastructure of the U.S. Senate Committee on Commerce, Science, and Transportation. Retrieved from <http://www.hhs.gov/asl/testify/t040302.html>
- Critser, G. (2003). *Fat land*. Boston: Houghton Mifflin.
- Duenwald, M. (2004, January 6). Slim pickings: Looking beyond ephedra. *The New York Times*, p. F1. Retrieved from <http://nytimes.com/>
- Henry J. Kaiser Family Foundation. (2004, February). *The role of media in childhood obesity*. Retrieved from <http://www.kff.org/entmedia/7030.cfm>
- Hilts, P. J. (2002, March 20). Petition asks for removal of diet drug from market. *The New York Times*, p. A26. Retrieved from <http://nytimes.com/>
- Hoppin, A. G., & Taveras, E. M. (2004, June 25). Assessment and management of childhood and adolescent obesity. *Clinical Update*. Retrieved from <http://www.medscape.com/viewarticle/481633>
- McDuffie, J. R., Calis, K. A., Uwaifo, G. I., Sebring, N. G., Fallon, E. M., Hubbard, V. S., & Yanovski, J. A. (2002). Three-month tolerability of orlistat in adolescents with obesity-related comorbid conditions. *Obesity Research, 10*, 642-650.
- Roche Laboratories. (2003, December). *Xenical (orlistat) capsules: Complete product information*. Retrieved from <http://www.rocheusa.com/products/xenical/pi.pdf>
- Yanovski, S. Z., & Yanovski, J. A. (2002). Drug therapy: Obesity. *The New England Journal of Medicine, 346*, 591-602.

ALTERNATIVE APA TITLE PAGE

	Obesity in Children 1	Short title and page number in the upper right corner on all pages.
Can Medication Cure Obesity in Children? A Review of the Literature		Full title, centered.
Luisa Mirano Psychology 108, Section B Professor Kang October 31, 2004		Writer's name, course, instructor's name, and date, all centered at the bottom of the page.

ALTERNATIVE APA RUNNING HEAD

Obesity in Children 5 were classified by the Drug Enforcement Administration as having the "potential for abuse" (Hoppin & Taveras, 2004, Weight-Loss Drugs section, para. 6). Currently only two medications have been approved by the FDA for long-term treatment of obesity: sibutramine (marketed
--

Marginal annotations indicate APA-style formatting.