

This guide is based on the 6th edition (2009) of the ***Publication Manual of the American Psychological Association***. For further explanation and for more examples, please consult the *Manual*, which is available in [print](#). For electronic resources, consult the [APA Style Guide to Electronic References](#).

Every effort has been made to ensure that the information in this QuickGuide is accurate and current. However, in case of discrepancies, the *APA Manual* and the *APA Style Guide to Electronic References* are the authoritative sources for citation information.

To use the APA style, create specific in-text (parenthetical) citations throughout your work (use columns 1b & 1c below) **and** a reference list at the end of your paper, arranged in alphabetical order by author, that provides full details about your cited sources (use column 1a below).

- **References list** entries (column 1a below) usually contain, in the following order:
 - Author/creator information
 - Date of publication
 - Title information
 - Publication & retrieval information (e.g., place of publication, publisher name for books; volume and issue numbers for journal articles; a URL or DOI)
- **In-text citations** (columns 1b & 1c below) make abbreviated reference to the complete citations in your reference list. Column 1b is for the first time you cite a work in text, and column 1c is for any subsequent citations of the same work.
 - Include page numbers only where **specific pages** have been referred to or quoted. E.g. (Smith, 2011, p. 22) (See sec. 6.19, *APA Manual*).

About DOIs: Wherever possible, include DOIs for documents retrieved electronically. A DOI is a “digital object identifier.” Each DOI is a unique string of letters and numbers which refers to a single article or other digital object, such as an ebook. DOIs can most often be found on the first page of a journal article or on the referring database’s page about the article. You can also visit <https://www.crossref.org/> to look up a DOI.

If you cannot locate a DOI for a document retrieved electronically, APA asks you to include the home page URL of the journal or publisher. The *APA Manual* says, “you may need to do a quick web search to locate this URL” (192). Do not include the name of the database you used unless you cannot find the home page URL of the journal or publisher.

APA recommends using the following format for DOIs: **http://dx.doi.org/10.1037/rmh0000008**. This format is also acceptable: **doi:10.1037/rmh0000008**. Whichever format you choose, make sure that you are consistent.

Your reference list should be **double-spaced, alphabetized, and indented**, like the examples below. See page 49 in the *Manual* for an example of a formatted reference list.

Source	1a. References	1b. First Citation	1c. Subsequent Citations
Journal article 1 author Retrieved electronically, with a DOI (See table 6.1 on p. 177, <i>APA Manual</i> , and p. 11, <i>APA Style Guide to Electronic References</i>)	Mousseau, M. (2003). The nexus of market society, liberal preferences, and democratic peace: Interdisciplinary theory and evidence. <i>International Studies Quarterly</i> , 47, 483-510. http://dx.doi.org/10.1046/j.0020-8833.2003.00276.x	In your sentence Mousseau (2003)	Same as first
		In parenthetical format (Mousseau, 2003)	Same as first

Source	1a. References	1b. First Citation	1c. Subsequent Citations
Journal article 2 authors Retrieved electronically, with no DOI (See secs. 6.31 & 7.01, <i>APA Manual</i> , and p. 11, <i>APA Style Guide to Electronic References</i>)	Hubball, H., & West, D. (2008). Silence and authentic reflection strategies: Holistic learning in an outdoor education program. <i>Physical & Health Education Journal</i> , 74(2), 12-14. Retrieved from http://www.cahperd.ca/eng/journal/index.cfm NOTE: If the article does not have a DOI, provide a “Retrieved from” statement with the URL to the journal’s homepage, as in the above example.	In your sentence Hubball and West (2013)	Same as first
		In parenthetical format (Hubball & West, 2013)	Same as first
Journal article 3-5 authors Retrieved in print (See table 6.1 on p. 177 and sec. 7.01, <i>APA Manual</i>)	Gutin, B., Riggs, S., Ferguson, M., & Owens, S. (1999). Description and process evaluation of a physical training program for obese children. <i>Research Quarterly for Exercise and Sport</i> , 70(1), 65-69.	In your sentence Gutin, Riggs, Ferguson, and Owens (1999)	Gutin et al. (1999)
		In parenthetical format (Gutin, Riggs, Ferguson, & Owens, 1999)	(Gutin et al., 1999)
Journal article 6-7 authors Retrieved electronically, with a DOI (See secs. 6.27 & 6.31, <i>APA Manual</i> , and p. 11, <i>APA Style Guide to Electronic References</i>)	Hinckley, T. M., Brooks, J. R., Cermak, J., Ceulmans, R., Kucera, J., Meinzer, F. C., & Roberts, D. A. (1994). Water flux in hybrid poplar stand. <i>Tree Physiology</i> , 14, 1005-1018. http://dx.doi.org/10.1093/treephys/14.7-8-9.1005	In your sentence Hinckley et al. (1994)	Same as first
		In parenthetical format (Hinckley et al., 1994)	Same as first
Journal article 8 or more authors Retrieved electronically, with a DOI (See secs. 6.27 & 6.31, <i>APA Manual</i> , and p. 11, <i>APA Style Guide to Electronic References</i>)	Ward, R. D., Kellendonk, C., Simpson, E. H., Lipatova, O., Drew, M., Fairhurst, S., . . . Balsam, P. D. (2009). Impaired timing precision produced by striatal D2 receptor overexpression is mediated by cognitive and motivational deficits. <i>Behavioral Neuroscience</i> , 123(4), 720-730. http://dx.doi.org/10.1037/a0016503 NOTE: List the first six authors, then an ellipsis, then the last author’s name.	In your sentence Ward et al. (2009)	Same as first
		In parenthetical format (Ward et al., 2009)	Same as first
Magazine article (See secs. 7.01.7 & 7.01.8, <i>APA Manual</i> , and p. 13, <i>APA Style Guide to Electronic References</i>)	Intini, J. (2009, October 5). Fussing over fonts: Can changing a catalogue font hurt the bottom line? <i>Maclean’s</i> , 302(38), 48. Retrieved from http://www.macleans.ca NOTE: Omit “Retrieved from http://...” statement for an article in a print magazine.	In your sentence Intini (2009)	Same as first
		In parenthetical format (Intini, 2009)	Same as first
Newspaper article (See secs. 7.01.10 & 7.01.11, <i>APA Manual</i> , and p. 11 & 14, <i>APA Style Guide to Electronic References</i>)	Hughes, L. (2006, October 26). Blue-box blues. <i>The Globe and Mail</i> , p. A20. NOTE: Add “Retrieved from http://...” statement if retrieved electronically.	In your sentence Hughes (2006, p. A20)	Same as first
		In parenthetical format (Hughes, 2006, p. A20)	Same as first

Source	1a. References	1b. First Citation	1c. Subsequent Citations
Book (See sec. 7.02, <i>APA Manual</i>)	Stainton-Rogers, W. (2003). <i>Social psychology: Experimental and critical approaches</i> . Maidenhead, PA: Open University Press.	In your sentence Stainton-Rogers (2003)	Same as first
		In parenthetical format (Stainton-Rogers, 2003)	Same as first
Ebook Group author With a DOI (See sec. 6.13 and 7.02, <i>APA Manual</i> , and p. 15-17, <i>APA Style Guide to Electronic References</i>)	American Psychological Association. (1985). <i>A hospital practice primer for psychologists</i> . http://dx.doi.org/10.1037/10081-000 NOTE: If the ebook does not have a DOI, provide the URL to the publisher's homepage.	In your sentence American Psychological Association (APA, 1985, p. 34)	APA (1985, p.34)
		In parenthetical format (American Psychological Association [APA], 1985, p. 34)	(APA, 1985, p.34)
Ebook Read on an e-reader (See sec. 7.02, <i>APA Manual</i> , and p. 15-17, <i>APA Style Guide to Electronic References</i>)	Bartol, C. R., & Bartol, A. M. (2004). <i>Introduction to forensic psychology: Research and application</i> [Kindle version]. Retrieved from https://www.amazon.ca/ NOTE: If the ebook does not have a DOI, provide the URL from which you downloaded it.	In your sentence Bartol and Bartol (2004)	Same as first
		In parenthetical format (Bartol & Bartol, 2004)	Same as first
Edited book (See sec. 7.02, <i>APA Manual</i>)	Shulman, D., & Stroumsa, G. G. (Eds.). (1999). <i>Dream cultures: Explorations in the comparative history of dreaming</i> . New York: Oxford University Press.	In your sentence Shulman and Stroumsa (1999)	Same as first
		In parenthetical format (Shulman & Stroumsa, 1999)	Same as first
Chapter in an edited book (See sec. 7.02, <i>APA Manual</i> , and p. 11 & 18, <i>APA Style Guide to Electronic References</i>) (See sec. 6.27, <i>APA Manual</i> , for directions on hyphenated first names)	Print book: Li, W.-Y. (1999). Dreams of interpretation in early Chinese historical and philosophical writings. In D. Shulman & G. G. Stroumsa (Eds.), <i>Dream cultures: Explorations in the comparative history of dreaming</i> (pp. 17-42). New York: Oxford University Press.	In your sentence Li (1999)	Same as first
		In parenthetical format (Li, 1999)	Same as first
	Ebook: Ward, L. M., & Harrison, K. (2005). The impact of media use on girls' beliefs about gender roles, their bodies, and sexual relationships: A research synthesis. In E. Cole & J. Henderson (Eds.), <i>Featuring females: Feminist analyses of media</i> (pp. 3-23). http://dx.doi.org/10.1037/11213-001 NOTE: If the ebook does not have a DOI, provide the URL to the publisher's homepage.	In your sentence Ward and Harrison (2005, pp. 4-5)	Same as first
		In parenthetical format (Ward & Harrison, 2005, pp. 4-5)	Same as first

Source	1a. References	1b. First Citation	1c. Subsequent Citations
Book (edition) (See sec. 7.02, <i>APA Manual</i>)	Berry, R. C., & Wong, G. M. (1993). <i>Law and business of the sports industries: Common issues in amateur and professional sports</i> (2 nd ed.). Westport, CT: Praeger.	In your sentence Berry and Wong (1993)	Same as first
		In parenthetical format (Berry & Wong, 1993)	Same as first
Encyclopedia entry (See secs. 6.15 and 7.02 #27-30, <i>APA Manual</i>)	Print encyclopedia: Lott, B. (2001). Gender development: Social learning. In <i>Encyclopedia of women and gender</i> (Vol. 1, pp. 537-549). San Diego, CA: Academic Press.	In your sentence Lott (2001)	Same as first
		In parenthetical format (Lott, 2001)	Same as first
	Electronic encyclopedia: with book editor but no entry authors Continuing education and lifelong learning trends. (2012). In S. D. Hill (Ed.), <i>Encyclopedia of management</i> (7 th ed.). Retrieved from http://go.galegroup.com/ps/ NOTE: If the ebook does not have a DOI, provide the URL to the publisher's homepage.	In your sentence "Continuing Education" (2012)	Same as first
		In parenthetical format ("Continuing Education," 2012)	Same as first
Canadian statute (See sec. A7.04, <i>APA Manual</i> , and sec. 2.1, <i>Canadian Guide to Uniform Legal Citation</i>)	<i>Mental Health Act</i> , RSA 2000, c M-13.	In your sentence <i>Mental Health Act</i> (2000)	Same as first
		In parenthetical format (<i>Mental Health Act</i> , 2000)	Same as first
Video or DVD (See sec. 7.07, <i>APA Manual</i>)	Fanizza, S. (Producer), Fink, D. (Director), & Hanlon, T. (Writer). (1997). <i>Flexibility for sport and fitness</i> [DVD]. Champaign, IL: Human Kinetics. NOTE: The <i>APA Manual</i> states, "List the primary contributors in the author position and use parentheses to identify their contribution" (p. 209). Contributions may differ from those in the example above.	In your sentence Fanizza, Fink, and Hanlon (1997)	Fanizza et al. (1997)
		In parenthetical format (Fanizza, Fink, & Hanlon, 1997)	(Fanizza et al., 1997)
Streaming video (See p. 26, <i>APA Style Guide to Electronic References</i>)	CBN News. (2015, August 24). <i>Slowing down Alzheimer's one exercise at a time</i> [Video file]. Retrieved from https://www.youtube.com/watch?v=iTYYAgcqLjE NOTE: The "author" is the person or group who posted the video. If both the author name and a username are given, include the author name followed by the username in square brackets. E.g. Parsons, S. L. [fitnessguy].	In your sentence CBN News (2015)	Same as first
		In parenthetical format (CBN News, 2015)	Same as first

Source	1a. References	1b. First Citation	1c. Subsequent Citations
Webpage with date Known author (See p. 31-32, <i>APA Style Guide to Electronic References</i>)	Moore, T. R. (2014, July 7). Diabetes mellitus and pregnancy. Retrieved from http://emedicine.medscape.com/article/127547-overview	In your sentence Moore (2014)	Same as first
		In parenthetical format (Moore, 2014)	Same as first
Webpage with date Group author (See p. 31-32, <i>APA Style Guide to Electronic References</i> , and sec. 6.13, <i>APA Manual</i>)	Centers for Disease Control and Prevention. (2014, May 2). Children's mental health. Retrieved from http://www.cdc.gov/ncbddd/childdevelopment/mentalhealth.html	In your sentence Centers for Disease Control and Prevention (CDC, 2014, para. 2)	CDC (2014, para. 2)
		In parenthetical format (Centers for Disease Control and Prevention [CDC], 2014, para. 2)	(CDC, 2014, para. 2)
Webpage with no date Unknown author (See p. 31-32, <i>APA Style Guide to Electronic References</i> , and sec. 6.15, <i>APA Manual</i>)	Borderline personality disorder. (n.d.). Retrieved from http://www.palace.net/~llama/psych/bpd.html	In your sentence "Borderline Personality Disorder" (n.d., para. 4)	Same as first
		In parenthetical format ("Borderline Personality Disorder," n.d., para. 4)	Same as first
Social media post (See p. 33, <i>APA Style Guide to Electronic References</i>)	Obama, B. [POTUS44]. (2015, June 26). Today is a big step in our march toward equality. Gay and lesbian couples now have the right to marry, just like anyone else. #LoveWins [Tweet]. Retrieved from https://twitter.com/POTUS44/status/614435467120001024 NOTE: Begin the reference with the user's real name, if known, followed by the screen name in square brackets. If only the screen name is known, provide it without brackets.	In your sentence Obama (2015)	Same as first
		In parenthetical format (Obama, 2015)	Same as first
Personal communications (See sec. 6.20, <i>APA Manual</i>)	APA states, "Because they do not provide recoverable data, personal communications are not included in the reference list . Cite personal communication in text only. Give the initials as well as the surname of the communicator, and provide as exact date as possible". (APA, 2009, p. 179)	In your sentence J.T. Smith (personal communication, February 24, 2010)	Same as first
		In parenthetical format (J.T. Smith, personal communication, February 24, 2010)	Same as first

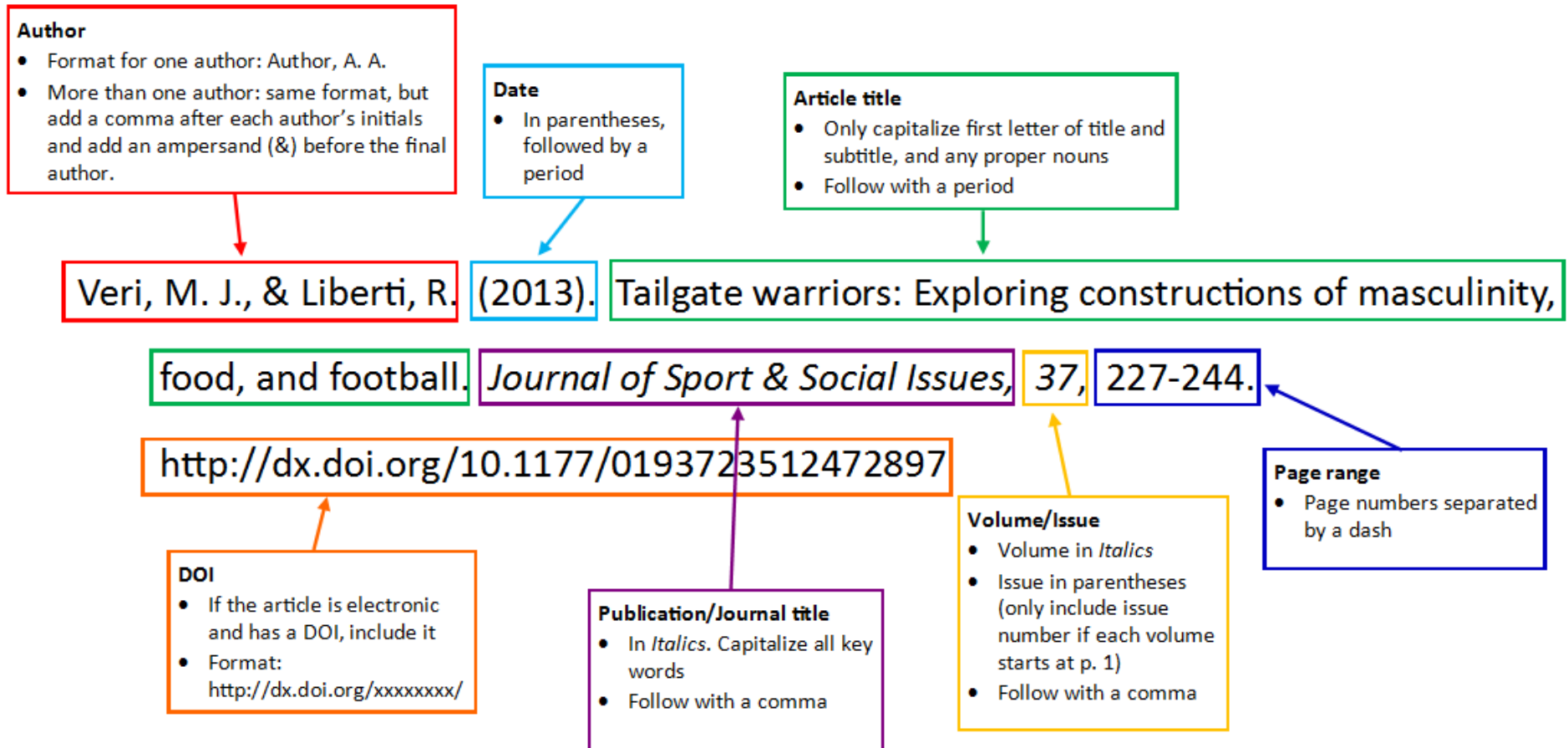
Sample Reference List

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<http://dx.doi.org/10.1037/10081-000>
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- CBN News. (2015, August 24). *Slowing down Alzheimer's one exercise at a time* [Video file]. Retrieved from <https://www.youtube.com/watch?v=iTYYAgcqljE>
- Gutin, B., Riggs, S., Ferguson, M., & Owens, S. (1999). Description and process evaluation of a physical training program for obese children. *Research Quarterly for Exercise and Sport*, 70(1), 65-69.
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- Intini, J. (2009, October 5). Fussing over fonts: Can changing a catalogue font hurt the bottom line? *Maclean's*, 302(38), 48. Retrieved from <http://www.macleans.ca>
- Stainton-Rogers, W. (2003). *Social psychology: Experimental and critical approaches*. Maidenhead, PA: Open University Press.
- Ward, L. M., & Harrison, K. (2005). The impact of media use on girls' beliefs about gender roles, their bodies, and sexual relationships: A research synthesis. In E. Cole & J. Henderson (Eds.), *Featuring females: Feminist analyses of media* (pp. 3-23). <http://dx.doi.org/10.1037/11213-001>
- Ward, R. D., Kellendonk, C., Simpson, E. H., Lipatova, O., Drew, M., Fairhurst, S., . . . Balsam, P. D. (2009). Impaired timing precision produced by striatal D2 receptor overexpression is mediated by cognitive and motivational deficits. *Behavioral Neuroscience*, 123(4), 720-730.
<http://dx.doi.org/10.1037/a0016503>

Anatomy of a Citation

This example describes the elements of a citation. It is based on a journal article retrieved electronically, with a DOI.



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