# APA Referencing Guidelines

## Introduction to APA Referencing

The American Psychological Association (APA) style is a widely used referencing format in academic writing, particularly in the social sciences. This guide provides an overview of APA referencing guidelines, including in-text citations, reference list formatting, and examples for various source types.

## In-text Citations

In APA style, in-text citations are used to give credit to sources within the body of the text. Each in-text citation should include the author’s last name and the publication year. For direct quotes, also include the page number.

### Examples:

• Paraphrasing: (Author, Year)   
Example: (Smith, 2020)

• Direct Quote: (Author, Year, p. Page Number)   
Example: (Smith, 2020, p. 15)

If the author’s name is already mentioned in the text, include only the year in parentheses after the author's name. For example: According to Smith (2020), ...

## Reference List

The reference list provides full details of each source cited in the text. Start the reference list on a new page with the title 'References' centered at the top. List entries alphabetically by the author’s last name, and use a hanging indent for each entry.

### Book

Author, A. A. (Year). Title of the book: Subtitle if applicable (edition if available). Publisher.  
Example: Smith, J. A. (2020). Psychology in the modern world (3rd ed.). Academic Press.

### Journal Article

Author, A. A., & Author, B. B. (Year). Title of the article. Title of the Journal, Volume(Issue), Page Range. https://doi.org/xx.xxx/yyyyy  
Example: Doe, J., & Lee, S. (2019). Exploring cognitive development in adolescents. Journal of Psychology, 45(2), 134-145. https://doi.org/10.1234/jpsy.2019.0452

### Website

Author, A. A. (Year, Month Date). Title of the webpage. Website Name. URL  
Example: Brown, L. (2021, April 5). The impact of social media on youth. Social Insights. https://www.socialinsights.org/youth-impact

### Chapter in an Edited Book

Author, A. A. (Year). Title of the chapter. In E. Editor & F. Editor (Eds.), Title of the book (pp. page range). Publisher.  
Example: Green, M. K. (2018). Behavioral patterns in early childhood. In L. K. White & P. R. Gray (Eds.), Developmental psychology (pp. 34-56). Academic Press.

## Additional Guidelines

• Use italics for book titles, journal titles, and volume numbers.  
• Capitalize only the first word of the title and subtitle, along with any proper nouns.  
• Include a DOI for journal articles whenever available.  
• For websites without an author, use the organization’s name as the author.

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