

APA Citation Style QuickGuide

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Introduction

This guide is based on the *Publication Manual of the American Psychological Association* (7th edition, 2020). For more information and examples, see the [APA Manual](#) (print) and the [APA Style website](#).

For more citation resources, visit the [Citation and Reference Management guide](#). Have any questions? [Ask us!](#)

Accessibility note: This document contains extra information such as punctuation and bolded and italicized text. Please update or adapt your screen reader and other software accordingly. Additionally, if there is a problem with the accessibility of this document, please contact us at askus@ualberta.libanswers.com.

Components of APA style

An APA-style citation has two parts:

- **An in-text citation** in the body of your paper. It includes the author's name, year of publication, and sometimes page number.
- **A reference list entry** at the end of your paper. It includes full citation details so a reader can look up the source.

In-text citations

These guidelines will help you get started. For more detailed information, see the *APA Manual*, chapter 8; and [In-Text Citations](#).

Each time you quote or paraphrase a source, you must include an in-text citation and an entry in your reference list.

An in-text citation includes the author's name and the year the work was published. You can include a citation in brackets at the end of a sentence (parenthetical citation) or work the author's name into the sentence as a part of your writing (narrative citation). For example:

- *Parenthetical citation:* (Jones, 2003)
- *Narrative citation:* Jones (2003) believed you could be flexible when necessary.

Quoting versus paraphrasing

A **direct quotation** involves copying exact words or phrases from your source material, while **paraphrasing** involves restating someone else's ideas or thoughts in your own words. A direct quotation requires quotation marks and a page number (or paragraph number if there are no pages), but paraphrasing does not.

Quotation guidelines

Include **page numbers** when you are quoting or referring to specific passages (see the *APA Manual*, section 8.13). For example:

- *Parenthetical citation:* Another author found that "you could be a little flexible to facilitate the flow of your writing" (Jones, 2003, p. 17).
- *Narrative citation:* Jones (2003) found that "you could be a little flexible to facilitate the flow of your writing" (p. 17).

If a work has **no page numbers**, give a heading or section name or a paragraph number instead. If the full heading is long, you can shorten it and put quotation marks around it. For example:

- *Heading or section name:* (CDC, 2019, Signs and Symptoms section)
- *Abbreviated heading or section name:* (CDC, 2019, "Treatment" section)
- *Paragraph number:* (Brown & Lawton, 2013, para. 4)

If a quotation is **longer than 40 words**, format it like this:

- Indent the whole quotation 0.5 inches from the left margin.
- If it is more than one paragraph, indent the first line of each subsequent paragraph.
- Add the author, year, and page number in parentheses at the end of the block quotation.
For example: (Jones, 2003, p. 17)

Author variations

To cite a work with **two authors**, include both authors' last names. For example:

- *Parenthetical citation:* (Robinson & Randall, 2016)
- *Narrative citation:* According to Robinson and Randall (2016), ...

For a work with **three or more authors**, include only the first author's last name, followed by the abbreviation "et al." (which means "and others"). For example:

- *Parenthetical citation:* (Wolsink et al., 2019)
- *Narrative citation:* A study by Wolsink et al. (2019) showed ...

If the work is by an **organization**, use the name of the organization in the in-text citation. If you want to abbreviate the organization name, include the full name and abbreviation the first time you mention it. After that, include only the abbreviated name. For example:

- *First parenthetical citation:* (American Psychological Association [APA], 1985)
- *Subsequent parenthetical citations:* (APA, 1985)
- *First narrative citation:* The American Psychological Association (APA, 1985) reported ...
- *Subsequent narrative citations:* According to the APA (1985), ...

If a work has **no listed author**, put the title in the in-text citation instead. For example:

- *Parenthetical citation:* (*Narcissistic Personality Disorder*, 2019)
- *Narrative citation:* On the *Narcissistic Personality Disorder* (2019) webpage ...

More in-text citation resources

- [Citing Secondary Sources](#) explains when and how to cite a work that is mentioned in another source.
- [Appropriate Level of Citation](#) describes how to avoid citing too little or too much.
- [Citing Works With the Same Author and Date](#) explains how to differentiate between multiple works published by the same author, in the same year.
- [How to Cite Translated Works](#) shows how to cite works originally written in another language.

Reference list entries

These guidelines will help you get started. For more detailed information, see the *APA Manual*, chapter 9; and [Elements of Reference List Entries](#). An [Example Reference List](#) is at the end of this guide.

A reference list should include all of the information sources you quoted or paraphrased in the text of your paper (with some exceptions). Sort reference list entries alphabetically, and format them with a [hanging indent](#). Double-space all entries.

Each reference includes all of the information someone would need to look up an information source. References usually include four elements: the author, date, title, and source.

Author

Format all author names with the last name first, followed by a comma and the author's initials. For example: Cohen, D.

If a work has **between two and 20 authors**, include all of their names, separated with commas. Put an ampersand before the final author's name. For example:

- *Two authors*: Robinson, D. B., & Randall, L.
- *Four authors*: Wolsink, I., Den Hartog, D. D., Belschak, F. D., & Oosterwijk, S.

If there are **21 or more authors**, include the first 19 authors' names, then an ellipsis, and then the final author's name.

If an **organization is the author**, include the full name of the organization. For example: American Psychological Association.

If a work has **no author**, start the reference with the title. For example: *Narcissistic personality disorder*.

Date

The date tells the reader when the work was published or updated. The date format depends on the type of source you are citing.

- For books, journal articles, and films, include the **year the work was published** or produced. For example: (2019).
- For news and magazine articles, give the **year, month, and day**. For example: (2019, June 4).
- If **no date** is available, use (n.d.), which stands for "no date."
- An **online retrieval date** is only recommended for sources that are likely to change, like webpages.

Title

Use these guidelines to format titles:

- For most titles, use **sentence case**: Capitalize only the first word in the title and subtitle, along with any proper nouns.
- For journal, magazine, and newspaper titles, use **title case**: Capitalize all major words.
- **Italicize** the titles of any **standalone works**, like books or journals.
- For some source types, you should include a **format description** in brackets after the title. For example: *Girl, interrupted* [Film].

Source

The source element gives information about where an information source is located. This can include:

- The **volume and issue number** of a journal
- **Page numbers** within a book or journal
- A **digital object identifier (DOI)** or other **URL**

A **DOI** is a unique string of letters and numbers that refers to a specific article, ebook, or other online work. A DOI can usually be found on the first page of a work or in a database record for the work. You can also visit [Crossref](#) to look up a DOI. Follow these rules for including DOIs and URLs in references:

- If a work has a DOI, include it in the reference, even if you used the print version. Do not include a URL.
- If an online work has no DOI:
 - If the work is on a website, include a URL directly to the work. You may use a URL shortening service for long links (*APA Manual*, section 9.36).
 - If the work is within a library database, do not provide a URL.
- You can use [shortDOIs](#) or shortened URLs for any long or complex links.

For more information, see the *APA Manual*, sections 9.34–9.36; and [DOIs and URLs](#).

Reference templates and examples

This guide includes templates for references to different types of sources. Sometimes, a template might not exactly match the source you are citing. You can use it as a guide, and if you need more information or examples, check the [APA Manual](#), the [APA Style website](#), or other citation resources.

Articles in journals, magazines, and newspapers

Template

Authors. (Year). Article title: Article subtitle. *Publication Name*, Volume(issue), page numbers.
DOI or URL

Note: For more information, see the *APA Manual*, section 10.1; and the [APA Style website](#).

Journal article, print or in a library database, no DOI

Hubball, H., & West, D. (2008). Silence and authentic reflection strategies: Holistic learning in an outdoor education program. *Physical & Health Education Journal*, 74(2), 12–14.

Journal article, with a DOI and an article number

Wolsink, I., Den Hartog, D. D., Belschak, F. D., & Oosterwijk, S. (2019). Do you feel like being proactive today? Trait-proactivity moderates affective causes and consequences of proactive behavior. *PLoS ONE*, 14(8), Article e0220172.
<https://doi.org/10.1371/journal.pone.0220172>

Note: If an article number is given, use it instead of the page numbers. An article number usually starts with the word “Article” and then a series of letters and numbers (e.g., Article e0220172).

Journal article, on a website, no DOI

Robinson, D. B., & Randall, L. (2016). Smooth sailing or stormy seas? Atlantic Canadian physical educators on the state and future of physical education. *Canadian Journal Of Education*, 39(1), 1–31. <https://journals.sfu.ca/cje/index.php/cje-rce/article/view/1984>

Journal article, advance online publication

Fairley, M., Humphreys, K., & Joyce, V. R. (2021). Cost-effectiveness of treatments for opioid use disorder. *JAMA Psychiatry*. Advance online publication.
<https://doi.org/10.1001/jamapsychiatry.2021.0247>

Note: This type of article may be labeled as “early online,” “online first,” or similar. It usually does not include a volume or issue.

Magazine article, on a website

Brownell, C. (2019, October 1). Where all the weed went. *Maclean's*.
<https://archive.macleans.ca/article/2019/10/1/where-all-the-weed-went>

Note: If a magazine has a volume and/or issue number, include it in the reference.

Book review, in a magazine

Goodman, A. L. (1951, July 16). Mad about children [Review of the book *Catcher in the rye*, by J.D. Salinger]. *New Republic*, 125(3), 20–21.

Note: The format for a review will vary depending if it was published in a magazine, blog, or other type of source. Include a description of the review in square brackets after the title. For more information, see the *APA Manual*, section 10.7.

Newspaper article, print or in a library database

Hughes, L. (2006, October 26). Blue-box blues. *The Globe and Mail*, p. A20.

Books

Template

Authors. (Year). *Book title: Book subtitle* (edition, volume). Publisher. DOI or URL

Note: For more information, see the *APA Manual*, section 10.2; and the [APA Style website](#).

Authored book, specific edition, with DOI

Cohen, D. (2017). *How the child's mind develops* (3rd ed.). Routledge.
<https://doi.org/10.4324/9781315201375>

Authored book, print or in a library database, no DOI

Meikle, G. (2016). *Social media: Communication, sharing and visibility*. Routledge.

Translated book

Bolano, R. (2012). *The savage detectives* (N. Wimmer, Trans.). Picador. (Original work published 1998)

Book with an illustrator

Robertson, D. A. (2021). *On the trapline* (J. Flett, Illus.). Tundra Books.

Ebook, on a website

Hamilton, H., Jay, J., & Madison, J. (1998). *The federalist papers*. Project Gutenberg.
<https://www.gutenberg.org/ebooks/1404>

Edited book, print or in a library database, no DOI

Shulman, D., & Stroumsa, G. G. (Eds.). (1999). *Dream cultures: Explorations in the comparative history of dreaming*. Oxford University Press.

Note: For an edited book, put (Ed.) or (Eds.) after the editor names.

Religious work

King James Bible. (1989). Project Gutenberg. <https://www.gutenberg.org/ebooks/10> (Original work published 1769)

Note: Start the reference with the title. If the work is a republished version, use the republished date in the reference. The original publication date may be included at the end of the reference (*APA Manual*, section 9.42).

Conference Proceedings

Cooper, S., & Ratele, K. (Eds.). (2014). *Psychology serving humanity: Proceedings of the 30th international congress of psychology*. Psychology Press. <https://doi.org/pz4f>

Note: This example is for an entire set of conference proceedings, published as a book. To cite an individual paper within conference proceedings, format it as a journal article or book chapter, depending on how it was published.

Book chapters and encyclopedia & dictionary entries

Template

Authors. (Year of publication). Chapter title: Chapter subtitle. In Editor Names (Eds.), *Title of book: Subtitle of book* (pages of chapter). Publisher. DOI or public URL

Note: For more information, see the *APA Manual*, section 10.3.

Chapter in an edited book, with DOI

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). American Psychological Association. <https://doi.org/10.1037/11213-001>

Chapter in an edited book, print or in a library database, no DOI

Jarvin, L. (2015). Edutainment, games, and the future of education in a digital world. In E. L. Grigorenko (Ed.), *The global context for new directions for child and adolescent development* (pp. 33–40). John Wiley & Sons.

Encyclopedia or dictionary entry, with no author, print or in a library database

Population control. (2008). In W. A. Darity, Jr. (Ed.), *International encyclopedia of the social sciences* (2nd ed., Vol. 6, pp. 377–378). Gale.

Note: If the entry has both an author and a book editor, cite it like a chapter in an edited book.

Encyclopedia or dictionary entry, individual author, on a website

Brown, D. J., & Lawton, S. B. (2013, December 16). Charter schools. In *The Canadian encyclopedia*. <https://www.thecanadianencyclopedia.ca/en/article/charter-schools>

Wikipedia entry

List of most translated individual authors. (2020, May 10). In *Wikipedia*.

https://en.wikipedia.org/w/index.php?title=List_of_most_translated_individual_authors

Government and organization reports

Template

Authors. (Year of publication). *Title of report*. Publisher. DOI or public URL

Note: For more information, see the *APA Manual*, section 10.4; and [Report by a Government Agency](#).

Government or organization report, with group author

Ministry of Health. (2019). *Health annual report 2018-2019*. Government of Alberta.

<https://bit.ly/3hIEEdJ>

Government or organization report, with individual author

MacLaurin, B., Trocmé, N., Fallon, B., Pitman, L., & McCormack, M. (2003). *Northwest Territories incidence study of reported child abuse and neglect, NWTIS-2003: Major findings*. University of Calgary.

https://cwrp.ca/sites/default/files/publications/NWTIS2003_en_0.pdf

Data set

United States Department of Housing and Urban Development. (2008). *Indiana income limits* [Data file]. http://www.huduser.org/Datasets/IL/IL08/in_fy2008.pdf

Note: for more information on data sets, see the *APA Manual*, section 10.9; and [Data Set References](#).

Canadian statutes

Template

Statute Name, volume (Date of release or most recent revision and chapter revised), chapter section number. URL

Note: For more information, see the *APA Manual*, section 11.5, example 8; and the *Canadian Guide to Uniform Legal Citation*, section 2.1.

Example

Privacy Act, RSC 1985, c P-21 (1985). <https://laws-lois.justice.gc.ca/eng/acts/P-21/index.html>

Dissertations and theses

Template

Author. (Publication Year). *Dissertation or thesis title: Subtitle* (Publication number) [Master's thesis or Doctoral dissertation, University name]. Database name. Public URL

Note: If no publicly accessible URL is available, do not include a link. For more information about citing dissertations and theses, see the *APA Manual*, section 10.6.

PhD dissertation, in a library database

Figueredo, L. (2006). *Children's use of the spell checker during the composing process* (Publication No. NR23026) [Doctoral dissertation, University of Alberta]. ProQuest Dissertations & Theses Global.

Master's thesis, online

Medwayosh, A. (2024). *"A mind spread out on the ground": Urban Indigenous experiences of grief and bereavement* [Master's thesis, University of Alberta]. Education & Research Archive. <https://doi.org/10.7939/r3-nnpc-n275>

Films and videos

Template

Director or Uploader. (Year of release). *Film or video title* [Description]. Production Company or Website. URL

Note: For more information, see the *APA Manual*, section 10.12, example 84; and [Film and Television References](#).

Film

Mangold, J. (Director). (1999). *Girl, interrupted* [Film]. Columbia Pictures.

Note: If you watched a particular version of the film, you may specify that as part of the format. E.g., [Film; three-disc special edition].

Streaming video

CBN News. (2015, August 24). *Slowing down Alzheimer's one exercise at a time* [Video]. YouTube. <https://www.youtube.com/watch?v=iTYAYgcqLjE>

Note: The uploader is considered the author even if they did not create the work.

TV episodes

Template

Director. (Director), & Writer. (Writer). (Year, Month Day). Episode title (Season, Episode) [TV series episode]. In Executive Producer. (Executive Producer), *Television series name*. Production Company.

Note: For more information, see the *APA Manual*, section 9.29 and section 10.12, example 87; and [Film and Television References](#).

Example

Shelton, L. (Director), Schur, M. (Writer), & Law, A. (Writer). (2017, September 21). What's my motivation (Season 1, Episode 11) [TV series episode]. In M. Schur, D. Miner, M. Sackett, & D. Goddard, (Executive Producers), *The good place*. Fremulon; 3 Arts Entertainment; Universal Television.

Podcast episodes

Template

Author. (Year, Month Date). Title of podcast episode (No. #) [Format]. In *Podcast Name*. URL

Note: For more information, see the *APA Manual*, section 10.13.

Example

Ward, A. (Host). (2020, August 18). Kalology (beauty standards) with Renee Engeln (No. 47) [Audio podcast episode]. In *Ologies*. <https://www.alieward.com/ologies/kalology>

Photographs, images, and artworks

Template

Author. (Year). *Title* [Description]. Site Name. or Museum, Location. URL

Note: For more information, see the *APA Manual*, section 10.14; and the [APA Style website](#).

Photograph or image

American Academy of Orthopaedic Surgeons. (n.d.). *Anterior cruciate ligament (ACL) tear* [diagram]. OrthoInfo. Retrieved April 16, 2021, from https://orthoinfo.aaos.org/globalassets/figures/a00325f04_resize.jpg

Note: If the image has no author, start the reference with the title. If no title is provided, include only a description of the content in square brackets (e.g., [Diagram of ACL tear]).

Artwork, on a museum website

Kahlo, F. (1940). *Self-portrait with cropped hair* [Oil on canvas]. The Museum of Modern Art, New York, NY, United States. <https://www.moma.org/collection/works/78333>

Map

City of Edmonton. (n.d.). *Trees map* [Map of trees in Edmonton]. Retrieved July 31, 2025, from <https://data.edmonton.ca/Environmental-Services/Trees-Map/udbt-eiax>

Infographic

Dicaire, A. (2016). *Old growth forest: Vancouver Island* [Infographic]. Canadian Geographic. <https://www.canadiangeographic.ca/article/infographic-exploring-layers-ancient-sitka-spruce>

Slides and lecture notes

Template

Author. (year, month and date of lecture). *Title of slides of lecture notes* [format of notes]. Learning Management System. URL to login page or URL directly to slides or notes

Note: If the slides or notes are on a site that requires a login (e.g., Canvas), provide a URL to the login page. If not, provide a URL directly to the slides or notes. For more information, see the *APA Manual*, section 10.14.

Slides in Canvas

Jones, S. (2025, February 24). *An introduction to the limbic system* [PowerPoint Slides]. Canvas. <https://canvas.ualberta.ca>

Webpages

Template

Authors. (Year, Month Date). *Title of page*. Site Name. URL

Note: If you are mentioning a website as a whole, a formal reference is not needed. Just include the URL in parentheses within your text. For example: (<https://www.library.ualberta.ca/>). For more information about citing webpages, see the *APA Manual*, section 10.16.

Webpage with personal author

Moore, T. R. (2018, April 11). *Diabetes mellitus and pregnancy*. Medscape.
<http://emedicine.medscape.com/article/127547-overview>

Webpage with group author

Centers for Disease Control and Prevention. (2019, September 5). *Anxiety and depression in children*.
<https://www.cdc.gov/children-mental-health/about/about-anxiety-and-depression-in-children.html>

Note: When the author and the title of the website are the same, leave out the website title.

Webpage with no date, with group author

Pfizer. (n.d.). *Ongoing vaccine research at Pfizer*. Retrieved October 28, 2019, from
<https://www.pfizer.com/science/vaccines/research>

Blog posts

Template

Author. (Year, Month Date). Title of post. *Blog Name*. URL

Note: For more information, see the *APA Manual*, section 10.1.

Example

Schenk, A. (2020, May 13). Data physicalization. *University of Alberta Library News Blog*.
<https://news.library.ualberta.ca/blog/2020/05/13/data-physicalization/>

Social media posts

Template

Author [@username]. (Year, month date). *Content of the post up to the first 20 words* [type of post]. Social Media Platform. URL

Note: Include the user's real name, if known, followed by the screen name in square brackets. For more information, see the *APA Manual*, section 10.15; and the [APA Style website](#).

Instagram post

University of Alberta Library [@uofalibrary]. (2020, April 23). *We share a great passion for information & are always looking for new ways we can engage with it* [Photograph]. Instagram. https://www.instagram.com/p/B_VE22xA5QT

Facebook post

Alberta Health Services. (n.d.). *Home* [Facebook page]. Facebook. Retrieved May 20, 2020, from <https://www.facebook.com/albertahealthservices>

Post on X (formerly Twitter)

Alberta Education [@AlbertaEd]. (2020, May 6). *In-person classes at #abed schools will remain cancelled for the rest of the school year #COVID19AB* [Link with image attached] [Post]. X. <https://twitter.com/AlbertaEd/status/1258101667930599424>

Generative AI models

Template

Author/creator of AI model. (Year of model). *Name of model* (Version of model) [Type or description of model]. Retrieved month day, year, from URL

ChatGPT

OpenAI. (2024). ChatGPT 3.5 [Large language model]. Retrieved February 26, 2024, from <https://chat.openai.com>

Note: For more information, visit [How to Cite AI](#).

Personal communications

Personal communications are works that cannot be recovered by readers. They include emails, letters, personal interviews, phone conversations, unrecorded lectures, and more. Personal

communications are cited only in the text and not in your reference list. Here is an example of how to cite personal communications in a parenthetical citation:

(J. L. Smith, personal communication, September 24, 2019).

Note: For more information, see the *APA Manual*, section 8.9.

Example reference list

References

- American Academy of Orthopaedic Surgeons. (n.d.). *Anterior cruciate ligament (ACL) tear* [diagram]. OrthoInfo. Retrieved April 16, 2021, from https://orthoinfo.aaos.org/globalassets/figures/a00325f04_resize.jpg
- Brownell, C. (2019, October 1). Where all the weed went. *Maclean's*. <https://archive.macleans.ca/article/2019/10/1/where-all-the-weed-went>
- Bruce, N., & Lamb, L. (2019). The case of a home grown high-tech sector in a small Canadian city. *Journal of Rural and Community Development*, 14(3), 61–73. <https://journals.brandonu.ca/jrcd/article/view/1653/388>
- CBN News. (2015, August 24). *Slowing down Alzheimer's one exercise at a time* [Video]. Youtube. <https://www.youtube.com/watch?v=iTYAYgcqLjE>
- Cohen, D. (2017). *How the child's mind develops* (3rd ed.). Routledge. <https://doi.org/10.4324/978131520137>
- Heil, E. (2019, October 22). The pizza box hasn't evolved in decades, but now Pizza Hut is trying out a new round design. *The Washington Post*. <https://wapo.st/35WJxUk>
- MacLaurin, B., Trocmé, N., Fallon, B., Pitman, L., & McCormack, M. (2003). *Northwest Territories incidence study of reported child abuse and neglect, NWTIS-2003: Major findings*. University of Calgary. https://cwrp.ca/sites/default/files/publications/NWTIS2003_en_0.pdf
- Moore, T. R. (2018, April 11). *Diabetes mellitus and pregnancy*. Medscape. <http://emedicine.medscape.com/article/127547-overview>
- Population control. (2008). In W. A. Darity, Jr. (Ed.), *International encyclopedia of the social sciences* (2nd ed., Vol. 6, pp. 377–378). Gale.