

The American Psychological Association (APA) style of documentation is widely used in behavioral, health and social sciences such as education, nursing, nutrition, food services, and psychology. This guide to **APA 7th edition** provides examples for citing common types of sources and identifying them in the text of your essay.

APA Style has two citation components. The *reference list* is found at the end of your essay. It lists all the sources cited in the text of your paper, described with 4 basic elements: the author, date, title, and source (where the work can be retrieved). *In-text citations* appear in the body of your paper as your sources are cited and use a brief author-date format.

MAJOR CHANGES FROM APA 6TH TO 7TH EDITION

In-Text Citations

- Have been simplified. All in-text citations with three or more authors are shortened to the name of the first author plus “et al.”

Reference List

- Up to 20 author names are to be included before names are omitted with an ellipsis.
- Both URLs and DOIs are presented as hyperlinks. The label “DOI” is no longer used. The words “Retrieved from” are only used when a retrieval date is needed.
- Book references now omit the publisher location.

Reference List

- A reference list is a list of all the sources cited in the text of your paper. The entries are arranged alphabetically by the last names of the authors (or by the title if no author or editor is given).
- Start the reference list on a new page at the end of your paper. Use the word **References** as the heading of the page and center it. All reference entries are double-spaced.
- Begin each entry flush with the left margin and indent the subsequent line(s) 0.5 inch from the left margin.

Reference Components

- **Authors**
 - Invert all authors’ names – give surnames and initials for up to and including **20** authors. Use an ampersand before the final author’s name.
 - When authors number **21** or more, include the first 19 authors’ names, then insert three ellipsis points, and add the last author’s surname and initials.
- **Publication date**
 - For books and journal articles, give the year that the work was published.
 - For articles from magazines and newspapers, give the year and the exact date of the publication (month or month and day), separated by a comma, and enclosed in parentheses. If the date is given as a season, give the year and the season.
- **Titles**
 - For books (and other stand-alone works such as reports and videos) give the title in this section.
 - For journal/magazine articles or book chapters (works that are part of a greater whole) give the article or chapter title in this section.

- **Source**

- For books (and other stand-alone works) give the publisher or website, as well as a DOI or URL if applicable.
- For journal/magazine articles or book chapters (and other works that are part of a greater whole) give the title of the larger work such as the journal/magazine title, or book title.
- For journal/magazine articles also give the volume and issue number. Also give a DOI or URL if applicable.
- **DOI (Digital Object Identifier)**
 - A DOI is a unique alphanumeric string assigned to a document. It is commonly assigned to scholarly journal articles. Cite the DOI when available.
 - A DOI is typically located on the first page of the online journal article, near the copyright notice. Some article databases (e.g., PsycINFO) include DOIs in the records.
 - Not all journal articles include a DOI. See detailed notes regarding citing DOIs in the “Articles (Online)” section on page 4.

In-Text Citations

- References in APA style are cited in the text with an author-date format.

Source	In-Text Citation
1 author	(Greene, 2018)
2 authors	(Scarlett & New, 2019)
3 or more authors	(Gibson et al., 2020)
No author*	<i>(The First Few Words of the Book Title, 2016)</i> ("The First Few Words of the Article Title," 2019)
No date	(Jarry, n.d.)
Group author with abbreviation: First citation	(Canadian Institute of Health Research [CIHI], 2020)
Subsequent citation	(CIHI, 2020)
Specific parts or direct quotations	(Molgat, 2010, pp. 18-21) (Stockert & Smith Higuchi, 2019, p. 997) (Public Safety Canada, 2018, Chapter 3) (Wong, 2017, para. 2)
Multiple sources	(Bishop, 2019; Dai, 2008; Greene, 2020)
<p><i>* When there is no author, use the title of the work instead. In the in-text citation, use title case, i.e. capitalize the words in the title as shown in the examples above. In the references list, the title of the same work will be in sentence case, i.e. only the first word of the title, the first word of the subtitle, and proper nouns will be capitalized.</i></p>	

Secondary Sources

A secondary source is an indirect quote, i.e. a source quoted within another source. Cite a secondary source only when you have not examined or used the original source.

- **Book Example**

If Smith is cited in a book by Blackwell and you did not read Smith's original work, list the Blackwell reference in the References list. In text, use the following citation:

Smith's research (as cited in Blackwell, 2018) supports claims that sleep deprivation has an impact on cognitive performance.

- **Video Example**

Jones is one of the speakers in a 44-minute documentary video written by Smith and directed by Ma. List the Smith and Ma reference in the References list. In text, use the following citation, including the start time of the quote in minutes and seconds:

Jones (as cited in Smith & Ma, 2016, 5:10) states that babies form memories early in life.

EXAMPLES OF REFERENCES

You may not always find guidelines or examples specific to the kind of source you want to cite. Keep in mind that the intent of the reference list is to give enough information for the reader to locate the works. Do the best you can, and make sure the format of all your references is consistent. When in doubt, err on the side of more rather than fewer details.

Articles (Print)

Journal article

Reference List

Loge, J., & Sorrell, J. M. (2010). Implications of an aging population for mental health nurses. *Journal of Psychosocial Nursing and Mental Health Services, 48*(9), 15-18.

In-Text

(Loge & Sorrell, 2010)

Reference List

Seidel Malkinson, T., Migliaccio, R., Migeot, H., Picq, C., Cerrato, A., Pradat-Diehl, P., Bartolomeo, P., & Toba, M. N. (2020). A dissociation between preserved abstract spatial knowledge and impaired navigation in a blind patient. *Cortex: A Journal Devoted to the Study of the Nervous System and Behavior, 128*, 322–325.

In-Text

(Seidel Malkinson et al., 2020)

Magazine article

Reference List

Gretzner, B. (2010, July/August). On the digital path. *PMA Magazine, 86*(6), 20-21.

In-Text

(Gretzner, 2010)

**Newspaper article
with author**

Reference List

Cohen, T. (2010, October 28). B.C. handed a failing grade over its treatment of ADHD students. *The Vancouver Sun*, B3, B5.

In-Text

(Cohen, 2010)

**Newspaper article
with no author**

Reference List

Daily low dose of Aspirin cuts risk of cancer, expert says. (2010, October 22). *The Globe and Mail*, L1.

In-Text

("Daily Low Dose of Aspirin," 2010)

Articles (Online)

What is a DOI?

- A DOI is a unique alpha-numeric code given to individual online works. It can be found in the database record or on the first page of the journal article.
- Format DOIs as hyperlinks (i.e., beginning with "https:") as in: <https://doi.org/xxxxx>

For articles with a DOI

- If the article has a DOI, include the DOI in the reference.
- Start with publication information formatted as if it is a print source and add the DOI (Digital Object Identifier) at the end of the citation.
- When citing a full-text journal article obtained from **most** academic research databases (e.g., CINAHL, PsycINFO, ScienceDirect), do not include the name of the database.
- A small number of academic research databases publish original work that is only available there. In those cases name the database and also include the DOI (e.g. *Cochrane Database of Systematic Reviews*, *Proquest Dissertations and Theses Global*, and *UpToDate*).

For articles without a DOI

- If the journal article has no DOI and is from most library databases, end the reference after the page range. The reference in this case is the same as for a print journal article. Do not include database information.
 - A small number of academic research databases publish original work that is only available there. In those cases, do name the database (e.g. *Cochrane Database of Systematic Reviews*, *Proquest Dissertations and Theses Global*, and *UpToDate*).
 - Use a URL if a journal article from a free online source has no DOI.
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**Journal article from
library database with
DOI**

Reference List

Englander, M. (2016). The phenomenological method in qualitative psychology and psychiatry. *International Journal of Qualitative Studies on Health & Well-Being*, 11, 1-11. <https://doi.org/10.3402/qhw.v11.30682>

In-Text

(Englander, 2016)

Journal article from library database without DOI	<p>Reference List Gibson, D. R., Zhang, G., Cassady, D., Pappas, L., Mitchell, J., & Kegeles, S. M. (2010). Effectiveness of HIV prevention social marketing with injecting drug users. <i>American Journal of Public Health, 100</i>, 1828-1830.</p> <p>In-Text (Gibson et al., 2010)</p>
Magazine article from library database	<p>Reference List Park, A., & Fabry, M. (2016). The race to zero. <i>Time Magazine, 188</i>(22-23), 38-41.</p> <p>In-Text (Park & Fabry, 2016)</p> <p>NOTE: Magazine articles found using most library databases (e.g., <i>Canadian Business & Current Affairs</i>) should be cited the same as a print resource. Do not include a URL.</p>
Magazine article free on the Web	<p>Reference List Schulman, M. (2019, September 9). Superfans: A love story. <i>The New Yorker</i>. https://www.newyorker.com/magazine/2019/09/16/superfans-a-love-story</p> <p>In-Text (Schulman, 2019)</p>
Newspaper article from library database	<p>Reference List McGinn, D. (2010, October 25). How many calories did you burn? Are you sure? <i>The Globe and Mail</i>, p. L3.</p> <p>In-Text (McGinn, 2010)</p> <p>NOTE: Newspaper articles found using most library databases (e.g., <i>Canadian Major Dailies</i>) should be cited the same as a print resource. Do not include a URL.</p>
Newspaper article free on the Web	<p>Reference List Carey, B. (2019, March 22). Can we get better at forgetting? <i>The New York Times</i>. https://www.nytimes.com/2019/03/22/health/memory-forgetting-psychology.html</p> <p>In-Text (Carey, 2019)</p>

Print Books

Notes:

- Capitalize the first word in the title, the first word in the subtitle, and all proper nouns.
- Omit place of publication.
- If the author is the same as the publisher omit the publisher.

Basic Format

Author, A. A. (YEAR). *Title of work: Subtitle of work* (edition). Publisher.

Multiple authors/editors	<p>Reference List Thompson, J., Manore, M., & Sheeshka, J. (2014). <i>Nutrition: A functional approach</i> (3rd Canadian ed.). Pearson.</p> <p>In-Text (Thompson et al., 2014)</p>
Organization as author	<p>Reference List American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed.).</p> <p>In-Text (American Psychiatric Association, 2013)</p>
No author	<p>Reference List <i>Merriam-Webster's collegiate dictionary</i> (11th ed.). (2003). Merriam-Webster.</p> <p>In-Text (<i>Merriam-Webster's Collegiate Dictionary</i>, 2003)</p>
One Editor	<p>Reference List Newby, G. (Ed.). (2002). <i>Concise encyclopedia of Islam</i>. Oneworld.</p> <p>In-Text (Newby, 2002)</p>
Chapter or titled part of a print book	<p>Reference List Stockert, P. A., & Taylor, C. (2019). Sleep. In P. A. Potter, A. G. Perry, P. A. Stockert, A. M. Hall, B. J. Astle, & W. Duggleby (Eds.), <i>Canadian fundamentals of nursing</i> (6th ed., pp. 1072-1096). Elsevier Canada.</p> <p>In-Text (Stockert & Taylor, 2019)</p>
Article in a print encyclopedia	<p>Reference List Scarlett, W. G., & New, R. S. (2007). Play. In R. S. New & M. Cochran (Eds.), <i>Early childhood education: An international encyclopedia</i> (pp. 626-633). Praeger.</p> <p>In-Text (Scarlett & New, 2007)</p>

EBooks

- Include a DOI for all works that have a DOI.
- If an online work has both a DOI and a URL, include only the DOI.
- For ebooks without DOIs from most library databases (e.g. Gale Virtual Reference Library, Proquest Ebook Central, Safari Books Online) do not include a URL or database information.
- For works without DOIs from websites (not including library databases), provide a URL.

Basic Format

Author, A. A., (YEAR). *Title of work*. Publisher Name. doi:xxxx

Ebook without a DOI with a nondatabase URL	<p>Reference List Doyle, G. R., & McCutcheon, J. A. (2019). <i>Clinical procedures for safer patient care</i>. BCcampus. https://opentextbc.ca/clinicalskills/</p> <p>In-Text (Doyle & McCutcheon, 2019)</p>
Ebook without a DOI from library database	<p>Reference List Bishop, V. (Ed.). (2009). <i>Leadership for nursing and allied health care professions</i>. Open University Press.</p> <p>In-Text (Bishop, 2009)</p>
Ebook chapter from library database	<p>Reference List Stanley, D. (2009). Clinical leadership and the theory of congruent leadership. In V. Bishop (Ed.), <i>Leadership for nursing and allied health care professions</i> (pp. 142-163). Open University Press.</p> <p>In-Text (Stanley, 2009)</p>
Online encyclopedia article from library database	<p>Reference List Dai, D. Y. (2008). Intelligence and intellectual development. In N. J. Salkind & K. Rasmussen (Eds.), <i>Encyclopedia of educational psychology</i>. Sage Publications.</p> <p>In-Text (Dai, 2008)</p>

Courseware

A. Reproduced material in Courseware

- If the material in the courseware is reproduced from another source without any changes, cite that source directly. For example, if a journal article is reproduced in courseware, cite the journal article like a regular journal article; do not explain in the reference that it was reproduced in courseware.
- Basic Format

Author, A. A. (YEAR). Title of the article. *Title of the Journal*, volume(issue), pages.

B. Original material in Courseware

- If the material in the courseware is original (created for the courseware package) follow the format for chapters in edited books.
- The "editor" will be the person who put together the courseware, most commonly the instructor.
- Basic Format

Author, A. A. (YEAR). Title of chapter. In E. Editor (Ed.), *Title of courseware* (pp. x-xx). Publisher.

**Reproduced article
in courseware**

Reference List

Walker, C., & Peterson, C. L. (2017). Multimorbidity: A sociological perspective of systems. *Journal of Evaluation in Clinical Practice*, 23(1), 209-212.

In-Text

(Walker & Peterson, 2017)

**Original article in
courseware**

Reference List

Elders, M. (2019). Neighborhood watch: Social media in the community. In M. Elders (Ed.), *POL 241: Politics and activism in the 21st century* (pp. 34–41). American University.

In-Text

(Elders, 2019)

Webpages and Websites

- When citing a web document, list as many of the following elements as are available: author's name, publication date (or "n.d." if no date can be found), webpage/article title (usually in italics), website name, and URL.
 - When a web document consists of multiple web pages, provide a URL that links to the entry page of the document.
 - Give your retrieval date only if the content of the source is likely to change.
 - References from websites that have a corresponding print magazine or newspaper are formatted slightly different than other online sources. The major difference from other web sources is that you italicize the website (i.e., the magazine/newspaper) name as opposed to the title of the article.
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**Webpage with
author**

Reference List

Clifton, M. (2019, February 19). *Your inbox is a mess, and it's slowing you down. Here's how to fix it*. CBC. <https://www.cbc.ca/life/wellness/your-inbox-is-a-mess-and-it-s-slowing-you-down-here-s-how-to-fix-it-1.5037999>

In-Text

(Clifton, 2019)

**Webpage with group
author**

Reference List

Mayo Clinic Staff. (2020, October 8). *Artificial sweeteners and other sugar substitutes*. Mayo Clinic. <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/artificial-sweeteners/art-20046936>

In-Text

(Mayo Clinic Staff, 2020)

**Webpage with no
author**

Reference List

Coronavirus: Tesla donates hundreds of ventilators to New York. (2020, March 27). BBC News. <https://www.bbc.com/news/technology-52071314>

In-Text

(*Coronavirus: Tesla*, 2020)

Webpage with information that may change over time

Reference List

FiveThirtyEight. (n.d.) *2020 election forecast*. Retrieved September 15, 2020, from <https://projects.fivethirtyeight.com/2020-election-forecast/>

In-Text

(FiveThirtyEight, n.d.)

NOTE: *In APA 7th ed. you only include “Retrieved from” when the contents of a webpage are designed to change over time and an archived version is unavailable (unlike Wikipedia, for instance).*

Wikipedia entry

Reference List

Gopher. (2020, September 15). In *Wikipedia*. <https://en.wikipedia.org/w/index.php?title=Gopher&oldid=977759404>

In-Text

(“Gopher,” 2020)

NOTE: *Wikipedia articles update frequently. You should provide the URL to the archived version of the page, rather than the current version.*

Blogs

Reference List

Natelson, D. (2020, August 5). The energy of the Beirut explosion. *Nanoscale Views*. <https://nanoscale.blogspot.com/2020/08/the-energy-of-beirut-explosion.html>

In-Text

(Natelson, 2020)

NOTE: *Blogs are formatted as journals*

Government Publications

Note regarding group authors:

- When the publisher is the same as the author, which is often the same for group authors, omit the publisher from the source.
- Use the most specific agency as the author for government documents. The names of parent agencies (such as names of provinces or government ministries) can appear as publisher.
- Agencies listed in the author element are not repeated in the source element.

Report by individual author

Reference List

Pearson, C. (2015). *The impact of mental health problems on family members*. Statistics Canada. <https://www150.statcan.gc.ca/n1/pub/82-624-x/2015001/article/14214-eng.pdf>

In Text

(Pearson, 2015)

Statistics Canada

Reference List

Statistics Canada. (2006). *Canada’s ethnocultural mosaic, 2006 census: Findings*. (Catalogue no. 97-562-XWE2006001). <https://www12.statcan.gc.ca/census-recensement/2006/as-sa/97-562/index-eng.cfm?CFID=2999590&CFTOKEN=66071700>

In Text

(Statistics Canada, 2006)

Agency author**Reference List**

Office of the Provincial Health Officer. (2019). *Taking the pulse of the population: An update on the health of British Columbians. Provincial health officer's annual report*. British Columbia, Ministry of Health. <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/annual-reports/pho-annual-report-2019.pdf>

In Text

(Office of the Provincial Health Officer, 2019)

Parliamentary Document**Reference List**

House of Commons Canada. (2013, February). *Tax Incentives for Charitable Giving in Canada. Report of the Standing Committee on Finance, 41st Parliament, 1st Session*. <https://www.ourcommons.ca/DocumentViewer/en/41-1/FINA/report-15>

In-Text

(House of Commons, 2013)

Indigenous Elders and Knowledge Keepers

In the spirit of reconciliation, Indigenous scholar and instruction librarian Lorisia MacLeod, NorQuest College Indigenous Student Centre staff, and NorQuest's Elder in Residence have developed templates to help researchers cite Indigenous Knowledge Keepers in a good way.

Unlike other personal communications, Elders and Knowledge Keepers are cited **in-text and in the reference list**.

Reference List

Last name, First initial., Nation/Community. Treaty Territory if applicable. Where they live if applicable. Topic/subject of communication if applicable. personal communication. Month Date, Year.

Joe, M. J. Ntle'kepmx Nation. Lives in Musqueam/Vancouver. Oral teaching. personal communication. April 4, 2020.

In-text

The in-text citation should follow the same guidelines noted for a paraphrase or direct quote:

Name of Elder/Knowledge Keeper with year of communication.

Langara's Elder in Residence, Mary Jane Joe, described the nature of the... (2020)

Note: If you would like to approach an Elder or Knowledge Keeper for teachings, remember to follow protocol. If you are unsure what their protocol is, please ask them ahead of time.

Source: With gratitude, these examples are adapted from the APA 7th ed. templates generously provided by Lorisia MacLeod and NorQuest College Indigenous Student Centre.

Media

Film or Movie

Reference List

Darabont, F. (Director). (1994). *The Shawshank redemption* [Film]. Castlerock Entertainment.

In-Text

(Darabont, 1994)

NOTE: Provide the director as author followed by (Director).W

Online Videos (YouTube, TED Talk, etc.)

Reference List

LastWeekTonight. (2016, February 23). *Whitewashing: Last week tonight with John Oliver* [Video]. YouTube. https://www.youtube.com/watch?v=XebG4TO_xss&t=17s

Waititi, T. (2010, November 4). *The art of creativity* [Video]. TEDxDoha. <https://www.youtube.com/watch?v=pL71KhNmnlS>

In-Text

(LastWeekTonight, 2016)

(LastWeekTonight, 2016, 1:36) - when quoting directly

(Waititi, 2010)

(Waititi, 2010, 8:31-9:47) - when quoting directly

NOTE: Use the name of the account that uploaded the video as the author. If the account did not create the work, then explain this in your text.

Television Series

Reference List

Simon, D., Colesberry, R.F., & Kostroff Noble, N. (Executive Producers). (2002-2008). *The wire* [TV series]. Blown Deadline Productions; HBO Entertainment.

In-Text

(Simon et al., 2002-2008)

NOTE: Provide the year(s) which the series aired in the date element. If the series is still airing replace the second year with present: (2017-present).

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