APA FORMAT

(6th edition)

I. Formatting the text: General instructions

Font and typeface (p. 228-229)
The preferred typeface for a paper in the APA style is Times New Roman as opposed to a non-serif typeface such as Arial. Choose 12 points as your type size. Combined with a uniform line length and proper margins uniform font and typeface enhance readability and provide a consistent gauge for estimating the length of your paper.

Indentation (p. 229)
Indent the first line of each paragraph with a five-to-seven-space (or ½ inch) indent. For consistency use the tab key. The remaining lines should be flush with the left margin. The title page (p. 229), abstract (p. 25-27), quotations (p. 92), headings (p. 62-63), and reference list citations (p. 180) have separate rules governing indentation.

Justification (p. 229)
Do not justify lines, except in page headers; that is, do not use the word-processing feature that adjusts spacing between words to make all lines the same length. Do not use hyphens to break up words at the end of lines.

Line Spacing (p. 229)
Use double-spacing for all parts of the paper, including the title page and the reference list.

Margins (p. 229)
Use a margin of at least 1 inch on all four sides of each page. The top margin limit does not apply to the page header.
Page numbers and running head (p. 229-230)
Place a running head in the upper left corner of each page (except pages comprised entirely of figures or artwork). The header should be ½ inch from the top of the page and should consist of an abbreviated version of the official title, all uppercase letters. Place page numbers in right corner. Use the header function of your word-processor to automatically generate a running head and page numbering.

For example, a typical running head may look like this:

SOFT DRINK INDUSTRTY

Punctuation spacing (p. 87-96)
Space once after:
• commas, colons, and semicolons
• periods that separate parts of a reference citation
• periods following the initials in personal names (e.g.: Jones, T. J.)
Space twice after:
• punctuation marks at the end of sentences.
Use no spaces before or after:
• internal periods in abbreviations (example: U.S.)
• colons in ratios (example: 3:4)
• hyphens (example: in-class)

Quotations—long (p.171)
Display quotations of 40 or more words in a double-spaced block of typewritten lines with no quotation marks and include the page number in the citation. Indent each line of the quotation five to seven spaces or ½ inch.

Quotations—short (p. 170-171)
Quotations of fewer than 40 words should be incorporated into the text and enclosed by double quotation marks (“ ”). When quoting, always provide author, year and specific page citation.

Example: A prominent expert in the field found that “the study demonstrates that most students prefer longer classes” (Haddad, 2006, p. 511)
Quotations—punctuation (p. 92)
Place periods and commas within closing quotation marks. Place other punctuation marks inside quotation marks only when they are part of the quoted material.

Ellipsis points within quotations (P. 172)
Ellipsis points are used to indicate that you have omitted material from a quotation; use three spaced ellipsis points (…) within a sentence. Use four points (....) to indicate any omission between two sentences.

Brackets within quotations (P. 94)
Brackets are used to indicate additions or further explanations that have been inserted into a quotation by someone other than the original author.

Quoted material within quotations (p. 92)
Enclose direct quotations within a block quotation in double quotation marks. Use single quotation marks to embed a quotation within a quotation that is already enclosed by double quotation marks.

Example: Miele (1993) found that “the ‘placebo effect,’ which had been verified in previous studies, disappeared when [only the first group’s] behaviours were studied in this manner” (p. 276)

Quoting Electronic Sources (p. 171-172)
Generally, the rules for citing electronic resources in your paper are the same as those for non-electronic sources. When dealing with electronic sources, page numbers are often not provided. Therefore, when quoting electronic source, enclose the chapter, section or paragraph (if available) in place of page number. For paragraphs, use the abbreviation “para.”

Example: According to Myers (2006, para. 5) the most appropriate…
Example: (Beutler, 2000, Conclusion section, para. 1)
II. Citing References in Text: General instructions

NOTE: ALWAYS cite the work of individuals whose ideas, theories, or research have directly influenced your work. Whether it is word for word (see quotation rules above), paraphrasing or even referring to someone else’s ideas, it MUST be cited so as to indicate that the preceding information is not your original thought.

Citing an entire source (p. 174)
Identify the author(s) and the year of publication. You can do this in two ways:

1) As much as you can, try and incorporate the author’s names into your text at the appropriate point and cite the year of publication in parentheses.

   Example: Walker (2000) compared reaction times and found that…

2) When option 1 is not possible, identify the authors and the publication year in parentheses, separating these elements with a comma.

   Example: In a recent study of reaction times (Walker, 2000) it was found that …

Citing a specific part of a source (p. 179)
To cite a specific source (chapter, figure, quotation, table, etc...), in the text of your paper, identify the author(s) and year of publication. Also indicate the specific location of the information you are citing.

   Example: (Cheek, 1981, p.332)
   Example: Prior to this, Shimamura (1989, pp.10-12) had shown…

Personal Communications (p.179)
In citing personal communications such as emails, interviews, private letters, online forums, etc., because they do not provide recoverable information, are not included in the reference lists. In the text, give the initials as well as the surname of the communicator and provide as exact a date as possible.

   Example: When T. K. Lutes responded to my email (personal communication, April 18, 2006), he told me that……
   Example: I was told through an email (T. K. Lutes, personal communication, September 28, 1998) that it was important to……
How to indicate multiple, group, anonymous, or no authors:

Two authors (p. 175)
Identify both authors each time you cite the work in your text.

Example: Nightlinger and Littlewood (1993) demonstrated…
Example: As has been shown (Nightlinger & Littlewood, 1993) in their study….

Three, four, or five authors (p. 175)
Identify all authors the first time you cite the work. As much as you can, try and incorporate the author’s names into your text (examples a and c). If you cannot, use example b or d.

Example a: Wasserstein, Zappulla, Rosen and Rock (1994) found…
Example b: In a study (Wasserstein, Zappulla, Rosen and Rock, 1994) found…
In subsequent citations to the same piece of work, include only the first author followed by “et al.”

Example c: Wasserstein et al. (1994) stated that…
Example d: The argument made (Wasserstein et al., 1994) stated…

Six or more authors (p. 175)
Identify only the first author followed by “et al.”

Example: Johnson et al. (1999) stated that…
Example: The argument made (Johnson et al., 1999) stated…

Groups (corporations, association, etc.) as authors (p. 176)
Spell out the complete name the first time you cite the work and include the abbreviation within brackets followed by a comma.

Example: Canada Council for the Arts [CCA], (2005) showed…
In subsequent citations to that work you can abbreviate the name if the abbreviation is well known.
Example: Researchers at the CCA (2005) also showed…
Anonymous author(s) or no author(s)  (p. 176-177)
If a work’s author is designated as “Anonymous,” cite in the text the word “Anonymous” followed by a comma and the date.

Example:  (Anonymous, 1997)
Use the first few words of the reference list entry (usually the title) in place of an author. Use double quotation marks around the title of an article or chapter, and italicize the title of a magazine, newspaper, journal, book, brochure or report.

Example: on free care (“Study Finds,” 1982) it is noted that….
Example: In the book College Bound Seniors (1979) it is stated that….
III. Reference list: General instructions and examples

Reference list page (p. 180-192)

Rules to follow:

- No matter what you do, **BE CONSISTENT**.
- The information you provide in a reference list must help answer the following questions:
  - Who wrote it?
  - When did they write it?
  - What is it called?
  - Where can I go to find it?
- Choose sources judiciously and include only the sources that you used in the research and preparation of the paper.
- Start the reference list on a new page.
- Type the word **References** centered at the top of the page.
- Double-space all lines in reference list.
- Set the first line of each entry flush with the left margin and subsequent lines are indented (5 or 7 spaces or ½ an inch). Indent all subsequent lines.
- Arrange entries in alphabetical order. One-author entries precede multiple-author entries that begin with the same last name.
- Author’s surname first, initials of given names after. e.g.: Jones, T. J.
- In a reference to a work with no author, move the title to the author position, before the date of publication.
- Alphabetize works with no author by the first significant word in the title (do not include the words, “A”, “An”, or “The”)
- If no date is available, write “n.d.” in parentheses where the date would normally go.
- Capitalize only the first word of the title and subtitle, if any, and any proper nouns.
- Italicise books and journal titles. Do not italicise journal article titles.
Reference list examples

References to journal articles and books in print

- For books and articles in electronic format, see section IV of this guide.

Journal article, single author


Journal article, two authors (p.199)


Journal article, three to six authors


Journal article, six or more authors

References to magazine or newsletter articles (p. 200)

- Give the date shown on the publication in the following order: (Year, Month Day).


References to newspaper articles (p. 200)

- Give the date shown on the publication (year, month day).
- Use p. (single page) or pp. (more than one page) before page numbers.
- If an article appears on broken pages, give all page numbers, and separate broken pages with a comma.


Book, one author (p.203)

Book, two authors, third edition (p.185)


Book, edited (p. 184, 202)


Article or chapter in an edited book, two editors (p. 204)


Book, group (corporate) author, author as publisher (p. 206)

- When the author and publisher are identical, use the word “Author” as the name of the publisher.

Reference book (ie; encyclopedias, dictionaries, etc.) (p. 204)

Encyclopedia entry (p.205)

• For an unsigned encyclopedia entry, start the reference list entry with the title of
the article, followed by the date, etc.)

References to Audiovisual media

Video or DVD (p. 209-210)

Taxi Driver [DVD]. Culver City, Calif.: Columbia TriStar Home Video

Music recording (p. 210)
York: Polygram Music.

• For in text citations, include side and band or track numbers:
Example: “Over the Waterfall” (Shocked, 1992, track 4).
Citing Electronic Resources:

- **Electronic resources** refers to all material in electronic format. This usually means items that are retrieved from the Internet (either from Web, or from an online database).
- **DOI:** digital object identifier. A doi is unique alphanumeric string assigned to identify content and provide a persistent link to its location on the Internet. (p.187-189). When a doi is available include it at the end of the reference.

**Journal Article with DOI (p.198)**


**Journal Article with DOI, more than seven authors (p.198)**


Doi: 10.1036/0071393722


Online Newspaper Article (p.200)


Online Encyclopedia entry (p.205)

- For an unsigned encyclopedia entry, start the reference list entry with the title of the article, followed by the date, etc.)
- Identify the encyclopedia’s editor after the entry title (see example).


Corporate author, report filed online (p.206)


Example of an online document with no author or date indicated

Emails, messages posted to an archived newsgroup, online discussion group, forum, or electronic mailing list (p.214-215)

- Since the data is retrievable, the sources should be included in your reference list.
- Place a description of form in brackets following the title. e.g. [email]

Rampersad, T. (2005, June 8). Re: Traditional knowledge and traditional cultural expressions [online forum comment]. Retrieved from http://www.wipo.int/roller/comments/hipisforum/Weblog/theme_eight_how_can_cultural#comments

Review of a book (p.209)

References


This guide is based on a document created by Kansas State University Libraries’ APA guide: [http://catnet.ksu.edu/help/citing2.html](http://catnet.ksu.edu/help/citing2.html). Thanks KSU!

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If you have any questions/suggestions, please contact the Bishop’s University Reference Department: 819-822-9600 ext. 2608, or email us at reference@ubishops.ca