APA STYLE
(7TH EDITION)

Tutorial
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Basic Elements
- Student Paper
  - Title Page
  - Introduction
  - Main Body
  - References
  - Tables, figures, appendices (not required for this paper)
- Professional paper elements not required for student papers:
  - Author's note
  - Running head
  - Abstract

Title Page

Basics
- Fonts
- Line Spacing
- Margins
- Paragraph Alignment and Indentation

APA Headings

APA Headings Example

Title of Paper (Level 1 Headings/Centred)
Begin your paper with the paper title at the top of the first page centered and bolded. This is a level one heading and your introductory paragraph. Do not use the word “Introduction”.

Level 2 Heading
Use level 2 headings for subsections of your level 1 heading. This heading is flush left and bolded.

Level 3 Heading
Use level 3 headings for subsections of Level 2 headings.

Level 4 Heading
Use Level 4 headings for level 3 headings. This one is bolded and italicized and is used at the start of the paragraph.
Academic Writing Style

- Use professional language that matches language in the field.
- Omit use of “casual” language or “slang.”
- Write with respect, inclusion, sensitivity.
- Use “people first language” or “identity-first language.”
- Avoid labels such as alcoholics or schizophrenics.
- Avoid use of negative or condescending terminology.
- Confined to a wheelchair, domestic violence victim, brain injured.
- Avoid changing tenses within a paragraph and do not change the tense within a sentence.
- Use an active voice and personal pronoun – do not refer to yourself in the third person.

APA Abbreviations

- When abbreviating a term, use the full term the first time you use it, followed immediately by the abbreviation in parentheses.
- Example: According to the American Psychological Association (APA), abbreviations are best used only when they allow for clear communication with the audience. APA can be used in this way on subsequent uses.
- Exceptions: Standard abbreviations like units of measurement and states do not need to be written out. APA also allows abbreviations that appear as words in Merriam-Webster’s Collegiate Dictionary to be used without explanation (IQ, REM, AIDS, HIV).

APA Numbers

- Numbers: write out numbers one through nine.
  - (one, two, three, four, five, six, seven, eight, nine)
- Exception – statistics or mathematical numbers.
  - example - ok to use “2%” in your sentences.
- Write out a number that starts a sentence.
  - Ninety percent …… not: 90% of patients.
  - Three thousand participants, ……

Basic In-Text Citation Style

<table>
<thead>
<tr>
<th>Author type</th>
<th>Parenthetical citation</th>
<th>Narrative citation</th>
</tr>
</thead>
<tbody>
<tr>
<td>One author</td>
<td>(Luna, 2020)</td>
<td>Luna (2020)</td>
</tr>
<tr>
<td>Two authors</td>
<td>(Salas &amp; D’Agostino, 2020)</td>
<td>Salas and D’Agostino (2020)</td>
</tr>
<tr>
<td>Three or more authors</td>
<td>(Martin et al., 2020)</td>
<td>Martin et al. (2020)</td>
</tr>
<tr>
<td>Group author with abbreviation</td>
<td>National Institute of Mental Health (NIMH, 2020)</td>
<td>National Institute of Mental Health (NIMH, 2020)</td>
</tr>
<tr>
<td>First citation</td>
<td>National Institute of Mental Health (NIMH) (2020)</td>
<td>NIMH (2020)</td>
</tr>
<tr>
<td>Subsequent citations</td>
<td>NIMH (2020)</td>
<td>NIMH (2020)</td>
</tr>
<tr>
<td>Group author without abbreviation</td>
<td>Stanford University (2020)</td>
<td>Stanford University (2020)</td>
</tr>
</tbody>
</table>

In Text Citation Examples

- According to Palladino and Wade (2020), “a flexible mind is a healthy mind” (p. 147).
- In 2020, Palladino and Wade noted that “a flexible mind is a healthy mind” (p. 147).
- “A flexible mind is a healthy mind,” according to Palladino and Wade’s (2020, p. 147) longitudinal study.
- Palladino and Wade’s (2020) results indicate that “a flexible mind is a healthy mind” (p. 147).
In-text Referencing – please put the following in an in-text reference

- “depressed people are less likely to seek social support if they are male”

Reference Page Format

<table>
<thead>
<tr>
<th>Reference</th>
</tr>
</thead>
</table>

References

Reference

A digital object identifier (DOI) is a unique string of letters, numbers, and symbols assigned to a published work to identify content and provide a persistent link to its location on the Internet. The DOI is typically located on the first page of an electronic document near the copyright notice and on the database landing page for the document. When DOIs are available, include them in the reference information. Place the DOI at the end of the reference, and don’t add a period at the end of it. Here’s an example:

- Samples on previous slide

DOI vs. URL

- If there is no DOI, then you should include the URL.

**DOI:**


**URL:**


Book Reference

**Edited vs. Unedited**

- **Basic Format for Books**
  - Author, A. A. (Year of publication). Title of work: Capital letter also for subtitle. Publisher.

- **Article or Chapter in an Edited Book/Edition Other Than the First**
Secondary Source Citation (Indirect Source Citation)

- Secondary sources are acceptable within academic writing as long as they are kept to a minimum. You should use secondary sources only if you are unable to find or retrieve the primary source of information. It is your academic responsibility to attempt to find the primary source and read it yourself.
- Rather than citing your textbook, an abstract, or an instructor’s presentation/power points, research these topics on your own and find primary sources.
- Be aware that your goal is no secondary sourcing, thus more than a few is a red flag to your reader that you are not doing sufficient research on your own.

Citation of Documentary

- To cite a documentary properly, you must take the following pieces of information into consideration:
  - Name of the director(s) in the place of an author
  - If there is no director, someone else important (executive producer, host, writer, etc)
  - Publication date
  - Documentary title
  - Production company
  - URL of the site, database, or streaming service that the documentary was found on

AV Reference Online Documentary Single Production

- Director, D. D. (Director). (Year of publication). Title of documentary [Documentary]. Production Company. https://www.youtube.com/watch?v=UVaFb5n6nKs

Documentary Reference Practice

- Go to Internet Movie Database and search up the film “Bipolar Rock, ’N’ Roll”
- https://www.imdb.com/
- Put into APA Style

- Director, D. D. (Director). (Year of publication). Title of documentary [Documentary]. Production Company. https://www.youtube.com/watch?v=UVaFb5n6nKs

Correct Format

TV Series Episode or Webisode

- Writer, W. W. (Writer) & Director, D. D. (Director). (Date of production). Title of episode [Season number, Episode number] [Description]. In P. P. Producer (Executive Producer), Title of TV Series. Production Company.
Neurobiological

Neurobiological, (2010) explain that there is a strong genetic link for eating disorders, such as AN. In fact, they report that “heritability in twins is greater than 50%” (p. 347). This genetic vulnerability can, then, lead to “poor affect and impulse control or to an underlying neurotransmitter dysfunction” (Enright & Ibrahim, 2010, p. 347).

Neurobiological, (2010) contend that individuals with eating disorders, such as AN, are likely to “exhibit personality traits of perfectionism, obsessive compulsiveness, and dysphoric mood” (p. 347). These personality traits are likely to be found alongside changed levels of brain serotonin in individuals with AN which, then, contributes to “disregulation of appetite, mood, and impulse control” (Enright & Ibrahim, 2010, p. 347).
Our Textbook – Put Into APA (pay attention to capitalization and italics)

• Go to Chapter 3 and attempt to put into this format

Journal Articles

• Author, A. A., & Author, B. B. (year of publication). Title of article. Title of Online Periodical, volume number (issue number if available), page numbers. doi

Note: no capitalization of the article title but the journal title keeps capitalization just as it appears on the website or journal itself

You don’t put this red indicates what is italicized in this reference which is the title of the journal ant the volume number.

Let’s Find the Errors


Correct Format

Examples

• Example with 21+ authors

• e articles:

Here’s the Raw Information


• Journal article format:
  Author, A. A., & Author, B. B. (year of publication). Title of article. Title of Online Periodical, volume number (issue number if available), page numbers. doi

  • National Institute of Mental Health
  • PubMed
Find the errors. Is this article appropriate to use in your paper? Why or why not?


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Find the Errors and Put in APA

Student reference:

Website info, note the doi:
Behav Pharmacol. 2012 Sep;23(5-6):478-95. doi: 10.1097/FBP.0b013e32835744fd
Serotonin neurotransmission in anorexia nervosa.
Haleem DJ

Put into APA

Is this appropriate for your paper? Why or why not?


Put into APA style. Can you find the doi? If so, should you use the url or doi?

Correct Format

Our textbook! Find the Errors.....

Correct Format
Look back at your pathos. Did you do this correctly??

Web Resources for APA Style
• American Psychological Association:
  • http://www.apastyle.org/
• Purdue Owl APA:
  • https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html

Finding Research Articles
• LAHC Library - http://libguides.lahc.edu/library/PubMed -
• Google search your subject of interest
• National Institute of Mental Health
• PubMed
• Evidence-Based Mental Health (open access) -
  http://ebmh.bmj.com/

"THIS ISN'T SOME PAPER"
"THAT YOU CAN WRITE THE NIGHT BEFORE"
You underestimate my power