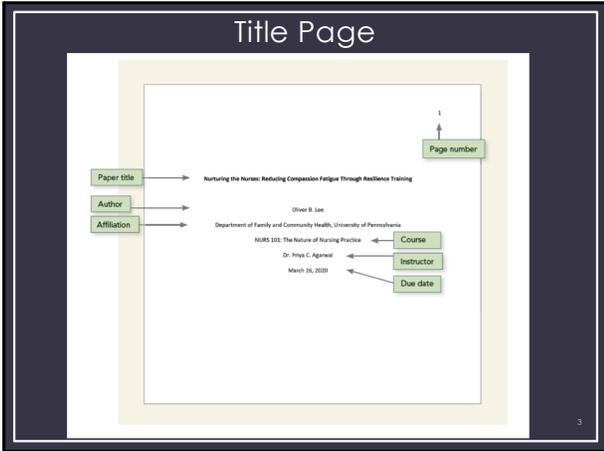


APA STYLE (7TH EDITION)

Tutorial
E. Moore, RN, MSN, FNP

- ## 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



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

APA Headings

Level of heading	Format
1	Centered, Bold, Title Case Heading Text begins as a new paragraph.
2	Aligned Left, Bold, Title Case Heading Text begins as a new paragraph.
3	Aligned Left, Bold Italic, Title Case Heading Text begins as a new paragraph.
4	Indented, Bold, Title Case Heading, Ending With a Period. Text begins on the same line and continues as a regular paragraph.
5	Indented, Bold Italic, Title Case Heading, Ending With a Period. Text begins on the same line and continues as a regular paragraph.

APA Headings Example

Title of Paper (Level 1/Bolded/Centered)

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 you 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. This heading is placed at the start of the paragraph and bolded.

Level 5 Heading. Use Level 5 headings for subsections of level 4 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 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

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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)

8

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.....

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7th Edition APA STYLE Six Steps to Proper Citation

- 1 **READ** the work you want to cite.
- 2 Identify an **IDEA** you want to put in your paper.
- 3 Write a **SENTENCE** about that idea.
- 4 Write a **REFERENCE LIST ENTRY** for the work.
- 5 Add in the corresponding **IN-TEXT CITATION**.
- 6 **REPEAT** as needed for more works and ideas.

AMERICAN PSYCHOLOGICAL ASSOCIATION

More information on these citations can be found in Section 8 of both the Publication Manual of the American Psychological Association (7th ed.) and the Concise Guide to APA Style (7th ed.).

SOURCE: American Psychological Association. (2020). Publication Manual of the American Psychological Association (7th ed.). <https://doi.org/10.1037/0000428X.000>

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Basic In-Text Citation Style

Author type	Parenthetical citation	Narrative citation
One author	(Luna, 2020)	Luna (2020)
Two authors	(Salas & D'Agostino, 2020)	Salas and D'Agostino (2020)
Three or more authors	(Martin et al., 2020)	Martin et al. (2020)
Group author with abbreviation	(National Institute of Mental Health [NIMH], 2020)	National Institute of Mental Health (NIMH, 2020)
First citation ^a	(NIMH, 2020)	NIMH (2020)
Subsequent citations		
Group author without abbreviation	(Stanford University, 2020)	Stanford University (2020)

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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).
- In fact, "a flexible mind is a healthy mind" (Palladino & Wade, 2020, 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).

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In-text Referencing – please put the following in an in-text reference

- Cardozo, P. (Director). (2003). *Real lives of people with depression* [Documentary]. Honey Studios.
<https://www.youtube.com/watch?v=UVaFSbn6IKs>
- “depressed people are less likely to seek social support if they are male”

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Correct Possibilities

14

Reference Page Format

References

Baldacchino, L. (2019). Intuition in entrepreneurial cognition. In A. Caputo & M. Pellegrini (Eds.), *The anatomy of entrepreneurial decisions* (pp. 29-56). Springer. https://doi.org/10.1007/978-3-030-12685-1_3

Hammer, D., Melhuish, E., & Howard, S. J. (2017a). Do aspects of social, emotional and behavioural development in the pre-school period concurrently predict later cognitive and academic attainment? *Australian Journal of Education*, 61(3), 270-287.
<https://doi.org/10.1177/0004944117729514>

McCrae, R. R. (2015). A more nuanced view of reliability: Specificity in the trait hierarchy. *Personality and Social Psychology Review*, 19(2), 97-112. <https://doi.org/10.1177/1088868314541857>

McCrae, R. R. (2018). Method biases in single-source personality assessments. *Psychological Assessment*, 30(9), 1160-1173. <https://doi.org/10.1037/ass0000566>

National Institute of Mental Health. (2016, February). Schizophrenia. U.S. Department of Health and Human Services, National Institutes of Health.
<https://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>

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Digital Object Identifier

- 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

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DOI vs. URL

- If there is no DOI, then you should include the URL
- DOI:
- Ouyang, K., Cheng, B. H., Lam, W., & Parker, S. K. (2019). Enjoy your evening, be proactive tomorrow: How off-job experiences shape daily proactivity. *Journal of Applied Psychology*, 104(8), 1003-1019. <https://doi.org/10.1037/apl0000391>
- URL:
- American Psychological Association. (2017). *Stress in America: The state of our nation*.
<https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

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Book Reference Edited vs. Unedited

- **Basic Format for Books**
 - Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle*. Publisher.
 - American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). American Psychiatric Association.
- **Article or Chapter in an Edited Book/Edition Other Than the First**
 - Author, A. A., & Author, B. B. (Year of publication). Title of chapter. In A. A. Editor & B. B. Editor (Eds.), *Title of book* (edition, pages of chapter). Publisher.
 - O'Neil, J. M., & Egan, J. (2014). Men's and women's gender role journeys: A metaphor for healing, transition, and transformation. In B. R. Wainrib (Ed.), *Gender issues across the life cycle* (2nd ed., pp. 107-123). Springer.

18

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 original 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.

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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 Name of the production company

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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=UVaFSbn6lKs>
- Cardozo, P. (Director). (2003). *Real lives of people with depression* [Documentary]. Honey Studios.
<https://www.youtube.com/watch?v=UVaFSbn6lKs>

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Documentary Reference Practice

- Go to Internet Movie Database and search up the film "Bipolar Rock 'N Roller"
- <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=UVaFSbn6lKs>

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Correct Format

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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.
- Osmond, S. (Director). (2013, May 9). When anxiety attacks [Television series episode]. In S. Gionas (Producer), *The agenda with Steve Paikin*. TVO. <https://www.tvO.org/video/programs/the-agenda-with-steve-paikin/when-anxiety-attacks>

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Government Authors

- **Online Publication**

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health. (2015). *NIMH strategic plan for research* (NIH Publication No. 02-2650). <http://www.nimh.nih.gov/about/strategic-planning-reports/index.shtml>

- **Web Page (with a retrieval date)**

National Institute of Mental Health (2013). *Eating disorders*. Retrieved March 20, 2015, from <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

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Put in an in-text reference

- National Institute of Mental Health (2013). *Eating disorders*. Retrieved March 20, 2013, from <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>
- "Researchers are finding that eating disorders are caused by a complex interaction of genetic, biological, behavioral, psychological, and social factors."

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Correct Possibilities

27

Nonperiodical Web Document or Report

- Author, A. A., & Author, B. B. (Date of publication). Title of article. In *Title of larger document/website*. (Retrieval date if needed, from) <http://Web address>
- Rafini, M (2018). Painkillers and opioid use disorder. *WebMD*. Retrieved July 25, 2019, from <https://www.webmd.com/mental-health/addiction/painkillers-and-addiction-narcotic-abuse#2>
- Andrew, L. B. (2014). Depression and suicide. In B. E. Brenner (Ed.) *Medscape*. Retrieved July 25, 2019, from <http://emedicine.medscape.com/article/805459-overview>

28

Only Need the Reference Once in The Paragraph – Unintentional Plagiarism?

Neurobiological

Braight and Ibrahim (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%" (Braight & Ibrahim, 2010, p. 347). This genetic vulnerability can, then, lead to "poor affect and impulse control or to an underlying neurotransmitter dysfunction" (Braight & Ibrahim, 2010, p. 347).

Neurobiological

Braight and Ibrahim (2010) contend that individuals with eating disorders, such as AN, are likely to "exhibit personality traits of perfectionism, obsessive compulsiveness, and dysphoric mood" (Braight & Ibrahim, 2010, p. 347). These personality traits are likely to be found alongside changed levels of brain serotonin in individuals with AN which, then, contribute to "dysregulation of appetite, mood, and impulse control" (Braight & Ibrahim, 2010, p. 347).

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Paragraph Hints

- Body paragraphs should be 5 to 8 sentences, but not longer than 10 sentences. You might occasionally need to include a shorter 3 sentence paragraph but this should be rare.
- Avoid run-on sentences.... also known as fused sentences. This occurs when two complete sentences are squashed together without using a coordinating conjunction or proper punctuation, such as a period or a semicolon. APA requires concise writing.
- Do not put an extra "double space" between paragraphs. Every line in an APA document is double spaced.

30

Our Textbook – Put Into APA (pay attention to capitalization and *italics*)

- Go to Chapter 3 and attempt to put into this format
- Chapter Author, A. A., & Chapter Author, B. B. (Year of publication). Title of chapter. In A. A. Editor & B. B. Editor (Eds.), *Title of book* (edition, pages of chapter). Publisher Name.

31

Correct Format

32

Journal Articles

- Author, A. A., & Author, B. B. (year of publication). Title of article. *Title of journal*, volume number (issue number if available), page numbers. <http://doiaddress>
- 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 it in red**, red indicates what is italicized in this reference which is the title of the journal and the volume number.

33

Examples

• Example with 21+ authors

Kalnay, E., Kanamitsu, M., Kistler, R., Collins, W., Deaven, D., Gandin, L., Iredell, M., Saha, S., White, G., Woollen, J., Zhu, Y., Chelliah, M., Ebisuzaki, W., Higgins, W., Janowiak, J., Mo, K. C., Ropelewski, C., Wang, J., Leetmaa, A., Joseph, D. (1996). The NCEP/NCAR 40-year reanalysis project. *Bulletin of the American Meteorological Society*, 77(3), 437–471. [https://doi.org/10.1175/1520-0477\(1996\)077%3C0437:TNYRP%3E2.0.CO;2](https://doi.org/10.1175/1520-0477(1996)077%3C0437:TNYRP%3E2.0.CO;2)

• e articles:

Burin, D., Kilteni, K., Rabuffetti, M., Slater, M., & Pia, L. (2019). Body ownership increases the interference between observed and executed movements. *Plos One*, 14(1), Article e0209899. <https://doi.org/10.1371/journal.pone.0209899>

34

Let's Find the Errors

- Leucht, C., Heres, S., Kane, J., Kissling, W., Davis, J., & Leucht, S. (n.d.). Oral versus depot antipsychotic drug for schizophrenia [schizophr Res. 2011]- PubMed- NCBI. National Center for Biotechnology Information. Retrieved April 26, 2013 from <http://www.ncbi.nlm.nih.gov/pubmed/21257294>

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Here's the Raw Information

- [Schizophr Res.](#) 2011 Apr;127(1-3):83-92. doi: 10.1016/j.schres.2010.11.020. Epub 2011 Jan 22. **Oral versus depot antipsychotic drugs for schizophrenia--a critical systematic review and meta-analysis of randomised long-term trials.**
[Leucht C, Heres S, Kane JM, Kissling W, Davis JM, Leucht S.](#)
- 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

36

Correct Format

37

Find the errors. Is this article appropriate to use in your paper? Why or why not?

- MacPherson, M. (2009). Psychological causes of Schizophrenia 35(2):284-286. Retrieved from <http://www.medscape.com/viewarticle/706242>

38

Raw Information

[Schizophrenia Bulletin](#)

Psychological Causes of Schizophrenia

M. MacPherson [disclosures](#)

Schizophr Bull. 2009;35(2):284-286.

- Format: Author, A. A., & Author, B. B. (year of publication), Title of article [Special Description]. *Title of Online Periodical*, volume number(issue number if available), page numbers. doi

39

Correct Format

40

Find the Errors

- Javitt, D. C. (2007). Glutamate and schizophrenia: phencyclidine, N-methyl-D-aspartate receptors, and dopamine-glutamate interactions. In *Pubmed*. Retrieved April 24,2013 from <http://www.ncbi.nlm.nih.gov/pubmed/17349858>

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Raw Information

- [Int Rev Neurobiol](#), 2007;78:69-108.
- **Glutamate and schizophrenia: phencyclidine, N-methyl-D-aspartate receptors, and dopamine-glutamate interactions.**
- [Javitt DC](#).
- Author, A. A., & Author, B. B. (Date of publication). Title of article. *Title of Journal*, volume number(issue number), page numbers. [http:doiaddress](#)

42

Correct Format

43

Find the Errors and Put in APA

Student reference:

DJ, H. (2012). Serotonin neurotransmission in anorexia nervosa. Abstract retrieved from PubMed.

Website info, note the doi:

Behav Pharmacol, 2012 Sep;23(5-6):478-95. doi: 10.1097/FBP.0b013e328357440d

Serotonin neurotransmission in anorexia nervosa.

Halsem DJ.

44

Correct Format

45

Put into APA Is this appropriate for your paper? Why or why not?

- Post-traumatic stress disorder (PTSD). (2014). Retrieved from <http://www.mayoclinic.com/health/post-traumatic-stress-disorder/DS00246/DSECTION=symptoms>

46

Correct Format

47

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

Paul Lichtenstein, Benjamin H Yip, Camilla Björk, Yudi Pawitan, Tyrone D Cannon, Patrick F Sullivan, Christina M Hultman. (2009). Common genetic determinants of schizophrenia and bipolar disorder in Swedish families: a population-based study. Retrieved from <http://211.144.68.84:9998/91keshi/Public/File/36/373-9659/pdf/1-s2.0-S0140673609600726-main.pdf>

48

Correct Format

49

Our textbook! Find the Errors.....

Varcarolis, L. (2018). Anxiety and Obsessive-Compulsive Disorders.
In *Varcarolis' Foundations of Psychiatric Mental Health Nursing* (8th ed., pp. 270-293). St. Louis, Missouri: Elsevier.

50

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

51

Web Resources for APA Style

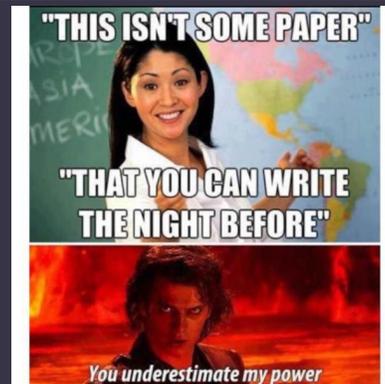
- American Psychological Association:
 - <http://www.apastyle.org/>
- Purdue Owl APA:
 - https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html

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Finding Research Articles

- LAHC Library - <http://libguides.lahc.edu/library>
- PubMed - <http://www.ncbi.nlm.nih.gov/pubmed>
- Google search your subject of interest
- National Institute of Mental Health - <https://www.nimh.nih.gov/>
- Evidence-Based Mental Health (open access) - <http://ebmh.bmi.com/>

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