



Levels of Heading in APA Style, 7th Edition

APA has five levels of headings that may be used to organize a paper. Begin each new main section with a level 1 heading. Each additional heading is used for subsections within each section or subsection. Think of these headings as being similar to what an outline has and how each main topic have Roman numerals, subtopics have capital letters, and the next level has Arabic numbers, and so on.

When considering the addition of headings, APA instructs that you should only add a heading if there will be 2 or more subsections using the same level heading. If there are not at least 2 subsections using the same level heading, then do not include headings for this subsection.

Table 1

Format of the Five Levels of Heading in APA Style, 7th Edition

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

Note. Adapted from the *Publication Manual of the American Psychological Association*, by the American Psychological Association, 2020, Table 2.3, p. 48 (<https://doi.org/10.1037/0000165-000>). Copyright 2020 by the American Psychological Association.