

Writing in APA Style

By Rachel Gabelman

What is APA style?

- Procedures and rules for writing a scientific paper or document
- Originated in 1929 by a group of psychologists, anthropologists, and business managers

APA Components

- Selection of headings, tone, and length
- Punctuation and abbreviations
- Presentation of numbers and statistics
- Construction of tables and figures
- Citation of references
- Many other elements that are a part of a manuscript (scientific paper)

Why do we need it?

- “APA Style® was established to codify the many components of scientific writing to facilitate clear communication and has enabled psychologists and scholars in other social and behavioral sciences to enhance the dissemination of knowledge in their respective fields,” (www.apa.org).

In-Text Citations

- Cite any information that comes from a source other than your own brain
 - Paraphrased sentences
 - Ideas
 - Direct Quotes
- Include author (s) and year of publication
 - Example: “The aforementioned stressors potentially lead to further struggles, such as depressive symptoms (Dyson & Renk, 2006).”
 - Example: “Nolen-Hoeksema & Morrow (1991) demonstrate that rumination in one context is likely to affect the amount one currently ruminates in another context.”
- 3 – 5 authors: (1st author, 2nd author, & 3rd author)
- 6 or more authors: use **et al.**
 - (1st author et al., 2011).

Another Example

- “However, social support may ease students’ transition to college (Friedlander, Reid, Shupak, & Cribbie, 2007; Oppedal, Toysamb, & Sam, 2004) as well as the onset of depression (**Petit et al., 2011**) or SAD (McCarthy, Tarrier, & Gregg, 2002).”

Short Quotations

- Short Quote (40 words or less)
 - Cite as usual
 - Include page number after quotation
 - Example: According to Jones (1998), "Students often had difficulty using APA style, especially when it was their first time" (p. 199).
 - Example: She stated, "Students often had difficulty using APA style" (Jones, 1998, p. 199), but she did not offer an explanation as to why.

Long Quotations

- Long Quote (40+ words)
 - Quote is indented ½ inch (like a new paragraph)
 - “ ” are not included
 - Page number is placed at the end in parentheses after the ending period of the quote
 - Example:

Jones's (1998) study found the following:

Students often had difficulty using APA style, especially when it was their first time citing sources. This difficulty could be attributed to the fact that many students failed to purchase a style manual or to ask their teacher for help. (p. 199)

Style: Voice

- Active Voice (use when possible)
 - The subject performs the action expressed by the verb



- Nolen-Hoeksema & Morrow (1991) **demonstrate** that rumination in one context is likely to affect the amount one currently ruminates in another context
- Passive Voice (try not to use)
 - The subject is acted upon



- It **was demonstrated** by Nolen-Hoeksema...

Style: Conciseness/Clarity

- Be concise!
 - Remove unnecessary words
 - Condense information when possible
- Be clear!
 - Specific is better than vague
 - Include relevant details
 - Avoid poetic language
 - Metaphors
 - Use simple, descriptive adjectives

Style: Word Choice

- Avoid Biases
 - APA Guidelines
 - 1.) Describe the appropriate level of specificity
 - Not Specific: at risk children..
 - Specific: Children at risk for depression...
 - 2.) Be sensitive to labels
 - E.g. use “children with autism” instead of autistics
 - Call people what they prefer to be called
 - Use plural (people; they) instead of singular (he/she; him/her)
 - 3.) Acknowledge Participation
 - Use language that gives credit to study participants
 - E.g. “Participants completed the survey” instead of “the survey was administered to students”
 - i.e. use active voice!

Your Paper

- 12 point font
- Sans-serif: Times New Roman, Calibri, etc.
- 1-inch margins
- Title page
- Reference page
- Double-spaced

References

- Final page of a paper contains the reference
- “References” should be at the top/center of the page
- Alphabetical order by 1st author
- More than 1 reference by the same single or group of authors?
 - List in chronologically by publication date
- All lines of the reference are indented ½ inch (like a paragraph) except for the first line

References

- Author(s): last name first; followed by 1st initial and middle initial (if available)
 - Single Author: Eastman, C. I.
 - 2 Authors: Eastman, C. I., & Young, M. A.
 - 3 – 7 Authors: Eastman, C. I., Young, M. A., & Fogg, L. F.
 - 8+ Authors: Black, C. P., Arlo, S. T., Rechit, R., Machlen, J. P., Sempson, K., Bee, A. L., . . . Smith, R. K.
 - 1st 6 authors + ... + last author
- Capitalization
 - Journal/Book titles: All major words capitalized
 - Articles/chapters/websites/subtitles(after a colon): Capitalize 1st word only

References: Journal Article

- Author, A. A., & Author, B. B. (Date of publication). Title of article. *Title of Journal*, volume number(issue #), page range. doi: 0000000/000000000000
- Stice, E., Presnell, K., & Bearman, S. K. (2001). Relation of early menarche to depression, eating disorders, substance abuse, and comorbid psychopathology among adolescent girls. *Developmental Psychology*, 37(5), 608-619.
doi:10.1037//0012-1649.37.5.608
- No DOI?
 - Include the URL of the journal homepage (where it was retrieved)

References: Books

- Author, A. A. (Year of publication). *Title of work*: Capital letter also for subtitle. Location: Publisher.
- American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders*, 4th ed. Washington, DC: American Psychiatric Association, 1994.

Resources

- <http://owl.english.purdue.edu/owl/section/2/10/>
- <http://www.apastyle.org/>

References

- American Psychological Association. (2010). The Publication Manual of the American Psychological Association (6th ed.). Washington, DC: Author.
- Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, M., Soderlund, L., & Brizee, A. (2010, May 5). General format. Retrieved from <http://owl.english.purdue.edu/owl/resource/560/01/>