Tips for Style and Formatting with APA
Objectives

To increase awareness/knowledge concerning:

1. Background of APA/What is APA?/Why do we need APA?
2. General APA style “rules”

Expectations at Centre for Nursing Studies

What is APA?

APA: American Psychological Association

Provides writers with a referencing system that allows readers to locate the information used in a paper

Gives credit to the sources of info used - you must credit the work that is not yours

APA is now in its 7th edition

The proper use of APA style also shows the credibility of writers: writers show accountability to the source of their material

Most importantly, use of APA style can protect writers from plagiarism -- the purposeful or accidental use of source material by other writers without giving appropriate credit

Other referencing systems: MLA, Chicago Style, AMA

APA has been adopted by many of the social sciences as the formatting choice (nursing, psychology, social work, etc.)

What does APA Standardize?

APA Standardizes: Stylistics, Format & References (a list of all sources used in the paper)

APA Stylistics

Language in an APA paper should:

- Be Clear - be specific in descriptions and explanations
- Be Concise - condense information when you can
- Be Plain - use simple, descriptive adjectives and minimize the figurative language
- Use inclusive and bias-free language
- Use “they” or “their” as a gender-neutral pronoun instead of “he” or “she”
- Use descriptive phrases as labels for groups of people – instead of “the poor” use “People living in poverty”
- Use exact age ranges – instead of “People over 40 years old” use “People in the age range of 40 to 50 years old”

**General Format Expected**

Your paper should include all of the following elements:

- typed, double-spaced
- on standard-sized paper (8.5”x11”)
- have 1 inch margins on all sides (under page set-up)
- Fonts: Calibri 11, Arial 11, Lucida Sans Unicode 10, Times New Roman 12, and Georgia 11
- have a number on every page
- single space after period/new sentence

![Diagram of paper structure: Title Page, Table of Contents, Main Body, References]

Your paper should include 4 major sections
Effects of Nutrition
Jane Student 20092346
Nursing 2013: Professional Development

Linda Faculty
June 4, 2020

Table of Contents

Table of Contents
Introduction 3
Types of Nursing Errors 3
Nursing Implications 5
  Education 6
  Practice 7
  Administration 8
Research 9
Conclusion 10
References 11

* Double-space all text
Main Body (Text)

The text begins on page 3

Type the title of the paper centered, at the top of the page (do not use the word “Introduction” and **bold** the title)

Type the text double-spaced- all sections follow each other without a break

As you write, identify the sources you use in parenthesis (brackets)

* These are called “in-text citations” because you are citing them within the text of your paper

Main Body: APA to Know

Abbreviations

- Write out the abbreviation the first time you use it in your paper followed immediately by the abbreviation in parenthesis
- For rest of paper, use the abbreviation
- Use consistently

Examples:

According to the **Canadian Nurses Association (CNA)** (2018), there is a nursing shortage across Canada. The **CNA** has developed a nursing recruitment and retention strategy that employers can use to address this shortage.

There is a nursing shortage across Canada (**Canadian Nurses Association [CNA], 2018**). The **CNA** has developed a nursing recruitment and retention strategy that employers can use to address this shortage.

Use of Numbers

- **2 Rules**: Using numbers less than 10; Using numbers greater than 10
  - ≤ 10
    - Write as a word
    - Exceptions: age, time, unit of measurement
  - ≥ 10
    - Write as a #
    - Exceptions: a # cannot begin a sentence
For percent: - numbers less than 10: *nine percent*

- Numbers greater than 10: 12%
- Starting a sentence: Twenty five percent

*See APA Manual for other examples and exceptions to these rules*

In-Text Citations

Whenever you use a source, you must provide the information using the *author-date* format:

- the author’s last name and the date of publication

  (Cassidy & Earle, 2018)

- for direct quotations, provide a page number

  (Cassidy & Earle, 2018, p. 56)

In-text citations help readers locate the cited source in the reference page.

- There are 2 ways to write an in-text citation:
  - Include only the year in parenthesis *(narrative)*

    **Smith (2018)** found that both male and female students reported feeling anxious about entering the clinical setting.

  - Include both the author and year in parenthesis *(parenthetical)*

    Both male and female nursing students reported feeling anxious about entering the clinical setting *(Smith, 2018).*

    *For all in-text citations, ALWAYS write the year the very first time you write it in a paragraph. After you write it the first time in a paragraph, DO NOT include the year again within the SAME paragraph. Each time you begin a new paragraph, use the same rule.* (APA, 2020, p. 265)

  **Wang (2017)** found that relentless pain, aching, and joint deterioration are some of the characteristics of osteoarthritis. **Wang** also discovered that many elders have reported difficulties with housework, yard work and other activities of daily living. A decline in particular physical activities and responsibilities may signal the beginning of osteoarthritis *(Wang, 2017).*
Using a source with 1 author is easy BUT there are 3 rules to know:

- one work with 2 authors
- one work with 3 or more authors
- more than 1 work with more than 1 author

- *The terms “work” and “source” mean the same thing*
- *See Perrin for other rules & examples*

### 2 Authors

- When citing a work with two authors, use “and” in between authors’ name when in the text; *BUT* use “&” between their names when in parenthesis

According to feminist researchers Raitt and Tate (2018), “It is no longer true to claim that women's responses to the war have been ignored” (p. 2).

Some feminist researchers question that “women's responses to the war have been ignored” (Raitt & Tate, 2018, p. 2).

*Note that page # is included for a direct quote.*

### 3 or More Authors

- When using a source with 6 or more authors, identify the first author’s name followed by “et al.” every time it’s used in the paper

  Smith et al. (2018) maintained that….

  OR

  (Smith et al., 2018)

**Always put a period after et al.**

### Two or More Sources

- When the citation in parenthesis includes 2 or more sources, put them in alphabetical order (i.e.: the same order they appear in the reference list) by the author’s last name & the year of publication separated by a semi-colon

  (Kachru, 2017; Smith et al., 2018)

### Same Author and Same Year

How to cite multiple articles by the same authors that were published in the same year so that everyone can easily tell them apart.

Lowercase letters are added after the year (2011a, 2011b, etc.), and the references are alphabetized by title to determine which is “a” and which is “b.” Here is an example:


**Not Quite Identical**


The first in-text citations to each of these articles would be as follows:

(Marewski, Gaissmaier, & Gigerenzer, 2010)

(Marewski, Gaissmaier, Schooler, Gold, & Gigerenzer, 2010)

The solution is to spell out as many names as necessary (here, to the third name) upon subsequent citations to tell the two apart:

- (Marewski, Gaissmaier, & Gigerenzer, 2010)
- (Marewski, Gaissmaier, Schooler, et al., 2010)

**Secondary Sources**

- Use secondary sources sparingly
- Give secondary source in the reference list
- In text, name the original work and give a citation for the secondary source

Example: you found a quotation from Culver that you wish to use in your text. But, you found this information in Jones and were unable to locate Culver’s original source. For this reference, Culver is the primary source, and Jones is the secondary source. Name the primary source in your text, but the reference and citations will credit the secondary source:
According to Culver (as cited in Jones, 2018), learning APA "can be tough, but like any skill, it just takes practice" (p. 23). In addition, the mastery of APA increases an author's chance of scoring well on an assignment (Culver, as cited in Jones).

If there is a date include that as well. Example:
Allport (2012) suggested in his diary that… (as cited in Nicholson, 2014). –OR-
Some researchers have strong opinions… (Allport as cited in Nicholson, 2014)

**Headings**

<table>
<thead>
<tr>
<th>Level</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Centered, Bold, Title Case</strong></td>
</tr>
<tr>
<td>2</td>
<td><strong>Left-aligned, Bold, Title Case</strong></td>
</tr>
<tr>
<td>3</td>
<td><strong>Left-aligned, Bold, Italic, Title Case</strong></td>
</tr>
<tr>
<td>4</td>
<td><strong>Indented, Bold, Title Case, Period</strong></td>
</tr>
<tr>
<td>5</td>
<td><strong>Indented, Bold, Italic, Title Case, Period</strong></td>
</tr>
</tbody>
</table>

The choice of a heading level depends on how many types of headings you are using your paper. Text begin on the same line.
Quotes

- 2 rules when using quotes:
  
  1. Quotes with less than 40 words
     - Write paragraph as usual & include components in quotation marks within sentence
  
  2. Quotes with more than 40 words (block quotation)
     - Must be separated

(APA, 2020, pp. 270-8)

Very rarely will you need to use block quote in undergrad papers

All quotes include the author’s name, the year of publication, & the page number if a direct quote.

- Introduce quotations with phrases. *Use quotes sparingly*
- Use such verbs as: acknowledge, contend, maintain, respond, report, argue, conclude

Examples:

Methods (level 1)

Site of Study (level 2)

Participant Population (level 2)

Teachers attitudes (level 3)
  
  Teachers pay. The government role … (level 4)

Test one. The subjects in the first trial… (level 5)

Spatial Ability (level 2)

Study Method (level 2)

Conclusion (Level 1)
According to Smith (2018), “……” (p. 3).

Smith (2018) argued that “……” (p. 3) supporting the popular view.

A researcher recently argued that “……” (Smith, 2018, p. 3).

*Instructors want to see students being able to synthesize and incorporate research and articles into your writing not just quote what authors say*

**Less than 40 Words**

- Caruth (2017) stated that a traumatic response frequently entails a “delayed, uncontrolled repetitive appearance of hallucinations and other intrusive phenomena” (p. 11).

- A traumatic response frequently entails a “delayed, uncontrolled repetitive appearance of hallucinations and other intrusive phenomena” (Caruth, 2017, p. 11).

**Period after the parenthesis

** Use quotation marks for quotes of this size

**Electronic Sources**

- Many types of documents & research now available online

- There are new examples in the APA manual (p. 348) for how to cite source types including: Podcasts, YouTube and social media platforms (Facebook, twitter, Instagram, etc.)

- Use caution and discretion with online sources

- If the paragraphs are not numbered and the document includes headings, provide the appropriate heading and specify the paragraph under that heading.

- Not all Internet sources have a title and copyright pages If electronic source lacks page numbers, locate and identify paragraph number/paragraph heading

Example:

According to Smith (2018), “……” (Mind over Matter section, para. 6)

**Principles for Citing E-sources**

A note about online sources: APA 7th ed. does not require URLs or database information for articles from a database e.g. CINAHL.
If you find an article on the "open web" (i.e., Google), you need the URL or doi (digital object identifier). Both should be in URL format.


**Electronic Version of Entire Book**

- **For books available in print and online**
  

- **Electronic book only**
  

**Lecture Notes**

Technically, material that is available only from the instructor via course management software such as D2L should be cited as a personal communication. This is because, in APA Style, references must lead to recoverable data.

With this in mind, you would have no reference item and you would have an in-text citation for a personal communication that would look something like this:

According to S. Carter (personal communication [Lecture notes], September 12, 2018) the meaning of life is...

**OR**

(S. Carter, personal communication [Lecture notes], September 12, 2018)
Electronic Sources: DOI

Digital Object Identifier (DOI) now being used: a unique code that provides a consistent link to the source.

Include the DOI (instead of URL) whenever it’s listed on the document for print and electronic sources.


To create correct citations, ask yourself:

1. Did I find this article in print? If yes, no URL is needed.
2. Did I find this article in a database? If yes, no URL is needed.
3. Did I find this article on the open web? If yes, then include the doi (if given) or the URL of the home page.

Reference Page

- Center **References** at the top of the page bold
- Double-space all entries
- First line of the entry flush left
- Subsequent lines indent (“hanging indent”) [*Control Tab*]
- Order entries alphabetically by the first author’s surname
- Invert authors’ names (last name first followed by initials)
- Pagination
- Authors with same last name and year of publication: use ‘a’ or ‘b’ to denote source
- Capitalize:
  - * first letter of the first word of a title and subtitle
  - * the first word after a colon
  - * proper nouns


Example 1:
References


Example 2:
References


Note: E-mails, interviews, telephone conversations, etc. are not included in the list of references, though you parenthetically cite them in your main test: (E. Robbins, personal communication, January 4, 2001).

Tips for Reference Page

APA is a complex system of citation, which is difficult to keep in mind. When compiling the reference list, the strategy below might be useful:

- Identify a type source: Is it a book? A journal article? A webpage?
- “Mirror” samples of citing a type of source in your APA Manual:
- You don’t need to include Publisher locations, or where the article was retrieved from unless a specific date is needed
  - Include the website name if it is different than the author
- All in-text citations should appear on your reference list; all entries on your reference list should appear within your paper
- When there are more than 20 authors, in the reference list, write the first 19 then use … and write the last author.

Resources

American Psychological Association http://www.apa.org/
The Owl at Purdue http://owl.english.purdue.edu/owl/resource/560/01/
The Centre for Nursing Studies http://www.centrefornursingstudies.ca
  Click: Library
  Click: APA and Other Resources

When you have applied these APA guidelines to your paper and are not sure of a particular application come see Jon or Karen.

Karen Hutchens, Library; 777-8194; karen.hutchens@mun.ca
OR
Jon Garland, Computer Lab; 777-8194; jgarland01@mun.ca
# How to Write Citations and Bibliographies in APA Style

(Centre for Nursing Studies/HSL/Western)

## Overview

**Text citations:** When information is quoted or referred to in a paper, a text citation is used to identify the source of the information. Text citations briefly identify the source and allow the reader to locate the full citation in your reference list.

**Reference List:** A reference list is a list of works quoted or referred to in the paper (while a bibliography provides the reader with further material worth consulting). The reference list, and, if included, the bibliography, is arranged in alphabetical order by the surname of the first author, or by title, if there is no author.

## Books

<table>
<thead>
<tr>
<th>Book, 1 author</th>
<th>Reference List</th>
<th>In Text</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Entire source:</em> (Cone, 1993) OR Cone (1993)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Specific quote:</em> (Cone, 1993, p. 31) OR Cone (1993, p. 31)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Book, 2 authors</th>
<th>Reference List</th>
<th>In Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Beck &amp; Sales, 2001) OR Beck and Sales (2001)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Book, 3-5 authors</th>
<th>Reference List</th>
<th>In Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>List all authors.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First citation: name all authors</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All other citations: name first author followed by &quot;et al.&quot;</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Book, 6+authors</th>
<th>Reference List</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>List the six authors, then add &quot;et al&quot; to indicate remaining authors.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of Source</td>
<td>Reference List</td>
<td>In Text</td>
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<td>-------------------------------------------------------------------------</td>
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</tbody>
</table>
Articles

Journal article, 2 authors


In Text
Include both names in all in-text citations.

Article, 6+ authors

List the 1st of the 6 authors, then add "et al" to indicate remaining authors.

In Text
(Doyle et al., 2000, p. 321) OR Doyle et al. (2000, p. 321)

Magazine article


In Text
(Henry, 1990) OR Henry (1990)

Newspaper article


In Text
(Bruni, 2003), or if necessary, (Bruni, 2003, December 26)

Online article, DOI given


No database name or URL is needed because the DOI functions as the connection to the item, but it must be written as a URL. Since the final version of the item is being referenced, there is no need to include the retrieval date.

In Text
(Stultz, 2006, p.486) OR Stultz (2006, p.486)

Online article, no DOI given

If no DOI is given, give the URL of the journal home page (if item is accessed by subscription) or the exact URL (if item is freely available online). Since the final version of the item is being referenced, there is no need to include the retrieval date. **It is no longer necessary to include the database name unless the item is extremely difficult to locate.**

In Text

(Hager, 2007, p.32) OR Hager (2007, p.32)

## Internet & other

<table>
<thead>
<tr>
<th>Nonperiodical Reference List</th>
<th>Document, no date</th>
</tr>
</thead>
</table>

In Text

For electronic sources that don't give page numbers, use the paragraph number (if given), preceded by the ¶ symbol (or the abbreviation para). If neither are given, cite the heading and the number of the paragraph.

(Myers, 2000, ¶ 5) OR (Beutler, 2000, conclusion section, para. 1)

<table>
<thead>
<tr>
<th>Lecture Reference List</th>
<th>Notes</th>
</tr>
</thead>
</table>

In Text

(Brieger, 2005) OR Brieger (2005)

<table>
<thead>
<tr>
<th>Presentation Reference List</th>
<th>Slides</th>
</tr>
</thead>
</table>

In Text

(Columbia, 2000)
<table>
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<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Personal Communication</td>
<td>Reference List</td>
<td>Do not include this in the bibliography if the information cannot be retrieved by the reader.</td>
</tr>
<tr>
<td>In Text</td>
<td>(T. Lutes, personal communication, May 6, 2005) OR T. Lutes (personal communication, May 6, 2005)</td>
<td></td>
</tr>
<tr>
<td>In Text</td>
<td>(Schatz, 2000) OR Schatz (2000)</td>
<td></td>
</tr>
</tbody>
</table>

**General Information**

**No author:** Place the title in the author position

**No title:** Use square brackets to indicate that the "title" is a description of the content, not a true title.

**No date:** If no date is available, write (n.d.).

**No place of publication and/or no publisher:** If there is no place of publication and/or no publisher, write n.p. [Note: APA makes no suggestion for this situation - this is purely our suggestion].

**For Media** – Contributors appear in the place of an author. The role of the contributor is added after parenthesis. For example Garland, J. L. (Director). See next page for more.
<table>
<thead>
<tr>
<th>Media type</th>
<th>Include as author</th>
</tr>
</thead>
<tbody>
<tr>
<td>Film</td>
<td>Director</td>
</tr>
<tr>
<td>TV series</td>
<td>Executive producer(s)</td>
</tr>
<tr>
<td>Podcast episode</td>
<td>Host of episode</td>
</tr>
<tr>
<td>Webinar</td>
<td>Instructor</td>
</tr>
<tr>
<td>Online streaming video</td>
<td>Person or group who uploaded the video</td>
</tr>
<tr>
<td>Photograph</td>
<td>Photographer</td>
</tr>
</tbody>
</table>