APA Formatting

General Formatting:
- **APA style recommends pt. 12 Times New Roman font**
- **Papers should be double-spaced throughout, with 1-inch margins**

Title Page

- Includes the title, author's name(s), and author's institutional (university) affiliation
- Title centered at top half of the page
- Title should be no longer than 12 words, if possible
- Avoid abbreviations but be concise

The Running Head

- *The running head* is a shortened version of the paper title
- Appears at the top of every page, should be no more than 50 characters, including spaces
- The text of the running head is in all capital letters
- Include page numbers at the end of the running head, justified to the right of the page (for every page)

- On the title page: identify the running head with the phrase "Running Head:" (followed by your shortened version of the title)
- On all subsequent pages, do not include the words Running Head

SAMPLE TITLE PAGE:

Running Head: ADDICTIONS: GENETICS AND THE ENVIRONMENT   1

The Genetic and Environmental Interactions that Contribute to the

Onset and Continued Use of Addictive Substances

Mary Morra

The University of California at Los Angeles

Formatting Titles of Sources in the Body of Your Paper

✓ The **first** time you mention an author, be sure to mention the author's **full name**, the year of publication, AND the title of the article, chapter or book.
✓ **Subsequent** references should use just the author's **last name** (in addition to the year of publication and title).
✓ Underline or *italicize* (preferred) titles of books, journals, films, and television series (but not individual episodes).
✓ Put titles of articles, chapters from books, journals or magazines, and titles of individual TV episodes in quotation marks.

In-Text (aka Parenthetical) Citations – for Quotations & Paraphrases

Type of citation	Example
Direct Quotation	**Include author, page number, and year of publication of quoted material.** According to Jones (1998), "Students often had difficulty using APA style, especially when it was their first time" (p. 199). She stated, "Students often had difficulty using APA style" (Jones, 1998, p. 199), but she did not offer an explanation as to why.
Summary or Paraphrase	**Include author and year of publication. Including page numbers is recommended but not required.** Stephen L. Carter (1994), noted African American lawyer and author, claims that honesty and integrity are not synonymous (p. 17-21).
Indirect Source (source that was cited in another source)	The philosopher Alain states that "admiration is not pleasure but a kind of attention. . ." (as cited in Carter, 1994, p.21).
Quotes with a paragraph number	"Social workers act honestly and…promote ethical practices on the part of the organizations with which they are affiliated" (Anderson, 1999, Ethical Principles section, para. 6).
Two titles by the same author	Mr. Dursley is introduced as "a big, beefy man with hardly any neck" (Rowling, 1985, p. 1). In contrast, Dumbledore is tall and gaunt (Rowling, 1993, p. 58).
Works by two authors	Skinner and Johnson (1994) suggest that diabetes is becoming a serious public health concern. OR Recent analysis suggests that diabetes is becoming a serious public health concern (Freud & Skinner, 1994).
More than one article published by the same author in the same year	**Differentiate the articles with letters, which you assign in the References list.** Smith (1999a, 1999b) demonstrated repeatedly that…
Works by three to five authors	**List ALL authors in the signal phrase or in parentheses the first time you cite a source.**

	The authors argue that tougher gun control is not needed in the United States (Smith, Yang, & Moore, 1993). **After the initial citation, only use the first author's last name followed by "et al".** The authors state that tougher gun control laws are not needed in the United States (Smith et al., 2006).
Six or more authors	**Use the first author's name followed by et al. in the signal phrase or in parentheses for both the first mention and all subsequent mentions. List all authors in the Reference page.** The authors argue that tougher gun control is not needed in the United States (Kernis et al., 1993).
Institution, organization or corporation as author	**Use the full name of the institution or group:** According to the American Psychological Association (2000), … **If the group's abbreviation is easily understood, provide it in brackets within the parenthetical citation that follows the first mention:** (National Association of Social Workers [NASW], 1999) **In subsequent citations, use only the abbreviation:** (NASW, 1999)
Personal communication	**Do not include in the reference list. In text, include the first initial and last name of the person you spoke with, the words "personal communication," and the complete date.** According to my TA, writing is thinking (S. Ching, personal communication, May 3, 2013).
Unknown author	We see so many global warming hotspots in North America likely because this region has "more readily accessible climatic data and more comprehensive programs to monitor and study environmental change" ("Impact of Global Warming," 2001).
Including an author's article multiple times in one paragraph	**The first time you mention the author's name, put the year in a parenthetical citation. In subsequent mentions, do not repeat the year.** Frederick Douglass (1868) writes… Douglass also states… In addition, Douglass demonstrates the importance of…

Formatting the References Page

✓ Use the title References (**not** Bibliography), centered at the top of a new page. Do not bold or italicize References.
✓ All entries should be **double-spaced**, unless your assignment instructs you otherwise.
✓ Continue using the Running Header (see above for guidelines).
✓ Begin the first line of each entry at the margin and indent the remaining lines five spaces.

SAMPLE REFERENCES PAGE:

References

Bühringer, G., Wittchen, H., Gottlebe, K., Kufeld, C., & Goschke, T. (2008). Why people

change? The role of cognitive-control processes in the onset and cessation of substance

abuse disorders. *International Journal of Methods in Psychiatric Research*, *17,* 4-15.

doi:10.1002/mpr.246.

Corominas, M., Roncero, C., Ribases, M., Castells, X., & Casas, M. (2007). Brain-Derived

Neurotrophic Factor and Its Intracellular Signaling Pathways in Cocaine Addiction.

Neuropsychobiology, *55*(1), 2-13. doi:10.1159/000103570.

Ducci, F., & Goldman, D. (2008). Genetic approaches to addiction: genes and alcohol.

Addiction, *103*(9), 1414-1428. doi:10.1111/j.1360-0443.2008.02203.x.

Goldman, D., Oroszi, G., & Ducci, F. (2005). The genetics of addictions: uncovering the genes.

Nature Reviews Genetics, *6*(7), 521-532. doi:10.1038/nrg1635.

Kauer, J., & Malenka, R. (2007). Synaptic plasticity and addiction. *Nature Reviews*

Neuroscience, *8*(11), 844-858. doi:10.1038/nrn2234.

Kendler, K., Prescott, C., Myers, J., Neale, M. (2003). The Structure of Genetic and

Environmental Risk Factors for Common Psychiatric and Substance Use Disorders in

Men and Women. *Archives of General Psychiatry*, 60, 929-937.

References – How to Format Each Type of Source

Type of source	Sample entry in reference list
Book: Single Author	Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle*. Location: Publisher. Calfee, R. C., & Valencia, R. R. (1991). *APA guide to preparing manuscripts for journal publication*. Washington, DC: American Psychological Association.
Newspaper Article	Author, A.A. & Author, B. B. (Year). Title of article. *Title of Periodical, volume number* (issue number), pages. Harlow, H. F. (1983). Fundamentals for preparing psychology journal articles. *Journal of Comparative and Physiological Psychology,* 120-135.
Article in online newspaper	Author, A. A. & Author, B. B. (Year). Title of article. *Title of Periodical, volume number* (issue number), pages. doi: xx.xxxx/yyyy (digital object identifier) Brownlie, D. (2007). Toward effective poster presentations: An annotated bibliography. *European Journal of Marketing, 41*, 1245-1283. doi:10.1108/03090560710821161 NOTE: if no doi is present, include the URL for the article Kenneth, I. A. (2000). A Buddhist response to the nature of human rights. *Journal of Buddhist Ethics, 8*. Retrieved from http://www.cac.psu.edu/jbe/twocont.html
Film or video recording	Smith, J. D. (Producer), & Smithee, A. F. (Director). (2001). *Really big disaster movie* [Motion picture]. United States: Paramount Pictures.
Website	Author, A. A., & Author, B. B. (Date of publication). Title of document. Retrieved from http://Web address Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, M., Soderland, L., & Brizee, A. (2010, May 5). General format. Retrieved from http://owl.english.purdue.edu/owl/resource/560/01/
Article in a scholarly journal	Author, A. A., & Author, B. B. (Date of publication). Title of article. *Title of Journal, volume number,* page range. doi:0000000/000000000000 or http://dx.doi.org/10.0000/0000

	(include doi or URL if doi is not listed) Brownlie, D. (2007). Toward effective poster presentations: An annotated bibliography. *European Journal of Marketing, 41*, 1245-1283. doi:10.1108/03090560710821161
Lecture	Last Name, F. (Date Conducted). Lecture Title. *Event*. Lecture conducted from Sponsor, City. Pausch, R. (2007, September). Really achieving your childhood dreams. *Journeys*. Lecture conducted from Carnegie Mellon University, Pittsburgh, PA.
Personal Interview	**No personal communication is included in your reference list; instead, parenthetically cite the communicator's name, the phrase "personal communication", and the date of the communication in your main text only**