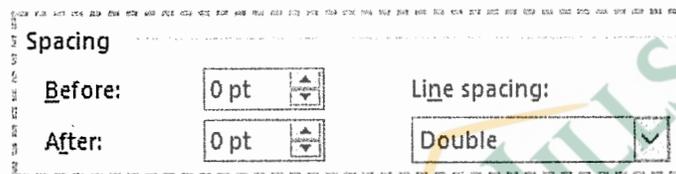
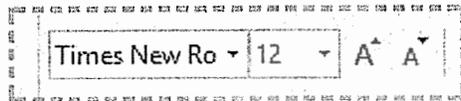


General APA Guidelines

- An APA essay requires 12pt, Times New Roman font, and double-spaced throughout *entire* paper.



- Most APA papers require:
 - A **cover** page with headers.
 - Occasionally, an **abstract**; this is a small summary of the entire paper and its main points and usually appears after the cover page.
 - A **reference** page with full citations in alphabetical order at the end of your paper.
- APA stands for the *American Psychological Association*.
 - APA papers are typically used in psychology, medical, professional, and educational settings.
 - APA format is also used when writing up medical or psychology experiments.
- *Professors are allowed to modify the APA format requirements as needed!*

APA In-Text Citations(Author-Date Style):

1. The source is introduced by a signal phrase that includes the last name of the author followed by the date of publication in parentheses.
2. The material being cited is followed by a page number in parentheses.
3. At the end of the paper, an alphabetized list of references gives publication information for the source.

In-Text Citation (Direct Quote)

As researchers Mitsubah and Mitsubah (2005) have explained, anxiety was once considered to be due to “a severe lack of sleep and a dangerously low iron intake” (p. 292).

Or

Anxiety was once considered to be due to “a severe lack of sleep and a dangerously low iron intake” (Mitsubah & Mitsubah, 2005, p. 292).

In-Text Citation (Paraphrase)

Anxiety was once believed to be linked to not getting enough iron and sleep (Mitsubah & Mitsubah, 2005, p. 292).

ENTRY IN THE LIST OF REFERENCES

Mitsubah, T.Z., & Mitsubah, B.A. (2005). Psychological Disorders: Anxiety. *The Psychological Chronicle*, 124, 292-305.

APA style requires past tense or present perfect tense in signal phrases before cited material:

Mitsubah (2005) reported, Mitsubah (2005) has argued.

When Sources Have 3 or More Authors

Work with 3-5 Authors:

Identify all authors in the signal phrase or in parenthesis the first time you cite the source.

In 2007, Walden, Murrow, and Smith concluded, “The results of the test were definitive” (p. 811).

For further citations, use the first author’s name and et al. in the signal phrase or parenthesis.

As Walden et al. (2007) confirmed, “sleeping pills can be very effective in inducing sleep, but they should be used in moderation as prolonged use may affect the circadian biological clock” (p. 805).

Work with 6 or more authors:

Use the author’s name and et al. in the signal phrase or parenthesis.

Johnson et al. (2014) discovered that regular exercise and a balanced diet can help boost natural energy levels (p. 5).

Work with unknown authors:

If the author is unknown, use the work’s title in the signal phrase or give the first word or two of the title in parentheses. Short works like articles are in quotations, long works like books are italicized.

The tendency of violent video games leading to violent children does not have enough research to produce any definitive findings (“Are Video Games Making You Violent,” 2017).