

APA Referencing Style: a quick guide

This guide is based on: [Publication Manual of the American Psychological Association \(7th ed\)](#)

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General Information about APA

APA uses an author-date format on the text and full details are given in one A-Z (by author) in a reference list at the end of your assignment. All lines after the first line of each reference list entry should be indented half an inch from the left margin.

In-text citation

Paraphrasing

Putting another person's ideas in your own words (it is optional to include page number/s, for example:

Deveci and Wyatt (2022) argue that reflective writing can help to improve self-awareness and positive thinking.

OR

Reflective writing can help to improve self-awareness and positive thinking (Deveci & Wyatt, 2022).

Short quotation

Less than 40 words (no need to indent the text), for example:

"Critical self-reflection is an important component of critical thinking" (Egege, 2020, p.156).

Long quotation

40 words or more. Long quotes should be indented without quotation marks and the in-text citation (author, year, page number) should appear at the end of the paragraph, as above.

Citing multiple works

List the authors in alphabetical order, separated by semi-colon; note the use of **&**, for example:

(Deveci & Wyatt, 2022; Dorian & Loughlin, 2019)

Secondary source

This is content referred to in another source, where you have not read the original document, only read about it. For example: you have read an article by Deveci & Wyatt and they cite Murray & Kujundzic. Your reference would be for the article you have read – in this case Deveci & Wyatt.

Murray and Kujundzic (2005, as cited in Deveci & Wyatt, 2022) suggest that students who engage in reflective writing have been found to be more tolerant of the opinions of others.

OR

Students who engage in reflective writing have been found to be more tolerant of the opinions of others (Murray & Kujundzic, 2005, as cited in Deveci & Wyatt, 2022).

In-text citation - authors

Depending on the structure of your sentence authors can be inside or outside the brackets. Check your full stops, make sure they are in the correct place if you are using a citation at the end of a sentence.

One author

Using author as part of sentence:

Egege (2020) suggests that people with critical thinking skills are also likely to be good problem solvers.

Not using author as part of sentence:

Knowing the features of a good argument helps us to write persuasively (Egege, 2020).

Two authors

Note the use of and / &.

Using author as part of sentence: Dorian and Loughlin (2019)

Not using author as part of sentence: (Dorian & Loughlin, 2019)

Three or more authors

et al. means *and others*.

Using author as part of sentence: Hailikari et al. (2021)

Not using author as part of sentence: (Hailikari et al., 2021)

Reference List- authors

One author

Read, S.H. (2019). *Academic writing skills for international students*. Red Globe Press.

One editor

Karau, S. (Ed.). (2020). *Individual motivation within groups: social loafing and motivation gains in work, academic, and sports teams*. Academic Press.

2-20 authors

note the use of &

Weinberg, R.S., & Gould, D. (2019). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetics.

2-20 editors

Note the use of &

Petermans, A., & Cain, R. (Eds.). (2020). *Design for wellbeing: an applied approach*. Routledge.

More than 20 authors

List first 19 authors, ellipsis (3 dots) then final author, (in this example the ellipsis represents 3 missing authors).

Teixeira, P. J., Marques, M. M., Silva, M. N., Brunet, J., Duda, J. L., Haerens, L., La Guardia, J., Lindwall, M., Lonsdale, C., Markland, D., Michie, S., Moller, A. C., Ntoumanis, N., Patrick, H., Reeve, J., Ryan, R. M., Sebire, S. J., Standage, M., Vansteenkiste, M., . . . Hagger, M. S. (2020). A classification of motivation and behavior change techniques used in self-determination theory-based interventions in health contexts. *Motivation Science*, 6(4), 438-455.

<https://doi.org/10.1037/mot0000172>

Organisation/Government author

For example: charity, society, government department.

American Psychological Association. (2020). *Publication manual of the American Psychological Association: the official guide to APA style* (7th ed.). American Psychological Association.

Reference List – examples

Book

Only state the edition if 2nd ed. or later.

Weinberg, R.S., & Gould, D. (2019). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetics.

eBook

Forshaw, M. J. (2022). *Health psychology in clinical practice*. Routledge.

<https://doi.org/10.4324/9781003120469>

Chapter in an edited book

Li, Q. (2016). Forest bathing in Japan. In J. Barton (Ed.), *Green exercise: linking nature, health and well-being* (pp.79-88). Routledge.

Journal article

Denton, H., & Aranda, K. (2020). The wellbeing benefits of sea swimming. Is it time to revisit the sea cure? *Qualitative Research in Sport, Exercise and Health*, 12(5), 647-663.

<https://doi.org/10.1080/2159676X.2019.1649714>

Webpage/websites

If there is no date use (n.d.), a retrieval date is needed.

Shapiro, R.E., & Cowan, R. (2017). *Key Points about Caffeine and Migraines*. Retrieved August 5, 2023, from <https://americanmigraine.foundation.org/resource-library/caffeine-and-migraine/>

Schier, M. (n.d.). *How gratitude can improve performance*. Believe Perform. Retrieved January 24, 2022, from <https://believeperform.com/how-gratitude-can-improve-performance/>

Example of a Reference List

Reference List.

American Psychological Association. (2020). *Publication manual of the American Psychological Association: the official guide to APA style* (7th ed.). American Psychological Association.

Denton, H., & Aranda, K. (2020). The wellbeing benefits of sea swimming. Is it time to revisit the sea cure? *Qualitative Research in Sport, Exercise and Health*, 12(5), 647-663.
<https://doi.org/10.1080/2159676X.2019.1649714>

Forshaw, M. J. (2022). *Health psychology in clinical practice*. Routledge.
<https://doi.org/10.4324/9781003120469>

Karau, S. (Ed.). (2020). *Individual motivation within groups: social loafing and motivation gains in work, academic, and sports teams*. Academic Press.

Li, Q. (2016). Forest bathing in Japan. In J. Barton (Ed.), *Green exercise: linking nature, health and well-being* (pp.79-88). Routledge.

Petermans, A., & Cain, R. (Eds.). (2020). *Design for wellbeing: an applied approach*. Routledge.

Schier, M. (n.d.). *How gratitude can improve performance*. Believe Perform. Retrieved January 24, 2022, from <https://believeperform.com/how-gratitude-can-improve-performance/>

Shapiro, R.E., & Cowan, R. (2017). *Key Points about Caffeine and Migraines*. Retrieved August 5, 2023, from <https://americanmigraine.foundation.org/resource-library/caffeine-and-migraine/>

Teixeira, P. J., Marques, M. M., Silva, M. N., Brunet, J., Duda, J. L., Haerens, L., La Guardia, J., Lindwall, M., Lonsdale, C., Markland, D., Michie, S., Moller, A. C., Ntoumanis, N., Patrick, H., Reeve, J., Ryan, R. M., Sebire, S. J., Standage, M., Vansteenkiste, M., . . . Hagger, M. S. (2020). A classification of motivation and behavior change techniques used in self-determination theory-based interventions in health contexts. *Motivation Science*, 6(4), 438-455.
<https://doi.org/10.1037/mot0000172>

Weinberg, R.S., & Gould, D. (2019). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetics.

Further information and guidance

[Publication manual of the American Psychological Association](#) (print copies available at Avril Robarts Library at 808.06615 PUB)

[APA Style and Grammar Guidelines](#) (online)

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