



American Psychological Association (APA) Style Guide, 7th ed.

This guide is meant to provide basic examples of references following APA guidelines. As this guide does not include every example possible, please consult the **Publication Manual of the American Psychological Association (7th edition)** for a more extensive understanding.

Reference Examples

Blog Posts

Format:

Author Last Name, First Initial, Middle Initial. (Year, Month Day). Title of post. *Source*. URL.

Example:

Bonin, K. (2020, August 19). The benefits of foam rolling. *Feedspot*. <https://www.feedspot.com/>

Book—Single Author With a DOI (preferred) or URL

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication). *Title of book* (edition, when applicable). Publisher Name. DOI (must appear in <https://doi.org/xxxx> format) or URL

Example:

Riga, M. (2017). *Impact of medical errors and malpractice on health economics, quality, and patient safety*. IGI Global. <https://doi.org/10.4018/978-1-5225-2337-6>

Book—Single Author Without a DOI

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication). *Title of book* (edition, when applicable). Publisher Name.

Example:

Rybski, M. (2019). *Kinesiology for occupational therapy* (3rd ed.). Slack.

Book—Multiple Authors

Format:

Author Last Name, First Initial. Middle Initial., & Author Last Name, First Initial. Middle Initial. (Year of Publication). *Title of book* (edition, when applicable). Publisher. DOI* or URL when available

*Present both DOIs and URLs as hyperlinks (beginning with “http://” or “https://”). DOIs are preferred, when they are available, and should be reorganized to reflect the following format: <https://doi.org/xxxx> (where “xxxx” refers to the DOI number).

Example:

Furst, G. F., Gerber, L. H., & Smith, C. C. (1985). *Rehabilitation through learning*. U.S. Department of Health and Human Services.

Book—Editor(s) as Author(s)

Format:

Editor Last Name, First Initial. Middle Initial. (Ed.). (Year of Publication). *Title of book* (edition, when applicable). Publisher. DOI* or URL when available

*Present both DOIs and URLs as hyperlinks (beginning with “http://” or “https://”). DOIs are preferred, when they are available, and should be reorganized to reflect the following format: <https://doi.org/xxxx> (where “xxxx” refers to the DOI number).

Example:

Williams, P. L., Bannister, L. H., Warwick, R., Dyson, M., & Gray, H. (Eds.). (1989). *Gray’s anatomy*. Churchill Livingstone.

Chapter Within a Book

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication). Title of chapter. In Editor(s) First Initial. Middle Initial. Last Name (Ed[s]), *Title of book* (edition beyond first, chapter page numbers). Publisher. DOI* or URL when available

*Present both DOIs and URLs as hyperlinks (beginning with “http://” or “https://”). DOIs are preferred, when they are available, and should be reorganized to reflect the following format: <https://doi.org/xxxx> (where “xxxx” refers to the DOI number).

Example:

Buttgereit, F., & Burmester, G. R. (2008). Glucocorticoids. In L. J. Crofford, J. H. Klippel, J. H. Stone, & P. H. White (Eds.), *Primer on the rheumatic diseases* (13th ed., pp. 644-650). Springer Publishing Company.

Computer Software and Mobile Apps*

Format:

Group Author Name or Author Last Name, First Initial. Middle Initial. (date = year of publication of version used). *Title of work* (Version) [Description of Media]. Publisher. URL

Example 1:

Therapy Notes. (2010). *Custom client portal* [Computer software]. TherapyNotes.
<https://www.therapynotes.com/features/>

Example 2:

OpenAI. (2023). *ChatGPT* (Mar 14 version) [Large language model].
<https://chat.openai.com/chat>

Example 3:

Blub Blub. (2020). *Speech blubs: Language therapy* (Version 7.2.1) [Mobile app]. Blub Blub Inc.
<https://speechblubs.com>

*Common software and mobile apps mentioned in text do not need citations; if paraphrased or quoted, even common products require citations. Examples of common software and apps include Microsoft Office (and its components), Facebook, Instagram, Twitter, Survey Monkey, Qualtrics, Adobe products, Java, and statistical programs (SPSS, SAS). If you mention these in text, provide a version number if relevant.

Course PowerPoint Slides and Course Notes

Format:

Author Last Name, First Initial. Middle Initial. (Date Published). *Title of document* [PowerPoint slides OR Lecture notes]. Location of notes. URL

Example:

Smith, A. (2015, May 22). *Citation 101* [PowerPoint slides]. USAHS Blackboard. <https://xxxxx>

Data Sets

Format:

Group Author Name or Author Last Name, First Initial. Middle Initial. (date or date range). *Title of data set* (Version) [Data set or Unpublished raw data]. Publisher or Source of Unpublished data. DOI or URL.

Example 1:

Office of Medicare Hearings and Appeals. (2006-2012). *Receipts by state* [Data set]. Office of Medicare Hearings and Appeals. <https://healthdata.gov/dataset/office-medicare-hearings-and-appeals-omha-receipts-state>

Example 2:

Doe, J. (2012– 2015). *Social survey outcomes* [Unpublished raw data].

- If the source of unpublished raw data is known (i.e., a university or university department), include it at the end of the reference.

Dissertations and Theses

Published Document

Format:

Author Last Name, First Initial. Middle Initial. (date). *Title of dissertation/thesis* (Publication No.) [Doctoral dissertation/Master’s thesis, Name of Institution Awarding the Degree]. Database Name. URL

Example:

Regev Lavy, I. (2020). *“Keep moving!” Occupational therapy guided Zumba fitness health-promoting program for youth with learning disabilities or attention-deficit/hyperactivity disorder* (Publication No. 10312973) [Doctoral dissertation, Boston University]. ProQuest Information & Learning. http://gateway.proquest.com/openurl?url_ver=Z39.88-2004&rft_val_fmt=info:ofi/fmt:kev:mtx:dissertation&res_dat=xri:pqm&rft_dat=xri:pqdis:27672376

Unpublished Document

Format:

Author Last Name, First Initial. Middle Initial. (date). *Title of dissertation/thesis* [Unpublished doctoral dissertation/master’s thesis]. Name of Institution Awarding the Degree.

Example:

Avin, K. G. (2012). *Moderators of fatigue: Complexities and interactions* [Unpublished doctoral dissertation]. University of Iowa.

Entry in an Online Dictionary, Thesaurus, or Encyclopedia

Format:

Author. (Year of Publication). Entry term. In *Title of work*. *URL, if applicable.

* When an online reference work is continuously updated and the versions are not archived, use “n.d.” as the year of publication and include a retrieval date.

Example:

Merriam-Webster. (n.d.). Aphorism. In *Merriam-Webster.com dictionary*. Retrieved February 20, 2020, from <https://www.merriam-webster.com/dictionary/aphorism>

Entry in a Print Dictionary, Thesaurus, or Encyclopedia

Format:

Author or Editor Last Name, First Initial. Middle Initial. or Name of Group. (Year of publication).
Title of entry. In Editor's First Initial. Middle Initial. Surname (Ed.), *Title of book* (edition*,
Vol.**), p. or pp. range). Publisher Name. DOI**

* when beyond the first

** if applicable

Example:

Merriam-Webster. (1998). Chemiluminescence. In D. Palmer (Ed.), *Merriam-Webster's deluxe dictionary* (10th ed., p. 307). The Reader's Digest Association.

Film or Video – Physical Copy

Format:

Director, D. D. (Director). (Date of publication). *Title of motion picture* [Film]. Production company.

Example:

Froemke, S., & Heineman, M. (Directors). (2012). *Escape fire: The fight to rescue American healthcare* [Film]. Aisle C Productions.

Grants

Format:

Principle investigator or Author Last name, First Initial. Middle Initial. (Role). (date or date range). *Title of report* (Project No.) [Grant]. Publisher. DOI or URL

Example:

McNaughton, C. D. (Principle Investigator). (2014). *Health literacy and mortality: A cohort study of patients hospitalized for acute heart failure* (Project No. 5R02HBI81259-04) [Grant]. National Heart, Lung, and Blood Institute. https://www.saem.org/docs/default-source/saem-documents/research/k23-nhlbi-2014-mcnaughton.pdf?sfvrsn=c61d09fd_2

Journal Article With a DOI

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication). Title of article. *Title of Periodical*, Volume(Issue number if applicable), Page(s). DOI

Example:

Fasoli, S. E., Ferraro, M. K., & Lin, S. H. (2019). Occupational therapy can benefit from an interprofessional rehabilitation treatment specification system. *American Journal of Occupational Therapy*, 73(2), 1-6. <http://doi.org/10.5014/ajot.2019.030189>

Journal Article Without a DOI, With a Nondatabase URL

Format:

Author Last Name, First Initial. Middle Initial. (Date Published). Title of article. *Title of Periodical, Volume*(Issue number if applicable), Page(s). URL

Example:

Ahmann, E., Tuttle, L. J., Saviet, M., & Wright, S. D. (2018). A descriptive review of ADHD coaching research: Implications for college students. *Journal of Postsecondary Education and Disability, 31*(1), 17-19. <https://www.ahead.org/professional-resources/publications/jped/archived-jped/jped-volume-31>

Journal, Magazine, or Newspaper Article Without a DOI, From Most Academic Research Databases or Print Version

Format:

Author Last Name, First Initial. Middle Initial. (Date Published). Title of article. *Title of Periodical, Volume*(Issue number if applicable), Page(s).

Example:

Anderson, M. (2018). Getting consistent with consequences. *Educational Leadership, 76*(1), 26-33.

Journal Article—Advance Online Publication

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication). Title of article. *Title of Journal*. Advance online publication. DOI or URL when available

Example:

Pratt, M., Norris, J., Lobelo, F., Roux, L., & Wang, G. (2012). The cost of physical inactivity: Moving into the 21st century. *British Journal of Sports Medicine*. Advance online publication. <https://doi.org/10.1136/bjsports-2012-091810>

Learning Management System or Online Lecture Presentations – Blackboard, etc.

Format:

Author Last, F. M. (Date published). *Title of recording or video* [Lecture Presentation]. Location. URL.

Example:

Wilmot, A. B. (2020, July 9). *Nursing and Education* [Lecture Presentation]. USAHS Blackboard. <http://usahs.blackboard.edu/NursingEd/recording/101011>

Newspaper Article

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication, Month Date). Title of article.
Title of Newspaper. URL

Example:

Zaki, J. (2020, January 13). We volunteer to help others, but research shows how much it helps us, too. *The Washington Post*. https://www.washingtonpost.com/health/we-volunteer-to-help-others-but-research-shows-how-much-it-helps-us-too/2020/01/10/7b365ee2-331b-11ea-9313-6c8a89b1b9fb_story.html

Social Media Video – Instagram, Facebook, Twitter, etc.

Format:

Username or Page name. [Handle]. (Date posted). *Title of post or video*. [Videos]. Social media site name. *URL

Example 1:

Ken Jeong [@ken.jeong.129]. (2020, June 27). *repost Global Citizen Ken Jeong discusses COVID-19 with #IshaSesay #GlobalGoalUnite*. [Videos]. Facebook.
<https://www.facebook.com/ken.jeong.129/videos/3184426478245007>

Example 2:

cute_animalvideos [@cute_animalvideos]. (2018, February 17). *Otter*. [Videos]. Instagram.
https://www.instagram.com/p/BfTgix4nB-4/?igshid=a49poryotqkl&fbclid=IwAR2BLPEO5cvV9V5mdLI9KZDGIteC_NMCPcqdX2VWUFiexmQMIPdeWsZJMwk

* For Tweets, Facebook posts, Instagram photos or videos, and online forum posts the URL appears by itself, as in the examples above. For Twitter profiles, Facebook pages, and Instagram highlights, retrieval date information should precede the URL because those pages can be updated over time without archival storage. When including the retrieval date, the following format should be used: Retrieved August 30, 2020, from <https://xxxxx.com>

Statutes (Laws and Acts)

Note: In APA style, most legal materials are cited using the same standard legal citation that appears across disciplines. The examples listed here align with the general guidelines for federal legal statutes. State statutes usually adhere to the guidelines for federal; however, some states may differ. It is usually a good idea to check that legal references align with legal style. Chapter 11 of the 7th edition of the APA manual is a more complete resource for building legal references. The APA manual acknowledges *The Bluebook: A Uniform System of Citation* (Bluebook, 2015) as the definitive source for information regarding legal citation and referencing. A free APA-recommended law school website is provided by the Legal Information Institute at Cornell Law School: [Basic Legal Citation \(cornell.edu\)](https://www.cornell.edu/law/cornell.edu).

Format:

Name of Act, Title Source §* Section Number (Year). URL

Example 1:

Endangered Species Act of 1973, 16 U.S.C. § 1531 *et seq.* (1973).

<https://www.fws.gov/endangered/esa-library/pdf/ESAall.pdf>

Example 2:

Florida Student and Parental Rights and Educational Choices, Fla. Stat. § 1002 (2003).

www.leg.state.fl.us/Statutes/index.cfm?App_mode=Display_Statute&URL=1000-1099/1002/1002ContentsIndex.html&StatuteYear=2019&Title=%2D%3E2019%2D%3EChapter%201002

*To find this symbol, click on the “Insert” tab in Word, then “Symbol,” then “Special Characters,” then select the “Section” symbol

Streaming Services Videos – YouTube, Netflix, Hulu, etc.

Format:

Last Name, F. M. [Username]. (Year, Month Date). *Title of video* [Video]. Streaming Service. URL

Example:

Writing Center USAHS. (2019, January 11). *APA Academic Writer resource tour* [Video].

YouTube. https://www.youtube.com/watch?v=legCKDEZ0Ks&feature=emb_title

Supplemental Material to a Journal Article

Format:

Author Last Name, First Initial. Middle Initial. (Year of Publication). Title of article [Supplemental material]. *Title of Journal*, *Volume*(Issue number if applicable), Page(s). URL

Example:

Freeberg, T. M. (2019). From simple rules of individual proximity, complex and coordinated collective movement [Supplemental material]. *Journal of Comparative Psychology*, *133*(2), 141-142. <https://doi.org/10.1037/com0000181>

Tests, Scales, and Inventories

Format:

Author Last Name, First Initial. Middle Initial. (Date). *Title of the test*. Test Database Name. URL

Example:

Morey, L. (1991). *Personality Assessment Inventory*. PAR.

<https://www.parinc.com/Products/PKey/287>

Webpage or Website

Format:

Group author name or Author Last Name, First Initial. Middle Initial. (Date Published). *Title of work*. Site Name*. http://Web Address**

*Omit the site name when the author and site name are the same.

**Precede URLs with “Retrieved [Date], from” only when the content is designed to change over time and the page is not archived.

Example 1:

American Physical Therapy Association. (n.d.). *Ethics & professionalism*.

<http://www.apta.org/EthicsProfessionalism/>

Example 2:

U.S. Census Bureau. (n.d.) *U.S. and world population clock*. U.S. Department of Commerce.

Retrieved July 5, 2019, from <https://www.census.gov/popclock/>

TED Talk

Format:

Author* Last Name, First Initial. Middle Initial. (Date). *Title of work* [Description of Media].
Publisher. URL.

*If the TED Talk is found on the TED website, use the name of the speaker as the author. If the TED Talk is on YouTube, list the owner of the YouTube account (for example, TED) as the author to aid in retrieval.

Example 1 (accessed on TED website):

Dishman, E. (2009, November). *Take healthcare off the mainframe*. [Video]. TEDMED.

https://www.ted.com/talks/eric_dishman_take_health_care_off_the_mainframe?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Example 2 (accessed on YouTube):

Tedx Talks. (2014, November 10). *The surprisingly dramatic role of nutrition in mental health | Julia Rucklidge | TEDxChristchurch* [Video]. YouTube.

<https://www.youtube.com/watch?v=3dqXHHCc5IA>

Webinar Recording

Format:

Last, F. M. (Year). *Title* [Webinar]. Place of published recording/sponsoring organization or website. URL

Example:

Goldberg, J. F. (2018). *Evaluating adverse drug effects* [Webinar]. American Psychiatric Association.
<https://education.psychiatry.org/Users/ProductDetails.aspx?ActivityID=6172>

Note: This format should only be used for *recorded* webinars. Cite *unrecorded* webinars as personal communications, which are not recorded in the References list, but are cited in the text (see Section 8.9 of the APA 7th Edition Manual).

YouTube Videos

Format:

Author* Last Name, First Initial. Middle Initial. (Full Date Published). *Title of work* [Description of Media]. YouTube. URL.

*The “author” is the person or group who uploaded the video to aid in retrieval, even if they did not create the work.

Example:

Bellamy, J. (2013, June 26). *Conference dispatch: The adoption of a new vision* [Video]. YouTube. <https://youtu.be/f9-M-CL8yLw>

In-Text Citations

Work With One Author

If the author’s name appears as part of the sentence:

Put the publication year in parenthesis after the author’s last name.

Example: Pratt (2012) found that physical inactivity...

If the author’s name does not appear as part of the sentence:

Place the author’s last name and year of publication separated by a comma in parentheses at the end of the sentence.

Example: The survey showed that students preferred eBooks to print books (Smith, 2015).

Works With Multiple Authors

Works with two authors

If the authors' names appear as part of the sentence include the word "and" between the authors' surnames.

Example: Smith and Jones (2010) found that physical activity...

If the authors' names do not appear as part of the sentence, place an ampersand (&) between the surnames in the parenthetical citation.

Example: At least thirty minutes of physical activity per day helps... (Smith & Jones, 2010).

Works with three or more authors:

Include the last name of the first author followed by et al. and the year of publication.

Example: Parkinson's disease is... (Davis et al., 2013).

Direct Quotations

When citing a direct quote, the page number is required. If page numbers are unavailable it is acceptable to provide readers with another method to locate the material including: a heading or section name, an abbreviated heading or section name in quotation marks, a paragraph number, or a section or heading in combination with a paragraph number.

Example 1 (using a page number):

According to the study, "Research has shown that while coaches are a consistent, key social agent in sport, the relative influence of coaches, peers, and parents may change across the lifespan of athletes" (Chu & Zhang, 2019, p. 570).

- For quotes that span a range of pages, the page number would be indicated as (Author, Year, pp. 570-571).
- For quotes that span non-subsequent pages, the page number would be indicated as (Author, Year, pp. 570, 575).

Example 2 (using a complete heading or section name):

Smoking leads to several illnesses including, "cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis (Center for Disease Control, n.d., Smoking & Tobacco Use section).

Example 3 (using an abbreviated heading or section name):

People should get vaccinated against the flu because "Influenza is a potentially serious disease that can lead to hospitalization and even death" (Center for Disease Control, n.d., "Why Should People Get Vaccinated" section).

Example 4 (using a paragraph number):

It has been demonstrated that “many intracellular cascades have been reported to affect autophagy” (Subauste, 2009, para. 6).

Example 5 (using a heading or section name in combination with a paragraph number):

Though their bites are small and sometimes hard to notice, “always seek medical advice if you’ve been bitten by a bat” (Center for Disease Control, n.d., Bats section, para. 3).

References

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). <https://doi.org/10.1037/0000165-000>

American Psychological Association. (n.d.) *Academic writer 2.0*. [https://0b301qz5w-mp01-y-](https://0b301qz5w-mp01-y-https-academicwriter-apa-org.prx-usa.lirn.net/)

<https-academicwriter-apa-org.prx-usa.lirn.net/>

The bluebook: A uniform system of citation (20th ed.). (2015). Harvard Law Review Association.

McAdoo, T. (2023, April 7). How to cite ChatGPT. *APA Style*. [https://apastyle.apa.org/blog/how-](https://apastyle.apa.org/blog/how-to-cite-chatgpt)

[to-cite-chatgpt](https://apastyle.apa.org/blog/how-to-cite-chatgpt)