



APA CITATION - QUICK GUIDE (7th Ed.)

Crediting your sources shows your research ethos and helps you avoid plagiarism. Include both in-text citations and a References page to give proper credit.

In-Text Citations

In-text citations for direct quotes fewer than 40 words can be formatted in several different ways:

Narrative or Parenthetical Citation Example

According to Jones (2020), “People often ... ” (p. 24). [NARRATIVE citation 1]

According to Jones, “People often ... ” (2020, p. 24). [NARRATIVE citation 2]

As a study showed, “people often ... ” (Jones, 2020, p. 24). [PARENTHETICAL citation]

ONLINE SOURCE: [APA Style Blog, Author-Date Citation](#)

Direct Quotes Citation Example

(include author last name and page number)

Direct quotes **less than 40 words** are placed on the **same line as your regular text**, have quotation marks around them, and end with a period *after* the citation.

Direct quotes **more than 40 words** should be in **block format**. The block quotation starts on a new line, is indented at 0.5 from left margin, and *does not* use quotation marks. The period comes *before* the citation.

ONLINE SOURCE : [APA Style Blog: In-Text Citations, "Quotations"](#)

Page Numbers Citation Example

(include author last name and page number)

Direct quotes must have **page numbers**: “Studies showed that first-graders appreciated learning about animals from locales far from where they live” (Julius, 2020, p. 23). Use **p.** for single page, **pp.** for page range: (Jones, **p.** 24) and (Jones, **pp.** 24-27)

ONLINE SOURCE: [APA Style Blog: Direct Quotation...with Page Numbers](#)

No Page Numbers Citation Example

Sources without page numbers can use **numbered paragraphs** if the source provides these numbers (Jones, 2019, **para.** 5) or section headers (Smith, 2019, Mind over Matter section, **para.** 6).

ONLINE SOURCE: [APA online: Direct Quotation...without Page Numbers](#)

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Multiple Authors Citation Example

2 authors (in-text): cite both authors at all times. Use “and” in-text and “&” in parentheses.

Smith and Jones (2019) found that ... (p. 12). The researchers found that ... (Smith & Jones, 2019, p. 12).

3 or more authors (in-text): use only the first author’s name and “et al.”

Smith et al. (2019) found that ... (p. 12). The researchers discovered that ... (Smith et al., 2019, p. 36).

ONLINE SOURCE: [APA Style Blog: Number of Authors](#)

Secondary Sources Citation Example

Secondary/indirect citations of sources (a source within a source)

Reference the original author in the sentence, and use “as cited in” plus the source of the original information within the parentheses:

According to research by Kwame and Nkrumah, “trauma may have serious consequences for individual personalities” (as cited in Smith et al., 2019, p. 27).

ONLINE SOURCE: [APA online: Secondary Sources](#)

References

The following shows how a properly formatted **References** page—with examples of different kinds of sources—should look.

Book

One author:

Linton, S. (1998). *Claiming disability: Knowledge and identity*. New York: New York University Press.

Two or more authors:

Lulach, H. S., Farber, T. H., Rolph, D. T., Wills, F. R., & Doggart, P. T. (2020). *Research into traumatic brain injury in veterans: New frontiers*. Nicolai Publishing & Intelligence.

ONLINE SOURCE: [APA online: Book/Ebook References](#)

Journal article (with DOI)

Wegener, D. T., & Petty, R. E. (2016). Mood management across affective states: The hedonic contingency hypothesis. *Journal of Personality and Social Psychology*, 65(2), 1190-1204.

<https://doi.org/031526.10.0002>

Journal article (without DOI)

Bryson, D. (2014). The rise of a New Senegalese cultural philosophy? *African Studies Quarterly*, 14(2), 33-56.

<http://www.asq.africa.ufl.edu>

ONLINE SOURCE: [APA online: Journal Article References](#)

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Video (YouTube, Vimeo, etc.)

Apsolon, M. [markapsolon]. (2011, September 9). *The Haunting Tape 14 (ghost caught on video)* [Video]. <https://youtu.be/6nyGCbxD848>

Pinkney, Shantre. (2014) *The Hardwearshop: Black Lives Matter*. [Video]. <https://vimeo.com/106034240>

ONLINE SOURCE: [APA style online "YouTube video references"](#)

Website (with or without author)

Giovanetti, F. (2019, November 16). *Why we are so obsessed with personality types*.

Medium. <https://medium.com/the-business-of-wellness/why-we-are-so-obsessed-with-personality-types-577450f9aee9>

Tuscan white bean pasta. (2018, February 25). Budgetbytes. Retrieved March 18, 2020, from <https://www.budgetbytes.com/tuscan-white-bean-pasta/>

ONLINE SOURCE: [APA style online "Reference examples: Online media"](#)

Further Resources:

American Psychological Association, 7th ed. (2021). *APA style*. [APA Style Blog \(7th ed.\)](#)

Purdue Online Writing Lab, (2021). *APA Style, 7th Ed.* [APA Formatting & Style Guide \(7th ed.\)](#)

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