Documenting Sources in APA Style: 2010 Update

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Introduction

This booklet is published as a free supplement to accompany titles by Bedford/St. Martin’s.


The following are a few changes in APA style represented in the models in this booklet:

• Use the state abbreviation for all US cities or the country (not abbreviated) for non-US cities (see p. 15).
• In reference list entries for sources with up to seven authors, use all authors’ names. For sources with eight or more authors, use the first six names followed by an ellipsis mark and the last author’s name. (See p. 10 for details and models.)
• Use the issue number with the volume number only for journals that begin each issue with page 1; use the volume number alone for journals that number pages consecutively through the entire volume.
• Make headings within an APA paper boldface.

The contents of this booklet can be downloaded for free at bedfordstmartins.com/apa.

**Documenting sources in APA style**

In most social science classes, you will be asked to use the APA system for documenting sources. APA recommends in-text citations that refer readers to a list of references.

An in-text citation gives the author of the source (often in a signal phrase), the year of publication, and at times a page number in parentheses. At the end of the paper, a list of references provides publication information for the source (see p. 46 for a sample list of references).
APA in-text citations

1. **Basic format for a quotation**
   
   Ordinarily, introduce the quotation with a signal phrase that includes the author’s last name followed by the year of publication in parentheses. Put the page number (preceded by “p.”) in parentheses after the quotation.

   Yanovski and Yanovski (2002) reported that “the current state of the treatment for obesity is similar to the state of the treatment of hypertension several decades ago” (p. 600).

   **ENTRY IN THE LIST OF REFERENCES**


   For a reference list that includes this entry, see page 46.

   **NOTE:** APA style requires the use of the past tense or the present perfect tense in signal phrases introducing cited material: *Smith (2005) reported, Smith (2005) has argued.*
Critser (2003) noted that despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (p. 5).

If the author is not named in the signal phrase, place the author’s name, the year, and the page number in parentheses after the quotation: (Critser, 2003, p. 5).

**NOTE:** APA style requires the year of publication in an in-text citation. Do not include a month, even if the entry in the reference list includes the month.

**2. Basic format for a summary or a paraphrase** Include the author’s last name and the year either in a signal phrase introducing the material or in parentheses following it. A page number is not required for a summary or a paraphrase, but include one if it would help readers find the passage in a long work. (For the use of other locators, such as paragraph numbers or section names in online sources, see pp. 6–7.)

Yanovski and Yanovski (2002) explained that sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (p. 594).

Sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (Yanovski & Yanovski, 2002, p. 594).

**3. Work with two authors** Name both authors in the signal phrase or the parentheses each time you cite the work. In the parentheses, use “&” between the authors’ names; in the signal phrase, use “and.”

According to Sothern and Gordon (2003), “Environmental factors may contribute as much as 80% to the causes of childhood obesity” (p. 104).

Obese children often engage in limited physical activity (Sothern & Gordon, 2003, p. 104).
4. **Work with three to five authors** Identify all authors in the signal phrase or the parentheses the first time you cite the source.

In 2003, Berkowitz, Wadden, Tershakovec, and Cronquist concluded, “Sibutramine . . . must be carefully monitored in adolescents, as in adults, to control increases in [blood pressure] and pulse rate” (p. 1811).

In subsequent citations, use the first author’s name followed by “et al.” in either the signal phrase or the parentheses.

As Berkowitz et al. (2003) advised, “Until more extensive safety and efficacy data are available, . . . weight-loss medications should be used only on an experimental basis for adolescents” (p. 1811).

5. **Work with six or more authors** Use the first author’s name followed by “et al.” in the signal phrase or the parentheses.

McDuffie et al. (2002) tested 20 adolescents, aged 12-16, over a three-month period and found that orlistat, combined with behavioral therapy, produced an average weight loss of 4.4 kg, or 9.7 pounds (p. 646).

6. **Work with unknown author** If the author is unknown, mention the work’s title in the signal phrase or give the first word or two of the title in the parenthetical citation. Titles of articles and chapters are put in quotation marks; titles of books and reports are italicized. (For online sources with no author, see item 12 on p. 6.)

Children struggling to control their weight must also struggle with the pressures of television advertising that, on the one hand, encourages the consumption of junk food and, on the other, celebrates thin celebrities (“Television,” 2002).

**NOTE:** In the rare case when “Anonymous” is specified as the author, treat it as if it were a real name: (Anonymous, 2001). In the list of references, also use the name Anonymous as author.

7. **Organization as author** If the author is a government agency or another organization, name the organization in
the signal phrase or in the parenthetical citation the first time you cite the source.

Obesity puts children at risk for a number of medical complications, including type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2004, p. 1).

If the organization has a familiar abbreviation, you may include it in brackets the first time you cite the source and use the abbreviation alone in later citations.

**FIRST CITATION**  (Centers for Disease Control and Prevention [CDC], 2009)

**LATER CITATIONS**  (CDC, 2009)

**8. Authors with the same last name**  To avoid confusion, use initials with the last names if your reference list includes two or more authors with the same last name.

Research by E. Smith (1989) revealed that . . .

**9. Two or more works by the same author in the same year**  When your list of references includes more than one work by the same author in the same year, use lowercase letters (“a,” “b,” and so on) with the year to order the entries in the reference list. (See item 6 on p. 11.) Use those same letters with the year in the in-text citation.

Research by Durgin (2003b) has yielded new findings about the role of counseling in treating childhood obesity.

**10. Two or more works in the same parentheses**  When your parenthetical citation names two or more works, put them in the same order that they appear in the reference list, separated with semicolons.

Researchers have indicated that studies of pharmacological treatments for childhood obesity are inconclusive (Berkowitz et al., 2003; McDuffie et al., 2002).

**11. Personal communication**  Personal interviews, memos, letters, e-mail, and similar unpublished communications
should be cited in the text only, not in the reference list. (Use the first initial with the last name in parentheses.)

One of Atkinson’s colleagues, who has studied the effect of the media on children’s eating habits, has contended that advertisers for snack foods will need to design ads responsibly for their younger viewers (F. Johnson, personal communication, October 20, 2009).

**12. Electronic source** When possible, cite electronic sources, including online sources, as you would any other source, giving the author and the year.

Atkinson (2001) found that children who spent at least four hours a day watching TV were less likely to engage in adequate physical activity during the week.

Electronic sources sometimes lack authors’ names, dates, or page numbers.

*Unknown author*
When no author is named, mention the title of the source in the signal phrase or give the first word or two of the title in the parentheses (see also item 6). (If an organization serves as the author, see item 7.)

The body’s basal metabolic rate, or BMR, is a measure of its at-rest energy requirement (“Exercise,” 2003).

*Unknown date*
When the date is unknown, use the abbreviation “n.d.” (for “no date”).

Attempts to establish a definitive link between television programming and children’s eating habits have been problematic (Magnus, n.d.).

*No page numbers*
APA ordinarily requires page numbers for quotations, and it recommends them for summaries and paraphrases from long sources. When an electronic source lacks stable numbered pages, your citation should include information that will help readers locate the particular passage being cited.
If the source has numbered paragraphs, use the paragraph number preceded by the abbreviation “para.”: (Hall, 2008, para. 5). If the source contains headings, cite the appropriate heading in parentheses; you may also indicate the paragraph under the heading that you are referring to, even if the paragraphs are not numbered.

Hoppin and Taveras (2004) pointed out that several other medications were classified by the Drug Enforcement Administration as having the “potential for abuse” (Weight-Loss Drugs section, para. 6).

**NOTE:** Electronic files in portable document format (PDF) often have stable page numbers. For such sources, give the page number in the parenthetical citation.

### 13. Indirect source

If you use a source that was cited in another source (a secondary source), name the original source in your signal phrase. List the secondary source in your reference list and include it in your parenthetical citation, preceded by the words “as cited in.” In the following example, Satcher is the original source, and Critser is the secondary source, given in the reference list.

Former surgeon general Dr. David Satcher described “a nation of young people seriously at risk of starting out obese and dooming themselves to the difficult task of overcoming a tough illness” (as cited in Critser, 2003, p. 4).

### 14. Sacred or classical text

Identify the text, the version or edition you used, and the relevant part (chapter, verse, line). It is not necessary to include the source in the reference list.

Peace activists have long cited the biblical prophet’s vision of a world without war: “And they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more” (Isaiah 2:4, Revised Standard Version).
Directory to APA references (bibliographic entries)

General guidelines for listing authors (print and online)
1. Single author, 10
2. Multiple authors, 10
3. Organization as author, 11
4. Unknown author, 11
5. Two or more works by the same author, 11
6. Two or more works by the same author in the same year, 11

Articles in periodicals (print)
7. Article in a journal, 12
8. Article in a magazine, 12
9. Article in a newspaper, 12
10. Article with three to seven authors, 14
11. Article with eight or more authors, 14
12. Abstract of a journal article, 14
13. Letter to the editor, 14
14. Editorial or other unsigned article, 14
15. Newsletter article, 14
16. Review, 15

Books (print)
17. Basic format for a book, 15
18. Book with an editor, 15
19. Book with an author and an editor, 16
20. Book with an author and a translator, 16
21. Edition other than the first, 16
22. Article or chapter in an edited book or an anthology, 16
23. Multivolume work, 18
24. Introduction, preface, foreword, or afterword, 18
25. Dictionary or other reference work, 18
26. Article in a reference work, 18
27. Republished book, 18
28. Book with a title in its title, 18
29. Sacred or classical text, 18

Online sources
30. Article in an online journal, 19
31. Article in an online magazine, 19
32. Article in an online newspaper, 20
33. Article published only online, 20
34. Article from a database, 20
35. Abstract for an online article, 22
36. Online book, 22
37. Chapter in an online book, 22
38. Online reference work, 22
39. Document from a Web site, 23
40. Section in a Web document, 23
41. Document from a university Web site or government agency, 24
42. Article in an online newsletter, 24
43. Podcast, 24
44. Weblog (blog) post, 27
45. Online audio or video file, 27
46. Entry in a wiki, 27
47. Data set or graphic representation, 27
48. Conference hearing, 28
49. E-mail, 28
50. Online posting, 28
Guidelines for listing authors

In APA style, the alphabetical list of works cited, which appears at the end of the paper, is titled “References.” For advice on preparing the reference list, see pages 35–36. For a sample reference list, see page 46.

Alphabetize entries in the list of references by authors’ last names; if a work has no author, alphabetize it by its title. The first element of each entry is important because citations in the text of the paper refer to it and readers will be looking for it in the alphabetized list. The date of publication appears immediately after the first element of the citation.

In APA style, titles of books are italicized; titles of articles are neither italicized nor put in quotation marks. (For rules on capitalization of titles, see p. 33.)

General guidelines for listing authors (print and online)

In APA style, all authors’ names are inverted (the last name comes first), and initials only are used for all first and middle names.
NAME AND DATE CITED IN TEXT
Duncan (2008) has reported that . . .

BEGINNING OF ENTRY IN THE LIST OF REFERENCES

1. Single author

   author: last name + initial(s) year title (book)

2. Multiple authors

   List up to seven authors by last names followed by initials. Use an ampersand (&) before the name of the last author. If there are more than seven authors, list the first six followed by three ellipsis dots and the last author’s name. (See pp. 3–4 for citing works with multiple authors in your paper.)

Two to seven authors

   all authors: last name + initial(s) year title (book) place of publication

   all authors: last name + initial(s) year title (article)

Eight or more authors

3. Organization as author

<table>
<thead>
<tr>
<th>author: organization name</th>
<th>year</th>
<th>title (book)</th>
</tr>
</thead>
</table>

If the publisher is not the same as the author, give the publisher’s name as you would for any other source.

4. Unknown author  Begin the entry with the work’s title.

<table>
<thead>
<tr>
<th>title (book)</th>
<th>year</th>
<th>place of publication</th>
<th>publisher</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>title (article)</th>
<th>year + date</th>
<th>journal title</th>
<th>volume, issue</th>
<th>page range</th>
</tr>
</thead>
</table>

5. Two or more works by the same author  Use the author’s name for all entries. List the entries by year, the earliest first.


6. Two or more works by the same author in the same year  List the works alphabetically by title. In the parentheses, following the year add “a,” “b,” and so on. Use these same letters when giving the year in the in-text citation. (See also p. 35.)


Articles in periodicals (print)

Periodicals include scholarly journals, magazines, and newspapers. For a journal or a magazine, give only the volume number if the publication is paginated continuously through each volume; give the volume and issue numbers if each issue of the volume begins on page 1. Italicize the volume number and put the issue number, not italicized, in parentheses.

For all periodicals, when an article appears on consecutive pages, provide the range of pages. When an article does not appear on consecutive pages, give all page numbers: A1, A17. (See also “Online sources” beginning on p. 19 for online articles and articles accessed through a library’s database.) For an illustrated citation of an article in a periodical, see page 13.

7. Article in a journal


8. Article in a magazine

Cite as a journal article, but give the year and the month for monthly magazines; add the day for weekly magazines.


9. Article in a newspaper

Citation at a glance | Article in a periodical (APA)

To cite an article in a print periodical in APA style, include the following elements:

1. Author
2. Year of publication
3. Title of article
4. Name of periodical
5. Volume number; issue number, if required (see p. 12)
6. Page numbers of article

REFERENCE LIST ENTRY FOR AN ARTICLE IN A PRINT PERIODICAL


For variations on citing articles in print periodicals in APA style, see pages 12–15.
Give the year, month, and day for daily and weekly newspapers. Use “p.” or “pp.” before page numbers.

10. Article with three to seven authors

11. Article with eight or more authors List the first six authors followed by three ellipsis dots and the last author.

12. Abstract of a journal article

13. Letter to the editor Letters to the editor appear in journals, magazines, and newspapers. Follow the appropriate model (see items 7–9), and insert the words “Letter to the editor” in brackets after the title of the letter. If the letter has no title, use the bracketed words as the title.

14. Editorial or other unsigned article

15. Newsletter article
16. Review  Give the author and title of the review (if any) and, in brackets, the type of work, the title, and the author for a book or the year for a motion picture. If the review has no author or title, use the material in brackets as the title.


Books (print)

Items 17–29 apply to print books. For online books, see items 36 and 37. For an illustrated citation of a print book, see page 17.

Take the information about a book from its title page and copyright page. If more than one place of publication is listed, use only the first. Give the city and state (abbreviated) for all US cities or the city and country (not abbreviated) for all non-US cities; also include the province for Canadian cities. Do not give a state if the publisher’s name includes it (as in many university presses, for example).

17. Basic format for a book


18. Book with an editor

The abbreviation “Eds.” is for multiple editors. If the book has one editor, use “Ed.”

19. Book with an author and an editor

```
author: last name year of name(s) of editor(s): in normal order
+ initial(s) publication book title
```


The abbreviation “Eds.” is for multiple editors. If the book has one editor, use “Ed.”

20. Book with an author and a translator

After the title, name the translator, followed by “Trans.,” in parentheses. Add the original date of publication at the end of the entry.


21. Edition other than the first


22. Article or chapter in an edited book or an anthology

```
author of chapter: last name + initial(s) year of title of chapter
publication
```


The abbreviation “Eds.” is for multiple editors. If the book has one editor, use “Ed.”
Citation at a glance | Book (APA)

To cite a print book in APA style, include the following elements:

1. Author
2. Year of publication
3. Title and subtitle
4. Place of publication
5. Publisher


For more on citing print books in APA style, see pages 15–18.
23. Multivolume work  Give the number of volumes after the title.


24. Introduction, preface, foreword, or afterword


25. Dictionary or other reference work


26. Article in a reference work


27. Republished book


28. Book with a title in its title  If the book title contains another book title or an article title, neither italicize the internal title nor place it in quotation marks.


29. Sacred or classical text  It is not necessary to list sacred works such as the Bible or the Qur’an or classical Greek and Roman works in your reference list. See item 14 on page 7 for how to cite these sources in the text of your paper.

See Part 2 for pages 19-47.
Online sources

When citing an online article, include publication information as for a print periodical (see items 7–16) and add information about the online version (see items 30–35).

Online articles and books sometimes include a DOI (digital object identifier). APA uses the DOI, when available, in place of a URL in reference list entries.

Use a retrieval date for an online source only if the content is likely to change. Most of the examples in this section do not show a retrieval date because the content of the sources is stable; if you are unsure about whether to use a retrieval date, include the date or consult your instructor.

If you must break a DOI or a URL at the end of a line, break it after a double slash or before any other mark of punctuation; do not add a hyphen. Do not put a period at the end of the entry.

30. Article in an online journal


If there is no DOI, include the URL for the journal’s home page.


31. Article in an online magazine Treat as an article in a print magazine (see item 8), and add the URL for the magazine’s home page.

32. **Article in an online newspaper**  Treat as an article in a print newspaper (see item 9), adding the URL for the newspaper’s home page.


33. **Article published only online**  If an article in a journal, magazine, or newspaper appears only online, give whatever publication information is available in the source and add the description “Supplemental material” in brackets following the article title.


34. **Article from a database**  Start with the publication information for the source (see items 7–16). If the database entry gives a DOI for the article, use that number at the end and do not include the database name. For an illustrated citation of a work from a database, see page 21.


If there is no DOI, include the URL for the home page of the journal.

Citation at a glance | Article from a database (APA)

To cite an article from a database in APA style, include the following elements:

1. Author(s)
2. Date of publication
3. Title of article
4. Name of periodical
5. Volume number; issue number, if required (see p. 12)
6. Page range
7. DOI (digital object identifier)
8. URL for journal’s home page (if there is no DOI)

ON-SCREEN VIEW OF DATABASE RECORD
REFERENCE LIST ENTRY FOR AN ARTICLE FROM A DATABASE


For more on citing articles from a database in APA style, see item 34.

35. Abstract for an online article


36. Online book


37. Chapter in an online book


38. Online reference work


Use a retrieval date only if the content of the work is likely to change.
39. Document from a Web site  List as many of the following elements as are available: author’s name, publication date (or “n.d.” if there is no date), title (in italics), and URL. Give your retrieval date only if the content of the source is likely to change.

Source with date


Source with no date


Source with no author

If a source has no author, begin with the title and follow it with the date in parentheses.


40. Section in a Web document


For an illustrated citation of a section in a Web document, see page 25.
41. **Document from a university Web site or government agency** Name the organization or agency in your retrieval statement.


42. **Article in an online newsletter** Cite as an online article (see items 30–32), giving the title of the newsletter and whatever other information is available, including volume and issue numbers.


43. **Podcast**


Citation at a glance | Section in a Web document (APA)

To cite a section in a Web document in APA style, include the following elements:

1. Author
2. Date of publication or most recent update
3. Title of section
4. Title of document
5. URL of section

BROWSER PRINTOUT OF WEB SITE

To view the PDF files, you will need Adobe Acrobat Reader or the screen reader accessibility plug-in for visual access (free downloads from Adobe’s Web site).

Published February 2005.
REFERENCE LIST ENTRY FOR A SECTION IN A WEB DOCUMENT

www.health.state.mn.us/divs/chs/03annsum/fertility.pdf

For more on citing documents from Web sites in APA style, see
44. **Weblog (blog) post**  Give the writer’s name, the date of the post, the subject, the label “Web log post,” and the URL. For a response to a post, use the label “Web log comment.”


45. **Online audio or video file**  Give the medium or a description of the source file in brackets following the title.


46. **Entry in a wiki**  Begin with the title of the entry and the date of posting, if there is one (use “n.d.” for “no date” if there is not). Then add your retrieval date, the name of the wiki, and the URL for the wiki. Include the date of retrieval because the content of a wiki is often not stable. If an author or an editor is identified, include that name at the beginning of the entry.


47. **Data set or graphic representation**  Give information about the type of source in brackets following the title. If there is no title, give a brief description of the content of the source in brackets in place of the title.


**48. Conference hearing**


**49. E-mail**  E-mail messages, letters, and other personal communications are not included in the list of references. (See p. 5 for citing these sources in the text of your paper.)

**50. Online posting**  If an online posting is not archived, cite it as a personal communication in the text of your paper and do not include it in the list of references. If the posting is archived, give the URL and the name of the discussion list if it is not part of the URL.


**Other sources (including online versions)**

**51. Dissertation from a database**


**52. Unpublished dissertation**

53. Government document


54. Report from a private organization If the publisher and the author are the same, begin with the publisher. For a print source, use “Author” as the publisher at the end of the entry (see item 3 on p. 11); for an online source, give the URL. If the report has a number, put it in parentheses following the title.

55. Legal source

56. Conference proceedings

57. Paper presented at a meeting or symposium (unpublished)

58. Poster session at a conference
59. **Map or chart**

60. **Advertisement**

61. **Published interview**

62. **Lecture, speech, or address**
Fox, V. (2008, March 5). *Economic growth, poverty, and democracy in Latin America: A president’s perspective*. Address at the Freeman Spogli Institute, Stanford University, Stanford, CA.

63. **Work of art or photograph**


64. **Brochure, pamphlet, or fact sheet**


65. **Presentation slides**
66. **Film or video (motion picture)**  Give the director, producer, and other relevant contributors, followed by the year of the film’s release, the title, the description “Motion picture” in brackets, the country where the film was made, and the studio. If you viewed the film on videocassette or DVD, indicate that medium in brackets in place of “Motion picture.” If the original release date and the date of the DVD or videocassette are different, add “Original release” and that date in parentheses at the end of the entry. If the motion picture would be difficult for your readers to find, include instead the name and address of its distributor.


67. **Television program**  List the producer and the date the program was aired. Give the title, followed by “Television broadcast” in brackets, the city, and the television network or service.


For a television series, use the year in which the series was produced, and follow the title with “Television series” in brackets. For an episode in a series, list the writer and director and the year. After the episode title, put “Television series episode” in brackets. Follow with information about the series.


68. Sound recording

69. Computer software or video game   Add the words “Computer software” (neither italicized nor in quotation marks) in brackets after the title of the program.


**APA manuscript format**

The American Psychological Association makes a number of recommendations for formatting a paper and preparing a list of references. The following guidelines are consistent with advice given in the *Publication Manual of the American Psychological Association, 6th ed.* (Washington: APA, 2010), and typical requirements for undergraduate papers.

**Formatting the paper**

Many instructors in the social sciences require students to follow APA guidelines for formatting a paper.

**NOTE ON APA GUIDELINES FOR STUDENT PAPERS:** The APA manual provides guidelines for papers prepared for publication in a scholarly journal; it does not provide specific guidelines for papers prepared for undergraduate classes. The formatting guidelines in this section and the sample paper on pages 37–46 are consistent with typical requirements for undergraduate writing. The samples on page 47 show APA formatting for a paper prepared for publication. If you are in doubt about which format is preferred or required in your course, ask your instructor.
**Materials and font**  Use good-quality 8½” × 11” white paper. Avoid a font that is unusual or hard to read.

**Title page**  APA provides few guidelines for formatting the title page of an undergraduate paper, but most instructors expect students to include one. See the sample on page 37.

**Page numbers and running head**  For a student paper, number all pages with arabic numerals (1, 2, 3, and so on), including the title page. In the upper right-hand corner of each page, type a short version of your title, capitalizing all words of four letters or more, followed by one space and the page number. See pages 37–46. For a paper submitted for publication, in the upper left-hand corner of every page place a short form of the title in all capital letters (on the title page, include the words “Running head” followed by a colon before the paper title). On the same line in the right-hand corner, place the page number, beginning with 1 on the title page. See page 47.

**Margins, line spacing, and paragraph indents**  Use margins of one inch on all sides of the page. Left-align the text. Double-space throughout the paper, but single-space footnotes. Indent the first line of each paragraph one-half inch.

**Capitalization, italics, and quotation marks**  Capitalize all words of four letters or more in titles of works and in headings that appear in the text of the paper. Capitalize the first word after a colon if the word begins a complete sentence.

Italicize the titles of books and other long works, such as Web sites. Use quotation marks around the titles of periodical articles, short stories, poems, and other short works.

**NOTE:** APA has different requirements for titles in the reference list. See page 36.

**Long quotations and footnotes**  When a quotation is longer than forty words, set it off from the text by indenting it one-half inch from the left margin. Double-space the quotation. Do not use quotation marks around a quotation that has been set off from the text. See page 45 for an example.
Place each footnote, if any, at the bottom of the page on which the text reference occurs. Double-space between the last line of text on the page and the footnote. Indent the first line of the footnote one-half inch. Begin the note with the superscript arabic numeral that corresponds to the number in the text. See page 39 for an example.

**Abstract** If your instructor requires an abstract, include it immediately after the title page. Center the word Abstract one inch from the top of the page; double-space the abstract as you do the body of your paper.

An abstract is a 100-to-150-word paragraph that provides readers with a quick overview of your essay. It should express your main idea and your key points; it might also briefly suggest any implications or applications of the research you discuss in the paper. See page 38 for an example.

**Headings** Although headings are not always necessary, their use is encouraged in the social sciences. For most undergraduate papers, one level of heading will usually be sufficient.

In APA style, major headings are centered and boldface. Capitalize the first word of the heading, along with all words except articles, short prepositions, and coordinating conjunctions. See the sample paper on pages 37–46.

**Visuals** APA classifies visuals as tables and figures (figures include graphs, charts, drawings, and photographs). Keep visuals as simple as possible.

Label each table with an arabic numeral (Table 1, Table 2, and so on) and provide a clear title. The label and title should appear on separate lines above the table, flush left and single-spaced.

Below the table, give its source in a note. If any data in the table require an explanatory footnote, use a superscript lowercase letter in the body of the table and in a footnote following the source note. Double-space source notes and footnotes and do not indent the first line of each note. See page 42 for an example of a table in a model paper.
For each figure, place a label and a caption below the figure, flush left and double-spaced. The label and caption need not appear on separate lines.

In the text of your paper, discuss the most significant features of each visual. Place the visual as close as possible to the sentences that relate to it unless your instructor prefers it in an appendix.

**Preparing the list of references**

Begin your list of references on a new page at the end of the paper. Center the title References one inch from the top of the page. Double-space throughout. For a sample reference list, see page 46.

**Indenting entries** Use a hanging indent in the reference list: Type the first line of each entry flush left and indent any additional lines one-half inch, as shown on page 46.

**Alphabetizing the list** Alphabetize the reference list by the last names of the authors (or editors); when a work has no author or editor, alphabetize by the first word of the title other than A, An, or The.

If your list includes two or more works by the same author, arrange the entries by year, the earliest first. If your list includes two or more works by the same author in the same year, arrange the works alphabetically by title. Add the letters “a,” “b,” and so on within the parentheses after the year. Use only the year and the letter for articles in journals: (2002a). Use the full date and the letter for articles in magazines and newspapers in the reference list: (2005a, July 7). Use only the year and the letter in the in-text citation.

**Authors’ names** Invert all authors’ names and use initials instead of first names. With two or more authors, use an ampersand (&) before the last author’s name. Separate the names with commas. Include names for the first seven authors;
if there are eight or more authors, give the first six authors, three ellipsis dots, and the last author (see p. 10).

**Titles of books and articles**  Italicize the titles and subtitles of books. Do not use quotation marks around the titles of articles. Capitalize only the first word of the title and subtitle (and all proper nouns) of books and articles. Capitalize names of periodicals as you would capitalize them normally.

**Abbreviations for page numbers**  Abbreviations for “page” and “pages” (“p.” and “pp.”) are used before page numbers of newspaper articles and articles in edited books (see item 9 on p. 12 and item 22 on p. 16) but not before page numbers of articles in magazines and scholarly journals (see items 7 and 8 on p. 12).

**Breaking a URL**  When a URL or a DOI (digital object identifier) must be divided, break it after a double slash or before any other mark of punctuation. Do not insert a hyphen, and do not add a period at the end.

For information about the exact format of each entry in your list, consult the models on pages 10–32.

**Sample APA research paper**

On the following pages is a research paper on the effectiveness of treatments for childhood obesity, written by Luisa Mirano, a student in a psychology class. Mirano’s assignment was to write a literature review paper documented with APA-style citations and references.

See the note on page 32 for a discussion of formatting differences in APA-style student papers and papers prepared for scholarly publication.
Can Medication Cure Obesity in Children?  
A Review of the Literature

Luisa Mirano  
Psychology 108, Section B  
Professor Kang  
October 31, 2004

Marginal annotations indicate APA-style formatting and effective writing.
Abstract

In recent years, policymakers and medical experts have expressed alarm about the growing problem of childhood obesity in the United States. While most agree that the issue deserves attention, consensus dissolves around how to respond to the problem. This literature review examines one approach to treating childhood obesity: medication. The paper compares the effectiveness for adolescents of the only two drugs approved by the Food and Drug Administration (FDA) for long-term treatment of obesity, sibutramine and orlistat. This examination of pharmacological treatments for obesity points out the limitations of medication and suggests the need for a comprehensive solution that combines medical, social, behavioral, and political approaches to this complex problem.
Obesity in Children

Can Medication Cure Obesity in Children?
A Review of the Literature

In March 2004, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona said that the “astounding” 15% child obesity rate constitutes an “epidemic.” Since the early 1980s, that rate has “doubled in children and tripled in adolescents.” Now more than nine million children are classified as obese. While the traditional response to a medical epidemic is to hunt for a vaccine or a cure-all pill, childhood obesity has proven more elusive. The lack of success of recent initiatives suggests that medication might not be the answer for the escalating problem. This literature review considers whether the use of medication is a promising approach for solving the childhood obesity problem by responding to the following questions:

1. What are the implications of childhood obesity?
2. Is medication effective at treating childhood obesity?
3. Is medication safe for children?
4. Is medication the best solution?

Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity problem in the United States and underscores the need for physicians, advocacy groups, and policymakers to search for other solutions.

What Are the Implications of Childhood Obesity?

Obesity can be a devastating problem from both an individual and a societal perspective. Obesity puts children at risk for a number of

1Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. A child or an adolescent with a BMI in the 95th percentile for his or her age and gender is considered obese.
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medical complications, including type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2004, p. 1). Researchers Hoppin and Taveras (2004) have noted that obesity is often associated with psychological issues such as depression, anxiety, and binge eating (Table 4).

Obesity also poses serious problems for a society struggling to cope with rising health care costs. The cost of treating obesity currently totals $117 billion per year—a price, according to the surgeon general, “second only to the cost of [treating] tobacco use” (Carmona, 2004). And as the number of children who suffer from obesity grows, long-term costs will only increase.

Is Medication Effective at Treating Childhood Obesity?

The widening scope of the obesity problem has prompted medical professionals to rethink old conceptions of the disorder and its causes. As researchers Yanovski and Yanovski (2002) have explained, obesity was once considered “either a moral failing or evidence of underlying psychopathology” (p. 592). But this view has shifted: Many medical professionals now consider obesity a biomedical rather than a moral condition, influenced by both genetic and environmental factors. Yanovski and Yanovski have further noted that the development of weight-loss medications in the early 1990s showed that “obesity should be treated in the same manner as any other chronic disease . . . through the long-term use of medication” (p. 592).

The search for the right long-term medication has been complicated. Many of the drugs authorized by the Food and Drug Administration (FDA) in the early 1990s proved to be a disappointment. Two of the medications—fenfluramine and dexfenfluramine—were withdrawn from the market because of severe side effects (Yanovski & Yanovski, 2002, p. 592), and several others
were classified by the Drug Enforcement Administration as having the “potential for abuse” (Hoppin & Taveras, 2004, Weight-Loss Drugs section, para. 6). Currently only two medications have been approved by the FDA for long-term treatment of obesity: sibutramine (marketed as Meridia) and orlistat (marketed as Xenical). This section compares studies on the effectiveness of each.

Sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (Yanovski & Yanovski, 2002, p. 594). Though the drug won FDA approval in 1998, experiments to test its effectiveness for younger patients came considerably later. In 2003, University of Pennsylvania researchers Berkowitz, Wadden, Tershakovec, and Cronquist released the first double-blind placebo study testing the effect of sibutramine on adolescents, aged 13-17, over a 12-month period. Their findings are summarized in Table 1.

After 6 months, the group receiving medication had lost 4.6 kg (about 10 pounds) more than the control group. But during the second half of the study, when both groups received sibutramine, the results were more ambiguous. In months 6-12, the group that continued to take sibutramine gained an average of 0.8 kg, or roughly 2 pounds; the control group, which switched from placebo to sibutramine, lost 1.3 kg, or roughly 3 pounds (p. 1808). Both groups received behavioral therapy covering diet, exercise, and mental health.

These results paint a murky picture of the effectiveness of the medication: While initial data seemed promising, the results after one year raised questions about whether medication-induced weight loss could be sustained over time. As Berkowitz et al. (2003) advised, “Until more extensive safety and efficacy data are available, . . . weight-loss medications should be used only on an experimental basis for adolescents” (p. 1811).
Sample APA research paper

Mirano uses a table to summarize the findings presented in two sources.

A note gives the source of the data.

A content note explains data common to all subjects.

### Table 1
**Effectiveness of Sibutramine and Orlistat in Adolescents**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Subjects</th>
<th>Treatment&lt;sup&gt;a&lt;/sup&gt;</th>
<th>Side effects</th>
<th>Average weight loss/gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sibutramine</td>
<td>Control</td>
<td>0-6 mos.: placebo</td>
<td>Mos. 6-12: increased blood pressure; increased pulse rate</td>
<td>After 6 mos.: loss of 3.2 kg (7 lb)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6-12 mos.: sibutramine</td>
<td></td>
<td>After 12 mos.: loss of 4.5 kg (9.9 lb)</td>
</tr>
<tr>
<td></td>
<td>Medicated</td>
<td>0-12 mos.: sibutramine</td>
<td>Increased blood pressure; increased pulse rate</td>
<td>After 6 mos.: loss of 7.8 kg (17.2 lb)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>After 12 mos.: loss of 7.0 kg (15.4 lb)</td>
</tr>
<tr>
<td>Orlistat</td>
<td>Control</td>
<td>0-12 mos.: placebo</td>
<td>None</td>
<td>Gain of 0.67 kg (1.5 lb)</td>
</tr>
<tr>
<td></td>
<td>Medicated</td>
<td>0-12 mos.: orlistat</td>
<td>Oily spotting; flatulence; abdominal discomfort</td>
<td>Loss of 1.3 kg (2.9 lb)</td>
</tr>
</tbody>
</table>

<sup>a</sup>The medication and/or placebo were combined with behavioral therapy in all groups over all time periods.

A study testing the effectiveness of orlistat in adolescents showed similarly ambiguous results. The FDA approved orlistat in 1999 but did not authorize it for adolescents until December 2003. Roche Laboratories (2003), maker of orlistat, released results of a one-year study testing the drug on 539 obese adolescents, aged 12-16. The drug, which promotes weight loss by blocking fat absorption in the large intestine, showed some effectiveness in adolescents: an average loss of 1.3 kg, or roughly 3 pounds, for subjects taking orlistat for one year, as opposed to an average gain of 0.67 kg, or 1.5 pounds, for the control group (pp. 8-9). See Table 1.

Short-term studies of orlistat have shown slightly more dramatic results. Researchers at the National Institute of Child Health and Human Development tested 20 adolescents, aged 12-16, over a three-month period and found that orlistat, combined with behavioral therapy, produced an average weight loss of 4.4 kg, or 9.7 pounds (McDuffie et al., 2002, p. 646). The study was not controlled against a placebo group; therefore, the relative effectiveness of orlistat in this case remains unclear.

**Is Medication Safe for Children?**

While modest weight loss has been documented for both medications, each carries risks of certain side effects. Sibutramine has been observed to increase blood pressure and pulse rate. In 2002, a consumer group claimed that the medication was related to the deaths of 19 people and filed a petition with the Department of Health and Human Services to ban the medication (Hilts, 2002). The sibutramine study by Berkowitz et al. (2003) noted elevated blood pressure as a side effect, and dosages had to be reduced or the medication discontinued in 19 of the 43 subjects in the first six months (p. 1809).

The main side effects associated with orlistat were abdominal discomfort, oily spotting, fecal incontinence, and nausea (Roche
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Laboratories, 2003, p. 13). More serious for long-term health is the concern that orlistat, being a fat-blocker, would affect absorption of fat-soluble vitamins, such as vitamin D. However, the study found that this side effect can be minimized or eliminated if patients take vitamin supplements two hours before or after administration of orlistat (p. 10). With close monitoring of patients taking the medication, many of the risks can be reduced.

Is Medication the Best Solution?

The data on the safety and efficacy of pharmacological treatments of childhood obesity raise the question of whether medication is the best solution for the problem. The treatments have clear costs for individual patients, including unpleasant side effects, little information about long-term use, and uncertainty that they will yield significant weight loss.

In purely financial terms, the drugs cost more than $3 a day on average (Duenwald, 2004). In each of the clinical trials, use of medication was accompanied by an expensive regime of behavioral therapies, including counseling, nutritional education, fitness advising, and monitoring. As journalist Greg Critser (2003) noted in his book Fat Land, use of weight-loss drugs is unlikely to have an effect without the proper “support system”—one that includes doctors, facilities, time, and money (p. 3). For some, this level of care is prohibitively expensive.

A third complication is that the studies focused on adolescents aged 12-16, but obesity can begin at a much younger age. Little data exist to establish the safety or efficacy of medication for treating very young children.

While the scientific data on the concrete effects of these medications in children remain somewhat unclear, medication is not the only avenue for addressing the crisis. Both medical experts and
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Policymakers recognize that solutions might come not only from a laboratory but also from policy, education, and advocacy. A handbook designed to educate doctors on obesity called for “major changes in some aspects of western culture” (Hoppin & Taveras, 2004, Conclusion section, para. 1). Cultural change may not be the typical realm of medical professionals, but the handbook urged doctors to be proactive and “focus [their] energy on public policies and interventions” (Conclusion section, para. 1).

The solutions proposed by a number of advocacy groups underscore this interest in political and cultural change. A report by the Henry J. Kaiser Family Foundation (2004) outlined trends that may have contributed to the childhood obesity crisis, including food advertising for children as well as

- a reduction in physical education classes and after-school athletic programs,
- an increase in the availability of sodas and snacks in public schools,
- the growth in the number of fast-food outlets . . . ,
- and the increasing number of highly processed high-calorie and high-fat grocery products.

Addressing each of these areas requires more than a doctor armed with a prescription pad; it requires a broad mobilization not just of doctors and concerned parents but of educators, food industry executives, advertisers, and media representatives.

The barrage of possible approaches to combating childhood obesity—from scientific research to political lobbying—indicates both the severity and the complexity of the problem. While none of the medications currently available is a miracle drug for curing the nation’s 9 million obese children, research has illuminated some of the underlying factors that affect obesity and has shown the need for a comprehensive approach to the problem that includes behavioral, medical, social, and political change.
References


Can Medication Cure Obesity in Children?
A Review of the Literature
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Author Note
This paper was prepared for Psychology 108, Section B, taught by Professor Kang.

Marginal annotations indicate APA-style formatting.