This guide is based on the 6th edition (2009) of the *Publication Manual of the American Psychological Association*. For further explanation and for more examples, please consult the Manual, which is available in print. For electronic resources, consult the APA Style Guide to Electronic References.

Every effort has been made to ensure that the information in this QuickGuide is accurate and current. However, in case of discrepancies, the APA Manual and the APA Style Guide to Electronic References are the authoritative sources for citation information.

To use the APA style, create specific in-text (parenthetical) citations throughout your work (use columns 1b & 1c below) and a reference list at the end of your paper, arranged in alphabetical order by author, that provides full details about your cited sources (use column 1a below).

1. **References list** entries (column 1a below) usually contain, in the following order:
   - Author/creator information
   - Date of publication
   - Title information
   - Publication & retrieval information (e.g., place of publication, publisher name for books; volume and issue numbers for journal articles; a URL or DOI)

2. **In-text citations** (columns 1b & 1c below) make abbreviated reference to the complete citations in your reference list. Column 1b is for the first time you cite a work in text, and column 1c is for any subsequent citations of the same work.
   - Include page numbers only where specific pages have been referred to or quoted. E.g. (Smith, 2011, p. 22) (See sec. 6.19, APA Manual).

### About DOIs:
Wherever possible, include DOIs for documents retrieved electronically. A DOI is a “digital object identifier.” Each DOI is a unique string of letters and numbers which refers to a single article or other digital object, such as an e-book. DOIs can most often be found on the first page of a journal article or on the referring database’s page about the article. You can also visit [https://www.crossref.org/](https://www.crossref.org/) to look up a DOI.

If you cannot locate a DOI for a document retrieved electronically, APA asks you to include the home page URL of the journal or publisher. The APA Manual says, “you may need to do a quick web search to locate this URL” (192). Do not include the name of the database you used unless you cannot find the home page URL of the journal or publisher.

APA recommends using the following format for DOIs: [http://dx.doi.org/10.1037/rmh0000008](http://dx.doi.org/10.1037/rmh0000008). This format is also acceptable: [doi:10.1037/rmh0000008](doi:10.1037/rmh0000008). Whichever format you choose, make sure that you are consistent.

Your reference list should be double-spaced, alphabetized, and indented, like the examples below. See page 49 in the Manual for an example of a formatted reference list.

<table>
<thead>
<tr>
<th>Source</th>
<th>1a. References</th>
<th>1b. First Citation</th>
<th>1c. Subsequent Citations</th>
</tr>
</thead>
</table>
| **Journal article**  
1 author  
Retrieved electronically, with a DOI  
Mousseau (2003) | **Same as first** |

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<table>
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<th>Source</th>
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<th>1b. First Citation</th>
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<td>In parenthetical format (Intini, 2009)</td>
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<td>In parenthetical format (Hughes, 2006, p. A20)</td>
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<td><strong>In parenthetical format</strong> (Li, 1999)</td>
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<td><strong>In parenthetical format</strong> (Ward &amp; Harrison, 2005, pp. 4-5)</td>
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</tr>
<tr>
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</tbody>
</table>
| **Book (edition)**  
(See sec. 7.02, APA Manual) | Berry, R. C., & Wong, G. M. (1993). *Law and business of the sports industries: Common issues in amateur and professional sports (2nd ed.)*. Westport, CT: Praeger. | **In your sentence**  
Berry and Wong (1993) | Same as first |
| **Print encyclopedia:**  
(See secs. 6.15 and 7.02 #27-30, APA Manual) | Berry, R. C., & Wong, G. M. (1993). *Law and business of the sports industries: Common issues in amateur and professional sports (2nd ed.)*. Westport, CT: Praeger. | **In your sentence**  
Berry and Wong (1993) | Same as first |
| **Print encyclopedia:**  
Lott (2001) | Same as first |
| **Print encyclopedia:**  
Lott (2001) | Same as first |
| **Video or DVD**  
Fanizza, Fink, and Hanlon (1997) | Same as first |
| **Video or DVD**  
Fanizza, Fink, and Hanlon (1997) | Same as first |
| **Streaming video**  
CBN News (2015) | Same as first |
| **Streaming video**  
CBN News (2015) | Same as first |

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<table>
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<th>1a. References</th>
<th>1b. First Citation</th>
<th>1c. Subsequent Citations</th>
</tr>
</thead>
</table>
| Webpage with date **Known author**  
Moore (2014) | Same as first |
| |  | **In parenthetical format**  
(Moore, 2014) | Same as first |
| Webpage with date **Group author**  
Centers for Disease Control and Prevention (CDC, 2014, para. 2) | CDC (2014, para. 2) |
| |  | **In parenthetical format**  
(Centers for Disease Control and Prevention [CDC], 2014, para. 2) | (CDC, 2014, para. 2) |
| Webpage with no date **Unknown author**  
“Borderline Personality Disorder” (n.d., para. 4) | Same as first |
| |  | **In parenthetical format**  
(“Borderline Personality Disorder,” n.d., para. 4) | Same as first |
| Personal communications  
(See sec. 6.20, APA Manual) | APA states, “Because they do not provide recoverable data, **personal communications are not included in the reference list**. Cite personal communication in text only. Give the initials as well as the surname of the communicator, and provide as exact date as possible”. (APA, 2009, p. 179) |  | **In your sentence**  
J.T. Smith (personal communication, February 24, 2010) stated that government sponsored resources for the homeless in Alberta have deteriorated significantly since 2001. | Same as first |
| |  | **In parenthetical format**  
Government sponsored resources for the homeless in Alberta have deteriorated significantly since 2001 (J.T. Smith, personal communication, February 24, 2010). | Same as first |
Sample Reference List

References

http://dx.doi.org/10.1037/10081-000


http://dx.doi.org/10.1037/11213-001

http://dx.doi.org/10.1037/a0016503

Questions? [Ask us!](#)
Deciphering citations

The following was created to help make sense of the elements within a citation. This example is based on a journal article retrieved electronically, with a DOI.

**Author**
- Format for one author: Author, A. A.
- More than one author: same format, but add a comma after each author’s initials and add an ampersand (&) before the final author.

**Date**
- In parentheses, followed by a period

**Article title**
- Only capitalize first letter of title and subtitle, and any proper nouns
- Follow with a period

**Journal of Sport & Social Issues, 37, 227-244.**

**DOI**
- If the article is electronic and has a DOI, include it
- Format: http://dx.doi.org/xxxxxx

**Publication/Journal title**
- In *italics*. Capitalize all key words
- Follow with a comma

**Page range**
- Page numbers separated by a dash

**Volume/Issue**
- Volume in *italics*
- Issue in parentheses (only include issue number if each volume starts at p. 1)
- Follow with a comma

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