



Guide to APA Documentation

for Books, Articles and Electronic Sources (7th edition)

This guide contains documentation style examples for print and electronic sources recommended by the American Psychological Association (APA) 7th Edition (2020). There are two parts to APA citation:

1. **In-text Citation:** The brief citations within your research paper that are placed after information which is quoted or paraphrased from the sources you use.
2. **References Page:** This is the last page of your essay. It lists all the information necessary for the reader to locate and reference your sources if desired.

APA In-Text citation is often included at the end of a quote or paraphrase and is formatted like this: (Author's Last Name, year published, page #). A page number is necessary if you are using a direct quote or referencing a specific page. If you are discussing the work as a whole, no page number is needed.

However, the placement of the in-text citation can change depending on whether or not you introduce the author before your quote or paraphrase, but the same information for the citation is still required. See examples below.

Example 1 (paraphrased): Eighty percent of children who live in the United States eat grapes (Jenkins, 2020, p. 3).

Example 2 (quoted): Jenkins (2020) states, "In the United States, grapes are consumed by 80% of children" (p. 3).

Sample APA Paper: In-Text Citations

Take note of the in-text citations in the sample APA paper to the right. Do you notice the difference in formatting between the citation from Morrison and the citation from Granda?

APA Paper Formatting Rules:

- Include a title page
- Double space the text of your paper
- Use legible font
- Use 11 pt. font size
- One space after periods
- 1-inch margins on all sides
- Include page numbers in the top right-hand corner

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Animals' Positive Effects on Happiness

Humans and animals have coexisted for hundreds of generations. Evolution has changed most organisms over time, and in some cases, the relationship between man and beast became intertwined. As domestication occurred, animals began an even closer relationship with humans. It's hard to say when the first domestication took place, but ancient Egyptians used cats in fields and worshiped them as gods. The domestication of dogs can be dated back over 12,000 years and used to provide protection (Morrison, 2007, p. 51). In modern times, more than fifty percent of households have pets and reap the benefits of their company and companionship. Animals provide us with unconditional love, affection, and friendship, which brings humans ever closer to happiness and positive emotions. Therapy animals and pets in our daily lives can significantly increase our overall happiness and provide lasting health benefits. This is proved by the emotional and physiological changes observed in humans who interact with an animal. As Granda (2020) notes, this interrelationship has become even more clear during the recent pandemic where the surge in pet adoptions has soared (p. 3).

Roko Belic's documentary *Happy* (2015), discusses the human need for happiness. This broad concept is linked to positive psychology, which is the scientific study of characteristics that motivate humans to thrive and find positive emotions. Sonja Lyubomirsky, Ph.D., is a Professor of Psychology at US Riverside; she discusses this drive in the film *Happy*. She states that human happiness "can be attributed to 50% genetics, 10% life circumstances, and 40% intentional activity."

NO AUTHOR FOR YOUR SOURCE? Include the first couple words of the title: ("Blue Skies", 2010, p. 13)
TWO AUTHORS FOR YOUR SOURCE? Include both authors' last names: (Smith & Vargas, 2019, p. 152)
THREE OR MORE AUTHORS FOR YOUR SOURCE? List only the first author's name followed by "et al.": (Lui et al., 1991, p. 3)

SOURCE	EXAMPLES OF REFERENCES ENTRY
<p>Entire Book (Print or eBook from Library Database)</p>	<p>Format: Author, A. A. (Year of publication). <i>Title of work: Use uppercase letter for first word in subtitle.</i> Publisher Name. DOI (if available)</p> <p>Example: Muller, K. (1988). <i>San Jose: City with a past.</i> San Jose Historical Museum Association.</p> <p>*If eBook is from a Library database, the database name is not required in the citation.</p>
<p>Edited Book with no Author</p>	<p>Format: Editor, E. E. (Ed.). (Year of publication). <i>Title of book</i> (edition if any). Publisher.</p> <p>Example: Buenker, J. D. & Ratner, L. A. (Eds.). (2005). <i>Multiculturalism in the United States: A comparative guide to acculturation and ethnicity</i> (2nd ed.). Greenwood Press.</p>
<p>Entry or Article in a Reference Book or Encyclopedia</p>	<p>Format: Author, A. A. (Year of publication). Title of article. In <i>Title of reference book</i> (Vol. #, Page #s). Publisher.</p> <p>Example: Reid-Merritt, P., & Rodriguez, M. S. (2020). Mexican Americans and ethno-racial identity. In <i>Race and identity in Hispanic America: The White, the Black, and the Brown</i> (pp. 37-60). Praeger.</p>
<p>Chapter in a Book with an Editor</p>	<p>Format: Author, A. A. (Year of publication). Title of chapter. In Editor (Ed.), <i>Title of book</i> (Page #s). Publisher.</p> <p>Example: Boilard, S. D. (2020). College admissions. In M. J. O’Neal (Ed.), <i>Civil rights movements: Past and present</i> (2nd ed., Vol. 1, pp. 159-160). Salem Press/Grey House.</p>
<p>eBook from a website</p>	<p>Format: Author. (Year of publication). <i>Title of eBook</i>. Publisher. DOI or URL</p> <p>Example: Carlowicz, M. J., Friedl, L., & Ward, K. A. (2018). <i>Earth</i>. National Aeronautics and Space Administration. https://www.nasa.gov/sites/default/files/atoms/files/earth_book_2019_tagged.pdf</p>
<p>Chapter of an eBook</p>	<p>Format: Author. (Year of publication). Title of chapter. In Editor (Ed.), <i>Title of e-book</i> (Page#s). URL</p> <p>Example: Gabora, L., & Russon, A. (2011). The evolution of human intelligence. In R. Sternberg & S. Kaufman (Eds.), <i>The Cambridge handbook of intelligence</i> (pp. 328-350). Cambridge University Press. https://www.researchgate.net/profile/Liane_Gabora/publication/256091745_The_Evolution_of_Intelligence/links/004635265c55c2e109000000/The-Evolution-of-Intelligence.pdf</p>
<p>Film</p>	<p>Format: Director, A. A. (Director). (Year). <i>Title of motion picture</i> [Film]. Production Company.</p> <p>Example: Reitman, J. (Director). (2007). <i>Juno</i> [Film]. Mandate Pictures; Mr. Mudd.</p>
<p>YouTube Video</p>	<p>Format: Person or group who uploaded video. (Date of publication). <i>Title of video</i> [Video]. Website host. URL.</p> <p>Example: CNBC. (2019, November 28). <i>Can big tech curb a housing crisis it helped cause?</i> [Video]. YouTube. https://www.youtube.com/watch?v=kJH4wSW_X5A</p>

Notes on Author Names on the References list:

- NO AUTHOR: Place the title of the source at the beginning of the reference list entry.
Example: *Go ask Alice* (2006). Simon Pulse.
- ONE AUTHOR: Author, A. A.
Example: Attenborough, D. (1984). *The living planet: A portrait of the earth* (2nd ed.). Little, Brown & Co.
- TWO TO TWENTY AUTHORS: Author, A. A., Author, B. B. & Author, C. C.
Example: Hand, C., Ashton, B. & Meadows, J. (2001). *My Lady Jane*. Harper Teen.

SOURCE	EXAMPLES OF REFERENCES ENTRY
Class Lectures (Notes From)	<p>No entry on the References list. Class lecture notes are considered personal communications in APA. Create only an in-text citation.</p> <p>Example: According to B. Wong (personal communication, May 30, 2020), “more than twenty people were exposed to someone who tested positive for COVID at the clinic.”</p>
Interviews, email messages, & other personal communications	<p>APA does not require a References list citation for personal communications (interviews you’ve conducted, lectures you’ve attended, e-mail messages, phone calls, etc.). Create only an in-text citation and give as exact a date as possible:</p> <p>Example: M. Holguin (personal communication, April 20, 2020) explained that the interview process varies from two to three weeks.</p>
Podcast	<p>Format: Last name, F. (Host). (Year, Month Date). Episode title (No. XX) [Audio podcast episode]. In <i>Title of Podcast</i>. Production company. URL.</p> <p>Example: Rogan, J. (Host). (2017, December 18). Dr. Rhonda Patrick (No. 1054) [Audio podcast episode]. In <i>The Joe Rogan Experience</i>. Spotify. https://open.spotify.com/episode/3JGuLUtsJ32YBA7qI6lcsO</p>
Article in a Magazine (Print)	<p>Format: Author, A. A. (Year, Month Day). Title of article. <i>Magazine Title</i>, <i>Volume</i> (Issue), Page#s.</p> <p>Example: Geddes, L. (2010, March 27). Slow thinking may nurture creativity. <i>New Scientist</i>, 205(2753), 12.</p>
Article in a Newspaper (Print)	<p>Format: Author, A. A. (Year, Month Day). Title of article. <i>Periodical Title</i>, Page#s.</p> <p>Example: Schwartz, J. (1993, September 30). Obesity affects economic, social status. <i>The Washington Post</i>, B2.</p>
Article in Journal (Print or Library Database)	<p>Format: Author, A. A. & Author, B. B. (Year). Title of article. <i>Journal Title</i>, <i>Volume</i> (Issue Number if given), Page#s.</p> <p>Example: Mellers, B. A. & Barton, M. (2000). Choice and the relative pleasure of consequences. <i>Psychological Bulletin</i>, 126(2), 910-924.</p>
Online Article with a DOI	<p>Format: Author, A. A. (Year). Title of article. <i>Title of the Journal</i>, <i>Volume</i> (Issue), Page#s. DOI</p> <p>Example: Balter, M. (2010). Did working memory spark creative culture? <i>Science</i>, 328(5975), 160-163. https://doi.org/10.1126/science.328.5975.160</p> <p>NOTE ON DOI: A DOI (Digital Object Identifier) is a unique number assigned by a registration agency. If provided, the DOI should be included. If there is no DOI, use a stable URL (or URL of the homepage of the publisher). If a DOI is not provided for an article in a database, do not include a URL or any database information.</p>
Online Article without DOI	<p>Format: Author's Last Name, First Initial. (Year). Title of article: Subtitle if any. <i>Name of Journal</i>, <i>Volume Number</i>(Issue Number if given), pages. URL</p> <p>Example: Schudson, M. (1989). How culture works: Perspectives from media studies on the efficacy of symbols. <i>Theory and Society</i>, 18(2), 153-180. https://www.jstor.org/stable/657530</p>
Hospital Policy	<p>Format: Name of Group. (Year). <i>Title of report</i>. Publisher Name. DOI or URL</p> <p>Example: Santa Clara Valley Medical Center. (2020). <i>Universal masking guidelines for staff, patients, and visitors during COVID-19 pandemic</i>. Retrieved from Santa Clara Valley Medical Center Intranet.</p> <p>NOTE: If the document is accessible online, include the URL. If it is accessible online to certain individuals (i.e. intranet), state that you “Retrieved from [name of institution] Intranet” as mentioned above.</p>

SOURCE	EXAMPLES OF REFERENCES ENTRY
Specific Page within a Website	<p>Format: Author, A. A. or Group (Year, Month Day of publication). <i>Title of page</i>. Title of web site. URL</p> <p>Example: Price, D. (2018, March 23). <i>Laziness does not exist</i>. Medium. https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01</p>
Online Encyclopedia, Dictionary, Thesaurus with an Author	<p>Format: Author, A. (Year). Title of entry. In M. Lastname (ed.), <i>Title of reference work</i> (edition). Publisher. URL or DOI</p> <p>Example: Kumar, S. (2015). Pluripotency network. In E. E. Bouhassira & K. S. Vyas (Eds.), <i>The SAGE Encyclopedia of Stem Cell Research</i> (2nd ed.). SAGE Reference. https://0-link-gale-com.library.sjcccd.edu/apps/doc/CX6279700365/GVRL?u=san57663</p>
Online Encyclopedia, Dictionary, Thesaurus without an Author	<p>Format: Organization (Year). (Date of publication). Title of entry. In <i>Title of reference work</i>. URL</p> <p>Example: Encyclopædia Britannica. (2020). Virtual reality. In <i>Encyclopædia Britannica</i>. https://0-academic-eb-com.library.sjcccd.edu/levels/collegiate/article/virtual-reality/1382</p>
Facebook Post	<p>Format: Author, A. or Group. (Year, Month Date). <i>First 20 words of the post contents</i> [Type of post]. Site Name. URL.</p> <p>Example: Centers for Disease Control and Prevention. (2020, April 30). <i>Wearing a cloth face covering CORRECTLY can help prevent the spread of COVID-19 to others. When you go out on</i> [Video attached] [Status update]. Facebook. https://www.facebook.com/pg/CDC/posts/</p>

Sample APA References Page

APA References List Rules:

- Include References list at the end of your paper on a new page
- Title the page: **References** (in bold)
- Double space all citations. Do not include extra spacing between entries
- Use hanging indent, which means indenting the second and subsequent lines of a citation by 0.5 inches
- One space after all punctuation
- One inch margins on all sides
- Top right header should include the page number
- Uppercase only the following: first word of the title, first word of the subtitle, proper nouns
- Title Case and italicize titles of periodicals

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<p>References</p> <p>Beetz, A., Uvnäs-Moberg, K., Julius, H., & Kotrschal, K. (2012). Psychosocial and psychophysiological effects of human-animal interactions: The possible role of oxytocin. <i>Frontiers in Psychology, 3</i>, 1-15. https://doi.org/10.3389/fpsyg.2012.00234</p> <p>Belic, R. (Director). (2015). <i>Happy</i> [Film]. Films Media Group.</p> <p>Granda, N. (2020, April 21). Animal shelters across the state seeing increase in adoptions during COVID-19 outbreak. <i>ABC30 Fresno</i>. abc30.com/animals-animal-adoption-sPCA-california/6118806/</p> <p>Hedin, M. (2018, February 13). Therapy dogs may unlock health benefits for patients in hospital ICUs. <i>The Hub</i>. jhu.edu/2018/02/12/therapy-dogs-could-help-icu-patients/?utm_source=Hub++v2+Synced+List</p> <p>Morrison, M. L. (2007). Health benefits of animal-assisted interventions. <i>Complementary Health Practice Review, 12</i>(1), 51-62. https://doi.org/10.1177/1533210107302397</p>