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).

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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.”

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**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)
### EXAMPLES OF REFERENCES ENTRY

<table>
<thead>
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<th>SOURCE</th>
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| Entire Book (Print or eBook from Library Database) | **Format**: Author, A. A. (Year of publication). *Title of work: Use uppercase letter for first word in subtitle.* Publisher Name. DOI (if available)  
**Example**: Muller, K. (1988). *San Jose: City with a past.* San Jose Historical Museum Association.  
*If eBook is from a Library database, the database name is not required in the citation.* |
| Chapter in a Book with an Editor | **Format**: Author, A. A. (Year of publication). Title of chapter. In Editor (Ed.), *Title of book* (Page #s). Publisher.  
| eBook from a website | **Format**: Author. (Year of publication). *Title of eBook*. Publisher. DOI or URL  
| Chapter of an eBook | **Format**: Author. (Year of publication). Title of chapter. In Editor (Ed.), *Title of eBook* (Page #s). URL  
| Film | **Format**: Director, A. A. (Director). (Year). *Title of motion picture* [Film]. Production Company.  
**Example**: Reitman, J. (Director). (2007). *Juno* [Film]. Mandate Pictures; Mr. Mudd. |
| YouTube Video | **Format**: Person or group who uploaded video. (Date of publication). *Title of video* [Video]. Website host. URL  
**Example**: CNBC. (2019, November 28). *Can big tech curb a housing crisis it helped cause?* [Video]. YouTube.  
https://www.youtube.com/watch?v=kJH4wSW_X5A |

### Notes on Author Names on the References list:
- **NO AUTHOR**: Place the title of the source at the beginning of the reference list entry.  
- **ONE AUTHOR**: Author, A. A.  
- **TWO TO TWENTY AUTHORS**: Author, A. A., Author, B. B. & Author, C. C.  
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<th><strong>SOURCE</strong></th>
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| Class Lectures (Notes From) | No entry on the References list. Class lecture notes are considered personal communications in APA. Create only an in-text citation.  
**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.” |
| Interviews, email messages, & other personal communications | 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:  
**Example:** M. Holguin (personal communication, April 20, 2020) explained that the interview process varies from two to three weeks. |
| Podcast | **Format:** Last name, F. (Host). (Year, Month Date). Episode title (No. XX) [Audio podcast episode]. In *Title of Podcast*. Production company. URL.  
| Article in a Magazine (Print) | **Format:** Author, A. A. (Year, Month Day). Title of article. *Magazine Title, Volume* (Issue), Page#s.  
**Example:** Geddes, L. (2010, March 27). Slow thinking may nurture creativity. *New Scientist, 205*(2753), 12. |
| Article in a Newspaper (Print) | **Format:** Author, A. A. (Year, Month Day). Title of article. *Periodical Title*, Page#s.  
| Article in Journal (Print or Library Database) | **Format:** Author, A. A. & Author, B. B. (Year). Title of article. *Journal Title, Volume* (Issue Number if given), Page#s.  
| Online Article with a DOI | **Format:** Author, A. A. (Year). Title of article. *Title of the Journal, Volume* (Issue), Page#. DOI  
https://doi.org/10.1126/science.328.5975.160  
**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. |
| Online Article without DOI | **Format:** Author’s Last Name, First Initial. (Year). Title of article: Subtitle if any. *Name of Journal, Volume Number* (Issue Number if given), pages. URL  
| Hospital Policy | **Format:** Name of Group. (Year). *Title of report*. Publisher Name. DOI or URL  
**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. |
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| Specific Page within a Website | **Format:** Author, A. A. or Group (Year, Month Day of publication). *Title of page*. Title of web site. URL  
| Online Encyclopedia, Dictionary, Thesaurus with an Author | **Format:** Author, A. (Year). *Title of entry*. In M. Lastname (ed.), *Title of reference work* (edition). Publisher. URL or DOI  
| Online Encyclopedia, Dictionary, Thesaurus without an Author | **Format:** Organization (Year). (Date of publication). *Title of entry*. In *Title of reference work*. URL  
| Facebook Post | **Format:** Author, A. or Group. (Year, Month Date). *First 20 words of the post contents* [Type of post]. Site Name. URL  
**Example:** Centers for Disease Control and Prevention. (2020, April 30). *Wearing a cloth face covering CORRECTLY can help prevent the spread of COVID-19 to others. When you go out on* [Video attached] [Status update]. Facebook. [https://www.facebook.com/pg/CDC/posts/](https://www.facebook.com/pg/CDC/posts/) |

**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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**Sample APA References Page**

**References**


[https://doi.org/10.1177/1533210107302397](https://doi.org/10.1177/1533210107302397)