

APA Documentation Style

The APA style, developed by the American Psychological Association, is a system of formatting and documenting papers in the social sciences. Often, the APA style is used by students writing about psychology, sociology, political science, communications, education, and business.

Using research, either in the form of quoting or paraphrasing an author, strengthens the validity of an argument. When we, members of an academic community, use research, we show evidence of having **academic integrity**. Academic integrity is the notion that we gain knowledge from the ideas of others; we must then be responsible for crediting other scholars for the ideas that we learn from them. It is absolutely necessary to be honest about the information we learn from others and to cite the sources of those authors who teach us.

In-Text Citations:

Each time you use a source, whether using another author's words or ideas, clearly indicate the author's last name and the year of the source's publication.

Include the Author's Name and Year of Publication in a Signal Phrase:

According to Smith (2005), many social workers run the risk of becoming emotionally attached to their clients.

Note: Since the source isn't quoted directly, you aren't required to provide a page number—though you may include one if it will be useful to your reader.

Name the Author Parenthetically:

Previous research has shown that narrative construction leads to emotional and cognitive advancements in mental functioning (Smyth, 1998).

Assuming that the motivating factor is “self-expression, one could argue that both verbal and nonverbal forms of expression would provide comparable benefits” (Pennebaker, 2000, p.8).

Note: Use page numbers for direct quotation or specific information.

List Your Sources at the End of Your Paper:

With a few exceptions (see note below), each of the works used in your paper must be listed in alphabetical order, on a final, separate page. On a new page, center “References,” without the quotation marks. Include a reference for each work cited in the paper (except personal communications, such as unpublished interviews, letters, E-mails, and memos, which are parenthetically cited in the text).

- Capitalize only the first word of the title and the first word after the colon. Capitalize proper nouns in the title.
- The first line of a single citation should start at the left margin and subsequent lines of the same citation should be indented five spaces (hanging indent).
- References should be double-spaced, like the rest of the paper

Reference List Formats for Several Kinds of Sources:

A Book with One Author:

DeSalvo, L. (1999). *Writing as a way of healing: How telling our stories transforms our lives*. San Francisco: Harper.

A Book with Two or More Authors:

Holland, J. C., & Lewis, S. (2000). *The human side of cancer: Living with hope, coping with uncertainty*. New York: HarperCollins.

An Article in an Edited Book:

Janoff-Bulman, R., & Frantz, C. M. (1997). The impact of trauma on meaning: From meaningless world to meaningful life. In M. Power & C. R. Brewin (Eds.), *The transformation of meaning in psychological therapies* (pp. 91-106). New York: Wiley.

Two or more works by the same author:

Pennebaker, J.W, (1989). Cognition, inhibition, and disease. In L. Berkowitz (Ed.), *Advances in experimental social psychology* (Vol. 22, pp. 211-244). New York: Academic Press.

Pennebaker, J.W, (1997). Writing about Emotional Experiences as a therapeutic process. *Psychological Science*, 8, 162-166.

Pennebaker, J.W. (2004). Theories, therapies, and taxpayers: On the complexities of the expressive writing paradigm. *Clinical Psychology: Science and Practice*, 11, 138-142.

Note: List the works in order of publication, with the earliest work first.

An Article in a Newspaper:

Crawford, L. (2008, April 10). Barcelona plans to import water by ship. *Financial Times*, p.10.

An Article in a Journal Paginated by Volume:

Smyth, J.M. (1998). Written emotional expression: Effect sizes, outcome types, and moderating variables. *Journal of Consulting and Clinical Psychology*, 66, 174-184.

An Article in a Journal Paginated by Issue:

Kerner, E.A., & Fitzpatrick, M.R. (2007). Integrating Writing into psychotherapy practice: A matrix of change processes and structural dimensions. *Psychotherapy: Theory, Research, Practice, Training*, 44 (3), 333-346.

For other cases:

Consult the APA Manual or visit the Writing Center for guidance.

Sample Paragraph and List of References:

Written emotional disclosure has proven an effective vehicle for emotional, cognitive, and behavioral change (Donnelly & Murray, 1991). In addition to the physiological benefits of written disclosure, writing has been linked to numerous positive psychological outcomes (Chan & Hornfeller, 2006). According to a meta-analysis conducted by J.M. Smyth (1998), writing about traumatic events produces higher ratings of psychological well-being on self-report inventories than in response to other psychosocial interventions.

References

- Chan, K.M., & Hornfeller, K. (2006). Emotional expression and psychological symptoms: A comparison of writing and drawing. *The Arts in Psychotherapy*, 33, 26-36.
- Donnelly, D.A., & Murray, E.J. (1991). Cognitive and emotional changes in written essays and therapy interviews. *Journal of Social and Clinical Psychology*, 10, 334-350.
- Smyth, J.M. (1998). Written emotional expression: Effect sizes, outcome types, and moderating variables. *Journal of Consulting and Clinical Psychology*, 66, 174-184.