

**Psychology 230 –How to use APA format in the Research Paper**

**\*Before beginning this assignment, please complete the APA 2 GLA available in the TLC lab.\***

- Your research paper should have a title page, in APA format, you do not need a running head. You do not need an abstract.

**General Guidelines**

- Margins: 1 inch on all sides, Font: 12 point, Spacing: Double-spacing throughout entire paper
- Paragraph Indentation: 5 Spaces, Alignment: Flush left
- Pagination: Page number on upper right corner of each page, starting with title page
- Optional for this assignment: Running Head: Short title, upper left (flush) which appears on all pages, starting with title page.

**Title Page**

- Page 1, Includes title of paper, name of student(s), and educational institution, Double-spaced and centered

**APA Citation Basics**

- Follow the author-date method of in-text citation. (author's last name, year of publication) The author's last name and the year of publication for the source should appear in the text.
  - Examples: (Brown, 2010) or Brown (2010) researched...
  - (Colvin & Block, 1994) or Colvin and Block (1994) found that...
  - Always include the publication date. If there is no date, write (n.d.) in place of the date.
  - **Do not use first initials or first names in the text citation** (unless there is more than one author with the same last name.)

**Three types of citations in APA format: paraphrase, short quote, long quote**

- **Paraphrase** (summary): A paraphrase is material from a source which has been simplified and restated in your own words. All paraphrases must be cited, using the author's last name, and year of publication.
  - For all in text citations, if the author's name is part of the sentence, place only the year of publication in parentheses.
 

*Example:*

    - Maas (1998) concluded that a baby's primary caretaker loses between 450 and 700 hours of sleep in the first year of the baby's life and overall, breastfeeding mothers lose the most sleep.
  - For all in text citations, when the author's name is not part of the sentence, place both the name and the year, separated by a comma, in parentheses
 

*Example:*

    - The body to body contact during breast feeding has been found to decrease stress and improve mood for both mother and child (Groer, 2005).
- **Short-quote**, (< 40 words) Must be enclosed within quotation marks and cited using the author's last name, year of publication, and page number.
  - If the author is quoted "word for word," **no matter how small**, also provide the page number or paragraph number (LaBrie, 2009, p. 100).
  - *Example:*  
"Overall, countries that have liberal attitudes toward sexuality, easily accessible birth control services for teenagers, and formal and informal sexuality education programs have the lowest rates of teenage pregnancy, abortion, and childbearing" (Carroll, 2010, p. 213).
- **Long-quote (40 + words)**

- indented 5 spaces and double spaced, include page number (or paragraph number for a web document) and omit quotation marks. Start the quotation on a new line, indented five spaces from the left margin.
  - ...loss of reputation; limitations in dating/marriage choices; negative effects on sexual adjustment; negative effects on happiness (premarital sex, especially with more than one person, has been linked to the development of emotional illness and the loss of self-esteem); family conflict and possible premature separation from family; confusion regarding personal value (e.g. “Am I loved because of my personality and looks, or because I am a sex object?” and loss of goals (Kantor, 1992, p.4).

#### **Works with no identified author or with an Anonymous author**

- When a work has **no identified author**, cite the first few words of the reference list entry (usually the title) and the year. Use quotation marks around the title of an article, a chapter or a web page and italicize the title of a periodical, a book a brochure or report. List this source on the References page, place in alphabetical order according to the title

#### Examples:

- On free care (“Study Finds,” 2007)
- the book *College Bound Seniors* (2008) asserts that...
- When the author’s name is designated as “**Anonymous**” cite in text the word Anonymous followed by a comma and the date. (Anonymous, 1998). In the Reference list, an anonymous work is alphabetized by the word Anonymous as the author with the remaining publication data.

## How to Create a Reference List using APA format

- References cited throughout text are listed on a new page in alphabetical order by author's last name.
- **The title References is centered at the top of the page.** Do not bold, underline, or use quotation marks for the title
- **Hanging indentation is used for all references.** (Author's name is flush left. Each subsequent line of the reference is indented 5 spaces.) \*\*\*Tip: Highlight the text with your mouse and click Ctrl + T
- Entire reference page is double-spaced; **remove all hyperlinks from the References page.**
- **Format follows this basic formula regardless of the type of source.**

### **Author's Last Name, First Initial. (Year of Publication). Title, Publication Data.**

- Author's last name, first initial (if more than one author include ALL authors). Do not use the author's first name; use only initials. Include a middle initial if the publication includes a middle initial. Do NOT include titles such as M.D. or Ph. D. on the References page.
- Year of publication
- Title of the book or title of the journal in italics
- Volume and issue number of the journal is in this format: volume (issue) for example,  
Bhugra, D. (1995). Physical treatment of erectile disorders. *International Review of Psychiatry*, 7(2), 217.
- Publication data refers to where the source material is located.
  - For example: Book publishing company information, full website address, journal name, newspaper name, or magazine name. Include issue and page numbers for journals, newspapers and magazines.

### Examples:

#### **Books:**

Paloutzian, R. F. (1996). *Invitation to the psychology of religion* (2nd ed.). Boston: Allyn and Bacon.

#### **Web Page:** Do not include the date of retrieval. **Remove all hyperlinks**

Centers for Disease Control and Prevention. (2009). H1N1 Flu ("Swine Flu") and You. Retrieved from <http://www.cdc.gov/h1n1flu/qa.htm>

#### **Journals and periodicals:**

##### **Journal articles with DOI (Digital Object Identifier):**

Murzynski, J., & Degelman, D. (1996). Body language of women and judgments of vulnerability to sexual assault. *Journal of Applied Social Psychology*, 26, 1617-1626. doi:10.1111/j.1559-1816.1996.tb00088.x

##### **Journal articles without DOI, print version:**

Colvin, C.R., & Block, J. (1994). Do positive illusions foster mental health? An examination of the Taylor and Brown formulation. *Psychological Bulletin*, 116, 3-20.

##### **Journal articles without DOI, online version:**

Aldridge, D. (1991). Spirituality, healing and medicine. *British Journal of General Practice*, 41, 425-427. Retrieved from <http://www.rcgp.org.uk/publications/bjgp.aspx>

For articles retrieved from databases, include only the information of the journal article. Database information is not needed. Do not include the date of retrieval.

**For articles retrieved from databases, such as ProQuest, include ALL of the journal information including the author (s) names, title of article, journal name, volume, page number. DO NOT include the web address (i.e: Retrieved from <http://search.proquest.com>) **Why don't you include the web address?** Library databases such as ProQuest are a subscription service the college pays a fee to use. Readers of your paper may not have access to ProQuest, so including the url of the ProQuest site doesn't help the reader locate the source without also including all of the journal information. On your references page, include ALL of the article information including the title, journal name, volume, issue and page so the reader can locate the article using whatever database is accessible to the reader. You can note that it was retrieved via the ProQuest database and include the Document ID, but it's not required.**

**Example from ProQuest ,**

Synovitz, L., Hebert, E., Carlson, G., & Kelley, R.M. (2005). College students sexuality education, sexual behaviors and sexual behavioral intent. *American Journal of Health Studies*, 20(1). 47-57. ProQuest Research Library, Document ID: 210469061.

**Articles or chapters in an edited book:**

Shea, J. D. (1992). Religion and sexual adjustment. In J. F. Schumaker (Ed.), *Religion and mental health* (pp. 70-84). New York: Oxford University Press.

**Articles from magazines:**

Kanchier, C. (2000, March/April). Dare to Change. *Psychology Today*, 33. 64-67.

**ASSIGNMENT:**

1. Review the APA handout (pages 1-3)
2. **Turn in, for grading, 3 pages:**
  - a. **Typed, in APA format, a title page** for your human sexuality paper topic.
  - b. **Typed, in APA format, provide 2 examples of sentences with in text citations from 2 of your sources.**
    - i. Provide **1 example of a paraphrase** from one of your sources you listed on your references page.
    - ii. Provide **1 example of a direct short quote** from one of your sources you listed on your references page. Note that you must use two different sources for each of the citations.
  - c. **Typed, in APA format, provide a preliminary References page** for your human sexuality paper topic.
    - i. The reference page must include at least 5 sources, **two (minimum) must be journal articles**. These may be the same or different references from what you use for the final draft of your paper. The purpose of this assignment is to motivate you to begin research on your assigned paper topic.
    - ii. Although you may be completing the same topic as other students, your reference list should be compiled independently. You may not submit the same reference list as your group partner(s).

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Title Page

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Citations

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References