Quick Guide to APA Referencing 7th edition
Library Learning Centre

APA style was created by the American Psychological Association (APA). There are many different style guides (e.g., MLA, Chicago, SAA, Harvard), and each one is basically a set of rules for referencing and formatting documents.

Basic Principles of Reference List Entries

A reference list entry generally has four elements: the author, date, title, and source. Each element answers a question:

- **Author:** *Who* is responsible for this work?
- **Date:** *When* was this work published?
- **Title:** *What* is this work called?
- **Source:** *Where* can I retrieve this work?

Answering these four questions will help you create a reference entry for any type of work.

Below is a list of the common sources one may need to include in a reference list:

Source	Reference	Example	In-text citation
Book (print version)	Author, A. A. (Year of Publication). *Title of work: Capital letter on first word of subtitle*. Publisher	Burgess, R. (2019). *Rethinking global health: Frameworks of power*. Routledge.	**Parenthetical citation:** (Burgess, 2019) **Narrative citation:** Burgess (2019)
Edited book chapter	For works with editors, in the source element of the reference, write the word "In" followed by the initials and surnames (not inverted) of the editors. If there is one editor, follow that editor's name with "(Ed.)." If there are two or more editors, follow the final editor's name with "(Eds.)."	McGuigan, F. J., & Lehrer, P. M. (2007). Progressive relaxation: Origins, principles, and clinical applications. In P. M. Lehrer, R. L. Woolfolk, & W. E. Sime (Eds.), *Principles and practice of stress management* (3rd ed., pp. 57-87). Guilford Press.	**Parenthetical citation:** (McGuigan & Lehrer, 2007) **Narrative citation:**

			McGuigan & Lehrer (2007)
Journal article with a DOI	Author, A. A. & Author, B. B. (Year). Title of article. *Title of Periodical,* vol(issue), pp-pp. Retrieved from https://doi.org/xxxxx	McCauley, S. M., & Christiansen, M. H. (2019). Language learning as language use: A cross-linguistic model of child language development. *Psychological Review*, *126*(1), 1-5. https://doi.org/10.1037/rev0000126	**Parenthetical citation:** (McCauley & Christiansen, 2019) **Narrative citation:** McCauley and Christiansen (2019)
Journal article without a DOI	Author, A. A., Author, B. B., & Author, C. C. (Year). Title of article. *Title of Periodical,* vol(issue), pp-pp. Retrieved from https://xxxxx Note: Give the URL of the journal's home page.	Ahmann, E., Tuttle, L. J., Saviet, M., & Wright, S. D. (2018). A descriptive review of ADHD coaching research: Implications for college students. *Journal of Postsecondary Education and Disability*, *31*(1), 17-39. https://www.ahead.org/professional-resources/publications/jped/archived-jped/jped-volume-31	**Parenthetical citation:** (Ahmann et al., 2018) **Narrative citation:** Ahmann et al. (2018)
Facebook Page	Author, A. A. & Author, B. B. (Year). Home [Facebook page]. Facebook. Retrieved date, from https://xxxxx	Smithsonian's National Zoo and Conservation Biology Institute. (n.d.). Home [Facebook page]. Facebook. Retrieved July 22, 2019, from https://www.facebook.com/nationalzoo	**Parenthetical citation:** (Smithsonian's National Zoo and Conservation Biology Institute, n.d.) **Narrative citation:** Smithsonian's National Zoo and Conservation Biology Institute (n.d.)

Power point slides or lecture notes PowerPoint slides available online PowerPoint slides from a classroom website	When the slides are available online to anyone, provide the site name on which they are hosted in the source element of the reference, followed by the URL of the slides. If the slides come from a classroom website, learning management system (Canvas, Blackboard), or company intranet and you are writing for an audience with access to that resource, provide the name of the site and its URL (use the login page URL for sites requiring login).	Canan, E., & Vasilev, J. (2019, May 22). [Lecture notes on resource allocation]. Department of Management Control and Information Systems, University of Chile. https://uchilefau.academia.edu/ElseZCanan Housand, B. (2016). *Game on! Integrating games and simulations in the classroom* [PowerPoint slides]. SlideShare. https://www.slideshare.net/brianhouand/game-on-iagc-2016/ Mack, R., & Spake, G. (2018). *Citing open source images and formatting references for presentations* [PowerPoint slides]. Canvas@FNU. https://fnu.onelogin.com/login	**Parenthetical citation:** (Canan & Vasilev, 2019) **Narrative citation:** Canan &Vasilev (2019) **Parenthetical citation:** (Housand, 2016) **Narrative citation:** Housand (2016)
Newspaper articles-electronic	Author, A. A., (Year, Month day). Title of article. *Title of Periodical.* Retrieved from home page URL	Guarino, B. (2017, December 4). How will humanity react to alien life? Psychologists have some predictions. *The Washington Post.* https://www.washingtonpost.com/news/speaking-of-science/wp/2017/12/04/how-will-humanity-react-to-alien-life-psychologist-have-some-predictions	**Parenthetical citation:** (Guarino, 2017) **Narrative citation:** Guarino (2017)
Webpage on a website with an individual author		Marin Lillie, C. M. (2016, December 29). Be kind to yourself: How self-compassion can improve your resiliency. Mayo Clinic. https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-compassion-can-improve-your-resiliency/art-20267193	**Parenthetical citation:** (Marin Lillie, 2016) **Narrative citation:** Marin Lillie (2016)
Webpage on a website with a retrieval date	• For works with no date, write "n.d." (which stands for "no date") in parentheses. • When the author and site name are the same, omit the site name from the source element. • Include a retrieval date because the contents of the page are designed to change over time and the page itself is not archived	U.S. Census Bureau. (n.d.). U.S. and world population clock. U.S. Department of Commerce. Retrieved July 3, 2019, from https://www.census.gov/popclock/	**Parenthetical citation:** (U.S. Census Bureau, n.d.) **Narrative citation:** U.S. Census Bureau (n.d.)

Conference Sessions and Presentations	Presenter, A. A., & Presenter, B. B. (year, Month day*). Title of contribution* [Type of contribution]. Conference Name, Location. https://xxxx	Maddox, S., Hurling, J., Stewart, E., & Edwards, A. (2016, March 30-April 2). *If mama ain't happy, nobody's happy: The effect of parental depression on mood dysregulation in children* [Paper presentation]. Southeastern Psychological 62nd Annual Meeting, New Orleans, LA, United States.	**Parenthetical citation:** (Maddox et al., 2016) **Narrative citation:** Maddox et al. (2016)
	Paper presentation		
	Poster presentation	Pearson, J. (2018, September 27-30). *Fat talk and its effects on state-based body image in women* [Poster presentation]. Australian Psychological Society Congress, Sydney, NSW, Australia. https://bit.ly/2XGSTHP	**Parenthetical citation:** (Pearson, 2018) **Narrative citation:** Pearson (2018)
YouTube video	Author, A. A. [User name]. (Year, month day). *Title of video* [Video]. YouTube. https://xxxxx	Fogarty, M. [Grammar Girl]. (2016, September 30). *How to diagram a sentence* (absolute basics) [video]. YouTube. https://youtu.be/deiEY5Yq1ql	**Parenthetical citation:** (Fogarty, 2016) **Narrative citation:** Fogarty (2016)
Government report	Author, A. A. (Year). *Title of work* (Report No. xxx). https://xxxxx	National Cancer Institute. (2018). *Facing forward: Life after cancer treatment* (NIH Publication No. 18-2424). U.S. Department of Health and Human Services, National Institutes of Health. https://www.cancer.gov/publications/patient-education/life-after-treatment.pdf	**Parenthetical citation:** (National Cancer Institute, 2018) **Narrative citation:** National Cancer Institute (2018)

Missing Reference Information

Sometimes the information needed to create a reference list entry is missing or unknown. When this is the case, there are various strategies to adapt the reference.

Missing element	Solution	Template	
		Reference list entry	**In-Text Citation**
Nothing— all elements are present	Provide the author, date, title, and source of the work.	Author. (Date). Title. Source.	(Author, year) Author (year)
Author	Provide the title, date, and source.	Title. (Date). Source.	(Title, year) Title (year)
Date	Provide the author, write "n.d." for "no date," and then provide the title and source	Author. (n.d.). Title. Source.	(Author, n.d.) Author (n.d.)
Title	Provide the author and date, describe the work in square brackets, and then provide the source.	Author. (Date). [Description of work]. Source.	(Author, year) Author (year)
Author and date	Provide the title, write "n.d." for "no date," and then provide the source.	Title. (n.d.). Source.	(Title, n.d.) Title (n.d.)
Author and title	Describe the work in square brackets, and then provide the date and source.	[Description of work]. (Date). Source.	([Description of work], year) [Description of work] (year)
Date and title	Provide the author, write "n.d." for "no date," describe the work in square brackets, and then provide the source.	Author. (n.d.). [Description of work]. Source.	(Author, n.d.) Author (n.d.)
Author, date, and title	Describe the work in square brackets, write "n.d." for "no date," and then provide the source.	[Description of work]. (n.d.). Source.	([Description of work], n.d.) [Description of work] (n.d.)
Source	Cite as a personal communication or find another work to cite (see the *Publication Manual* for more information).	No reference list entry	(C. C. Communicator, personal communication, month day, year) C. C. Communicator (personal communication, month day, year)

Some important things to remember when referencing:

Unknown or Anonymous Author

When the author of work is not named, the author may be unknown or identified specifically as "Anonymous."
For works with an unknown author, include the title and year of publication in the in-text citation (note that the title moves to the author position in the reference list entry as well). If the title of the work is italicized in the reference, also italicize the title in the in-text citation. If the title of the work is not italicized in the reference, use double quotation marks around the title in the in-text citation. If the title is long, shorten it for the in-text citation.

      Book with no author: (*Interpersonal Skills, 2019*)

      Magazine article with no author: ("Understanding Sensory Memory,"2018)

When the author of a work is overtly designated as "Anonymous", takes the place of the author name in the in-text citation.

(Anonymous, 2017)

Basic In-Text Citation Styles

Author type	Parenthetical citation*	Narrative citation*
One author	(Luna, 2020)	Luna (2020)
Two authors	(Salas & D'Agostino, 2020)	Salas & D'Agostino (2020)
Three or more authors	(Martin et al., 2020)	Martin et al. (2020)

Group author with abbreviation
  First citation
  Subsequent citations
	(National Institute of Mental Health [NIMH], 2020)
	(NIMH, 2020)
		National Institute of Mental Health (NIMH, 2020)
		NIMH (2020)

Group author without abbreviation	(Stanford University, 2020)	Stanford university (2020)

*Parenthetical Citations: both the author and the date, separated by a comma, appear in parentheses.
*Narrative Citations: the author's surname appears in running text and the date appears in parentheses immediately after the author's name.

Sample Reference List

<div style="border:1px solid black; padding:10px;">

References

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Cunningham, A. J., & Tocco, E. K. (1989). A randomized trial of group psychoeducational therapy for cancer patients. *Patient Education and Counseling, 14*(2), 101–114. https://doi.org/10.1016/0738-3991(89)90046-3

Freebird Meditations. (2012, June 17). *Progressive muscle relaxation guided meditation* [Video]. YouTube. https://www.youtube.com/watch?v=fDZI-4udE_o

Jacobson, E. (1938). *Progressive relaxation* (2nd ed.). University of Chicago Press.

White, J. R. (2000). Introduction. In J. R. White & A. S. Freeman (Eds.), *Cognitive-behavioral group therapy: For specific problems and populations* (pp. 3–25). American Psychological Association. https://doi.org/10.1037/10352-001

Yalom, I. D., & Leszcz, M. (2005). *The theory and practice of group psychotherapy* (5th ed.). Basic Books.

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For additional reference examples, please refer to the following APA publication:

American Psychological Association (2020). *Publication Manual of the American Psychological Association* (7th ed.). Washington, DC.

Need more APA Style help?

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