



LIBRARY

APA Citation Style (7th edition)

There are two major reasons you are required to cite your sources:

1. To give credit for words or ideas belonging to another author. Failure to do this is **plagiarism** and can result in a failing grade and other negative consequences.
2. So that your instructor can verify your work. Your instructor should be able to take your citation and easily find the source you used. **It is important that your citations be accurate.**

The **APA Format** is one way of properly citing your sources. Ask your instructor which citation style you are required to use. APA references consist of two parts:

- A **References** list (the bibliography)
- **In-text citations** within the body of your paper or report

For a complete guide to APA, consult the **Publication Manual of the American Psychological Association** (7th ed.), available in the library (BF 76.7 P83 2020).

The following guide has examples for the most common types of sources you will use. If you have questions, ask for help in the library, or contact a VCC librarian:

<http://library.vcc.ca/contact-us/phone--email--key-contacts/>

Basic Rules

- **Double-space** the entire paper, including your reference list. Do not add an extra space between references.
- The References list appears at the end of your paper, with references in **alphabetical** order, by the last name of the first author (or corporate author).
- Second and all subsequent lines of each reference are indented 5-7 spaces. This is called a **hanging indent**, and you can set your word processing software to create it.

Additional Resources on APA Style

There are many excellent guides available online for APA style: Just Google “APA style guide”.

The Online Writing Lab (OWL) at Purdue University guide is considered one of the best:
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html

They also have a sample paper you can look at for examples:
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/apa_sample_paper.html

In-Text Citations (In the body of your paper):

APA uses an author-date citation system in the body of the paper. Provide the author last name or the group name, plus the year (Name, year).

For a direct quotation, include the page number (Name, year, p. 2) or the page range if it continues onto a second page (Name, year, pp. 79-80). If there are no page numbers, cite the paragraph number (Name, year, para. 3) or a short form of the section heading.

One Author

Paraphrase

Public health officials' faith in vaccines indicates... (Schwarz, 2018).

Quote

Schwarz (2018) notes that the "excitement surrounding vaccines served as an early signal for the increasingly privileged place" of biomedical responses to public health crises (p. 1457).

Two Authors

Use the word "and" in the sentence and the ampersand symbol (&) in the parentheses.

Paraphrase

When measuring competencies of psychology students... (Poston & Bland, 2020).

In 2020, Poston and Bland argued that when measuring competencies of psychology....

Quote

When measuring competencies of psychology students, "the current climate... often [eschews] assessment of its own practice and effectiveness" (Poston & Bland, 2020, p. 68).

Three or More Authors

Paraphrase

Traditional Chinese medicine employs a holistic... (Ge et al., 2019).

Quote

Ge et al. (2019) explain that traditional Chinese medicine has "multiple effects" (p. 1).

Group Author without Abbreviation

Paraphrase

Overall, soil quality in Canada is improving (Agriculture and Agri-food Canada, 2020).

Data from Agriculture and Agri-Food Canada suggest that overall, soil quality is... (2020).

Quote

Due to "improvements in land management practice" Agriculture and Agri-Food Canada (2020) sees an improvement in soil quality ("Soil Quality Indicators" section).

Group Author with Abbreviation

Paraphrase – First Citation

Anxiety disorders symptoms include... (National Institute of Mental Health [NIMH], n.d.)
 The National Institute of Mental Health (NIMH, n.d.) lists symptoms of anxiety....

Paraphrase – Subsequent Citations

When prescribing Benzodiazepines doctors take into account the patient's... (NIMH, n.d.)
 NIMH (n.d.) notes that benzodiazepine prescriptions should be....

Quote – First Citation

Individuals with panic disorder anxiety experience “sudden periods of intense fear that come on quickly” (National Institute of Mental Health [NIMH], n.d., “Signs and Symptoms” section).

Quote – Subsequent Citations

Prescribing benzodiazepines is “often considered a second-line treatment for anxiety” because of the risk of dependence (NIMH, n.d., “Treatments and Therapies” section).

Unknown Author

Use the title in place of the author name. Italicize book titles; use quotation marks for article titles.

Paraphrase

The principal call to action asks for more understanding... (“In My Experience,” 2019).
 “In My Experience” (2019) outlines a number of steps to....

Quote

They “implore medical educators to be open-minded” (“In My Experience,” 2019, p. 1638).

Multiple Works

To summarize findings from multiple studies, alphabetize by author, and separate with a semicolon.
 In some studies, saline... (Altman et al, 2016; Manchikanti et al, 2015; Wolf et al, 2011).

Quotations Containing Citations from Other Works

For this example, you read an article by Newman, who included a direct quotation from Soderman and Oshio. You do not need mention Soderman and Oshio if Newman synthesizes and integrates their findings, rather than quoting them. Include only Newman in your reference list.

Paraphrase

Children begin learning language as soon as they are born (Soderman & Oshio, as cited in Newman, 2018).

Quote

Soderman and Oshio (as cited in Newman, 2018) assert that “language development begins at birth as the child interacts with others” (p. 352).

Reference List Entries (at the end of your paper)

Articles from Journals, Magazines, & Newspapers:

Basic Format

Author Last Name, Initial(s). (Date). Title of article: Subtitle. *Title of Periodical*, volume number (issue number), pages. DOI or URL

What is a DOI?

DOI stands for "Digital Object Identifier." A DOI permanently identifies an article. (eg. <http://dx.doi.org/10.25101/19.2>)

Journal Article with a DOI

One to Twenty Authors:

Monroe, S. M., Anderson, S. F., & Harkness, K. L. (2019). Life stress and major depression: The mysteries of recurrences. *Psychological Review*, 126(6), 791-816.

<http://dx.doi.org/10.1037/rev0000157>

For continuous pages in an article, use a dash to note the page range (3-19).

Over Twenty Authors:

Agrawal, N., Akbani, R., Aksoy, B. A., Ally, A., Arachchi, H., Asa, S. L., Auman, J. T., Balasundaram, M., Balu, S., Baylin, S. B., Behera, M., Bernard, B., Beroukhim, R., Bishop, J. A., Black, A. D., Bodenheimer, T., Boice, L., Bootwalla, M. S., Bowen, J., . . . Zou, L. (2014). Integrated genomic characterization of papillary thyroid carcinoma. *Cell*, 159(3), 676-690. <https://doi.org/10.1016/j.cell.2014.09.050>

For over 20 authors, list the first 19 names followed by an ellipse (...), then the last author's name. Notice: 'sentence case' for the article title and 'title case' for the journal title.

Online Article from a Database (without a DOI)

Withington, A. (2020) Just intonation: A basis for enhancing choral intonation. *Choral Journal*, 60(7), 26-41.

If your instructor asks that you include a permanent link to the online article, include it at the end of the citation. This is not required by the APA guide, but instructors can request it.

Semple, C. J., & McCance, T. (2010). Parents' experience of cancer who have young children: A literature review. *Cancer Nursing*, 33(2), 110-118.
<https://login.ezproxy.vcc.ca/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2010-07045-004&site=eds-live&scope=site>

Online Article from a Website

Soheylifar, S., Vahedi, M., Kadkhodazadeh, M., & Bidgoli, M. J. (2009). A case of gingival enlargement in acute myeloid leukemia. *Journal of Periodontology & Implant Dentistry*, 1(1), 11-19. <http://dentistry.tbzmed.ac.ir/jpid/index.php/jpid>

RxTx

BGP Pharma ULC. (2016). Synthroid. *RxTx*. Retrieved March 11, 2019, from <https://www.e-therapeutics.ca/search>

Include a retrieval date as the RxTx database information changes over time.

Newspaper Article

For newspaper articles, magazine articles, and blog posts provide full publication date (in year, month day order). Note: 'sentence case' for the article title, and 'title case' for the periodical title.

Smith, F. (2019, October 7). Canadian dollar keeps to narrow range as oil rally fades. *The Globe and Mail*. <https://www.theglobeandmail.com/investing/markets/inside-the-market/market-news/article-canadian-dollar-edges-higher-as-oil-prices-climb/>

Magazine Article

Proudfoot, S. (2020, January 6). Can treating poverty change a child's brain? *Maclean's*. <https://www.macleans.ca/society/health/can-treating-poverty-change-a-childs-brain/>

Blog Post

Freberg, L. (2019, April 13). Under- and overconfidence. *Laura Freberg*. <http://laurafreberg.com/blog/?p=3545>

Books and Reference Works:

Basic Format

Author Last Name, Initial(s). (Date). *Title of book: Subtitle* (edition if applicable). Publisher Name. DOI or URL

One Author/Editor

Scarbrick, D. (2019). *Diamond jewelry: 700 years of glory and glamour*. Thames & Hudson.

DiGiacomo, G. (Ed.). (2016). *Human rights: Current issues and controversies*. University of Toronto Press.

When a book has an editor instead of an author add Ed. or Eds. in parentheses after the name. Note: 'sentence case' for chapter titles and book titles.

One Author with an Edition Number:

Brotherton, B. (2015). *Researching hospitality and tourism* (2nd ed.). SAGE.

Two to Twenty Authors/Editors

Sokol, D. J., Patthoff, D. E., & Ozar, D. T. (2018). *Dental ethics at chairside: Professional obligations and practical applications* (3rd ed.). Georgetown University Press.

With a URL

Jason, L. A., Glantsman, O., O'Brien, J. F., & Ramlan, K. N. (Eds.). (2019). *Introduction to community psychology: Becoming an agent of change*. Rebus Community.
<https://press.rebus.community/introductiontocommunitypsychology/>

Organization/Group as Author

NorQuest College. (2016). *In the community: An intermediate integrated skills textbook*.
<https://globalaccess.bowvalleycollege.ca/OER/NQC/In-the-Community/>

No Author/Editor

100 years of British Columbia women's institute, 1909-2009. (2008) British Columbia Women's Institute.

If the author is unknown use the first couple of words of the title in place of the author's name.

Audiobook

Whitehead, C. (2019). *The nickel boys* [Audiobook]. Penguin Random House Audio Publishing Group. <https://vcc.overdrive.com/media/4348051?cid=112844>

Chapter in a Print Book

Hughes, J. (2018). Nursing care of families. In B. Kozier (Ed.), *Fundamentals of Canadian nursing* (4th Canadian ed., pp. 223-245). Pearson Canada.

Chapter in an Online or E-Book

Werner, V. (2017). The definite article in world Englishes. In M. Filppula, J. Klemola, A. Mauranen, & S. Vetchinnikova (Eds.), *Changing English: Global and local perspectives* (pp. 155-168). De Gruyter Mouton. <http://dx.doi.org/10.1515/9783110429657-009>

Use pp. to show a book chapter page range. For continuous pages, use a dash to note the page range (pp. 4-5). For non-continuous pages, use a comma to note the pages (pp. 1, 4, 10-12).

Dictionaries, Thesauruses, or Encyclopaedias

With Group Author:

Merriam-Webster. (n.d.). Scrumptious. In *Merriam-Webster.com dictionary*. Retrieved January 17, 2020, from <https://www.merriam-webster.com/>

With Individual Author:

Windt, J. M. (2019). Dreams and Dreaming. In E. N. Zalta (Ed.), *The Stanford encyclopedia of philosophy*. Stanford University. Retrieved December 5, 2020, from <https://plato.stanford.edu/entries/dreams-dreaming/>

Reports and Gray Literature

Basic Format:

Author Last Name, Initial(s). (Date). *Title of report: Subtitle of report (Report #)*. Publisher Name. <http://www.xxxxx>

Report by a government agency or other organization:

Statistics Canada. (2019). *Police resources in Canada, 2018* (Catalogue no. 85-002-X). <https://www150.statcan.gc.ca/n1/pub/85-002-x/2019001/article/00015-eng.pdf>

Annual report:

Canadian Cancer Society. (2019). *Impact Report 2018-2019*. https://www.cancer.ca/~media/2018-2019-impact-report_EN.pdf?la=en

Class and Course Resources:

Documents from Moodle

If the work comes from a classroom website (eg. Moodle) provide the name of the site and URL.

Jones, S. (2019). *Assignment 2: Research paper*. VCC Moodle. <https://moodle.vcc.ca/>

PowerPoint Slides

Vera, M. P. (2019). *Plagiarism & Zotero* [PowerPoint slides]. Vancouver Community College. http://libguides.vcc.ca/ld.php?content_id=34048737

Webinar

Maxwell, J. C. (2018). *Tracing drug use patterns* [Webinar]. American Psychiatric Association. https://education.psychiatry.org/Users/ProductDetails.aspx?ActivityID=6520&_ga=2.131685327.1573211806.1581546697-1507102753.1581546697

Audiovisual Works:

Basic Format

Author Last Name, Initial(s). (Job title). (Date). *Title of work* [Description]. Production Company. <https://www.xxxx>

Media Type	Who to Include as the Author
Film	Director
TV Series	Executive producer(s)
TV series episode	Writer and director of episode
Podcast	Host or executive producer
Webinar	Instructor
Classical music album	Composer
Modern music album	Recording artist
Artwork	Artist
Online streaming video (eg YouTube)	Person or group who uploaded the video

Film

West, B. & Cohen, J. (Directors). (2018). *RBG: The exceptional life and career of Ruth Bader Ginsburg*. [Film]. Mongrel Media.

TV Series Episode

Walley-Beckett, M. (Writer) & Evans, D. (Director). (2017, April 9) An inward treasure born (Season 1, Episode 4) [TV series episode]. In M. de Pencier & M. Walley-Beckett (Executive producers), *Anne with an e*. Pelican Ballet; Northwood Entertainment; CBC; Netflix.

Online Streaming Video or YouTube

Vancouver Community College Library. (2019, May 28). *VCC Overdrive tutorial: Download & sign in* [Video]. YouTube. <https://www.youtube.com/watch?v=NfJnHBbQ3Tk>

Music Album

Bowie, D. (2016) *Blackstar* [Album]. Columbia.

Song

Childish Gambino. (2018). This is America [Song]. mcDJ; RCA.

Podcast Episode

Mars, R. (Host). (2020, January 14). Shade. (No. 385) [Audio podcast episode]. In *99 percent invisible*. <https://99percentinvisible.org/episode/shade/>

Photograph

Skitterphoto. (n.d.). *Literature book open pages* [Photograph]. Pixabay.

<https://pixabay.com/photos/literature-book-open-pages-3288098/>

Webpages and Websites:

Basic Format

Author Last Name, Initial(s). (Date). *Title of work*. Site Name. <http://www.xxxx>

Website Tips:

- Publication information is often unavailable on websites and is not standardized like books or journals. You might have to look around at other pages within a website to find all the information you need (author, date).
- If there is no date provided, use (n.d.). It stands for 'no date.'
- When the author and the site name are the same, omit the site name.
- If you cite multiple webpages from a website, create a reference for each.

Entire Website

If you discuss an entire website, include the full URL in brackets in your text. Do not create a reference list entry or in-text citation.

Medline Plus (<https://medlineplus.gov/>) provides information on health topics, drugs and supplements and medical tests.

Webpage on a Website with a Group Author

National Institute of Mental Health. (2018, February). Depression.

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Webpage on a Website with an Individual Author

Fabiano, A. (2020, February 6). *Canadian 360° economic summit: How we can thrive in a rapidly changing world*. Canadian Chamber of Commerce.

<http://www.chamber.ca/media/blog/200205-canada-360/>

Webpage on a Website with a Retrieval Date

Include a retrieval date when the contents of the page are designed to change over time. (e.g. dictionary entries and social media profiles)

U.S. Census Bureau. (n.d.). *U.S. and world population clock*. U.S. Department of Commerce.

Retrieved January 21, 2020 <https://www.census.gov/popclock/>

Social Media:

Basic Format

Author Last Name, Initial(s) [@username]. (Date). *Title of work* [Description of media]. Site Name. Retrieved Month Day, Year, from <https://xxxx>

Replicate emojis when possible. If you are not able to create the emoji, provide the emoji's name in square brackets. The full list of emoji names can be found at <http://unicode.org/emoji/charts/index.html>

Tweet

Vancouver Community College Library [@VCCLib]. (2020, February 11). *How scented products can affect your health: http://ow.ly/MT2m5oyon5h* [Image Attached] [Tweet]. Twitter. <https://twitter.com/VCCLib/status/1227246587891658752>

Twitter Profile

Vancouver Community College [@myVCC]. (n.d.). *Tweets* [Twitter profile]. Twitter. Retrieved February 6, 2020, from <https://twitter.com/myVCC>

Facebook Post

CMHA BC Division. (2020, January 27). *Great news about new housing project for vulnerable people in Kamloops!* [Thumbnail with link attached] [Status update]. Facebook. <https://www.facebook.com/CMHABCDIVISION/posts/3413514605344832>

Facebook Page

Small Business BC. (n.d.). *Home* [Facebook page]. Facebook. Retrieved February 2, 2020. <https://www.facebook.com/smallbusinessbc/>

Instagram Photo or Video

VCC International [@vccinternational]. (2020, February 7). *Checking the pictures from #flourishgala and feeling hungry already 🍷❤️* [Photographs]. Instagram. https://www.instagram.com/p/B8QOC3CpMm9/?utm_source=ig_web_copy_link

Online Forum Post

HarleyCoops. (2020, February 1). *Happy 10 year anniversary, vancity #2010memories* [Image Attached] [Online forum post]. Reddit. https://www.reddit.com/r/vancouver/comments/f2vv8r/happy_10_year_anniversary_vancity_2010memories/