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APA - Research Documentation American Psychological Association

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This handout is designed to give you quick assistance with using APA rules for undergraduate papers at WCU. The information presented here is based on the *Publication Manual of the American Psychological Association, 7th edition* (APA 2019). We strongly encourage you to consult this manual for detailed questions. You can find a copy in the Writing and Learning Commons (Belk 207) and at Hunter Library’s Reference Desk, or you can purchase your own copy from any bookseller. There are also many examples and detailed explanations on the APA website: <http://www.apastyle.org>.

WHAT IS APA?

“APA style” is the recognized style of the American Psychological Association. APA is used primarily in the social sciences, but it is common in many classes at WCU. APA guidelines cover more than just citations; APA provides rules on the structure, style, and look of a paper, including headings, tables, and research methods.

FORMATTING YOUR PAPER

Use 1-inch margins on all sides. APA recommends 12-point Times New Roman font.

Title Page	The Content/Body	Sources page
<p style="text-align: right;">1</p> <p>Title of Paper</p> <p>Your Name</p> <p>Western Carolina University</p> <p>Course Name</p> <p>Instructor</p> <p>Due Date</p>	<p style="text-align: right;">2</p> <p>Title of Paper</p> <p>Text begins here. Double-space, use 12-point Times New Roman or a similar font, and indent new paragraphs ½”. Margins should be 1” all around, with the header ½” from the top. For more samples of APA papers, stop by the WaLC.</p> <p style="text-align: center;">Section Heading</p> <p>Level 2 Heading</p> <p><i>Level 3 Heading</i></p> <p style="text-align: center;">Level 4 Heading.</p> <p style="text-align: center;"><i>Level 5 Heading.</i></p> <p>See the explanation below for information on how headings work in APA. If your paper has multiple sections, you will need to format them properly.</p>	<p style="text-align: right;">#</p> <p>References</p> <p>Author, A. A. (Year). <i>Title of work.</i> Publisher.</p> <p>Author, B. B. (Year). <i>Title of work.</i> Publisher.</p>

The title page (See APA Manual p. 32)

A title page in APA should provide the page number, title, your name, the university, the course name, the instructor, and the due date for which you wrote the paper. Some professors may ask you to include a “running head,” which is not usually required in student papers. Graduate-level papers and/or papers being submitted for publication require an **author’s note** as well as a **running head**. Information on author’s notes and running heads can be found in the APA manual.

The abstract (See APA Manual p. 38)

An abstract is a brief summary of your paper. *For most undergraduate papers, abstracts are **not** required.* Ask your professor whether to include one. If you are required to write an abstract, it should appear on the second page, in block format, and be no more than 250 words in length. For more information, consult the APA manual or visit the WaLC.

The content/body (See APA Manual pp. 43-47)

After the title page (and the abstract, if you’ve been required to write one), your paper begins. Each page of your paper should have a page number and should follow APA’s formatting rules for headings, tables, etc. If you are required to have a running head, it must be on every page of the document. *Note that the header on the title page is not the same as the header in the rest of the paper.*

Headings (See APA Manual pp. 47-49)

APA recommends using headings to separate sections of a paper. Headings are particularly important in studies, proposals, and reports. The rules for headings in APA relate to the “level” of the section. In order to make sure you use headings effectively, try outlining your paper or prioritizing ideas in your draft. It should be easy to tell major elements from minor points. *If you use headings, format them according to these rules:*

Level 1: Centered, Bold, Major Words are Capitalized

Begin body text on the next line. Level 1 headings are sections like Methods, Results, and other major elements. The title of the paper does *not* count as a heading. The term “Introduction” should *not* be used as a heading.

Level 2: Left Aligned, Bold, Major Words are Capitalized

Begin body text on the next line. Level 2 headings are used for important/common subsections, such as the “Participants” in a Method (Level 1) section.

Level 3: Left Aligned, Bold, Italic, Major Words are Capitalized

Begin body text on the next line. Level 3 headings are part of the text of the paragraph. Only the first word is capitalized, as it would be in a new sentence.

Level 4: Indented, bold, Major Words are Capitalized, end with a period. Begin body text after the period. Level 4 headings are not very common in undergraduate and/or short papers.

Level 5: Indented, Bold, Italics, Major Words are Capitalized, end with a period. Begin body text after the period. Level 5 headings are rarely needed in undergraduate and/or short papers.

Tables and figures (See APA Manual p. 195)

APA has *very* specific rules for visuals and tabulated data. For information regarding the design and the proper citation of tables, figures, or any other visual elements in your paper, refer to Chapter 7 of the seventh edition of the *Publication Manual of the American Psychological Association*.

RULES FOR REFERENCES

NOTE: Good research requires you to select your sources carefully and read them closely. Start by finding reliable, relevant sources. Develop an understanding of your topic, build your source list, and then start writing. Remember, the research always comes first! All sources should be included in a list at the end of your paper. Chapter 9 in the seventh edition is fully dedicated to this area. For more in-depth questions, see this chapter.

- Include a **digital object identifier (DOI)** if you have one. If not, APA prefers a link to the journal's homepage over the incredibly long URLs from databases. If no online journal link is available, the databases should give you a fixed URL or permalink to the article; provide that instead. You can also provide a short link to the database (such as "http://eric.edu.gov") if that is the only option available to you. (See APA Manual p. 299)
- For online sources, provide **retrieval information**. Only use the date if the data on the page is subject to change, such as wikis. (See APA Manual p. 282)
- For a passing reference to a website in a text see APA Manual p. 298.
- **Titles** of books, websites, and articles are capitalized like sentences—only the first word of the title (and subtitle, if present) are capitalized. Periodicals are different, however; titles of journals, newspapers, and magazines should have all major words capitalized. Proper nouns are always capitalized. (See APA Manual p. 291)
- Center and bold the word "References" at the top of the page, and **double-space** all entries. (See APA Manual p. 303)
- Use a **final period** at the end of each entry, EXCEPT when it ends with a web address or DOI number. (See APA Manual p. 317)
- Use a **hanging indent** for each entry: first line flush with the left margin, subsequent lines indented ½ inch. In Microsoft Word, hanging indents are easy to set up. Highlight your source list, click on the Paragraph dialog box, then select "Special" under indents (or just use the ruler functions, if you know how). (See APA Manual p. 303)
- **Alphabetize the Reference list** by author's last name. (If there is no author, use the first significant word in the title.) Multiple references by the same author are arranged by year of publication, starting with the earliest. (See APA Manual p. 303)
- **Do not include first names of authors.** Use last names and initials instead. (Also, never refer to authors by their first names in the text of your paper.) All authors' names should appear like this: "**Smith, J. A.**" See the bullet above for more information on how to alphabetize your reference list. (See APA Manual p. 317)
- **Editors.** Many sources will have editors instead of authors. Follow the same rules as you would for listing authors, but remember to put "(Ed.," after the editor's name, or "(Eds.," if there is more than one editor. (See APA Manual p. 322)
- **Dates** are important. Use them! If a source does not have a date, use "**n.d.**" to indicate no date. (See APA Manual pp. 290-291)
- **Italics.** Titles of books, journals, newspapers, magazines, and websites are *always* italicized. Titles of chapters and articles are neither italicized nor enclosed within quotation marks. (See APA Manual p. 170)
- **APA does not recommend using indirect references.** Whenever possible, cite the original source, unless the source is unavailable or unusable. In the event that you do use an indirect reference, only list

the text you are working with directly in the References page. Do not list the indirect reference on the Reference page.

- List **authors** in the order they appear in the original source. For **two authors**, separate names with an ampersand, like this: “Smith, A. & Jones, B.P.” For **three to seven authors**, list in order, with an ampersand before the last author: “Smith, A., Jones, B. P., & Clooney, G.” For more than 20 authors, list the first 19, then insert an ellipsis, then the last author’s name. (See APA Manual p. 286)
- Use only the name of the **publisher**. Do not use terms like “Inc.” or “Company.” If a text has no publisher (e.g., a self-published Kindle book), use the word “Author” as the publisher’s name. (See APA Manual pp. 295-296)
- **Sources**. Scholarly sources are easier to cite than informal ones. If you are having trouble with a citation, look for a more reputable source. For any academic paper, use library resources.

REFERENCE LIST EXAMPLES

Below are the basic formats and examples of sources often used in research papers.

Books (print)

(See APA Manual p. 321)

General format

Author, A. A. (Year). *Title of work: Capitalize the first letter, proper nouns, and the first letter after a colon.* Publisher.

Book with one author

Debo, A. (2012). *The American H.D.* University of Iowa Press.

Book with an editor

Starnes, R. D. (Ed.). (2003). *Southern journeys: Tourism, history, and culture in the modern South.* University of Alabama Press.

Book with more than one author/editor

Wright, L., & Heffelfinger, E. (2010). *Visual difference: Postcolonial studies and intercultural cinema.* Peter Lang.

Book with more than one edition (or a reprinted book)

Martinez, D., Peterson, T., Wells, C., Hannigan, C. & Stevenson, C. (2011). *Technical writing: A comprehensive resource for technical writers at all levels* (2nd ed.). Kaplan Publishing.

Translation

Kundera, M. (2000). *The Unbearable Lightness of Being* (M. H. Heim, Trans.). Harper Collins. (Original work published 1984).

Electronic, Audio, and Online Books

(See APA Manual p. 321 and “Rules for References” for more information)

General format

Author, A. A. (Year). *Title of work* [version or database]. Publisher. <http://www.xxxxx>

Author, A. A. (Year). *Title of work*. Publisher. doi:xxxxx

Online version of print book

Herzog, H. (2010). *Some we love, some we hate, some we eat* [Kindle Edition]. HarperCollins e-books.

<http://www.amazon.com>

Electronic-only book (never published in print)

Railsback, B. (2013). *A going concern* [Kindle Edition]. Author. <http://www.amazon.com>

Chapter or Entry in a Book

(See APA Manual p. 326)

General format

Author, A. B. (Year). Title of chapter/entry. In B. Editor (Ed.), *Book title* (pp. xx-xx.). Publisher.

Chapter in a book

Kinser, B. (2003). Mark Twain, Thomas Carlyle and shooting Niagara. In D.R. Sorensen & R.L.

Tarr (Eds.), *The Carlyles at home and abroad: Essays in honour of Kenneth J.*

Fielding (pp. 113-124). Ashgate.

Entry or chapter in a book with no author

Deadly nightshades. (2004). *Dictionary of common plants* (pp. 321-327). Biology Press.

Articles in Periodicals, Scholarly Journals, Newspapers, Etc.

(See APA Manual pp. 294, 316-318)

General format

Author, A. A., & Author, C. C. (Year). Title of article. *Name of Periodical*, vol no.(issue no.), pp-pp.

<https://doi.org/xxxxx> [if available]

NOTE: The **volume number** in an APA citation is an italicized *digit*. Do not include the term “vol.” or any words. Just include the number itself, in italics, after the name of the periodical. See examples below. **Issue numbers** should be included depending on how the periodical paginates its publication. If a journal continues paginating across issues, an issue number is not needed. If the journal begins each new issue with page 1, include an issue number in your citation. Getting this right may require some research. Consult the APA manual, or check other issues of the journal in question to determine whether issue numbers need to be included in your citation. **When in doubt**, include an issue number if you have one.

Article in print

Mulligan, R. F. (2010). Emergent and instrumental institutions in English constitutional history. *Studies in Emergent Order*, 3, 82-99.

Online article (or PDF based on a print source) with DOI (digital object identifier)

Tanner, B. R., Kinner, D. A., Griffith, A. D., Young, R. S., & Sorrell, L. M. Presence of *Arundinaria gigantea* (river cane) on numerous non-wetland sites suggests improper ecological classification of the species. *Wetlands Ecology and Management*, 19(6), 521-532.
<https://doi.org/10.1007/s11273-011-9233-3>

Online article or PDF based on a print source, without DOI

Gastle, B. (2003). Breaking the stained glass ceiling: Mercantile authority, Margaret Paston and Margery Kempe. *Studies in the Literary Imagination*, 36(1), 123-147.
<http://www.sli.gsu.edu>

Article in an internet-only newsletter

Tate, T. K. (2013, July 9). Student studies songbird mating, personality and paternity on campus. *The Reporter*. <http://thereporter.wcu.edu>

Online article with no author

Women’s basketball named to 2012-2013 WBCA Academic Top 25. (2013, July 13). *Western Carolina: The official site for Catamount Athletics*. <http://www.catamountsports.com>

Online article with no author and no date (e.g., wiki article)

Wild Bill. (n.d.). In *Wikipedia*. <http://en.wikipedia.org/index.php/WildBill078>

Entry in an online dictionary or reference work, no date and no author identified

Augury. (n.d.). In *Merriam-Webster’s Online Dictionary* (12th ed.). Retrieved February 14, 2020, from <http://merrweb.com/augury>

NOTE: The WaLC **strongly** discourages using online dictionaries, wikis, and quotation sites in formal papers.

Reviews

(See APA Manual p. 334)

General format

Lastname, A. A. (Year). Title of review [Review of the book *Title of book*, by A. A. Bookauthor]. *Title of Periodical in which Review Appears*, xx(xx), pp-pp.

Example

Cruz, L. (2013). Taxation and debt in the early modern city. [Review of the book *Taxation and debt in the early modern city*, by J. I. Andrés Ucendo and M. Limberger, eds.]. *Economic History Review*, 66(2), 672-673.

Government, Corporate, and Technical Reports

(See APA Manual p. 329)

General format

Author, A. A. (Year). *Title of work* (Report No. xxx). Publisher and/or URL.

Example

Western Carolina University. (2012, October). *20/20 Vision Focusing Our Future*.

Western Carolina University. http://www.wcu.edu/WebFiles/PDFs/Strategic_Plan_2020.pdf

Other Research

(See APA Manual p. 332)

General format (presentation/poster)

Presenter, A. A. (Year, Month). Title of paper [Paper/Poster presentation]. Organization Name, Location.

Example

Adams, C. A. (2013, March). *From Carl or Moloch to beyond: Communism and capitalism in Allen Ginsburg's Howl* [Paper presentation]. Graduate Research Symposium of Western Carolina University, Cullowhee, NC, United States.

General format (thesis/dissertation)

Author, A. A. (Year). *Title* (Publication No.) [Doctoral dissertation, Location]. Database.

If unpublished: Author, A. A. (year). *Title* [Unpublished doctoral dissertation]. Name of Institution.

Example

Perry, A. L. (2012). *Treading through swampy water: Graduates' experiences of the post-university transition* [Unpublished doctoral dissertation]. University of Canterbury.

Audiovisual Sources

(See APA Manual p. 342)

General format for film

Director, A. A. (Director). (Year). *Title of motion picture* [Film]. Studio.

Example

Sholder, J. (Director). (1987). *The Hidden* [Film]. Heron Communications.

General format for music album

Writer, A. (Copyright year). *Title of album* [Album recorded by B. B. Artist if different from writer].
Label.

Example

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

General format for single song or track

Writer, A. (Copyright year). Title of song [Song recorded by B. B. Artist if different from writer]. On
Title of album. Label.

Example

MacManus, D. P. (1978). Little triggers [Recorded by E. Costello]. On *Trust*. Stiff Records.

General format for TV series episode

Lastname, A. (Writer), and Lastname, B. (Director). (Year). Title of episode (Season, Episode) [TV series episode]. In C. Lastname (Executive Producer), *Title of show*. Distributor or studio.

Example

Barris, K. (Writer & Director). (2017, January 11). Lemon (Season 3, Episode 12) [TV series episode]. In K. Barris, J. Groff, A. Anderson, E. B. Dobbins, L. Fishburne, & H. Sugland (Executive Producers), *Black-ish*. Wilmore Films; Artists First; Cinema Gypsy Productions; ABC Studios.

NOTE: For television, films, music, or other artistic or cultural works, cite the original or official recording whenever possible (instead of a Youtube video or indirect source).

General format for online slide presentation

Author, A. B. (Year). *Title of Presentation* [PowerPoint slides]. Host. <http://www.xxxx>

Example

Writing and Learning Commons (2012). *Don't get testy! Improve your test preparation and test taking strategies* [PowerPoint slides]. Blackboard. <https://wcu.blackboard.com>

General format for audiobook

Author, A. A. (Year). *Book title* (B. B. Narrator, Narr.) [Audiobook]. <http://www.xxxx>

Example

Cain, S. (2012). *Quiet: the power of introverts in a world that can't stop talking* (K. Mazur, Narr.) [Audiobook]. Random House Audio. <http://bit.ly/2G0Bpbl>

General format for podcast

Host, A. A. (Host). (Date range). *Title* [Audio podcast]. Publisher. URL.

Example

Vedantam, S. (Host). (2015-present). *Hidden brain* [Audio podcast]. NPR.
<https://www.npr.org/series/423302056/hidden-brain>

General format for podcast episode

Host, A. A. (Date). (Date). *Title* (No.) [Audio podcast episode]. In *Podcast title*. Publisher. URL.

Example

Glass, I. (Host). (2011, August 12). Amusement park (No. 443) [Audio podcast episode]. In *This American life*. WBEZ Chicago. <https://www.thisamericanlife.org/radio-archives/episode/443/amusement-park>

Websites

(See APA Manual pp. 298, 350-352)

NOTE: APA considers many web sources unreliable. Also, entire websites are rarely cited in APA. Instead, specific parts/sections should be cited individually. **Ask your instructor before using any non-scholarly online source.**

Author, A. B. (Date of publication). *Title of document*. <http://www.xxxx>

Specific section or page from a website

Belcher, D.O. (2013). *Office of the Chancellor*. Western Carolina University.

<http://www.wcu.edu/about-wcu/leadership/office-of-the-chancellor/index.asp>

Section of a web site with no date and/or no author

GVU's 8th user survey. (n.d.). Retrieved February 14, 2020, from <http://www.cc.gatech.edu/gvu/survey-1997>

E-mail, Interviews You Conduct, and Other Personal Communication

Do not cite in reference list.

(See APA Manual p. 260)

In text only

(A. Author, personal communication, Month date, year)

Example of email discussed in text

The director stated the results were “disastrous but inaccurate” (A. Smith, personal communication, May 28, 2009).

Online Posts (Internet Videos, Message Boards, Blogs, Etc.)

(See APA Manual pp. 348-350)

General format

Author, A. A. (Year, Month Day). *Post title* [Description of form]. <http://www.xxxx>

YouTube video

Porter, J. (2012, November 11). *WCU 2012 - “This is how we roll” at BOA Grand National Semi-Finals*

[Video]. YouTube. <http://www.youtube.com/watch?v=-itBe-21L6c>

Blog post

Lee, C. (2010, November 18). How to cite something you found on a web site in APA style. *APA Style*

Blog. <http://blog.apastyle.org>

Tweet

Veronica. [@greenjuicestain]. (2019, November 4). Twitter is the sandpaper with which I smooth my

brain. [Tweet]. Twitter. <http://www.twitter.com/greenjuicestain/status/1191529411356413953>

Wiki entry

Citizenship & Civility (n.d.). Retrieved July 11, 2013 from the WCU wiki:

<http://fuji.wcu.edu/groups/citizenshipcivility20122013/>

NOTE: Wiki entries and undated websites must include a retrieval date. APA considers wiki unreliable.

IN-TEXT (PARENTHETICAL) CITATIONS

(See APA Manual pp. 253-280)

All in-text citations must include the **author's name** and the **year** the source was produced. If a sentence contains a direct quote or paraphrase, the citation must include a **page number**. When the author's name is cited in the sentence, the date follows the name in parentheses. When the author(s) is not named in the sentence, the name, date and page number (if applicable) go in parentheses at the end of the sentence. (See APA Manual p. 271)

Documentation within your paper gives credit for any direct quotations, paraphrases, or summaries from your sources. An in-text citation functions as a short, specific credit that corresponds to an entry on the References page, and vice versa. The position of the in-text citation shows exactly what information has come from that source.

NOTE: All in-text citations must include the **author's name** and the **year** the source was produced. If a sentence contains a direct quote or paraphrase, the citation must include a **page number**.

There are *two* forms of in-text citation:

1) **Author and date cited in sentence.** This is **recommended** the first time a source is mentioned or used. See the explanation of signal phrases below and the second column in the table on page 13. If a direct quote is being cited, a sentence citation must be followed by a parenthetical citation with a **page number** or location.

- According to Stanford (1981), numerous differences are evident when participants...
- Rogers and Graham (1989) dispute this finding...
- Kwitzel (1976) noted that "humanistic values in literature, science, ethics and society cut across religious commitments and are common possessions of the culture" (p. 5).
- Verbunt, Pernot, and Smeets (2008) offered that "the level ... seemed best explained by their mental health condition and less by their physical condition" (Discussion section, para. 1).

2) **All citation information in parentheses.** The most common type of citation. In parenthetical citations, all information appears at the end of the sentence/mention in parentheses.

- Research has shown that men and women use generic pronouns in different ways (Martyna, 1978).
- Thus, "the placebo effect disappears when behaviors are studied in this manner" (George, 1993, p. 276), but it depends which behaviors are being studied.

Signal Phrases

In APA, signal phrases are used to introduce and discuss sources. Much like a cocktail party where you formally introduce your guests to one another, you should **introduce and discuss author(s) in the text of your paper**, particularly the first time they are mentioned or used. Consider these common signal verbs:

Table 1
Commonly used verbs in APA signal phrases

<u>Acknowledged</u>	<u>Believed</u>	<u>Declared</u>	<u>Granted</u>	<u>Observed</u>	<u>Reported</u>
<u>Added</u>	<u>Claimed</u>	<u>Denied</u>	<u>Illustrated</u>	<u>Offered</u>	<u>Responded</u>
<u>Admitted</u>	<u>Commented</u>	<u>Disclosed</u>	<u>Implied</u>	<u>Pointed out</u>	<u>Suggested</u>
<u>Addressed</u>	<u>Compared</u>	<u>Disputed</u>	<u>Insisted</u>	<u>Reasoned</u>	<u>Testified</u>
<u>Argued</u>	<u>Confirmed</u>	<u>Emphasized</u>	<u>Negated</u>	<u>Refuted</u>	<u>Thought</u>
<u>Asserted</u>	<u>Contended</u>	<u>Endorsed</u>	<u>Noted</u>	<u>Rejected</u>	<u>Wrote</u>

Note: Adapted from “Signal Phrases” by Capella University Writing Center, May 2009.
<http://www.capella.edu/interactivemedia/onlineWritingCenter/downloads/handoutSignalPhrases2009.pdf>

Once you have introduced your sources, follow standard guidelines for in-text citations.

Table 2
Rules for In-text/Paranetical Citations

<u>Type of source</u>	<u>First use and/or source mentioned IN TEXT</u>	<u>PARENTHETICAL, first citation</u>	<u>Paranetical format, subsequent citations</u>
One work by one author	Trawick (2010) claims...	(Trawick, 2010)	(Trawick, 2010)
One work by two authors	Hampton and Reich (2003) claim...	(Hampton & Reich, 2003)	(Hampton & Reich, 2003)
One work by three or more	Blaylock et al. (2005)	(Blaylock et al., 2005)	(Blaylock et al., 2005)
Group (easily identified by abbreviation) as author	The National Institute of Nutrition (NIN, 1998) claims... <i>[Subsequent mentions can use the abbreviation only: “NIN (1998) claims...]</i>	(National Institute of Nutrition [NIN], 1998)	(NIN, 1998)
Group (no abbreviation) author	Fordham University (2011) claims...	(Fordham University, 2011)	(Fordham University, 2011)
Author is missing	<i>Title of Book</i> or “Title of Article” (2001) claims...	(<i>Title of Book</i> or “Title of Article,” 2001)	(<i>Title of Book</i> or “Title of Article,” 2001)
Date is missing	Wilber (n.d.) claims...	(Wilber, n.d.)	(Wilber, n.d.)

Author and date missing

Title of Book or “Title of Article” (n.d.) claims...

(Title of Book or “Title of Article,” n.d.)

(Title of Book or “Title of Article,” n.d.)

NOTE: Adapted from “Table 8.1. Basic In-Text Citations Styles” by the American Psychological Association, 2019, *Publication Manual of the American Psychological Association*, seventh edition, p. 266. Copyright 2019 by the American Psychological Association.

NOTE: If you use a **direct quote or paraphrase** from any source, the in-text citation must **include a page number**. For example: *Costello (2004) claimed that punk rock had had a “long honeymoon” (p. 75). Thus, other musicians felt “the need for darker beats” was ongoing (Cobain, 1991, p. 23).*

Exceptions to In-text Citation Rules

1) Direct quotes. If you are citing a direct quote, the in-text citation **must include a page number** (or a location, if the original source is not paginated).

2) Secondary or indirect references to a source you do not actually have a copy of.

Seindenberg’s subsequent study (as cited in Coltheart & Haller, 1997) found that...

NOTE: In the reference list, give **only the secondary source** (Coltheart & Haller), NOT the work cited within its text (Seindenberg). **APA does not recommend using indirect references.** Whenever possible, cite the original source, unless the source is unavailable or unusable.

3) Block quotations (quotations of 40 or more words). Block quotes are indented ½ inch from the regular text. No quotation marks are used for block quotes. See the example below.

In their groundbreaking study, Neto and Barros (2000) explain some of these effects:

As a result of these unmet needs, the individual experiences a variety of aversive affective states. Feelings of loneliness are often situationally determined and tend to be short-lived. However, some people feel loneliness in many different settings and so frequently that it comes to resemble an enduring personality trait. (para. 3)

NOTE: In a block quotation, the period precedes the closing citation. **Use block quotes sparingly.**

4) Emails/personal communication. Emails, interviews, etc. are **not** cited in the reference list.