

CITATIONS WITHIN THE TEXT OF YOUR PAPER

Give the author's last name and year of the source in parentheses.

Early onset results in a more persistent and severe course (Kessler, 2003).

Kessler (2003) found that early onset results in a more persistent and severe course.

APA Style states that it is best to paraphrase sources rather than using direct quotations. If you *must* reproduce a direct quotation, include the specific page number, or if the source does not have page numbers, the section name, paragraph number or another way of locating the quotation.

Magical thinking is defined as "the illusion that thought or rituals can influence events, fulfill wishes, or ward off evil" (Corsini, 2016, p. 562).

No author? Use the title instead. If the title is italicized in the reference list, italicize it. If the title is not italicized in the reference list, use quotation marks around it. If the title is long, shorten it by using the first 2-3 words of the title. Capitalize the first letter of major words, regardless of how its capitalized in the reference list.

("Study Finds", 2007)

(*College Bound Seniors*, 2008)

No date? If the date cannot be determined, use the abbreviation "n.d." for "no date".

(Strickland, n.d.)

CITING MULTIPLE AUTHORS IN THE TEXT

2 authors:

Kozma and Stones (1983) demonstrated
as has been shown (Kozma & Stones, 1983)

3 or more authors:

Include the last name of the first author followed by the abbreviation "et al." which is Latin for "and others".

According to Maqsood et al. (2013)

(Maqsood et al., 2013)

SOURCE WITHIN A SOURCE

When you have a citation within a source you are using, for example if you are reading an article by Sung and Mayer (2012) and they cite Clark (2001), it is preferable to locate and cite the original source (in this case, Clark). If you cannot locate the original source, in your in-text citation, cite Clark, followed by "as cited in" Sung and Meyer:

(Clark, 2001, as cited in Sung & Mayer, 2010)

Only list the source you read (e.g. Sung & Mayer) in your reference list.

REFERENCE LIST

Capitalization: In your reference list, for some types of sources (such as journal titles, or website titles) capitalize the first letter of all major words. For most things (article titles, book titles, webpage titles) capitalize only the first letter of the first word of the title and subtitle, and proper nouns.

Order: Your sources should be in alphabetical order by author's last name.

Format: Reference list should be double-spaced!!! Single-spacing is used in this Quick Guide to save paper.

ARTICLES

For articles with up to and including 20 authors, include the names of all authors. For 21 or more authors, use ellipses after the name of the 19th author, and then list the last author named.

JOURNAL ARTICLE (PRINT)

Include the DOI as a hyperlink if the article has one, regardless of whether or not you used the online or the print version.

Author, A. A., & Author, B. B. (Year). Title of article. Title of Journal, volume #(issue #), page #s. DOI

Kozma, A., & Stones, M. J. (1983). Re-validation of the Memorial University of Newfoundland scale of happiness. *Canadian Journal on Aging*, 2(1), 27-29. <https://doi.org/10.1017/S0714980800015610>

JOURNAL ARTICLE (FROM A LIBRARY DATABASE)

Provide the DOI (Digital Object Identifier) as a hyperlink. Do not include the database name with the one exception of the Cochrane Database of Systematic Reviews.

Author, A. A. (Year). Title of article. Title of Journal, volume #(issue #), page #s. DOI

Fuller, D. (2002). Critical friendships: Reading women's writing communities in Newfoundland. *Women's Studies International Forum*, 25(2), 247-260. [https://doi.org/10.1016/S0277-5395\(02\)00234-0](https://doi.org/10.1016/S0277-5395(02)00234-0)

JOURNAL ARTICLE (FROM A LIBRARY DATABASE, NO DOI)

Do not include URLs for articles accessed through an academic database. Do not include the database name.

Author, A. A. (Year). Title of article. Title of Journal, volume #(issue #), page #s.

Beghetto, R. (2017). Inviting uncertainty into the classroom: Five strategies to help students respond well to uncertainty and foster complex problem-solving skills. *Educational Leadership*, 75(2), 20-25.

JOURNAL ARTICLE (WITH AN ARTICLE NUMBER)

Its increasingly common for articles published online to have an article number or "eLocator." These articles usually don't have page numbers. Include the article number instead of the page range.

Hudson, A., & Vodden, K. (2020). Decolonizing pathways to sustainability: Lessons learned from three Inuit communities in NunatuKavut, Canada. *Sustainability*, 12(11), Article 4419. <https://doi.org/10.3390/su12114419>

JOURNAL ARTICLE (NO DOI, WITH A "NON-DATABASE" URL)

For open access journals freely available on the internet, provide the URL as a hyperlink if there is no DOI. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable.

Author, A. A. (Year). Title of article. Title of Journal, volume #(issue #), page #s. non-database URL

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), 17-37. shorturl.at/kqBSZ

MAGAZINE ARTICLE (PRINT, NO DOI)

Some magazines have no volume or issue numbers. If so, just leave that out.

Author, A. A. (Year, Month day). Title of article. Title of Magazine, volume #(issue #), page #s.

Jaffe, E. (2012, March/April). What do men really want? *Psychology Today*, 45(2), 62-87.

MAGAZINE ARTICLE (ONLINE)

Provide the DOI (Digital Object Identifier) as a hyperlink, or, if the article has no DOI, provide the URL as a hyperlink. Do not include URLs for articles accessed through an academic database. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable. Some articles will not have volume, issue or page numbers. If so, just leave that out.

Author, A. A. (Year, Month day). Title of article. Title of Magazine, volume #(issue #), page #s. DOI or non-database URL

Orland, K. (2019, October 22). Study casts doubt on value of WHO's "gaming disorder" diagnoses. *Ars Technica*. shorturl.at/fgESZ

NEWSPAPER ARTICLE (PRINT)

Some newspapers have no volume or issue numbers. If so, just leave that out. If no author is listed, begin with the article title, followed by the date, like the example below:

Author, A. A. (Year, Month day). Title of article. Title of Newspaper, volume #(issue #), page #s.

Thousands of interventions for youth dealing with suicidal thoughts. (2020, January 10). *The Telegram*, 141(235), A3.

ARTICLE ON A NEWS WEBSITE

Cite like a page on a website. If the author and the website name are the same, leave out the title of website. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable.

Author, A. A. (Year, month day). Title of article. Title of Website. URL

Skinner, R. J. (2019, November 4). *Burnout is real and here's how to handle it, according to experts*. CBC. shorturl.at/oEMO1

NEWSPAPER ARTICLE (ONLINE)

Do not include URL if accessed through the library or include database name. Many online newspapers do not have volume, issue or page numbers, if so, just leave out.

Author, A. A. (Year, month day). Title of article. Title of Newspaper. Non-database URL

Zul, M., Gibbs, K. & Busby, K. (2018, January 29). Mental health research needs more than private donations. *The Globe and Mail*, A13.

BLOG POST

Blogs are cited like periodicals. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable.

Author, A. A. (Year, month day). Title of post. Title of Blog. URL

Gautum, S. (2019, December 28). Emotions and motivations. *The Mouse Trap*. <https://the-mouse-trap.com/2019/12/28/emotions-and-motivations/>

WEBSITES

For an entire website, do not create an in-text citation or list an entire website in your Reference list. Only cite specific pages on a website, and if you cite multiple pages from the same website, create a separate entry in your Reference list for each page.

Groups, organizations or government departments can be often be authors. If the author and the website name are the same, leave out the title of website. If the date the webpage was last updated is provided, use that date in your reference. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable.

PAGE ON A WEBSITE

Author, A. A. (Year, Month Day). Title of webpage. Title of Website. URL

Newfoundland and Labrador Environment Network. (2011, October 7). *Voting for the environment: Environment Network releases review of party policies*. <http://www.nlen.ca/issues/forests/voting-for-the-environment-environment-network-releases-review-of-party-policies/>

If the contents of the webpage are designed to change and be updated over time, include a retrieval date before the URL:

Statistics Canada. (2019, December 19). *Canada's population clock (real-time model)*. Retrieved January 19, 2020, from <https://www150.statcan.gc.ca/n1/pub/71-607-x/71-607-x2018005-eng.htm>

NO AUTHOR?

If no author is available, begin with the title of the webpage, followed by the date.

Climate change: The basics. (2019, July 10). Climate Atlas of Canada. <https://climateatlas.ca/climate-change-basics>

NO DATE?

If no publication or last updated date is available, use (n.d.) for "no date".

Emera Newfoundland and Labrador. (n.d.) *Maritime link: Overview*. <http://www.emeranl.com/en/home/themaritimelink/overview.aspx>

SOCIAL MEDIA

Cite only original content from social media. If you used social media to discover a source (e.g. a link to a webpage), cite the original source of the information. Include up to the first 20 words of the post, including hashtags, links, and emojis. Do not alter spelling or capitalization. Replicate emojis if possible, or provide emoji name in square brackets. An emoji counts as one word. Reference any attached photos or videos in square brackets, for example: [Image attached]. For more information, see pp. 348-349 of the APA manual.

TWEET

Author, A. A. [@Twitter Handle]. (Year, Month Day). First 20 words of the tweet [Tweet]. Twitter. URL

Canada Trade. [@CanadaTrade]. (2020, January 17). *A HUGE congratulations [clapping hands emoji] to the Canadian firms on the 2020 Global #Cleantech100 List! [trophy emoji] Find out how @TCS_SDC [Infographic attached] [Tweet]*. Twitter. <https://twitter.com/CanadaTrade/status/1221926612549193729?s=20>

FACEBOOK POST

After the first 20 words of the post, in square brackets describe the post. E.g. [Status update], [Infographic], [Video].

Author, A. A. (Year, Month Day). First 20 words of the post [Description]. Facebook. URL

Library and Archives Canada. (2020, January 25). *The design results from an unprecedented public process that asked Ottawa residents, Indigenous communities, and Canadians from across the country* [Video attached] [Status update]. Facebook.

<https://www.facebook.com/LibraryArchives/posts/2802727026440278>

YOUTUBE VIDEO

The person or group who uploaded the video is considered the author.

Author, A. A. [Username if it differs from author]. (Year, Month Day). Title of video [Video]. YouTube. URL

Mattu, A. [The Psych Show]. (2018, August 16). *How to deal with emotions in a healthy way* [Video]. YouTube. <https://youtu.be/PxY-SPGI4w>

BOOKS

For books with up to and including 20 authors or editors, include the names of all authors or editors. Do not include place of publication. If more than one publisher is listed, include all of them in the order they are listed, separated by semicolons. For publisher names, do not include "Inc." or "Ltd." If the author and publisher are the same, leave out publisher name to avoid repetition.

PRINT BOOK

Author, A. A., Author, A. A., & Author, A. A. (Year). Title of book. Publisher/s.

Kagan, J., & Havemann, E. (1968). *Psychology: An introduction*. Harcourt; Brace and World.

E-BOOK (FROM A LIBRARY DATABASE)

Provide the DOI (Digital Object Identifier) as a hyperlink. Do not include the database name.

Author, A. A. (Year). Title of book. Publisher/s. DOI

Marks, D. F. (2018). *A general theory of behavior*. Sage Publications. <https://doi.org/10.4135/9781529714616>

E-BOOK (FROM A LIBRARY DATABASE, NO DOI)

Do not include URLs for articles accessed through the library. Do not include the database name.

Author, A. A. (Year). Title of book. Publisher/s.

Domhoff, G. W. (2003). *The scientific study of dreams: Neural networks, cognitive development, and content analysis*. American Psychological Association.

E-BOOK (NO DOI, WITH A "NON-DATABASE" URL)

Provide the URL as a hyperlink if there is no DOI. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable.

Author, A. A. (Year). Title of book. Publisher/s. URL

Holland, N. N. (1982). *Laughing: A psychology of humor*. Cornell University Press. <https://ufdc.ufl.edu/UF00002278/00001/1x>

EDITED BOOK

Start with the editor followed by (Ed.) or, for multiple editors (Eds.).

Wright, M. J., & Myers, C. R. (Eds.). (1983). *History of academic psychology in Canada*. C. J. Hogrefe.

ARTICLE/CHAPTER IN AN EDITED BOOK

Article/Chapter Author. (Year). Title of article/chapter. In Editor's name (Ed.), Title of book (pp. page #s). Publisher/s. DOI or URL if applicable

Einar, V. K. (2007). Screening of eating disorders in the general population. In P. M. Goldfarb (Ed.), *Psychological tests and testing research trends* (pp. 141-50). Nova Science Publishers.

EDITION OF A BOOK, OTHER THAN THE 1st

Author, A. A. (Year). Title of book (# ed.). Publisher/s. DOI or URL if applicable

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

VOLUME OF A BOOK

If it is an edition other than the 1st, include the edition immediately before the volume number.

Author, A. A. (Year). Title of book (# ed., Vol. #). Publisher/s. DOI or URL if applicable

Eisenberg, N. (Ed.). (2006). *Handbook of child psychology* (6th ed., Vol. 3). John Wiley & Sons.

TRANSLATED BOOK

Author, A. A. (Year). Title of book. (T. T. Translator, Trans.). Publisher/s. (Original work published xxxx). DOI or URL if applicable

Freud, S. (1960). *Jokes and their relation to the unconscious*. (J. Strachey, Trans.). Routledge and Kegan Paul. (Original work published 1905).

OTHER

CLASS LECTURE

Unpublished works that cannot be retrieved by readers (e.g. emails, class lectures, presentations) are cited as "personal communication" and are only cited in the text of your paper, not in your reference list.

In-Text Citation only:

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

(Buckle, J., personal communication, January 15, 2019)

POWERPOINT OR LECTURE NOTES POSTED ON A COURSE SITE

If the information is posted on a course site (e.g. Brightspace, or Library's Course Resources site) that the audience you are writing for has access to, such as your Instructor or fellow students, provide the name of the site and its URL. Your Instructor is the author. If there is no formal title, include a description in square brackets.

Author, A. A. (Year, Month day). Title of lecture or [Description]. Name of Site. Login page URL.

Bodner, J. (2019, November 6). [PowerPoint slides on fieldwork]. Brightspace. <https://online.mun.ca/d2l/login/>

DICTIONARY/ENCYCLOPEDIA ENTRY

If no author is available, begin with the title, followed by the date. Provide the DOI (Digital Object Identifier) as a hyperlink if it has one. If accessed through a library database, do not include URL or database name. If accessed through the internet, include a non-database URL. If an online source has no page numbers, leave that out.

Author, A. A. if available. (Year). Title of entry. In E. E. Editor (Ed.), Title of dictionary/encyclopedia (p. page #). Publisher/s. DOI or URL if applicable

Roesch, S. (2006). Coping mechanisms. In Y. K. Jackson (Ed.), *Encyclopedia of multicultural psychology*. Sage Publications. <http://doi.org/10.4135/9781412952668>

No Author?

Facial expression. (2007). In G. R. VandenBos (Ed.), *APA dictionary of psychology* (pp. 362-363). American Psychological Association.

DISSERTATION OR THESIS (PRINT)

Author, A. A. (Year). Title of dissertation/thesis [Unpublished doctoral dissertation OR master's thesis]. Name of University.

Knight, J. C. (2011). *The association of continuity of family physician care with health care services utilization and costs in Newfoundland and Labrador* [Unpublished doctoral dissertation]. Memorial University of Newfoundland.

DISSERTATION OR THESIS (FROM A LIBRARY DATABASE)

If accessed through an academic database, include the publication number and the database name. Do not include a URL.

Author, A. A. (Year). Title of dissertation/thesis (Publication No. #) [Doctoral dissertation OR master's thesis, University Name]. Database Name.

Rusch, L. C. (2010). *Depression stigma reduction: The impact of models of depression on stigma and treatment seeking* (Publication No. 3373881) [Doctoral dissertation, University of Wisconsin-Milwaukee]. ProQuest Dissertations and Theses Global.

DISSERTATION OR THESIS (ONLINE)

If accessed through an online repository, digital archive or other open-access source, include the source name and URL.

Author, A. A. (Year). Title of dissertation/thesis [Doctoral dissertation OR master's thesis, University Name]. Source. URL

Sadatcharam, K. (2019). *Assessing potential applications of multi-coil and multi-frequency electromagnetic induction sensors for agricultural soils in western Newfoundland* [Master's thesis, Memorial University of Newfoundland]. Memorial University Research Repository. <http://research.library.mun.ca/id/eprint/13806>

INTERVIEW

Quotations from people you interviewed (i.e. research participants) are not cited in your reference list and also differ from how "personal communications" are cited. State in the text of your paper that the quotation is from someone you interviewed. When quoting a research participant, abide by any ethical agreements about confidentiality or anonymity. See p.278 of the APA Manual for more information.

Example:

Gordon Pennell, a life-long resident of Corner Brook, was interviewed in his home about what it was like growing up on the west side during the late 1950s and 1960s. Mr. Pennell described "rock fights" between children from the Country Road neighbourhood and children "from the other side of the brook."

MOVIE OR TV SHOW

It is not necessary to specify how you watched it (e.g. streaming or DVD). For movies, the director is the author. For an episode of a TV show, the writer and the director are the authors. Specify their role in brackets after their name. If more than one production company is listed, include them all, separated by semi-colons.

Movie:

Director, D. D. (Director). (Year of release). Title [Film]. Production Company.

Cheney, I. (Director). (2018). *The most unknown* [Film]. Science Sandbox; Motherboard; Sandbox Films (II); Vice Media.

Episode of a TV Show:

Writer, W.W. (Writer), & Director, D. D. (Director). (Year, Month day). Title of episode (Season #, Episode #) [TV series episode]. In Producer, P. P. & Producer, P. P. (Executive Producers), Title of TV series. Production Company.

Verdecchia, R. (Writer & Director). (2019, November 2). Be afraid: The science of fear (Season 59, Episode 6) [TV series episode]. In Henderson, G., & Henderson, S. (Executive Producers), *The nature of things*. CBC.

PODCAST

List the host as the author. Include episode number if it has one. You may use a shortened URL generated by a link shortener. Either the long or short URL is acceptable. If URL is unknown (accessed through an app) leave out the URL.

Author, A. A. (Host). (Year, Month day). Episode title (No. #) [Audio podcast episode]. In Podcast title. Publisher. URL.

O'Reilly, T. (Host). (2018, August 31). How some grocery store mirrors nudge you toward healthier choices [Audio podcast episode]. In *Under the influence*. CBC Radio. <https://bit.ly/37C3hPi>

REPORT BY GOVERNMENT AGENCY OR OTHER ORGANIZATION

Include a report number if it has one. If the author and publisher are the same, leave out publisher name to avoid repetition.

Government Department/Organization/Committee. (Year, Month day). Title of document or report (Report no. #). Publisher. URL

Newfoundland and Labrador Department of Health and Community Services. (2009, June). *Newfoundland and Labrador gambling prevalence study*.
https://www.health.gov.nl.ca/health/publications/2009_gambling_study.pdf

Didn't find the example you were looking for? Try...

American Psychological Association. (2020). *Publication manual of the American Psychological Association: The official guide to APA style* (7th ed.) available at our libraries in Reference or on Reserve: **Call Number: BF 76.7 P83 2020**