

A *Very Brief* Guide to Citing References in APA Style

Citing a reference in the *body* of your paper:

References are cited in the body of your paper to give appropriate credit to the person or persons whose ideas or words you are using to support what you have written. When you fail to give others this credit, you are telling your reader that these words and ideas are your own. If you do this, you are guilty of plagiarism. This is a very serious academic offense.

When you use a direct quotation from an original source, give the author(s) credit for her/his/their words as follows. Be sure to include the number of the page on which the quote appears.

According to Jones and Williams (2002), "Although behaviorism does not have as many loyal followers as it did during the 1950s and 1960s, it is still a viable force in modern psychology" (p. 78).

or

"Although behaviorism does not have as many loyal followers as it did during the 1950s and 1960s, it is still a viable force in modern psychology" (Jones & Williams, 2002, p. 78).

When this quotation is 40 words or longer, this quotation must be blockquoted, does not use quotation marks, and remains doublespaced. The page number follows the period, rather than preceding it as with short quotations.

Insight alone can be therapeutic, because some cliets naturally put insights into action. Jowever, some clients need to be reminded to translate insight into action. Prochaska (1999) summarizes these concerns, agreeing that balancing insight with action is important:

Many patients... tend to substitute thinking and reflecting for acting. They can be very comfortable with clinicians who prefer contemplation-oriented processes.... But encouraging such clients to go deeper and deeper into more levels of their problems can be iatrogenic; that is the treatment itself can poduce negative outcomes, such as feeding into their problems of being "chronic contemplators." (p. 476)

<p>Note: Quotations should be used sparingly and generally for writing that (a) makes a point more clearly, or more strongly than the writer could, or (b) when one wants to make clear that others believe or write the things included in the quotation. Avoid using more than one quotation per page without real justification.</p>
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When you paraphrase from a source, credit the author(s) for these idea(s).

Behaviorism continues to be an important school of psychology (Jones & Williams, 2002).

or

Jones and Williams (2002) believe that behaviorism continues to be an important school of psychology.

When you paraphrase from a source with three or more authors, include all authors the first time, then abbreviate the following times.

First time:

Smith, Jones, and Brown (2003) believe that perception is not just a reliable copy of the original stimulus

or

Perception is not just a reliable copy of the original stimulus (Smith, Jones, & Brown, 2003).

Second (and subsequent) times:

Smith and her colleagues (2003) describe three different ways that our experience is biased by expectations.

or

Our experience is biased by expectations in at least three ways (Smith et al., 2003).

When your ideas are drawn from several sources, they still must be cited.

Many writers have suggested that our ideas are biased by our expectations and stereotypes (e.g., Brown, 2003; Jones, 2002; Smith et al., 2003). Only a few have suggested that this can sometimes be useful -- when these expectations remain flexible and open to change (Pink, 2003; Sue & Sue, 1999).

Personal communications are a special case. Personal communications (e.g., personal or telephone conversations, E-mail messages, discussion groups, etc.) with an individual are cited in the body of your text. (Note: Personal communications are not included in the reference section because they are not retrievable.)

According to S. A. Johnson (personal communication, February 15, 2003), psychologists are often hired by private industry because of their skill in personnel selection.

When citing something described in another article or book. Secondary citations are used when you want to use the ideas from an article or book, but you haven't read the original source. Usually one would try to get the original source, but *if you are unable to do so*, you would cite like this: (Brown, 1999, as cited in Kuther, 2003). Kuther (2003), not Brown (1999), would show up in your reference section (See APA, 2001, p. 247).

Often, though, your ideas are really drawn from the source you are reading, but your author synthesized these ideas from several other sources (as in a review article). This is a bit trickier to recognize, but if the ideas are, for example, Kuther's (2003) synthesis of several sources, cite and reference Kuther. If, however, the ideas are not a synthesis -- as when Brown (2003) talks about Zimbardo's discussion of abuse in prisons.

When citing something with a group author. In this case, include the group author and date.

Depression is described by most authors in terms of its symptoms, rather than its underlying dynamics (American Psychiatric Association [APA], 2000).

The next time that this source is referenced, it can be cited as (APA, 2000).

When citing something without a date. In this case, include the author or group author, followed by n.d. (i.e., no date).

Depression can lead to an increased understanding or empathy for others (Depressed Writers, n.d.).