

Basic In-text Citation Styles		
Author type	Parenthetical citation	Narrative citation
One author	(Luna, 2020)	Luna (2020)
Two authors	(Salas & D’Agostino, 2020)	Salas and D’Agostino (2020)
Three or more authors	(Martin et al., 2020)	Martin et al. (2020)
Group author with abbreviation First citation*	(National Institute of Mental Health [NIMH], 2020)	National Institute of Mental Health (NIMH, 2020)
Subsequent citations	(NIMH, 2020)	NIMH (2020)
Group author without abbreviation	(Stanford University, 2020)	Stanford University (2020)

*Define the abbreviation for a group author only once in the text, choosing either the parenthetical or narrative format. Thereafter, use the abbreviation for all mentions of the group in text (see Section 8.21)

Five Levels of Headings in APA Style (7 th Edition)	
Level 1	Center, Bolded, Title Case Heading Text begins as a new paragraph.
Level 2	Flush Left, Bolded, Title Case Heading Text begins as a new paragraph.
Level 3	<i>Flush Left, Bolded and Italicized, Title Case Heading</i> Text begins as a new paragraph.
Level 4	Indented, Bolded, Title Case Heading with Period. Text continues in the same paragraph.
Level 5	<i>Indented, Bolded and Italicized, Title Case Heading with Period.</i> Text continues in the same paragraph.

No Page Numbers? No Problem!	
Provide a section or heading name	(Gecht-Silver & Duncombe, 2015, Osteoarthritis section)
Provide an abbreviated heading/section name in quotation marks if the full name it is too long to fit	(Centers for Disease Control and Prevention, 2017, “What Can You Do” section)
Provide the paragraph number	(Chamberlin, 2014, para. 1)
Provide both the section name and paragraph number	(DeAngelis, 2018, Musical Forays section, para. 4)
Bible (book, chapter, verse)	(<i>King James Bible</i> , 1769/2017, John 3:16)
Play (act, scene, line)	(Shakespeare, 1623/1995; 1.3.36-37)
Timestamp of a video or recording	(TED, 2021, 3:32)

Order of References with the Same Author
Smith, A. (n.d.)
Smith, A. (2018).
Smith, A. (2020a).
Smith, A. (2020b, May).
Smith, A. (in press).
Smith, A., & Brown, A. (2021).
Smith, A., & Williams, B. (2019).

Looking for Something?	
Paper Format	Section 2
Spelling, Grammar, and Mechanics of Style	Sections 4 Section 6
Tables and Figures	Section 7
In-text Citations	Section 8
References	Section 9
Reference Examples	Section 10

Examples of Common References in APA 7th Edition

APA MANUAL

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.).

BIBLE

King James Bible. (2017). King James Bible Online. <https://www.kingjamesbibleonline.org/> (Original work published 1769)

The New American Bible. (1971). Thomas Nelson.

BOOK

Giddens, J. F. (2021). *Concepts for nursing practice* (3rd ed.). Elsevier.

Zerwekh, J., & Garneau, A. Z. (2021). *Nursing today: Transitions and trends* (10th ed.). Elsevier.

CDC (WEBSITE IS THE AUTHOR)

Centers for Disease Control and Prevention. (2021, January 5). *Secondhand smoke (SHS) facts*. U.S. Department of Health and Human Services.
https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm

COCHRANE DATABASE OF SYSTEMATIC REVIEWS

Nussbaumer-Streit, B., Mayr, V., Dobrescu, A. I., Chapman, A., Persad, E., Klerings, I., Wagner, G., Siebert, U., Ledingger, D., Zachariah, C., & Gartlehner, G. (2020, September 14). Quarantine alone or in combination with other public health measures to control COVID-19: A rapid review. *Cochrane Database of Systematic Reviews*. <https://doi.org/10.1002/14651858.CD013574.pub2>

CODE OF ETHICS

American Nurses Association. (2015). *Code of ethics for nurses with interpretive statements*.

DICTIONARY ENTRY

Merriam-Webster. (n.d.). Semantics. In *Merriam-Webster.com dictionary*. Retrieved January 4, 2020, from <https://www.merriam-webster.com/dictionary/semantics>

ERD

United States Conference of Catholic Bishops. (2018). *Ethical and religious directives for Catholic health care services* (6th ed.).

GOVERNMENT REPORT

Rauner, B. (2017, September). *State of Illinois opioid action plan*. Illinois Department of Public Health.
https://www.dph.illinois.gov/sites/default/files/publications/illinois-opioid-action-plan-sept-6-2017-final_1.pdf

HEALTHY PEOPLE

Office of Disease Prevention and Health Promotion. (n.d.) Chronic pain. *Healthy People 2030*. U.S. Department of Health and Human Services. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/chronic-pain>

IMAGE (STOCK IMAGE, CLIP ART, INFOGRAPHIC, PHOTOGRAPH, ETC.)

VectorMine. (2019, January 6). *COPD vector illustration. Labeled chronic obstructive pulmonary explanation* [Infographic]. iStock. <https://www.istockphoto.com/vector/copd-vector-illustration-labeled-chronic-obstructive-pulmonary-explanation-gm1090599378-292564739>

JOURNAL ARTICLE

Niskala, J., Kanste, O., Tomietto, M., Miettunen, J., Tuomikoski, A-M., Kyngäs, H., & Mikkonen, K. (2020, July). Interventions to improve nurses' job satisfaction: A systematic review and meta-analysis. *Journal of Advanced Nursing*, 76(7), 1498-1508. <https://doi.org/10.1111/jan.14342>

JOURNAL ARTICLE WITH ARTICLE NUMBER

Piñeiro-Cossio, J., Fernández-Martínez, A., Nuviala, A., & Pérez-Ordás, R. (2021). Psychological wellbeing in physical education and school sports: A systematic review. *International Journal of Environmental Research and Public Health*, 18(3), Article 864. <https://doi.org/10.3390/ijerph18030864>

JOURNAL ARTICLE WITH 21+ AUTHORS

Nath, A. P., Ritchie, S. C., Grinberg, N. F., Tang, H. H., Huang, Q. Q., Teo, S. M., Ahola-Olli, A. V., Wurtz, P., Havulinna, A. S., Santalahti, K., Pitkanen, N., Lehtimäki, T., Kahonen, M., Lyytikäinen, L. P., Raitoharju, E., Seppälä, I., Sarin, A. P., Ripatti, S., Palotie, A., . . . Inouye, M. (2019). Multivariate genome-wide association analysis of a cytokine network reveals variants with widespread immune, haematological, and cardiometabolic pleiotropy. *American Journal of Human Genetics*, 105(6), 1076-1090. <https://doi.org/10.1016/j.ajhg.2019.10.001>

MAYO CLINIC (WEBSITE HAS AUTHOR)

Mayo Clinic Staff. (2021, July 27). *Obstructive sleep apnea*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090>

NATIONAL INSTITUTES OF HEALTH

National Institute of Mental Health. (2025, February). *Depression*. U.S. Department of Health and Human Services, National Institutes of Health. <https://www.nimh.nih.gov/health/topics/depression>

STATPEARLS

Krawiec, C., & Muzio, M.R. (2021, October 20). Neonatal seizure. In *StatPearls*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK554535/>