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APA style uses the author and date when citing sources in the text. If you include the author’s name in the narrative you only need to include the year in parentheses. If you don’t include the author’s name in the narrative then you put it and the year in parentheses. There is a wonderful chart on page 177 of the manual that helps to explain the rules.

Ex. Walker (2000) compared reaction times.....

Ex. In a recent study of reaction times (Walker, 2000)

One work by multiple authors:
If your article, book or web site has 1 or 2 authors you must always use both of them in your in text citations.

Ex. as has been shown (Joreskog & Sorbom, 1989)

If your work has 3, 4, or 5 authors you must cite all the authors for the first in text citation. If you cite that work again you only list the first author and et al.

Ex. this was found to be true (Wasserstein, Zappula, Rosen, Gerstman, & Rock, 1994)

Ex. The testing was concluded in 1985 (Wasserstein et al., 1994)
If your work has 6 or more authors you must cite the first author and then and et al.

Ex.  Davis et al. (1999) found that...

Ex.  According to the study (Davis et al., 1999)

**Direct quotations:**
If you use a direct quotation or image in your paper you must say what page (if an article) or paragraph (if a web site) the quotation came from.

Ex.  (Cheek & Buss, 1981, p. 332)

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**Reference List basic format:**

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- Only use the first and middle initials of the author’s name, do not type out the full name!
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- Use the & symbol before the last author’s name, do not type out the word and!
- Always italicize the journal or magazine title and the volume number!
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- Only capitalize the first word, first word of a subtitle, or proper nouns in an article or book title.
- Make sure you know the format of the item you are citing (print or electronic).
- Do not include retrieval dates unless the source material may change over time (Wikis).

**Some important information & changes in the 6th edition:**

- There should be 2 spaces after periods that end a sentence in the body of the paper.
- The number of authors that must be listed on the references page is now 7 and you no longer use et al. on the references page.
- The preferred font is Times New Roman 12pt.
- The paper should be double-spaced.
- There should be 1-inch margins on all sides of the document.
- The method and level of headings is simplified in the new edition.
- Both the page number and running head should be located in the header of the paper so it appears on each page.
References


This sheet is only a sample of basic APA formatting, if you have questions please check the Publication manual of the American Psychological Association, 6th ed. which is at the Reference Desk (BF 76.7 P)