

APA 7th Edition Guidance

NB: SEE UWTSD HOUSE RULES DOCUMENT FOR FURTHER
INFORMATION AND GUIDANCE!

In-text citations

Changes to in-text citations

One author

- Surname followed by date of publication

Jones (2009)
(Jones, 2009)

Two authors

- Both surnames followed by date of publication for all uses of the citation

Griffiths and Hammond (2015)
(Griffiths & Hammond, 2015)

Changes to in-text citations

Three to 20 authors

- First authors surname followed by 'et al.' for **all** uses of the citation, even the first use



Watson, Williams, Jones and
Morris (2013)



Watson et al. (2013)

Changes to in-text citations

Three to 20 authors

- What if two sources have the same first author and date?
- To avoid ambiguity, use as many names as needed to differentiate between papers, then use 'et al.'



Fannon, Chan, Ramirez, Johnson and Grimsdottir (2019)
Fannon, Chan, Montego, Daniels and Miller (2019)



Fannon, Chan, Ramirez, et al. (2019)
Fannon, Chan, Montego, et al. (2019)

Changes to in-text citations

Quotations

- Author information as previous, plus date and page number

Up to 40 words

Contain within “quotation marks” within the sentence

More than 40 words

Omit quotation marks, set as extract and indent ½ inch to the left

Reference list

Changes to reference list

Book or ebook

- Place of publication should not be included.
- DOI should be included if it is available in the format <https://doi.org/10.xxx>

Brace, N., Kemp, R., & Snelgar, R. (2012).
SPSS for psychologists (5th ed.).
Palgrave Macmillan.

Brace, N., Kemp, R., & Snelgar, R. (2012).
SPSS for psychologists (5th ed.).
Palgrave Macmillan.
<https://doi.org/10.xxxxx>

Changes to reference list

Journal article

- DOI should always be included if it is available in the format <https://doi.org/10.xxx>



Honsi, A., Mentzoni, R. A., Molde, H., & Pallesen, S. (2013). Attentional bias in problem gambling: A systematic review. *Journal of Gambling Studies*, 29, 359-375. DOI: 10.1007/s10899-012-9315-z



Honsi, A., Mentzoni, R. A., Molde, H., & Pallesen, S. (2013). Attentional bias in problem gambling: A systematic review. *Journal of Gambling Studies*, 29, 359-375. <https://doi.org/10.1007/s10899-012-9315-z>

Changes to reference list

Chapter within an edited book

- Place of publication should not be included.
- DOI should be included if it is available in the format <https://doi.org/10.xxx>

Dillard, J. P. (2020). Currents in the study of persuasion. In M. B. Oliver, A. A. Raney, & J. Bryant (Eds.), *Media effects: Advances in theory and research* (4th ed., pp. 115–129). Routledge.

Changes to reference list

Webpages

- 'retrieved from' does not get included
- Website name does not need to be included if the author/site name is the same



Mayo Clinic. (2017, March 8). *Nutrition and healthy eating*. Mayo Clinic. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678?p=1>



Mayo Clinic. (2017, March 8). *Nutrition and healthy eating*. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678?p=1>

Tables and Figures

Changes to formatting for tables and figures

Table X. and **Figure X.** should be in bold typeface and belong above the table/figure

Table and figure titles/headings should be written in *Title Case* in italics directly below Table/Figure X

Tables and figures do not require notes underneath, but if these are used then they should be placed below the table, double-spaced and flush left

- See APA publication manual for the different types of notes that could be included.

Changes to formatting for tables

All columns must have a heading, written in sentence case

Vertical borders and borders around each cell should not be included

- Only borders that are needed for clarity should be used

Main body text should be centre aligned

Table formatting example

Table 1 → Table number, bold, flush left

Means, Standard Deviations and One-Way ANOVA results: Police Officers → Heading for table in title case and italicised

Measure	Females		Males		$F(1, 234)$	η^2
	M	SD	M	SD		
Self-esteem	2.91	0.49	3.35	0.35	68.87*	.19
Social support	4.22	1.50	5.56	1.20	62.60*	.17
Cognitive appraisals						
Threat	2.78	0.87	1.99	0.88	56.35*	.20
Challenge	2.48	0.88	2.83	1.20	7.87*	.03
Self-efficacy	2.65	0.79	3.53	0.92	56.35*	.16

All columns contain a heading

No vertical borders; no borders around each cell

Main body text (stats) centre aligned

* $p < .001$

Table note, double spaced, flush left

Changes to formatting for figures

Axis labels and other headings should be written in Title Case

Descriptions within figures should be written in sentence case

If a legend is used, then this should be placed within or underneath the image rather than to the side, and words should be in Title Case

Gridlines should be removed

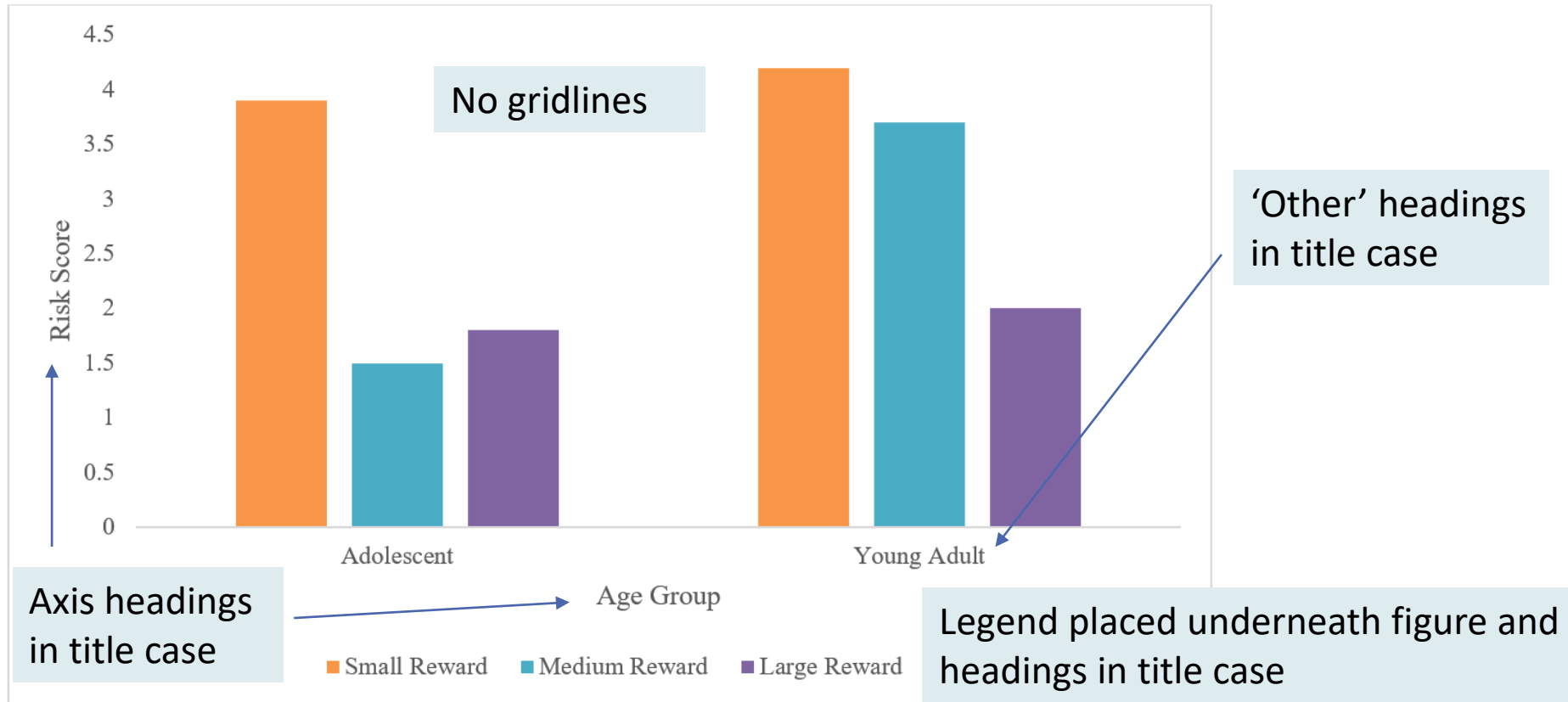
Figure formatting example

Figure 1

Figure number, bold, flush left

Risk Scores for Different Reward Sizes in a Simulated Gambling Task

Heading for figure in title case and italicised



Reminder!

YOU SHOULD BE USING THE PSYCHOLOGY AND COUNSELLING HOUSE RULES DOCUMENT FOR MORE GUIDANCE, AS WELL AS THE APA REFERENCING DOCUMENT AVAILABLE VIA THE LIBRARY WEBSITE FOR MORE DETAILED REFERENCING INFORMATION.
