

# **Citing and Managing Your References ... APA style**

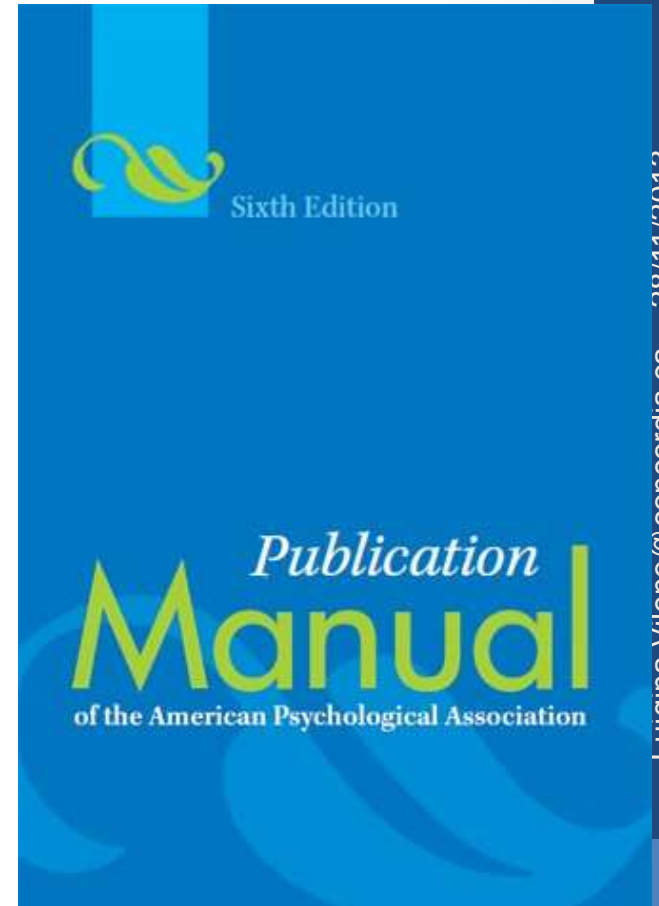
# Learning objectives

1. Become familiar with APA citation style for various types of documents and resources
  1. In-text citation
  2. Reference List
2. Learn techniques to get APA-formatted citations from databases while you search
3. Become familiar with web sites and services that help you use APA
4. Format a running head and title page in APA

# Citation Style Guides

- Help you avoid plagiarism by acknowledging sources
- Citations provide enough details to track down original source
- Each style contains the same basic information
- Information is formatted differently with each style

***Today's focus:*** APA (American Psychological Association) Style – commonly used in Social Sciences




# In your APA paper

- Use **In- text citations** whenever you directly quote a source and when you paraphrase

## **AND**

- Provide a full **reference list** at the end of your paper: this will be labeled References
- APA also has guidelines for how you should format your paper

# APA is a book! The library has copies.


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Title **Publication manual of the American Psychological Association**

Edition 6th ed

Publisher Washington, DC : American Psychological Association, c2010

Location	Call Number	Availability ( <a href="#">what's this?</a> )
<a href="#">Webster Course Reserve Room (3 hour loan)</a>	<a href="#">BF 76.7 P83 2010</a> c.5	IN LIBRARY
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**Description** xviii, 272 p. : ill. ; 26 cm

**Bibliography** Includes bibliographical references (p. 255-257) and index

**Contents** Writing for the behavioral and social sciences. Types of articles ; Ethical and legal standards in publishing ; Ensuring the accuracy of scientific knowledge ; Protecting the rights and welfare of research participants ; Protecting intellectual property rights -- Manuscript structure and content. Journal article reporting standards ; Manuscript elements ; Sample papers -- Writing clearly and concisely. Organization ; Writing style ; Reducing bias in language ; General guidelines for reducing bias ; Reducing bias by topic ; Grammar and usage -- Mechanics of style. Punctuation ; Spelling ; Capitalization ; Italics ; Abbreviations ; Numbers ; Metrication ; Statistical and mathematical copy ; Equations -- Displaying results. General guidance on table and figures ; Tables ; Figures ; Presenting electrophysiological, radiological, and other biological data -- Crediting sources. When to cite ; Quoting and paraphrasing ; Citing references in text ; Reference list ; Reference components -- Reference examples. Types and variations ; Examples by type ; Appendix 7-1: References to legal materials -- Publication process. Editorial process ; Author responsibilities -- Appendix: Journal article reporting standards (JARS), Meta-analysis reporting standards (MARS), and flow of participants through each stage of an experiment or quasi-experiment

# References

- The **list of sources** used in creating a research paper, a book, etc.
- A **method of giving credit** to the authors from whom information was taken
- A **resource for other researchers** who can use it to get information about the topic
- Goes at the end of your paper
- You will start a new page in your document with the title “References” in the center of the page (do not bold, underline, or italicize the word)

# For example

- Let's say your research topic is:  
**What are the personality traits of people who exercise a lot?**
- You find a great article in the PsycINFO database:  
Lewis, M., & Sutton, A. (2011). Understanding exercise behaviour: Examining the interaction of exercise motivation and personality in predicting exercise frequency. *Journal of Sport Behavior*, 34(1), 82—97.

# In-Text Citation: Quoting


- Place quotation marks around other people's exact words (“. . .”)
- Don't rephrase or reorganize the quoted words
- Indicate the source of the quotation

*Tip: if copying an exact passage while researching,  
use quotation marks*




# In-Text Citation: Quoting

encourage exercise participation. Given the largely consistent relationship between Extraversion and exercise across many studies and the clear theoretical basis for hypothesising that higher Extraversion will be related to a more active, outgoing lifestyle, this finding may help to contribute to the conclusion that Extraversion is related to many types of exercise outcomes, such as participation, frequency and performance.



Use Quotation marks and don't forget the authors, date, and page number(s)



“Extraversion is related to many types of exercise outcomes, such as participation, frequency and performance” (Lewis & Sutton, 2011, pp. 91-92).

# In-text citation using a signal phrase

- Lewis and Sutton (2011) note that “Extraversion is related to many types of exercise outcomes, such as participation, frequency and performance” (pp. 91-92).

# In-Text Citation: Paraphrasing

- Write other people's ideas in your own words
- Using synonyms or changing the word order is **not** sufficient
- Indicate the source of the quotation using a standard method (APA)

*Tip: read the passage, close the book,  
write it in your own words*

# In-Text Citation: Paraphrasing

Interestingly, the effect of the Agreeableness trait is not mediated and has a strong, direct effect on exercise frequency, with those who scored lower on Agreeableness engaging in more frequent physical activity. As described above, it seems that a certain level of “selfishness” is required for the engagement in frequent exercise; time spent at the gym tends to be time devoted to the self. In this case, the effect on behaviour is a direct outcome of this focus on the self rather than mediated through a motivational system.



The main idea:  
**“Selfish” people exercise more**  
So, you write...



Lewis and Sutton (2011) found that people who are focused on themselves, rather than on others, are more likely to exercise often.

The text is completely different, but it's the same idea and you give credit.

# Basics of creating an in-text citation

- Author & date
- For a quotation, provide the last name of the author, the year of publication, and the page number
- For a paraphrase, provide the last name of the author and the year of publication

# Reference List Basics

ALWAYS include all sources in your list of references (citations) and VICE VERSA, everything in your list of references should be cited in your paper.

References comes after the body of your paper

seeking (De Moor, Beem, Stubbe and Boomsma, 2006). The positive relationship between Extraversion and fitness was further supported by Bogg, Voss, Wood and Roberts (2008), though the expected relationship with Conscientiousness was not found. These contradictory results may be due to a difference in outcome measurements, with the latter study using physical performance as the outcome rather than retrospective self-report of behaviour.

## References

- Batia, A. S. (2008). *Relationships among personality, self-determination and exercise behaviour*. Unpublished doctoral dissertation, University of Florida. Retrieved March 2, 2009, from [http://etd.fcla.edu/UF/UFE0021248/batia\\_a.pdf](http://etd.fcla.edu/UF/UFE0021248/batia_a.pdf).
- Bogg, T., Voss, M. W., Wood, D., & Roberts, B. W. (2008). A hierarchical investigation of personality and behavior: Examining Neo-Socioanalytic models of health-related outcomes. *Journal of Research in Personality*, 42, 183-207.
- Buckworth, J., & Nigg, C. (2004). Physical Activity, Exercise, and Sedentary Behavior in College Students. *Journal of American College Health*, 53, 28-34.

# Let's format an example together

The happy face of mindfulness: Mindfulness **meditation** is associated with perceptions of **happiness** as rated by outside observers.

**Authors:** Choi, Yowon, Institute for Computing and Informational Science, Radboud University, Nijmegen, Netherlands  
Karremans, Johan C., Behavioural Science Institute, Radboud University, Nijmegen, Netherlands, [karremans@psych.ru.nl](mailto:karremans@psych.ru.nl)  
Barendregt, Henk, Institute for Computing and Informational Science, Radboud University, Nijmegen, Netherlands

**Address:** Karremans, Johan C., [karremans@psych.ru.nl](mailto:karremans@psych.ru.nl)

**Source:** [The Journal of Positive Psychology](#), Vol 7(1), Jan, 2012. pp. 30-35.

**Page Count:** 6

**Publisher:** United Kingdom: Taylor & Francis.

**ISSN:** 1743-9779 (Electronic)  
1743-9760 (Print)

**Language:** English

**Keywords:** **happiness**, mindfulness **meditation**

**Abstract:** The last decade has witnessed an enormous increase in research examining the effects of mindfulness **meditation**. One of the basic assumptions guiding this research is that **meditation** ultimately makes people happier. In this article, in two studies we tested whether meditators actually look happier. To address this question, outside raters judged the **happiness** of meditators and non-meditators based on a 15-s video clip of their behaviour. Study 1 demonstrated that novice meditators looked happier after an intensive 9-day **meditation** retreat (as compared to before the retreat), while Study 2 demonstrated that experienced mindfulness meditators looked happier as compared to controls. The interpersonal implications of these findings are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved)


**Subjects:** \*Happiness; \*Meditation; \*Mindfulness

**Classification:** Personality Traits & Processes (3120)


**Population:** Human (10)  
Male (30)  
Female (40)

# Overall format


## References



Cummings, J. N., Butler, B., & Kraut, R. (2002). The quality of online social relationships. *Communications of the ACM*, 45(7), 103-108.



Hu, Y., Wood, J. F., Smith, V., & Westbrook, N. (2004). Friendships through IM: Examining the relationship between instant messaging and intimacy. *Journal of Computer-Mediated Communication*, 10(1), 38-48.



Tidwell, L. C., & Walther, J. B. (2002). Computer-mediated communication effects on disclosure, impressions, and interpersonal evaluations: Getting to know one another a bit at a time. *Human Communication Research*, 28(3), 317-348.

Underwood, H., & Findlay, B. (2004). Internet relationships and their impact on primary relationships. *Behaviour Change*, 21(2), 127-140.

References label centred

Citations in alphabetical order by first author (or title)

Double-spaced, all lines after first line are indented

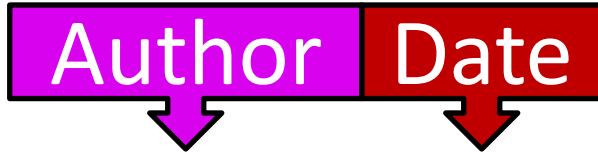
✓ Every in-text citation in your paper must also appear in the References list at the end and vice versa

Source: OWL at Purdue University



# Books (Print)

Author Date



Title

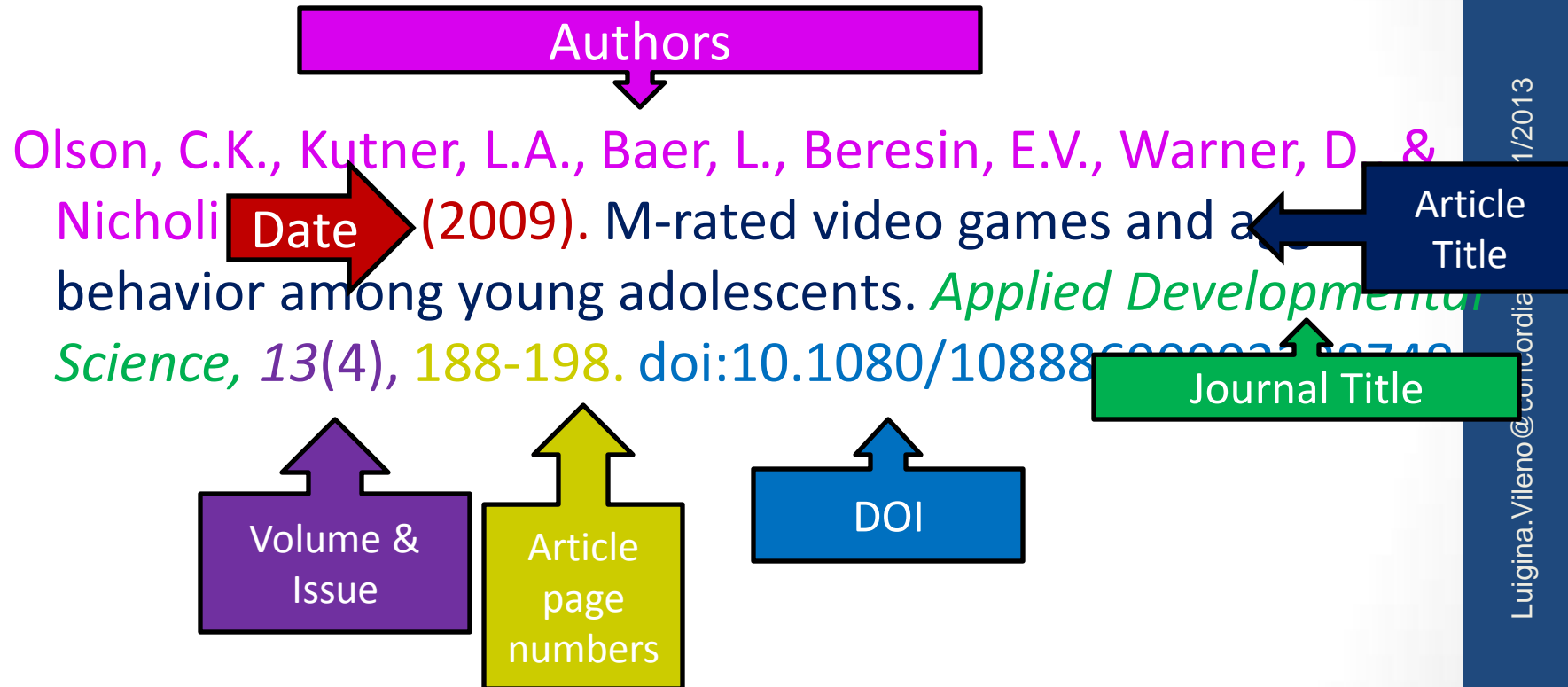


Clark, N., & Scott, P. S. (2009). *Game addiction: The experience and effects*. Jefferson, NC: McFarland & Company.

City & State Publisher

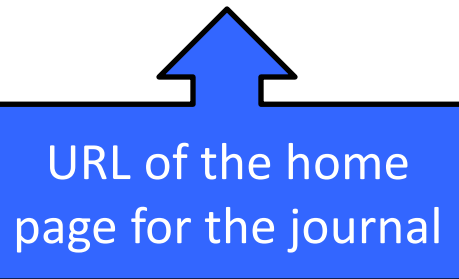


# Online Article (with DOI)



# Online Article (without DOI)

Olson, C.K., Kutner, L., Baer, L., Beresin, E.V., Warner, D., & Nicholi II, A.M. (2009). M-rated video games and aggressive behavior among young adolescents. *Applied Developmental Science*, 13(4), 188-198. Retrieved from <http://www.psypress.com/applied-developmental-science-1088-8691>



# Activity: Spot the Error

- Review the sample APA reference list provided
- Indicate on the back of the page the errors that need to be corrected

# Help with Citation Styles

- Libraries' main website
  - Help & Instruction
    - Library "How to" Guides
      - How to write and prepare a bibliography using citation and style guides

or

- Quick links » Citation Guides:  
<http://library.concordia.ca/help/howto/citations.html>

# Gathering references as you search

- Most databases will allow you to have an APA-formatted citation that you can paste into your reference list, email, notes, etc.
  - Example from Psycinfo (or any [EBSCO](#) database)
  - Example from Sociological Abstracts (or any Proquest database)

# Getting help formatting in APA: Running Head

[Video on AHSC and PSYC Subject Guides](#)

# Useful web-site: Son of Citation Machine



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Magazine Article

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Compiled Work

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# Useful web-site: OSLIS APA Citation maker

The screenshot shows a web browser window with the URL <http://oslis.org>. The page title is "OSLIS - APA Citation Maker (based on the 6th edition)". The user has 0 citations. The main content area is titled "Welcome to Citation Maker" and contains a CAPTCHA challenge: "To help fight SPAM, please prove that you are a human being. Enter a number between zero and nine and then click on a source in the column on the right." The number "9" is entered in the input field. Below the CAPTCHA, there are instructions on how to use the citation maker, including a note that not all source types are included and that users should check the *Publication Manual of the APA* for specific examples. The instructions are: "To create a citation, follow these steps: 1. Click on the resource (source type) you want to cite from the yellow box on the right. If a template does not appear, you might need to allow pop-ups from your browser. 2. Complete the template form with information from your source. Only fill in the boxes that apply with information that is available. 3. When you are done filling out the form, click 'Create Citation Below.' Your citations will appear below the template in the dotted box. 4. Continue this process for each of your sources. You may enter multiple citations without losing the previous ones. 5. When you have entered all of your citations, sort them into the required alphabetical order by clicking on 'Sort All.' If your citation begins with a quotation mark, manually move that citation from the beginning of the list." The right sidebar contains a yellow box titled "Source" with the following categories: "Print Book:" (Author (0-multiple authors), Editor (1-multiple editors), Author and Editor of 1 Title, Anthology/Story Collection, Book Chapter or Essay, Republished in a Collection, Journal Article Republished in a Collection), "Encyclopedia/Reference Work", "Magazine or Scholarly Journal Article", "Newspaper Article", "Online Databases:" (Encyclopedia/Reference Work, Magazine or Scholarly Journal Article, Newspaper Article), and "Internet:" (Web Page, Encyclopedia/Reference Work, Magazine or Scholarly Journal Article, Newspaper Article, eBook).

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To help fight SPAM, please prove that you are a human being. Enter a number between zero and nine and then click on a source in the column on the right.

Click on the resource (source type) you want to cite from the yellow box on the right. If you need directions, see below.

\* **Note:** Not all source types are included in Citation Maker. If necessary, adapt an existing one and always check the *Publication Manual of the APA* for specific examples.

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2. Complete the template form with information from your source. Only fill in the boxes that apply with information that is available.
3. When you are done filling out the form, click "Create Citation Below." Your citations will appear below the template in the dotted box.
4. Continue this process for each of your sources. You may enter multiple citations without losing the previous ones.
5. When you have entered all of your citations, sort them into the required alphabetical order by clicking on "Sort All." If your citation begins with a quotation mark, manually move that citation from the beginning of the list.

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514 848-2424, ext. 3545

**Loyola Campus:** 7141 Sherbrooke St. W., AD-103  
514 848-2424, ext. 3555

[sls@alcor.concordia.ca](mailto:sls@alcor.concordia.ca)

<http://learning.concordia.ca/>

**Make an appointment AS SOON AS POSSIBLE if you need one**

# Help with APA

- Get the Publications Manual of the APA at the reference desk or buy a copy at the bookstore (6<sup>th</sup> edition: paperback edition is blue)
- Use the Library help guides
- Ask for help at the reference desk

Good luck with your assignments!