AGENDA / LEARNING OUTCOMES

- Why authors must provide citations for their sources
- Overview of American Psychological Association (APA) Style Guide and other commonly used academic style guides
- APA Formatting Guidelines
- In-text citations and reference pages
- CDU Health Science Library APA resources
- Additional online resources
WHY WE CITE OUR SOURCES
CITATIONS and REFERENCE PAGES

• Citations allow readers to assess a paper in relation to current knowledge and best practices.
• References reflect understanding and effort on the part of the author. You “know your business”
• Citations allow authors to build on the work of other researchers and writers
• Accurate citations ensure that authors avoid plagiarism, or using another’s work as one’s own. Plagiarism is an ethical violation in academia and a legal violation in publishing
• Citing assists authors in avoiding research misconduct

What is APA?

• The Publication Manual of the American Psychological Association (APA) is a book of style and writing guidelines intended to help writers prepare their academic and professional papers
• Style guides assist authors in formatting and designing their papers and making them uniform and comprehensible
• Guides are often issued for general use or for publication requirements for specific journals, organizations, and fields
• Strict adherence to style guidelines is often required for publication or assignment submission
The Sixth Edition Publication Manual of the American Psychological Association

• The APA has published six editions of a style manual that provides guidelines on how papers are written and designed. These guidelines ensure a degree of uniformity in how content is arranged within academic papers and papers being submitted for publication.

• APA style was developed in 1929 as a means to streamline and simplify the reference citation style. There have been five editions published subsequently, with the most recent, APA Sixth Edition, published in 2009.

Survey of Style Guides

• APA – American Psychological Association
  • APA style is used strictly or in modified format by scientific, medical, and health journals, textbooks, as well as in academia.

• Chicago – The Chicago Manual of Style 16th Edition
  • Often used for history publications and some social sciences.

• JAMA – Journal of the American Medical Association
  • Widely used for citing sources in medical research.

• MLA – Modern Language Association Handbook
  • Commonly used in classroom instruction, academic and commercial press.

• Turabian – A Manual for Writers by Kate Turabian
  • Most commonly assigned for research paper, theses, and dissertations.
Style Guide Differences

• APA

• Chicago

• JAMA

• MLA

• Turabian

KEY APA GUIDELINES

• FORMATTING

• MANUSCRIPT ELEMENTS

• ELIMINATING BIAS

• REFERENCES / CITATIONS
APA FORMATTING GUIDELINES

FORMATTING BASICS

• Preferred Typeface: Times New Roman with a 12-point font size
• Line Spacing: Double-space between all text lines of the manuscript. Double-space after every line in the title, headings, footnotes, quotations, references and figure captions
• Margins: 1 inch on top, bottom, left and right
• Text needs to be aligned on the left; do not justify
• Every page requires a running head with an abbreviated version of the title justified to the left of the header and the page number justified to the right
OVERVIEW OF MANUSCRIPT ELEMENTS

• Title page
• Abstract
• Introduction
• Main text

<table>
<thead>
<tr>
<th>Traditional Academic Essay</th>
<th>APA Research Paper</th>
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<tbody>
<tr>
<td>Paragraph 1</td>
<td>Method</td>
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<td>Paragraph 2</td>
<td>Results</td>
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<td>Paragraph 3</td>
<td>Discussion</td>
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<td>Conclusion</td>
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• References

TITLE PAGE

The title page should include the following elements in the following order:

• Running head and page number (1) in the header of the page
• A title that summarizes the main idea of the manuscript as simply as possible and ideally does not exceed 12 words
• The author’s name(s), preferably first name, middle initial, and last name. Titles (PhD, MD, EdD) should be omitted.
• Institutional affiliation

OPTIONAL : An author’s note that includes such information as complete departmental affiliation, acknowledgments, special circumstances such as disclosures, and contact information.
Overview of the American Psychological Association Publication Manual

Joshua M. Shimans

Charles R. Drew University of Medicine and Science
ABSTRACT

• According to the APA, an abstract “is a brief, comprehensive summary of the contents of the article” that “allows readers to survey the concepts of the article quickly” (2009)

• The abstract appears on the second page of the paper. Paragraph indentation is not required on the abstract page

• The abstract should be approximately 150 to 250 words. Abstracts should not exceed the maximum limit of words required by a publisher or instructor

• Keywords may also be included on the abstract page. Keywords identify key concepts in the paper and allow for easy indexing if the article is published and uploaded to a database
ABSTRACT – Example

A whey protein-based multi-ingredient nutritional supplement stimulates gains in lean body mass and strength in healthy older men: A randomized controlled trial

Kleen C. Buie, Tim Fahey, Andrew C. Young, Steven E. Seip, Amber Dumas, John D. Patch,
Aubrey Shinault, James P. Phillips

Abstract

Protein and other components are well absorbed and utilized, particularly in older men with sarcopenia. The hypothesis is that the key to the efficiency of lean body mass and strength is a combination of a multi-ingredient nutritional supplement to increase muscle protein synthesis and encourage protein retention. For healthy older men (age 60–70 years [mean 64.9]) with 12 g/kg protein, 69% retention, 25% lower protein intake, and 5% increase in muscle protein synthesis or muscle protein retention, the study was conducted in 2018 with a randomized, controlled, crossover design. The study included six phases.

ABSTRACT – Example

Are Disadvantaged and Underrepresented Minority Applicants More Likely to Apply to the Program in Medical Education–Health Equity?

Jamil B. Beery and Linda J. Wilkes-Leiby, MD

Abstract

Purpose

To determine whether disadvantaged minority (URM) students and students from disadvantaged backgrounds were more likely to apply to a combined MD–master’s degree program designed to train physician leaders in providing care to underserved communities.

Method

The California Institute of Technology (Caltech) and the University of Southern California (USC) School of Medicine have unique requirements for admission to their respective programs.

The University of California (UC) has long been challenged with identifying strategies to increase diversity amongst its student body. After approval from the university's board of regents and receipt of a $300 million endowed gift in support, the UC, in partnership with the U.S. National Institutes of Health (NIH), has released a report that highlights strategies to increase diversity in the medical workforce. The report is available online and can be downloaded from the university's website. The report includes recommendations for increasing diversity in the medical workforce and provides a framework for action.
INTRODUCTION

• The introduction specifies what is being discussed or studied and how the topic is being approached
• Though it is often included in publications, for academic papers the heading for the introduction is simply the title of the paper and not the word “Introduction”
• The introduction explores the importance and history of the problem being discussed and offers an overview of previous scholarship on the topic
• The intro identifies how the paper in question differs from or builds on earlier studies
• The introduction also explains the approach to solving the problem

INTRODUCTION – Example
# MAIN TEXT

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# TEXT HEADINGS

- First level
  Centered, Boldface, Uppercase

- Second level
  Flush Left, Boldface, Uppercase

- Third level
  Indented, boldface, lowercase, ending with a period.

- Fourth level
  *Indented, boldface, italicized, lowercase, ending with a period.*

- Fifth level
  *Indented, italicized, lowercase, ending with a period.*
CITATIONS AND REFERENCE PAGE

• References are cited in text with a citation system that indicates the author or authors and the date of the work. The citation may also contain the page number. The author-date method requires that the author and year of publication be inserted in the text following direct quote of paraphrase.

• According to the APA, the reference list exists to cite works that support research and “to enable readers to retrieve and use the sources” (2009). The reference list provides reviewers with access to the materials that support research claims. Below are basic reference list format guidelines.

When to Cite Other Work

*from APA Publication Manual

• PROVIDE DOCUMENTATION FOR ALL FACTS AND FIGURES THAT ARE NOT COMMON KNOWLEDGE

• Cite the work of those individuals whose ideas, theories, or research have influenced your work

• Whether paraphrasing, quoting an author directly, or describing an idea that influenced your work, YOU MUST CREDIT THE SOURCE

• To avoid charges of plagiarism, take careful notes as you research to keep track of your sources and cite those sources according to the guidelines presented in CHAPTER 6 of the APA Publication Manual
Direct Quotation
*page 170 of the APA Manual

• Mid-sentence quotation:
  • Interpreting these results, Robbins et al. (2003) suggested that the “therapists in dropout cases may have inadvertently validated parental negativity about the adolescent” (p. 541).
  • Interpreting these results, Robbins et al. suggested that the “therapists in dropout cases may have inadvertently validated parental negativity about the adolescent” (2003).
  • These results suggest that the “therapists in dropout cases may have inadvertently validated parental negativity about the adolescent” (Robbins et al., 2003).

Paraphrasing
*page 174 of the APA Manual

• Kessler (2003) found that among epidemiological samples, early onset social anxiety disorder results in a more potent and severe course.
• Early onset results in a more persistent and severe course (Kessler, 2003).
• In 2003, Kessler’s study of epidemiological samples showed that early onset social anxiety disorder results in a more potent and severe course.
# In-Text Citations

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<td>Second use: “Insert quote here” (APA, 2009).</td>
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# Reference Page Citations

## Journal article format

## Book format

## Web page format
Reference Page Examples


Reference Page Examples

