

APA FAQ

What should the running head look like?

On the title page, the header of the document should contain the words, “Running head,” followed by a version of the title that is 50 characters or less written in all capital letters. For the remaining pages, only the capitalized title is included. The page number should be included on the right-hand corner of all pages, including the title page.

- **Title Page Example**

Running head: THE IMPACT OF STRESS ON DOPAMINE PRODUCTION

- **Remaining Pages**

THE IMPACT OF STRESS ON DOPAMINE PRODUCTION

Should I quote or paraphrase?

Paraphrasing in APA is generally preferred over quoting because it is often the most efficient and direct way to provide information for the reader. When paraphrasing, make sure not to include any of your own ideas or bias and always cite your sources. Direct quotations should be avoided when writing within the psychology discipline. In other disciplines, they should still be used sparingly.

Should I include a page number?

Page numbers must be included if you are using a direct quotation. Page numbers are included within parenthetical citations with a comma after the year. When the author is referred to in the text, they are placed at the end of the quotation. Use 'p.' for a single page number and 'pp.' for multiple page numbers.

- “Yes, some of us were born to be punctuation vigilantes” (Truss, 2003, p. 34).
- Truss (2003) claims “yes, some of us were born to be punctuation vigilantes” (p. 34).
- “Things were so simple at the start, before grammar came along and ruined things” (Truss, 2003, pp. 71-72).

How do I cite a source that was found in another article?

When citing information that has been reported, summarized, or interpreted by a second author, find and read the information from its original text if it is available. However, when citing from a well-known theory or construct, you will often be required to use secondary citations. When creating a secondary citation, only reference the name of the original source of the information, but create a complete citation from where you retrieved it.

- As stated in Vygotsky’s theory, Zone of Proximal Development, learners will develop their own strategies as they complete more complex tasks on their own (as cited in Chaiklin, 2003).

How do I cite multiple sources at the end of the same sentence?

Separate multiple citations with semicolons within the same parenthetical enclosure. Order them alphabetically as they appear in the References section.

- (Francis et al., 2015; Frankenstein & Igor, 2014; Gerbil & Fillibuster, 2010)

What is a DOI, and do I have to include it at the end of references?

DOI stands for digital object identifier, and it helps the reader find the exact location of a journal article online. If DOIs are required and a particular article does not have one, provide the URL instead. When using online sources, it is always best to include a DOI or URL for easy access to the reference.

How do I cite two different references with the same author(s) and date?

Use letters next to a source's publication year to differentiate between references that would otherwise have identical in-text citations.

- In-text citation: (Center for Disease Control and Prevention, 2018a)

- Reference page:

Centers for Disease Control and Prevention. (2018a). Mental health basics. Retrieved from <https://www.cdc.gov/mentalhealth/learn/index.htm>

- In-text citation: (Center for Disease Control and Prevention, 2018b)

- Reference page:

Centers for Disease Control and Prevention. (2018b). Sleep in middle and high school students. Retrieved from <https://www.cdc.gov/features/students-sleep/>

When should I use block quotes?

Use block quotes if the quotation is 40 words or more. For information on how to format the quote and citation, check the APA Publication Manual or APA Style Blog.

Can sentences start with numbers?

Sentences can begin with numbers, but they have to be in word form. In the rest of the sentence, numbers can be represented with integers if they are greater than nine.

- Twenty-six students participated in the survey, but only 11 responded affirmatively.

Still have questions?

Try looking at a sample paper online at the WOU library's style guides resource page at http://research.wou.edu/ld.php?content_id=24511400

This is just one type of APA paper, and you will not necessarily need all the same components for your assignment—always follow your professor's directions as a basis for your formatting.

Alternatively, try checking the APA Style Blog for specific questions that are not covered here: <http://blog.apastyle.org>

Information adapted from the Publication Manual of the American Psychological Association, Sixth Edition. For more information, find it on our bookshelf or in the library.