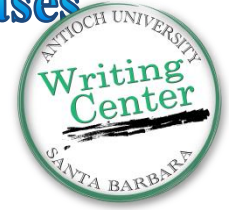


APA 7 Signal Phrases for Quotes/Paraphrases



Signal phrases mark the boundaries between source material and your own words: *who said what*. They provide context for the reader.

Signal phrases in APA (for Direct Quotes and Paraphrases) always include:

- author's last name
- publication date in parentheses
 - **Roman (2005)** reported that "social factors are..."
 - According to **Lahore and Smith (2011)**, "a similar result..."
 - As **Inaba (2007)** has noted, "the..."

They also usually include:

- a specific verb in the past tense or present perfect tense (see the **Verb Charts** on reverse)
 - Adichie et al. (2002) **argued** for... by emphasizing that "..."
 - Adichie et al. (2002) **has argued** for... by emphasizing that "..."

Paraphrases or summaries (in your own words) don't always require a Signal Phrase, as long as it's clear whose words are whose from the context or previous sentence:

→ **This is fine:** (Narrative style)

- **Yanovski and Yanovski (2002) explained** that sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin in the brain (p. 594).

→ **This is fine, too, as long as it's clear whose ideas you're describing** (Parenthetical style)

- **They also found that** one of the other functions of sibutramine is to prevent decline in the metabolic rate (Yanovski & Yanovski, 2002, p. 595).

Tip: You can also summarize and cite multiple sources within the same sentence:

- **Several studies have identified** a positive correlation between meditation and stress reduction (Adams et al., 2020; Shulman & Schmidt, 2014, 2015; Westing, 2017).

□ Page Numbers for Direct Quotes (Required)

Include the page number in parentheses right after every direct quote.

- Broeker et al. (2007) have suggested "... (pp. 131-132).

You can also include your own thoughts and analysis in the same sentence, after the page #:

- Suzuki et al. (1999) proposed that "... (p. 72), but according to recent data,

□ Page Numbers for Paraphrases/Summaries (Optional)

For paraphrases/summaries (in your own words), you don't always need a page number.

Tip: Use signal phrases to avoid "dropping" a direct quotation without warning.

✗ Dropped quote:

- But the results of the experiment did not have long-lasting positive changes. **"The effect disappeared within minutes" (Lopez, 1993, p. 311).**

✓ Improved with a Signal Phrase and clarifying commentary:

- **Lopez (1993) found** that "the effect disappeared within minutes" (p. 311), which raises questions about the implications of the study's findings for a wider demographic.

APA 7 Signal Phrases for Quotes/Paraphrases

Verbs to give readers more context for your Quote or Paraphrase

Choosing specific verbs (rather than “stated” or “wrote”) is an easy way to give your readers more specific information when introducing quotes.

Verbs to introduce a fact/statement: stated, wrote, said, mentioned, added, noted, commented, pointed out, found, observed, discussed, reported, expressed, considered, explored, illustrated	Verbs to introduce views the author agrees with: endorsed, confirmed, agreed, supported, echoed, affirmed
Verbs to introduce what the author focuses on or excludes: emphasized, stressed, focused on, highlighted, overlooked, ignored, downplayed, omitted, excluded	Verbs to introduce views the author disagrees with: refuted, denied, contradicted, critiqued, rejected, called into question, disputed, challenged, negated
Verbs to introduce a claim: claimed, argued, posited, reasoned, asserted, proposed	Verbs to introduce the author’s qualified agreement: acknowledged, admitted, granted, conceded

Phrases to place the author’s work in the larger academic conversation:

--- is credited with ... --- promoted/conceived the idea that ...	A recent article/study by --- contrasted/compared ... --- has written extensively about ...
--	--

Use longer phrases to signal your view of a quote/paraphrase:

o Longer Phrases to show that you agree with an author’s claims:

Warren The article	offered presented	a useful/timely/thorough/important ... an effective counterargument/interpretation ... ample evidence of ...
Warren’s	interpretation analysis/argument conclusion/proposal	is incisive/cogent/persuasive/effective because ... is relevant to/has significant practical applications for ... effectively proves/integrates/challenges/explains...

o Longer Phrases to show that you disagree with an author’s claims:

Warren	ignores/overlooks ... oversimplifies/downplays ... incorrectly assumes ...	
Warren The study The article	fails to makes no attempt to	acknowledge/address/consider ... distinguish between ... provide evidence for ...
Warren’s	interpretation analysis/argument conclusion/proposal	overlooks the deeper problem ... incorrectly assumes that ... rests upon the questionable claim/assumption ...