

How to format APA In-Text Citations (APA 7)



APA uses an author-date system of citation. In-text citations have two formats: Narrative or Parenthetical

Narrative format

1. Introduce the source with a signal phrase that includes the authors' last names and the year in parentheses.
 - Use past tense or present perfect tense (“noted”/“has noted”)
 - See “APA Signal Phrases” handout
2. Give the page number in parentheses after the cited material.

OR:

Parenthetical format

1. Put authors' names in parentheses after the cited material.
2. Give the page number in the same parentheses, after the year.

Narrative example

Splevins and Simpson (2009) found that depression, anxiety, and stress levels all decreased significantly following mindfulness-based cognitive therapy (p. 332).

Parenthetical example

Depression, anxiety, and stress levels were all found to decrease significantly following mindfulness-based cognitive therapy (Splevins & Simpson, 2009, p. 332).

Author Type	Narrative style (When author name is a word in your sentence)	Parenthetical style (When author name is not part of your sentence)
1 author	Lee (2020) ... (pp. 7-10).	... (Lee, 2020, pp. 7-10).
2 authors	Salas and D'Agostino (2019) ... (pp. 22-23).	... (Salas & D'Agostino, 2019, pp. 22-23).
3 or more authors	Martin et al. (2020) ... (p. 378).	... (Martin et al., 2020, p. 378).
Group Author with abbreviation If first mention, introduce abbreviation: Subsequent citations:	National Institute of Mental Health (NIMH, 2018) ... (para. 6). NIMH (2018) ... (para. 6).	... (National Institute of Mental Health [NIMH], 2018, para. 6). ... (NIMH, 2018, para. 6).
Group Author without abbreviation	Stanford University (2020) (Stanford University, 2020).

Every source (except personal communication) should also be listed in the References at the end of the paper.

For personal communication:
(e.g., interview, email)

Narrative style:

T. Nguyen (personal communication, August 8, 2019)...

Parenthetical style:

... (T. Nguyen, personal communication, August 8, 2019).

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Examples of In-Text Citations

Narrative style:
(Rec. for first time)

Parenthetical style:
(subsequent times)

Two Authors

- **Scaffhauser and Patel (2016)** noted that 85 percent of teachers surveyed believe technology in the classroom makes their jobs easier (p. 6).
- A majority of educators have shifted to hybrid models that use a mix of printed material as well as digital content in the classroom (**Scaffhauser & Patel, 2016, pp. 12-13**).

Three or More Authors

- **Piaserico et al. (2018)** held a clinical trial to test the effectiveness of stress reduction techniques and biofeedback on the severity of participants' psoriasis (p. 91).

Group Author (when no individual author(s) named)

- Homeless LGBTQ youth have a higher rate of substance abuse and mental health issues than their heterosexual counterparts (**The Ali Forney Center, 2018, para. 2**), which makes it all the more essential for support to be specifically tailored to those communities.

Group Author with first-time-introduction of an abbreviation

- The American Psychological Association (**APA, 2019**) described...
- ... behavior was found among 21% of adolescents (**American Psychological Association [APA], 2019**).

No Author or Unknown Author (rare; try to use Group Author – see above)

- If the title of the work is italicized in the Reference, also italicize: (***Interpersonal Skills*, 2020**)
- If the title of the work is not italicized in the Reference, use double quotes: ("**Communication World**," 2015)

No Date (n.d. = "no date")

- Group therapy improves interpersonal skills while addressing anxiety and depression (**Group Therapy Association, n.d.**).

Indirect Source (source quoted in another source)

- Schmidt claimed that "all courses offered in public school need both online platforms and face-to-face to offer students a choice in how they learn" (as cited in Nagel, 2017, p. 11). [Note: Only include Nagel, not Schmidt, in your References]

Multiple Sources in One Sentence

- To cite 2 or more works by the same author, list any citation with no date first, then order by date: (**Zhou, n.d., 2001, 2016**)
- Use semicolons to separate different sets of authors:
 - Several studies have identified a positive correlation between meditation and stress reduction (**Adams et al., 2019; Shumway & Shulman, 2013, 2015; Westinghouse, 2017**).

Citing mid-sentence before adding your own idea: Cite immediately after the quote/paraphrase, then continue with your own idea:

- Soto (2018) argued that "more similar stimuli produce more configural processing" (p. 598), which would suggest that... [own idea]