**Preparing Intext Citations in APA Style**

**Introduction**

In academic writing, a reference to a source of information is called citation. Typically it includes identifying information such as the author, title and source. When we are writing a paper or doing research on a topic, we must cite the sources. There are many reasons for citing the sources. The major reasons include the following:

* + To acknowledges the work of others whose scholarship contributed to our work
  + To helps the reader understand the context of our argument
  + To help the reader to locate the sources of information on the topic
  + To establish the credibility of your research and scholarship
  + To demonstrate our own academic ethics and integrity
  + To avoid plagiarism
  + To provide an important roadmap to our research process
  + **To add strength and authority** to our work

There are two parts to a citation:

* In-text Citation.
* End of the Text Citation or Reference List Citation

The in-text citation is the citation information given in the body of the research paper. It contains limited bibliographic details about the cited document, most of the time author name and year of publication. The End of the Text Citation or Reference List Citation is the list of references at the end of the research paper.

The American Psychological Association (APA) style manual is a widely accepted standard for preparing scientific papers and reports in the social sciences and other fields, such as behavioural sciences, education, business, and nursing. The APA provides guidelines on preparing the citations in a paper/report. The latest edition of American Psychological Association (APA) style manual is edition 6 published in the year 2010.

**In-text Citations in APA Style**

The APA usesauthor-date system for in-text citations and what an in-text citation looks like depends on the construction of the sentence in which it appears.

**Basic Rules**

1. When the author is mentioned in the running text, place the year of publication in parentheses.

E.g. Wainwright (2012) found the more time students had spent on Facebook, the less happy they felt over time.

1. When the author is not mentioned in the running text, include the author’s name in the parenthetical citation - along with the year. Separate author and year by a comma.

E.g. The more time students had spent on Facebook, the less happy they felt over time (Wainwright, 2012).

1. When the author and the year are both mentioned in the running text, do not add parenthetical information (*this method is less customary*).

E.g. In a follow-up study from 2014, Wainwright focused on how Facebook use influenced subjective well-being and academic success among university students.

**One or Two Authors**

1. For a single author, see the examples above.
2. For a work with two authors, give both names separated by **‘and’** if the names of the authors appear in the narrative OR an ampersand (&) if the names of the authors do not appear in the narrative.

E.g. 1) In a recent study by Fallon and van der Linden (2014), 161 adults diagnosed with ADHD

E.g. 2) A recent study (Fallon & van der Linden, 2014) compared 161 adults diagnosed with ADHD

**Three, Four or Five Authors**

1. Provide all authors’ names the first time you cite the work, placing a comma after each name
2. Precede the final name by **‘and’** if the names are part of the narrative; use **‘&’** in parenthetical citations

E.g. (1) Grier, Johnson, Green, Smith, and Hyde (2013) analyzed 65 studies of mindfulness-based therapy……

E.g. (2) An analysis of 65 studies of mindfulness-based therapy (Grier, Johnson, Green, Smith, & Hyde, 2013) …………

1. In second and subsequent citations, give only the first author’s name followed by ‘et al.’ (the abbreviation for ‘et alii’: ‘and others’ in Latin).

E.g. (1) Grier et al. (2013) found that MBT was more effective in treating psychological disorders than it was in….

E.g. (2) MBT proved to be more effective in treating psychological disorders than it was in . . . (Grier et al., 2013).

**Six or more authors**

1. Cite only the first author for the first and subsequent citations, followed by ‘et al.’

E.g. Huizinga et al. (2014) show a positive correlation between life expectancy and gross domestic product per capita.

**Quotations**

1. When the author appears in the narrative, the parenthetical citation need only contain the year. Provide the relevant page number(s) in parentheses at the end of the quotation.
2. When the author does not appear in the narrative, include the author's name in the parenthetical citation at the end of the quotation - along with the year of publication and the page number. Page numbers are indicated by the abbreviation p. (‘page’). If the quoted material spans more than one page, the abbreviation pp. (‘pages’) is used.

**Short quotations**

1. Include a quotation of fewer than 40 words in the running text; use double quotation marks.

E.g.1. Lindgren (2001) defines stereotypes as “generalized and usually value-laden impressions that one’s social group uses in characterizing members of another group” (p. 1617).

E.g. 2. Earlier results indicated that “the bonding process among infants and caretakers exhibits an unparalleled feature within the 14-day postpartum period. During this time, infants can identify and later recognize characteristics unique to the caretaker” (Mitchell & de Groot, 2013, p. 51).

**Long quotations**

1. A quotation of 40 or more words is displayed in an indented, freestanding block of text (block quotation).