



APA

In-text Citations

Documenting sources in APA

Documenting sources is done in two parts or stages: 1) in-text citations and 2) a references page

In-text citations

As Canadians become more aware of the consequences of smoking and the benefits of quitting, now more than ever before, smokers may feel external and internal pressure to quit smoking. Although Canadians can celebrate that “[smoking] prevalence is at an all-time low” (Reid et al., 2012, p. 2), many smokers still struggle to quit. In fact, in 2010, almost 50% of smokers who were surveyed had attempted to quit smoking (Reid et al., 2012, p. 2). Historically, smokers have used a wide variety of techniques reputed to assist in quitting; however, some are more effective than others. This essay will identify a number of the more helpful smoking cessation strategies and then examine two of the strategies: nicotine replacement therapy (NRT) and group therapy.

References page

6

References

- Registered Nurses' Association of Ontario. (2007). *Nursing Best Practice Guideline: Integrating Smoking Cessation into Daily Nursing Practice* (Rev. ed.). Retrieved July 22, 2014, from http://rnao.ca/sites/rnao.ca/files/Integrating_Smoking_Cessation_into_Daily_Nursing_Practice.pdf
- Reid, J., Hammond, D., Burkhalter, R., & Ahmed, R. (2012). *Tobacco Use in Canada: Patterns and Trends, 2012 edition*. Retrieved July 22, 2014, from http://tobaccoreport.ca/2012/TobaccoUseinCanada_2012.pdf
- Robson, N. (2010). Nicotine-Replacement Therapy: A Proven Treatment for Smoking Cessation. *South African Family Practice*, 52(4), 298-303. Retrieved July 21, 2014, from CogPrints database.

APA Style Guidelines and its benefits

- APA style provides a set of rules and guidelines to help the researchers/students avoid plagiarism
- APA defines how writers are required to format their writing and cite their sources of information effectively.
- APA Style makes it easier for readers to understand a text by providing a familiar structure they can follow. Abiding by APA's standards as a writer will allow you to:
 - provide readers with cues they can use to follow your ideas more efficiently and to locate information of interest to them
 - allow readers to focus more on your ideas by not distracting them with unfamiliar formatting
 - and establish your credibility or ethos in the field by demonstrating an awareness of your audience and their needs as fellow researchers.

APA In-text Citations:

- The in-text citation appears within the body of the paper (or in a table, figure, footnote, or appendix) and briefly identifies the cited work by its author and date of publication.
- This enables readers to locate the corresponding entry in the alphabetical reference list at the end of the paper

Basic Formula for In-Text Citation

1. Author's last name
2. Year of publication

Example: (Brown, 2012) or (Philip, 2006). etc.

Adding Page Numbers:

You can add page numbers and Paragraph numbers to further legitimize your research.

Adding Page Numbers to your citation adds more value to your research

APA In-text Citation- 2 Formats

APA offers 2 formats to cite the sources: **1. Parenthetical Citation, 2. Narrative Citation**

1. **Parenthetical citation** includes the **name of the author**, the **year of publication**, and the **page number with a lowercase p** followed by a period before the number (**p.**); all separated by a comma, in parentheses at the end of the sentence.

EXAMPLES:

- a) Pet therapy visits reveal significant improvement in the mood of hospitalized patients (Mahoney, 2009, p. 144).
- b) We can change our habits, but because they are deeply ingrained into the brain, it can be a struggle to do so (Duhigg, 2012, p. 20).
- c) The average U.S citizen consciously pays heed to the expert advice for mental health issues (Nichols, 2019, p. 23).

APA In-text Citation- 2 Formats

2. Narrative citation includes the author's last name directly in the sentence, followed by the year of the publication. However, the page number comes at the end of the sentence, preceded by a lowercase p and a period (p.)

EXAMPLES:

1. Mahoney (2009) concludes that hospitalized patients reported improvements in mood following pet therapy visits (p. 144).
2. Duhigg, (2012) suggests that changing habits for humans is an uphill struggle because these habits are hardwired in our brain (p. 20).
3. Nichols (2017) argues that the average citizen is wary of expert advice (p. 23).

The image features two large, thick black L-shaped brackets. One is positioned in the top-left corner, and the other is in the bottom-right corner. They are oriented towards each other, framing the central text.

LET'S REVIEW

Tell if it is **correct** or **incorrect** for the following in-text citation

- There is a correlation between social media usage and anxiety symptoms in teenagers (Parker, 2019, p. 12).

Correct

Tell if it is **correct** or **incorrect** for the following in-text citation

- Body image issues have been widely associated with social media usage, particularly among young women (Perloff 2014, p.2.)

Incorrect

Tell if it is **correct** or **incorrect** for the following in-text citation

- Asmelash (2019, p.6) illustrates that heavy social media use can be linked to depression and other mental disorders in teens.

Incorrect

Tell if it is **correct** or **incorrect** for the following in-text citation

- Timmerman (2016) establishes a relationship between social networking and body image for both women and men (p. 4).

Correct

Signal Phrase

- It is highly recommended to use a wide variety of different expressions while introducing both direct and indirect citations to keep the audience engaged.
- These expressions, which usually occur in the parts of sentences that come just before quotes and paraphrases, are called signal phrases (or, in some cases, lead-in phrases).
- Signal phrases are mostly written in Present tense also called 'the literary present tense'. Even if the source was written in the past, we use the present tense for the signal phrase, to emphasize its relevance.

EXAMPLE: **MIT President Reif (2013) encourages** readers to embrace the advantages of online learning.

- However, when you are writing about a certain **historical event, including the creation of a secondary source, you would use the past tense.**

Signal Phrase- Parenthetical Citation

- In parenthetical citation format, the use of an introductory sentence with the signal phrase provides an opportunity to establish greater context for the quoted text before it is introduced to the reader.
- Signal phrase also emphasizes the quoted text by making it more relevant and compelling

Examples:

- Among the many reasons in favour of online learning, as opposed to the traditional in-class model, one benefit seems most tangible for students: “digital learning allows students to engage in class material anytime, any day, as often as they need to, anywhere in the world” (Reif, 2013, p. 5).
- The Minister of the environment in British Columbia asserts that "carbon tax provides a signal across the economy to reduce emissions" (Province of British Columbia, 2019., p. 1).

Signal Phrase- Narrative Citation

- In narrative citation format, the use of an introductory sentence with the author's last name and year of publication evokes the relevance of the information and adds credibility to your opinion.
- Signal phrases in this format as well provide an opportunity to establish greater context for the paraphrased text.

Examples:

- In his recent research Picard (2015) challenges the reports that claimed processed meats are as dangerous as tobacco and asbestos, calling the claim "highly misleading" (p. 2).
- Kokkinos (2017) further elaborates his point by claiming that employers cause burnout when employees are stressed by too much work (p. 5).

Common Signal phrases

- acknowledges
- adds
- admits
- agrees
- asserts
- claims
- comments
- compares
- concedes
- confirms
- contents
- declares
- denies
- describes
- disputes
- emphasizes
- endorses
- illustrates
- implies
- insists
- maintains
- notes
- observes
- points out
- refutes
- rejects
- reports
- shows
- states
- suggests
- summarize

To know more about signal phrases, visit:

<https://sass.uottawa.ca/sites/sass.uottawa.ca/files/awhc-signal-phrases.pdf>

Which one of the following do you prefer?

Without signal phrase

The aftermath of the COVID-19 pandemic will be felt in the business world for years to come. "Those workers among whom the old-school attitudes about productivity continue to persist, may not feel confident working in an online setting" (Wright, 2021, pg. 1).

With signal phrase

The aftermath of the COVID-19 pandemic will be felt in the business world for years to come. However, Wright (2021) implies that hybrid workplace culture change may still be difficult to achieve due to the fact that some workers with an old-school attitude towards productivity might oppose working online (pg. 1).

Recap

Quotations need to be cited (in-text) and documented (in a reference page that appears at the end of the work).

In-text citations have 2 basic Formats.

Parenthetical citations are used when we want the readers to focus more on the content of the quoted text.

Narrative citations are used when we want to draw attention to the credibility of your source.

Signal phrases help to establish the context of the citation and also highlight its relevance.

Changes to Direct Quotations

■ *Changing Punctuation*

The punctuation mark at the end of the sentence from the original source can be changed to fit your sentence.

■ *Changing the First Letter*

The first letter of the first word from the source can be changed to an upper or lower case letter to fit your sentence.

■ *Taking Out Information*

To leave out part of a sentence, replace the group of words with an ellipsis.

Example

"Insulin ... controls how glucose is used" (Diabetes Association of Research, 2015, para. 2).

■ *Adding Information*

To add information such as an explanation, place added material within square brackets.

Example

"When there is a lack of insulin, glucose [sugar] levels can stay elevated in the bloodstream" (Diabetes Association of Research, 2015, para. 2).

When citing a work with two authors:

- **In the parenthetical citation**, use “&” between names

EX: When examining potential climate threats, “Understanding the occurrence and impacts of historical climatic hazards is critical to better interpret current hazard trends” (Depietri & McPhearson, 2018, p. 96).

- **In the narrative citation**, use “and” in between the authors’ names

EX: According to scientists Depietri and McPhearson (2018), “Understanding the occurrence and impacts of historical climatic hazards is critical to better interpret current hazard trends” (p. 96).

When the parenthetical citation includes two or more works:

Parenthetical Style/ Standard:

- Order them in the same way they appear in the reference list—the author’s name, the year of publication—separated by a semi-colon.

EX: Lorem ipsum dolor sit amet (Adams, 2018; Collins, 2017).

Narrative Style/ Split:

- Order them in the same way they appear in the reference list—the author’s name, the year of publication—separated by a semi-colon.

EX: Lorem ipsum dolor sit amet (Adams, 2018; Collins, 2017).

When citing a work with three or more authors:

- list the name of the first author plus “et al.” in every citation.

Parenthetical Style/ Standard

EX: One study looked at how weather conditions affected the popularity of bikesharing programs, specifically the Beijing Public Bikesharing Program (Lin et al., 2019, p. 343).

Narrative Style/ Split Style

EX: Lin et al. (2019) examined how weather conditions affect the popularity of the bikesharing program in Beijing (p. 343).

Follow the same guidelines for parenthetical and narrative citations when summarizing or paraphrasing a longer chunk of text.

Parenthetical citation:

EX: In one study that consisted of 467 young adults, it was found that social media use may not directly affect mental health; rather, it depends on *how* young adults use social media (Berryman et al., 2018).

Narrative citation:

EX: Berryman et al. (2018) sampled 467 young adults about their social media use and mental health and found that social media use may not directly affect mental health; rather, it depends on *how* young adults use social media (p. 465).

Works Cited in Another Source

Sometimes an author of a book, article or website will mention another person's work by using a quotation or paraphrased idea from that source. The work that is mentioned in the article you are reading is called the **primary source**. The article you are reading is called the **secondary source**.

For example, suppose you are reading an article by **Brown (2014)** that cites information from an article by **Snow (1982)** that you would like to include in your essay. For the reference list, you will only make a citation for the secondary source (Brown).

Examples of in-text citations:

Parenthetical Citation:

In fact, 75% of students believe that teachers should not assign nightly homework (**Snow, 1982**, as cited in **Brown, 2014**).

Narrative Citation:

According to a study by Snow (1982, **as cited in Brown, 2014**), 75% of students believe that teachers should not assign nightly homework.

Snow (1982, as cited in Brown, 2014) concluded that "nightly homework is a great stressor for many students" (p.34).

Note: If you don't have the publication date of Snow's article, you just omit it like this:

According to a study by Snow (**as cited in Brown, 2014**), 75% of students believe that teachers should not assign nightly homework.

Example of Reference list citation:

Brown, S. (2014). Trends in homework assignments. *Journal of Secondary Studies*, 12(3), 29-38. <http://doi.org/fsfsbit>

When citing a work with an unknown author:

- Use the **source's full title in the narrative citation.**
- Cite the first word of the title followed by the year of publication in the parenthetical citation.

EX: According to "Here's How Gardening Benefits Your Health" (2018)

EX: ("Here's ", 2018)

Titles:

Articles and Chapters = " "

Books and Reports = *italicize*

When citing a group author:

- Mention the organization the first time you cite the source in either the narrative citation or the parenthetical citation.
- If you first mention the group in a **parenthetical citation**, list the abbreviation in square brackets, followed by a comma and the year of publication.

EX: (Food and Drug Administration [FDA], 2019).

- If you first mention the group in a **narrative citation**, list the abbreviation before the year of publication in parentheses, separated by a comma.

EX: “The data collected by the Food and Drug Administration (FDA, 2019) confirmed...”

When citing authors with the same last names:

- Use first initials with the last names.

EX: (B. Davis, 2018; Y. Davis, 2020)

When citing two or more works by the same author and published in the same year:

- Use lower-case letters (a, b, c) after the year of publication to order the references.

EX: Chen's (2018a) study of bird migration...

When citing a text with no page numbers: parenthetical citation

- Use any of the following four methods

- List the heading or section name

EX: One scientist noted that “A cup full of kale can help your body out in a number of ways” (London, 2019, Health benefits of kale section).

- List an abbreviated heading or section name in quotation marks (if the heading is too long)

EX: One scientist noted that “A cup full of kale can help your body out in a number of ways” (London, 2019, “Health benefits” section).

- List the paragraph number

EX: One scientist noted that “A cup full of kale can help your body out in a number of ways” (London, 2019, para. 2).

- List the heading or section name and the paragraph number

EX: One scientist noted that “A cup full of kale can help your body out in a number of ways” (London, 2019, Health benefits of kale section, para. 2).

When citing a text with no page numbers: narrative citation

- Use any of the following four methods
- List the heading or section name
EX: Scientist Jaclyn London (2019, Health benefits of kale section) noted that “A cup full of kale can help your body out in a number of ways.”
- List an abbreviated heading or section name in quotation marks (if the heading is too long)
EX: Scientist Jaclyn London (2019, “Health benefits” section) noted that “A cup full of kale can help your body out in a number of ways.”
- List the paragraph number
EX: Scientist Jaclyn London (2019, para. 2) noted that “A cup full of kale can help your body out in a number of ways.”
- List the heading or section name and the paragraph number
EX: Scientist Jaclyn London (2019, Health benefits of kale section, para. 2) noted that “A cup full of kale can help your body out in a number of ways.”

The label and title appear on separate lines above the table, flush-left and single-spaced.

Cite a source in a note below the table.

Table 1

Top 3 NBA Season Leaders 2019

Team	Points Per Game
Milwaukee Bucks	119.8
Houston Rockets	119.1
Dallas Mavericks	116.8

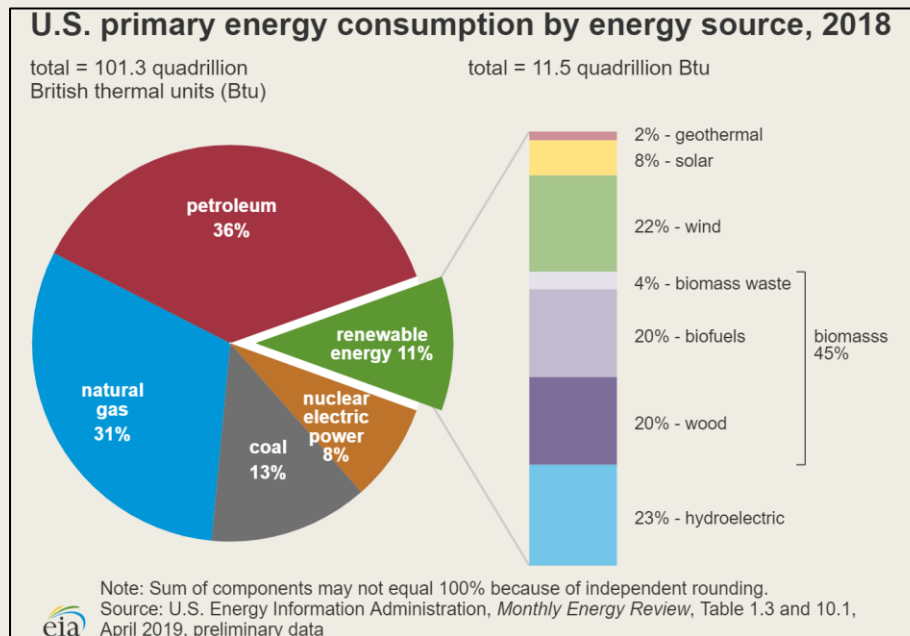
Note: This data was collected on December 31st, 2019. Retrieved from <https://stats.nba.com/teams/>

Label figures with an Arabic numeral and provide a brief but clear title. The label and title appear on separate lines above the figure, flush-left and single-spaced. You might provide an additional title centered above the figure.

Cite the source in a note below the figure.

Figure 1.

US Primary Energy Consumption by Energy Source, 2018



When citing personal communication (interviews, letters, e-mails, etc.):

- Include the communicator's name, the fact that it was personal communication, and the date of the communication.

- **Parenthetical citation:**

EX: One teacher mentioned that many of her students had difficulties with APA style (Anderson, personal communication, January 8, 2020).

- **Narrative citation:**

EX: B. E. Anderson (personal communication, January 8, 2020) also claimed that many of her students had difficulties with APA style.

- Do not include personal communication in the reference list.

Videos to understand APA further

- <https://www.youtube.com/watch?v=-yi6GXPhybs>
- <https://www.youtube.com/watch?v=hhD4xaGAcRs>
- <https://www.youtube.com/watch?v=1hPJMOM2C-Y>

APA vs MLA | The Key Differences in Format & Citation

<https://www.scribbr.com/citing-sources/apa-vs-mla/>