

APA in Text, Parenthetical Reference Cheat Sheet
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Here is an example of a basic in text reference.

"Rationalistic supernaturalism" was a term used in England to describe the first of the four stages of doubt (Watson, 2005, p. 519).



Watson, P. (2005). Ideas: A history of thought and invention, from fire to Freud. New York: HarperCollins.

Author's Name Mentioned in the text.

Watson (2005) clearly explains this idea (p. 519).

Direct quotations

If the quoted material is less than 40 words, you can include the quote in a sentence like this.

It has been argued that "the advent of doubt could not but have a major effect on ethical thinking" (Watson, 2005, p. 525).

If the quoted material is 40 words or more, then you will need to set it off with indentation like this.

It is also emphasized that Voltaire took a great deal of inspiration from the life of Sir Isaac Newton:

During the time that Voltaire spent in England, the most significant episode for him was almost certainly the death of Sir Isaac Newton. An old man of eighty-four, Newton was President of the Royal Society and held in highest esteem. And it was this that impressed Voltaire, that a man from a modest background, but blessed with great intellectual gifts, could rise so high in society and be so respected by his fellow men, whatever their own background. (Watson, 2005, p. 527)

Citing Articles with Multiple Authors

These standards are found in the APA Manual under **Rule 6.12**.

- 1. When a work has two authors, cite both authors' names followed by the date of publication every time you reference the work.**

Many therapy techniques are not built on evidence based research (Jung & Newton, 2009).

- 2. When a work has three, four, or five authors, cite all authors' names the first time you reference the work, but for future references, list only the first author's last name followed by et al. and the date of publication.**

A schizophrenic often has a disturbed sense of self (Bargenquast, Schweitzer, & Drake, 2015).

Therapy that specifically targets individuals' abilities to conceive of themselves can greatly help schizophrenic patients (Bargenquast et al., 2015).

- 3. When a work has six or more authors, list only the first author's last name followed by et al. and the date of publication every time you cite it in your paper.**

How Schizophrenics think about thinking has not be examined sufficiently (Hillis et al., 2015).

Indirect Citations

The author of the article you read quoted another author you want to include a reference to this in your paper.

Set up the citation with a "signal phrase" referring to the source your author was quoting from. Then, cite the work you read that included this reference. Do not include citations to both works in your References list.

Miller argued that "the end of life must have dignity" (as cited in Lachman, 2015, p. 57).

Citing one source multiple times

"What these experienced members of staff taught me was that that state of normality rests largely upon the capacity for denial" (Bollas, 2015, p. 35). Since schizophrenics have often witnessed the disease in their families, they will often develop certain defensive structures against it (p. 37). "He said he was a very moral person, and exact, and responsibly self-protective" (p. 41). "Often hysterics gather in groups that cultivate a psychotic state of mind" (p. 45).

Citing to specific paragraphs (Useful with webpages that don't have page numbers)

"Our understanding of depression is constantly changing" (National Institute, para. 4).

Parenthetically citing a work with no listed author

Cite the title, but put article or website titles in quotation marks and italicize book titles.

More study is needed ("Financial Aid Today," 2017, para. 7).

This college has the highest ratings (*College Ratings*, 2015, p. 29).