

Online sources

When citing an online article, include publication information as for a print periodical (see items 7–16) and add information about the online version (see items 30–35).

Online articles and books sometimes include a DOI (digital object identifier). APA uses the DOI, when available, in place of a URL in reference list entries.

Use a retrieval date for an online source only if the content is likely to change. Most of the examples in this section do not show a retrieval date because the content of the sources is stable; if you are unsure about whether to use a retrieval date, include the date or consult your instructor.

If you must break a DOI or a URL at the end of a line, break it after a double slash or before any other mark of punctuation; do not add a hyphen. Do not put a period at the end of the entry.

30. Article in an online journal

author: last name + initial(s) year of publication article title journal title
Whitmeyer, J. M. (2000). Power through appointment. *Social Science Research*,
29, 535-555. doi:10.1006/ssre.2000.0680

If there is no DOI, include the URL for the journal's home page.

Ashe, D. D., & McCutcheon, L. E. (2001). Shyness, loneliness, and attitude toward celebrities. *Current Research in Social Psychology*, 6, 124-133.
Retrieved from <http://www.uiowa.edu/~grpproc/crisp/crisp.html>

31. Article in an online magazine Treat as an article in a print magazine (see item 8), and add the URL for the magazine's home page.

Shelburne, E. C. (2008, September). The great disruption. *The Atlantic*, 302(2).
Retrieved from <http://www.theatlantic.com/>

32. Article in an online newspaper Treat as an article in a print newspaper (see item 9), adding the URL for the newspaper's home page.

Watson, P. (2008, October 19). Biofuel boom endangers orangutan habitat. *Los Angeles Times*. Retrieved from <http://www.latimes.com/>

33. Article published only online If an article in a journal, magazine, or newspaper appears only online, give whatever publication information is available in the source and add the description "Supplemental material" in brackets following the article title.

Samuel, T. (2009, March 27). Mind the wage gap [Supplemental material]. *The American Prospect*. Retrieved from <http://www.prospect.org/>

34. Article from a database Start with the publication information for the source (see items 7–16). If the database entry gives a DOI for the article, use that number at the end and do not include the database name. For an illustrated citation of a work from a database, see page 21.

all authors:
 last name + initial(s) year article title
 Eskritt, M., & McLeod, K. (2008). Children's note taking as a mnemonic tool.
 journal title volume, page
 issue range DOI
Journal of Experimental Child Psychology, 101, 52-74. doi:10.1016
 /jecp.2008.05.007

If there is no DOI, include the URL for the home page of the journal.

Howard, K. R. (2007). Childhood overweight: Parental perceptions and readiness for change. *The Journal of School Nursing*, 23, 73-79. Retrieved from <http://jsn.sagepub.com/>

Citation at a glance | Article from a database (APA)

To cite an article from a database in APA style, include the following elements:

- | | |
|---------------------------------------------------------------|-----------------------------------------------------------|
| 1 Author(s) | 6 Page range |
| 2 Date of publication | 7 DOI (digital object identifier) |
| 3 Title of article | 8 URL for journal's home page (if there is no DOI) |
| 4 Name of periodical | |
| 5 Volume number; issue number, if required (see p. 12) | |

ON-SCREEN VIEW OF DATABASE RECORD

The screenshot shows the EBSCOhost interface. At the top, there are navigation tabs: New Search, Publications, Company Profiles, Thesaurus, More, Sign In to My EBSCOhost, Folder, New Features!, and Help. Below this is a search bar with the text "Searching: Business Source Premier" and a "Choose Databases" dropdown. There are three search input fields, each with a dropdown menu set to "Select a Field (optional)". Below the search fields are "Search" and "Clear" buttons. Further down, there are links for "Basic Search", "Advanced Search", "Visual Search", "Search History/Alerts", and "Preferences".

The main content area shows a "Result List" with "1 of 1" results. The citation is displayed as follows:

3 Title: International Human Rights and Consumer Quality of Life: An Ethical Perspective.

Authors: Hill, Ronald Paul¹, Felice, William F.², Ainscough, Thomas³

Source: **4** Journal of Macromarketing; Dec2007, Vol. 27 Issue 4, p370-379, 10p, 2 charts

Document Type: Article

ISSN: 0276-1467

DOI: 10.1177/027614670307128 **7**

At the bottom of the screenshot, the text "END OF DATABASE RECORD" is displayed.

REFERENCE LIST ENTRY FOR AN ARTICLE FROM A DATABASE

Hill, R. P., Felice, W. F., & Ainscough, T. (2007). International human rights
 and consumer quality of life: An ethical perspective. *Journal of*
Macromarketing, 27, 370-379. doi:10.1177/027614670307128

For more on citing articles from a database in APA style, see item 34.

35. Abstract for an online article

Brockerhoff, E. G., Jactel, H., Parrotta, J. A., Quine, C. P., & Sayer, J. (2008).
 Plantation forests and biodiversity: Oxymoron or opportunity? [Abstract].
Biodiversity and Conservation, 17, 925-951. doi:10.1007/s10531-008-
 9380-x

36. Online book

Adams, B. (2004). *The theory of social revolutions*. Retrieved from
http://www.gutenberg.org/catalog/world/readfile?fk_files=44092
 (Original work published 1913)

37. Chapter in an online book

Clinton, S. J. (1999). What can be done to prevent childhood obesity? In
Understanding childhood obesity (pp. 81-98). Retrieved from [http://](http://www.questionia.com/)
www.questionia.com/

38. Online reference work

Swain, C. M. (2004). Sociology of affirmative action. In N. J. Smelser
 & P. B. Baltes (Eds.), *International encyclopedia of the social and*
behavioral sciences. Retrieved from [http://www.sciencedirect.com](http://www.sciencedirect.com/science/referenceworks/9780080430768)
[/science/referenceworks/9780080430768](http://www.sciencedirect.com/science/referenceworks/9780080430768)

Use a retrieval date only if the content of the work is likely to change.

39. Document from a Web site List as many of the following elements as are available: author's name, publication date (or "n.d." if there is no date), title (in italics), and URL. Give your retrieval date only if the content of the source is likely to change.

Source with date

all authors:
last name + initial(s) online publication
date: year + month document title

Cain, A., & Burris, M. (1999, April). *Investigation of the use of mobile phones while driving*. Retrieved from http://www.cutr.eng.usf.edu/its/mobile_phone_text.htm

URL

Source with no date

Archer, D. (n.d.). *Exploring nonverbal communication*. Retrieved from <http://nonverbal.ucsc.edu>

Source with no author

If a source has no author, begin with the title and follow it with the date in parentheses.

What causes Alzheimer's disease. (2008). Retrieved from http://www.memorystudy.org/alzheimers_causes.htm

40. Section in a Web document

author (organization) year title of section

National Institute on Media and the Family. (2009). Mobile networking.

title of Web document

In Guide to social networking: Risks. Retrieved from http://www.mediafamily.org/network_pdf/MediaWise_Guide_to_Social_Networking_Risks_09.pdf

URL

For an illustrated citation of a section in a Web document, see page 25.

41. Document from a university Web site or government agency Name the organization or agency in your retrieval statement.

Cosmides, L., & Tooby, J. (1997). *Evolutionary psychology: A primer*. Retrieved from University of California, Santa Barbara, Center for Evolutionary Psychology website: <http://www.psych.ucsb.edu/research/cep/primer.html>

42. Article in an online newsletter Cite as an online article (see items 30–32), giving the title of the newsletter and whatever other information is available, including volume and issue numbers.

In the face of extinction. (2008, May). *NSF Current*. Retrieved from http://www.nsf.gov/news/newsletter/may_08/index.jsp

43. Podcast

organization as producer
National Academies (Producer). date of posting (2007, June 6). podcast title Progress in preventing descriptive label childhood obesity: How do we measure up? [Audio podcast].
series title *The sounds of science podcast*. Retrieved from URL <http://media.nap.edu/podcasts/>

writer/presenter Chesney, M. date of posting (2007, September 13). podcast title Gender differences in the use of podcast number complementary and alternative medicine (No. 12827) descriptive label [Audio podcast]. Retrieved from Web site hosting podcast University of California Television website: URL <http://www.uctv.tv/ondemand>

Citation at a glance | Section in a Web document (APA)

To cite a section in a Web document in APA style, include the following elements:

- | | |
|----------------------------------------------------|----------------------------|
| 1 Author | 4 Title of document |
| 2 Date of publication or most recent update | 5 URL of section |
| 3 Title of section | |

BROWSER PRINTOUT OF WEB SITE

2003 Minnesota Health Statistics Annual Summary - Minnesota... <http://www.healthstatemn.us/divs/chs/03annsum/index.html>

1 Minnesota Center for Health Statistics

- [Home](#)
- General statistics:
 - [Minnesota Vital Statistics Interactive Overview](#)
 - [Minnesota Vital Signs](#)
 - [Minnesota County Health Tables](#)
 - [Mini Profiles](#)
 - [Minnesota Health Statistics Annual Summary](#)
 - [Population Health Assessment Quarterly](#)
- Topic-specific statistics:
 - [Induced Abortions in Minnesota Reports](#)
 - [Populations of Color Health Status Report](#)
 - [Tobacco Reports](#)

2003 Minnesota Health Statistics Annual Summary

The Minnesota "Annual Summary" or "Minnesota Health Statistics" is a report published yearly. The most recent version of this report is **2003 Minnesota Health Statistics**, published February 2005. This report provides statistical data on the following seven subjects for the state of Minnesota.

2 published February 2005.

To view the PDF files, you will need Adobe [Acrobat Reader](#) or for screen reader accessibility [Adobe Acrobat Access](#) (free downloads from Adobe's Web site).

- [Overview of 2003 Annual Summary \(PDF: 251KB/11 pages\)](#)
- [Live Births \(PDF: 608KB/21 pages\)](#)
- [Fertility \(PDF: 80KB/2 pages\)](#)
- [Infant Mortality and Fetal Deaths \(PDF: 414KB/15 pages\)](#)
- [General Mortality \(PDF: 581KB/10 pages\)](#)
- [Marriage \(PDF: 83KB/4 pages\)](#)
- [Divorce \(PDF: 62KB/3 pages\)](#)
- [Population \(PDF: 29KB/12 pages\)](#)

Note: Induced abortion statistics previously reported in this publication are now published separately. See > Report to the Legislature: Induced Abortions in Minnesota.

[See also> Minnesota Health Statistics Annual Summary: Main Page](#)

40F3 6/28/03 3:14 PM

ON-SCREEN VIEW OF DOCUMENT

Fertility Table 1
Total Reported Pregnancies by Outcome and Rate
Minnesota Residents, 1980 - 2003

Year	Total Reported Pregnancies*	Live Births	Induced Abortions	Fetal Deaths	Female Population Ages 15-44	Pregnancy Rate**
1980	84,994	68,852	13,821	461	967,087	87.8
1981	84,500	68,512	15,559	429	977,905	86.4
1982	80,530	65,559	14,514	457	981,287	82.1
1983	82,736	66,715	15,556	465	985,608	83.9
1984	83,853	67,412	16,002	439	994,249	84.3
1985	81,882	65,766	15,716	400	997,501	82.1
1986	81,318	65,168	15,746	404	1,004,801	80.9
1987	83,335	66,745	16,124	466	1,020,209	81.7
1988	83,426	67,490	15,506	430	1,024,576	81.4
1989	83,714	67,985	15,280	449	1,025,919	81.6
1990						

REFERENCE LIST ENTRY FOR A SECTION IN A WEB DOCUMENT

1 Minnesota Department of Health. (2005, February). Fertility. In 2003
 2
 3
 4
 5
Minnesota health statistics annual summary. Retrieved from <http://www.health.state.mn.us/divs/chs/03annsum/fertility.pdf>

For more on citing documents from Web sites in APA style, see pages 23–28.

44. Weblog (blog) post Give the writer's name, the date of the post, the subject, the label "Web log post," and the URL. For a response to a post, use the label "Web log comment."

Kellermann, M. (2007, May 23). Disclosing clinical trials [Web log post]. Retrieved from <http://www.iq.harvard.edu/blog/sss/archives/2007/05>

45. Online audio or video file Give the medium or a description of the source file in brackets following the title.

Chomsky, N. (n.d.). The new imperialism [Audio file]. Retrieved from <http://www.rhapsody.com/noamchomsky>

Zakaria, F. (Host), & McCullough, C. (Writer). (2007, March 6). In focus: American teens, Rwandan truths [Video file]. Retrieved from <http://www.pulitzercenter.org/showproject.cfm?id=26>

46. Entry in a wiki Begin with the title of the entry and the date of posting, if there is one (use "n.d." for "no date" if there is not). Then add your retrieval date, the name of the wiki, and the URL for the wiki. Include the date of retrieval because the content of a wiki is often not stable. If an author or an editor is identified, include that name at the beginning of the entry.

Ethnomethodology. (n.d.). Retrieved August 22, 2008, from <http://en.stswiki.org/index.php/Ethnomethodology>

47. Data set or graphic representation Give information about the type of source in brackets following the title. If there is no title, give a brief description of the content of the source in brackets in place of the title.

U.S. Department of Agriculture, Economic Research Service. (2009). *Eating and health module (ATUS): 2007 data* [Data set]. Retrieved from <http://www.ers.usda.gov/Data/ATUS/Data/2007/2007data.htm>

Gallup. (2008, October 23). *No increase in proportion of first-time voters* [Graphs]. Retrieved from <http://www.gallup.com/poll/111331/No-Increase-Proportion-First-Time-Voters.aspx>

48. Conference hearing

Carmona, R. H. (2004, March 2). *The growing epidemic of childhood obesity*. Testimony before the Subcommittee on Competition, Foreign Commerce, and Infrastructure of the U.S. Senate Committee on Commerce, Science, and Transportation. Retrieved from <http://www.hhs.gov/asl/testify/t040302.html>

49. E-mail E-mail messages, letters, and other personal communications are not included in the list of references. (See p. 5 for citing these sources in the text of your paper.)

50. Online posting If an online posting is not archived, cite it as a personal communication in the text of your paper and do not include it in the list of references. If the posting is archived, give the URL and the name of the discussion list if it is not part of the URL.

McKinney, J. (2006, December 19). Adult education-healthcare partnerships [Electronic mailing list message]. Retrieved from <http://www.nifl.gov/pipermail/healthliteracy/2006/000524.html>

Other sources (including online versions)

51. Dissertation from a database

Hymel, K. M. (2009). *Essays in urban economics* (Doctoral dissertation). Available from ProQuest Dissertations and Theses database. (AAT 3355930)

52. Unpublished dissertation

Mitchell, R. D. (2007). *The Wesleyan Quadrilateral: Relocating the conversation* (Unpublished doctoral dissertation). Claremont School of Theology, Claremont, CA.

53. Government document

U.S. Census Bureau. (2006). *Statistical abstract of the United States*. Washington, DC: Government Printing Office.

U.S. Census Bureau, Bureau of Economic Analysis. (2008, August). *U.S. international trade in goods and services* (Report No. CB08-121, BEA08-37, FT-900). Retrieved from <http://www.census.gov/foreign-trade/Press-Release/2008pr/06/ftdpress.pdf>

54. Report from a private organization If the publisher and the author are the same, begin with the publisher. For a print source, use “Author” as the publisher at the end of the entry (see item 3 on p. 11); for an online source, give the URL. If the report has a number, put it in parentheses following the title.

Ford Foundation. (n.d.). *Helping citizens to understand and influence state budgets*. Retrieved from http://www.fordfound.org/pdfs/impact/evaluations/state_fiscal_initiative.pdf

55. Legal source

Sweatt v. Painter, 339 U.S. 629 (1950). Retrieved from Cornell University Law School, Legal Information Institute website: http://www.law.cornell.edu/supct/html/historics/USSC_CR_0339_0629_ZS.html

56. Conference proceedings

Stahl, G. (Ed.). (2002). *Proceedings of CSCL '02: Computer support for collaborative learning*. Hillsdale, NJ: Erlbaum.

57. Paper presented at a meeting or symposium (unpublished)

Anderson, D. N. (2008, May). *Cab-hailing and the micropolitics of gesture*. Paper presented at the Arizona Linguistics and Anthropology Symposium, Tucson, AZ.

58. Poster session at a conference

Wang, Z., & Keogh, T. (2008, June). *A click away: Student response to clickers*. Poster session presented at the annual conference of the American Library Association, Anaheim, CA.

59. Map or chart

Ukraine [Map]. (2008). Retrieved from the University of Texas at Austin Perry-Castañeda Library Map Collection website: http://www.lib.utexas.edu/maps/cia08/ukraine_sm_2008.gif

60. Advertisement

Xbox 360 [Advertisement]. (2007, February). *Wired*, 15(2), 71.

61. Published interview

Murphy, C. (2007, June 22). As the Romans did [Interview by G. Hahn]. Retrieved from <http://www.theatlantic.com/>

62. Lecture, speech, or address

Fox, V. (2008, March 5). *Economic growth, poverty, and democracy in Latin America: A president's perspective*. Address at the Freeman Spogli Institute, Stanford University, Stanford, CA.

63. Work of art or photograph

Weber, J. (1992). *Toward freedom* [Outdoor mural]. Sherman Oaks, CA.

Newkirk, K. (2006). *Gainer (part II)*. Museum of Contemporary Art, Chicago, IL.

64. Brochure, pamphlet, or fact sheet

National Council of State Boards of Nursing. (n.d.). *Professional boundaries* [Brochure]. Retrieved from https://www.ncsbn.org/Professional_Boundaries_2007_Web.pdf

World Health Organization. (2007, October). *Health of indigenous peoples* (No. 326) [Fact sheet]. Retrieved from <http://www.who.int/mediacentre/factsheets/fs326/en/index.html>

65. Presentation slides

Boeninger, C. F. (2008, August). *Web 2.0 tools for reference and instructional services* [Presentation slides]. Retrieved from <http://libraryvoice.com/archives/2008/08/04/opal-20-conference-presentation-slides/>

66. Film or video (motion picture) Give the director, producer, and other relevant contributors, followed by the year of the film's release, the title, the description "Motion picture" in brackets, the country where the film was made, and the studio. If you viewed the film on videocassette or DVD, indicate that medium in brackets in place of "Motion picture." If the original release date and the date of the DVD or videocassette are different, add "Original release" and that date in parentheses at the end of the entry. If the motion picture would be difficult for your readers to find, include instead the name and address of its distributor.

Guggenheim, D. (Director), & Bender, L. (Producer). (2006). *An inconvenient truth* [DVD]. United States: Paramount Home Entertainment.

Spurlock, M. (Director). (2004). *Super size me* [Motion picture]. Available from IDP Films, 1133 Broadway, Suite 926, New York, NY 10010

67. Television program List the producer and the date the program was aired. Give the title, followed by "Television broadcast" in brackets, the city, and the television network or service.

Pratt, C. (Executive producer). (2008, October 5). *Face the nation* [Television broadcast]. Washington, DC: CBS News.

For a television series, use the year in which the series was produced, and follow the title with "Television series" in brackets. For an episode in a series, list the writer and director and the year. After the episode title, put "Television series episode" in brackets. Follow with information about the series.

Fanning, D. (Executive producer). (2008). *Frontline* [Television series]. Boston, MA: WGBH.

Smith, M. (Writer/producer). (2008). Heat [Television series episode]. In D. Fanning (Executive producer), *Frontline*. Boston, MA: WGBH.

68. Sound recording

Thomas, G. (1996). Breath. On *Didgeridoo: Ancient sound of the future* [CD]. Oxnard, CA: Aquarius International Music.

69. Computer software or video game Add the words “Computer software” (neither italicized nor in quotation marks) in brackets after the title of the program.

Sims 2 [Computer software]. (2005). New York, NY: Maxis.

APA manuscript format

The American Psychological Association makes a number of recommendations for formatting a paper and preparing a list of references. The following guidelines are consistent with advice given in the *Publication Manual of the American Psychological Association*, 6th ed. (Washington: APA, 2010), and typical requirements for undergraduate papers.

Formatting the paper

Many instructors in the social sciences require students to follow APA guidelines for formatting a paper.

NOTE ON APA GUIDELINES FOR STUDENT PAPERS: The APA manual provides guidelines for papers prepared for publication in a scholarly journal; it does not provide specific guidelines for papers prepared for undergraduate classes. The formatting guidelines in this section and the sample paper on pages 37–46 are consistent with typical requirements for undergraduate writing. The samples on page 47 show APA formatting for a paper prepared for publication. If you are in doubt about which format is preferred or required in your course, ask your instructor.

Materials and font Use good-quality 8½" × 11" white paper. Avoid a font that is unusual or hard to read.

Title page APA provides few guidelines for formatting the title page of an undergraduate paper, but most instructors expect students to include one. See the sample on page 37.

Page numbers and running head For a student paper, number all pages with arabic numerals (1, 2, 3, and so on), including the title page. In the upper right-hand corner of each page, type a short version of your title, capitalizing all words of four letters or more, followed by one space and the page number. See pages 37–46. For a paper submitted for publication, in the upper left-hand corner of every page place a short form of the title in all capital letters (on the title page, include the words “Running head” followed by a colon before the paper title). On the same line in the right-hand corner, place the page number, beginning with 1 on the title page. See page 47.

Margins, line spacing, and paragraph indents Use margins of one inch on all sides of the page. Left-align the text.

Double-space throughout the paper, but single-space footnotes. Indent the first line of each paragraph one-half inch.

Capitalization, italics, and quotation marks Capitalize all words of four letters or more in titles of works and in headings that appear in the text of the paper. Capitalize the first word after a colon if the word begins a complete sentence.

Italicize the titles of books and other long works, such as Web sites. Use quotation marks around the titles of periodical articles, short stories, poems, and other short works.

NOTE: APA has different requirements for titles in the reference list. See page 36.

Long quotations and footnotes When a quotation is longer than forty words, set it off from the text by indenting it one-half inch from the left margin. Double-space the quotation. Do not use quotation marks around a quotation that has been set off from the text. See page 45 for an example.

Place each footnote, if any, at the bottom of the page on which the text reference occurs. Double-space between the last line of text on the page and the footnote. Indent the first line of the footnote one-half inch. Begin the note with the superscript arabic numeral that corresponds to the number in the text. See page 39 for an example.

Abstract If your instructor requires an abstract, include it immediately after the title page. Center the word *Abstract* one inch from the top of the page; double-space the abstract as you do the body of your paper.

An abstract is a 100-to-150-word paragraph that provides readers with a quick overview of your essay. It should express your main idea and your key points; it might also briefly suggest any implications or applications of the research you discuss in the paper. See page 38 for an example.

Headings Although headings are not always necessary, their use is encouraged in the social sciences. For most undergraduate papers, one level of heading will usually be sufficient.

In APA style, major headings are centered and boldface. Capitalize the first word of the heading, along with all words except articles, short prepositions, and coordinating conjunctions. See the sample paper on pages 37–46.

Visuals APA classifies visuals as tables and figures (figures include graphs, charts, drawings, and photographs). Keep visuals as simple as possible.

Label each table with an arabic numeral (Table 1, Table 2, and so on) and provide a clear title. The label and title should appear on separate lines above the table, flush left and single-spaced.

Below the table, give its source in a note. If any data in the table require an explanatory footnote, use a superscript lowercase letter in the body of the table and in a footnote following the source note. Double-space source notes and footnotes and do not indent the first line of each note. See page 42 for an example of a table in a model paper.

For each figure, place a label and a caption below the figure, flush left and double-spaced. The label and caption need not appear on separate lines.

In the text of your paper, discuss the most significant features of each visual. Place the visual as close as possible to the sentences that relate to it unless your instructor prefers it in an appendix.

Preparing the list of references

Begin your list of references on a new page at the end of the paper. Center the title *References* one inch from the top of the page. Double-space throughout. For a sample reference list, see page 46.

Indenting entries Use a hanging indent in the reference list: Type the first line of each entry flush left and indent any additional lines one-half inch, as shown on page 46.

Alphabetizing the list Alphabetize the reference list by the last names of the authors (or editors); when a work has no author or editor, alphabetize by the first word of the title other than *A*, *An*, or *The*.

If your list includes two or more works by the same author, arrange the entries by year, the earliest first. If your list includes two or more works by the same author in the same year, arrange the works alphabetically by title. Add the letters “a,” “b,” and so on within the parentheses after the year. Use only the year and the letter for articles in journals: (2002a). Use the full date and the letter for articles in magazines and newspapers in the reference list: (2005a, July 7). Use only the year and the letter in the in-text citation.

Authors' names Invert all authors' names and use initials instead of first names. With two or more authors, use an ampersand (&) before the last author's name. Separate the names with commas. Include names for the first seven authors;

if there are eight or more authors, give the first six authors, three ellipsis dots, and the last author (see p. 10).

Titles of books and articles Italicize the titles and subtitles of books. Do not use quotation marks around the titles of articles. Capitalize only the first word of the title and subtitle (and all proper nouns) of books and articles. Capitalize names of periodicals as you would capitalize them normally.

Abbreviations for page numbers Abbreviations for “page” and “pages” (“p.” and “pp.”) are used before page numbers of newspaper articles and articles in edited books (see item 9 on p. 12 and item 22 on p. 16) but not before page numbers of articles in magazines and scholarly journals (see items 7 and 8 on p. 12).

Breaking a URL When a URL or a DOI (digital object identifier) must be divided, break it after a double slash or before any other mark of punctuation. Do not insert a hyphen, and do not add a period at the end.

For information about the exact format of each entry in your list, consult the models on pages 10–32.

Sample APA research paper

On the following pages is a research paper on the effectiveness of treatments for childhood obesity, written by Luisa Mirano, a student in a psychology class. Mirano’s assignment was to write a literature review paper documented with APA-style citations and references.

See the note on page 32 for a discussion of formatting differences in APA-style student papers and papers prepared for scholarly publication.

SAMPLE APA PAPER

Obesity in Children 1

Can Medication Cure Obesity in Children?
A Review of the Literature

Luisa Mirano
Psychology 108, Section B
Professor Kang
October 31, 2004

Short title and page number on all pages in student papers. (See p. 47 for a title page of a paper prepared for publication.)

Full title, centered.

Writer's name, course, instructor's name, and date, all centered.

Marginal annotations indicate APA-style formatting and effective writing.

Abstract

Abstract appears on a separate page.

In recent years, policymakers and medical experts have expressed alarm about the growing problem of childhood obesity in the United States. While most agree that the issue deserves attention, consensus dissolves around how to respond to the problem. This literature review examines one approach to treating childhood obesity: medication. The paper compares the effectiveness for adolescents of the only two drugs approved by the Food and Drug Administration (FDA) for long-term treatment of obesity, sibutramine and orlistat. This examination of pharmacological treatments for obesity points out the limitations of medication and suggests the need for a comprehensive solution that combines medical, social, behavioral, and political approaches to this complex problem.

Obesity in Children 3

Can Medication Cure Obesity in Children?

Full title, centered.

A Review of the Literature

In March 2004, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona said that the “astounding” 15% child obesity rate constitutes an “epidemic.” Since the early 1980s, that rate has “doubled in children and tripled in adolescents.” Now more than nine million children are classified as obese.¹ While the traditional response to a medical epidemic is to hunt for a vaccine or a cure-all pill, childhood obesity has proven more elusive. The lack of success of recent initiatives suggests that medication might not be the answer for the escalating problem. This literature review considers whether the use of medication is a promising approach for solving the childhood obesity problem by responding to the following questions:

1. What are the implications of childhood obesity?
2. Is medication effective at treating childhood obesity?
3. Is medication safe for children?
4. Is medication the best solution?

Mirano sets up her organization by posing four questions.

Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity problem in the United States and underscores the need for physicians, advocacy groups, and policymakers to search for other solutions.

Mirano states her thesis.

What Are the Implications of Childhood Obesity?

Obesity can be a devastating problem from both an individual and a societal perspective. Obesity puts children at risk for a number of

Headings, centered, help readers follow the organization.

¹Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. A child or an adolescent with a BMI in the 95th percentile for his or her age and gender is considered obese.

Mirano uses a footnote to define an essential term that would be cumbersome to define within the text.

In a signal phrase, the word “and” links the names of two authors; the date is given in parentheses.

Because the author (Carmona) is not named in the signal phrase, his name and the date appear in parentheses.

Ellipsis mark indicates omitted words.

medical complications, including type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2004, p. 1). Researchers Hoppin and Taveras (2004) have noted that obesity is often associated with psychological issues such as depression, anxiety, and binge eating (Table 4).

Obesity also poses serious problems for a society struggling to cope with rising health care costs. The cost of treating obesity currently totals \$117 billion per year—a price, according to the surgeon general, “second only to the cost of [treating] tobacco use” (Carmona, 2004). And as the number of children who suffer from obesity grows, long-term costs will only increase.

Is Medication Effective at Treating Childhood Obesity?

The widening scope of the obesity problem has prompted medical professionals to rethink old conceptions of the disorder and its causes. As researchers Yanovski and Yanovski (2002) have explained, obesity was once considered “either a moral failing or evidence of underlying psychopathology” (p. 592). But this view has shifted: Many medical professionals now consider obesity a biomedical rather than a moral condition, influenced by both genetic and environmental factors. Yanovski and Yanovski have further noted that the development of weight-loss medications in the early 1990s showed that “obesity should be treated in the same manner as any other chronic disease . . . through the long-term use of medication” (p. 592).

The search for the right long-term medication has been complicated. Many of the drugs authorized by the Food and Drug Administration (FDA) in the early 1990s proved to be a disappointment. Two of the medications—fenfluramine and dexfenfluramine—were withdrawn from the market because of severe side effects (Yanovski & Yanovski, 2002, p. 592), and several others

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were classified by the Drug Enforcement Administration as having the “potential for abuse” (Hoppin & Taveras, 2004, Weight-Loss Drugs section, para. 6). Currently only two medications have been approved by the FDA for long-term treatment of obesity: sibutramine (marketed as Meridia) and orlistat (marketed as Xenical). This section compares studies on the effectiveness of each.

In a parenthetical citation, an ampersand links the names of two authors.

Sibutramine suppresses appetite by blocking the reuptake of the neurotransmitters serotonin and norepinephrine in the brain (Yanovski & Yanovski, 2002, p. 594). Though the drug won FDA approval in 1998, experiments to test its effectiveness for younger patients came considerably later. In 2003, University of Pennsylvania researchers Berkowitz, Wadden, Tershakovec, and Cronquist released the first double-blind placebo study testing the effect of sibutramine on adolescents, aged 13-17, over a 12-month period. Their findings are summarized in Table 1.

Mirano draws attention to an important article.

After 6 months, the group receiving medication had lost 4.6 kg (about 10 pounds) more than the control group. But during the second half of the study, when both groups received sibutramine, the results were more ambiguous. In months 6-12, the group that continued to take sibutramine gained an average of 0.8 kg, or roughly 2 pounds; the control group, which switched from placebo to sibutramine, lost 1.3 kg, or roughly 3 pounds (p. 1808). Both groups received behavioral therapy covering diet, exercise, and mental health.

These results paint a murky picture of the effectiveness of the medication: While initial data seemed promising, the results after one year raised questions about whether medication-induced weight loss could be sustained over time. As Berkowitz et al. (2003) advised, “Until more extensive safety and efficacy data are available, . . . weight-loss medications should be used only on an experimental basis for adolescents” (p. 1811).

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Mirano uses a table to summarize the findings presented in two sources.

Table 1

Effectiveness of Sibutramine and Orlistat in Adolescents

Medication	Subjects	Treatment ^a	Side effects	Average weight loss/gain
Sibutramine	Control	0-6 mos.: placebo	Mos. 6-12: increased blood pressure; increased pulse rate	After 6 mos.: loss of 3.2 kg (7 lb)
		6-12 mos.: sibutramine		After 12 mos.: loss of 4.5 kg (9.9 lb)
Orlistat	Medicated	0-12 mos.: sibutramine	Increased blood pressure; increased pulse rate	After 6 mos.: loss of 7.8 kg (17.2 lb)
		0-12 mos.: placebo		After 12 mos.: loss of 7.0 kg (15.4 lb)
Orlistat	Control	0-12 mos.: placebo	None	Gain of 0.67 kg (1.5 lb)
		0-12 mos.: orlistat		Oily spotting; flatulence; abdominal discomfort

A note gives the source of the data.

Note. The data on sibutramine are adapted from "Behavior Therapy and Sibutramine for the Treatment of Adolescent Obesity," by R. I. Berkowitz, T. A. Wadden, A. M. Tereshakovec, & J. L. Cronquist, 2003, *Journal of the American Medical Association*, 289, pp. 1807-1809. The data on orlistat are adapted from *Xenical (Orlistat) Capsules: Complete Product Information*, by Roche Laboratories, December 2003, retrieved from <http://www.rocheusa.com/products/xenical/pi.pdf>

A content note explains data common to all subjects.

^aThe medication and/or placebo were combined with behavioral therapy in all groups over all time periods.

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A study testing the effectiveness of orlistat in adolescents showed similarly ambiguous results. The FDA approved orlistat in 1999 but did not authorize it for adolescents until December 2003. Roche Laboratories (2003), maker of orlistat, released results of a one-year study testing the drug on 539 obese adolescents, aged 12-16. The drug, which promotes weight loss by blocking fat absorption in the large intestine, showed some effectiveness in adolescents: an average loss of 1.3 kg, or roughly 3 pounds, for subjects taking orlistat for one year, as opposed to an average gain of 0.67 kg, or 1.5 pounds, for the control group (pp. 8-9). See Table 1.

Short-term studies of orlistat have shown slightly more dramatic results. Researchers at the National Institute of Child Health and Human Development tested 20 adolescents, aged 12-16, over a three-month period and found that orlistat, combined with behavioral therapy, produced an average weight loss of 4.4 kg, or 9.7 pounds (McDuffie et al., 2002, p. 646). The study was not controlled against a placebo group; therefore, the relative effectiveness of orlistat in this case remains unclear.

Is Medication Safe for Children?

While modest weight loss has been documented for both medications, each carries risks of certain side effects. Sibutramine has been observed to increase blood pressure and pulse rate. In 2002, a consumer group claimed that the medication was related to the deaths of 19 people and filed a petition with the Department of Health and Human Services to ban the medication (Hilts, 2002). The sibutramine study by Berkowitz et al. (2003) noted elevated blood pressure as a side effect, and dosages had to be reduced or the medication discontinued in 19 of the 43 subjects in the first six months (p. 1809).

The main side effects associated with orlistat were abdominal discomfort, oily spotting, fecal incontinence, and nausea (Roche

For a source with six or more authors, the first author's surname followed by "et al." is used for the first and subsequent references.

When this article was first cited, all four authors were named. In subsequent citations of a work with three to five authors, "et al." is used after the first author's name.

Laboratories, 2003, p. 13). More serious for long-term health is the concern that orlistat, being a fat-blocker, would affect absorption of fat-soluble vitamins, such as vitamin D. However, the study found that this side effect can be minimized or eliminated if patients take vitamin supplements two hours before or after administration of orlistat (p. 10). With close monitoring of patients taking the medication, many of the risks can be reduced.

Is Medication the Best Solution?

The data on the safety and efficacy of pharmacological treatments of childhood obesity raise the question of whether medication is the best solution for the problem. The treatments have clear costs for individual patients, including unpleasant side effects, little information about long-term use, and uncertainty that they will yield significant weight loss.

In purely financial terms, the drugs cost more than \$3 a day on average (Duenwald, 2004). In each of the clinical trials, use of medication was accompanied by an expensive regime of behavioral therapies, including counseling, nutritional education, fitness advising, and monitoring. As journalist Greg Critser (2003) noted in his book *Fat Land*, use of weight-loss drugs is unlikely to have an effect without the proper “support system”—one that includes doctors, facilities, time, and money (p. 3). For some, this level of care is prohibitively expensive.

A third complication is that the studies focused on adolescents aged 12-16, but obesity can begin at a much younger age. Little data exist to establish the safety or efficacy of medication for treating very young children.

While the scientific data on the concrete effects of these medications in children remain somewhat unclear, medication is not the only avenue for addressing the crisis. Both medical experts and

Mirano develops the paper's thesis.

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policymakers recognize that solutions might come not only from a laboratory but also from policy, education, and advocacy. A handbook designed to educate doctors on obesity called for “major changes in some aspects of western culture” (Hoppin & Taveras, 2004, Conclusion section, para. 1). Cultural change may not be the typical realm of medical professionals, but the handbook urged doctors to be proactive and “focus [their] energy on public policies and interventions” (Conclusion section, para. 1).

The solutions proposed by a number of advocacy groups underscore this interest in political and cultural change. A report by the Henry J. Kaiser Family Foundation (2004) outlined trends that may have contributed to the childhood obesity crisis, including food advertising for children as well as

a reduction in physical education classes and after-school athletic programs, an increase in the availability of sodas and snacks in public schools, the growth in the number of fast-food outlets . . . , and the increasing number of highly processed high-calorie and high-fat grocery products. (p. 1)

Addressing each of these areas requires more than a doctor armed with a prescription pad; it requires a broad mobilization not just of doctors and concerned parents but of educators, food industry executives, advertisers, and media representatives.

The barrage of possible approaches to combating childhood obesity—from scientific research to political lobbying—indicates both the severity and the complexity of the problem. While none of the medications currently available is a miracle drug for curing the nation’s 9 million obese children, research has illuminated some of the underlying factors that affect obesity and has shown the need for a comprehensive approach to the problem that includes behavioral, medical, social, and political change.

Brackets indicate a word not in the original source.

A quotation longer than forty words is indented without quotation marks.

Mirano interprets the evidence; she doesn’t just report it.

The tone of the conclusion is objective.

List of references

begins on a new page.
Heading is centered.

List is alphabetized by
authors' last names.
All authors' names are
inverted.

The first line of an
entry is at the left
margin; subsequent
lines indent 1/2".

Double-spacing is
used throughout.

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SAMPLE APA TITLE PAGE: PAPER FOR PUBLICATION (see note on p. 32)

Running head: CAN MEDICATION CURE OBESITY IN CHILDREN? 1

A running head, which will be used in the printed journal article, consists of a shortened title in all capital letters. On the title page, it is preceded by the label "Running head." Page numbers appear in the upper right corner.

Can Medication Cure Obesity in Children?

A Review of the Literature

Luisa Mirano

Northwest-Shoals Community College

Full title, writer's name, and school name are centered halfway down the page.

Author Note

This paper was prepared for Psychology 108, Section B, taught by Professor Kang.

An author's note lists specific information about the course or department and can provide acknowledgments and contact information.

SAMPLE APA PAGE: PAPER FOR PUBLICATION

CAN MEDICATION CURE OBESITY IN CHILDREN? 3

were classified by the Drug Enforcement Administration as having the "potential for abuse" (Hoppin & Taveras, 2004, Weight-Loss Drugs section, para. 6). Currently only two medications have been approved by the FDA for long-term treatment of obesity: sibutramine (marketed

The running head, in the upper left corner, and the page number, in the upper right corner, are repeated on each page of the paper.

Marginal annotations indicate APA-style formatting.