Academic Support Center
Using APA: In-Text Citations
(APA 7th Edition, Revised January 2021)

WHEN TO CITE SOURCES IN THE BODY OF A PAPER

The reference page at the end of a research paper provides a full citation for each of the sources used in the paper. Writers also need to indicate when they are incorporating the ideas, theories, or research of others in the text of their paper. *Whether providing a direct quotation or paraphrasing material* from a source in their own words, writers must provide a citation for the ideas of others. Such material may include the following:

- Ideas, theories, or research that directly influenced a work.
- Key background information that supports or disputes a theory or that offers critical definitions or data.
- Facts and figures that are not common knowledge.
- Tables and charts taken from other sources.

IN-TEXT CITATIONS—THE BASICS

In-text citations are used to give credit to the authors whose ideas or thoughts are presented within the document, and there are two types: parenthetical and narrative. These internal citations allow the reader to identify the source and locate the information being addressed. APA uses a system that includes the author's last name and the year of publication.

> Chronic sleep deprivation has significant impact on memory and executive function, particularly in children as they develop their executive function skills over a period of years (Turnbull et al., 2013).

> According to Turnbull et al. (2013), chronic sleep deprivation has significant impact on memory and executive function, particularly in children because they develop their executive function skills over a period of years.

When using a direct quotation, the page number is also included.

> Resilience creates "an inner strength that allows for the quick recovery from disruptions in functioning" (Hammermeister et al., 2020, p. 14).

> Hammermeister et al. (2020) note that resilience creates "an inner strength that allows for the quick recovery from disruptions in functioning" (p. 14).

If the source does not have an author, the first several words of the title, enclosed in quotation marks, are used to identify the work.

> The concept of hope is central to Travelbee's nursing theory ("Human to Human," 2012).

When referring to the same author(s) for the same source within the same paragraph, as long as it is clear who is being cited, a citation is only needed for the first time that source is used in that paragraph.

<u>INCORPORATING SOURCE MATERIAL</u>

Paraphrasing

Paraphrasing is when someone else's ideas are rewritten and put into the writer's own words. Paraphrasing still required giving the original author(s) credit for that information or idea. *Changing only a few words is still considered plagiarism, even with a citation.*

Original Passage:

"Signed into law in January 2002 by President George W. Bush, the No Child Left Behind (NCLB) Act signaled the nation's most sweeping education reform of federal education policy in decades" (Smith, 2008, p. 212).

Unacceptable Paraphrasing:

Enacted into law in 2002 by President Bush, the No Child Left Behind Act signaled the most sweeping education reform of U.S. educational policy in decades.

Acceptable Paraphrasing:

According to Smith (2008), the No Child Left Behind Act (NCLB) provided the most all-encompassing reform in U.S. education in almost half a century.

The No Child Left Behind Act (NCLB) provided the most all-encompassing reform in U.S. education in almost half a century (Smith, 2008).

Citations of paraphrases must include the name of the author and the year of publication of the original source. Some professors, however, require page numbers for all paraphrases—be sure to check!

Vuckovic et al. (2013) found that college is a major transition period for most people . . .

The Nashua Soup Kitchen & Shelter website (2020) describes its programs . . .

The increasing use of mobile applications to access healthcare data provides particular challenges regarding privacy and security (Tovino, 2020).

Direct Quotations

When an author is quoted directly, the *exact* words need to be provided. Include the exact spelling and interior punctuation of the borrowed words.

According to Fischer (2019), storytelling is useful in nursing education because it can "transform an ordinary moment of informational communication into an extraordinary shared experience" (p. 311).

<u>There are only two exceptions to this rule.</u>

1. To omit material, use ellipses (. . .) to indicate words have been omitted material from the **middle** of a quoted section. Do **NOT** use ellipses at the beginning or the end of a direct quote.

   According to Fischer (2019), storytelling is useful in nursing education because it can "transform an ordinary moment . . . into an extraordinary shared experience" (p. 311).

2. Additional words or explanations may be added to clarify the meaning of the direct quote. Use **brackets** to enclose these additional words.

   According to Fischer (2019), storytelling is useful in nursing education because it can "transform an ordinary moment of informational communication [in the classroom] into an extraordinary shared experience" (p. 311).

<u>When citing a quotation from an electronic source with no page numbers</u> and the paragraphs are numbered, use the abbreviation **para,** followed by the paragraph number.

> The Centers for Disease Control and Prevention report that combating childhood obesity may require "transforming the environments in which children operate" (2020, para. 1).

If the paragraphs are not numbered and the article is long, direct readers to a specific location by listing the heading under which the quotation appears and then note the number of the paragraph in that section by counting.

> The study examined practices in community programs over a two-year period and included "130 communities and nearly 5,000 children" (Centers for Disease Control and Prevention, 2020, Results section, para. 3).

<u>Block Quotations</u> (use very sparingly!)

Place quotations longer than 40 words in a free-standing block and omit quotation marks. Start the quotation on a new line, indented 1/2 inch from the left margin (in the same position as a new paragraph); maintain double-spacing throughout. The parenthetical citation comes **after** the closing punctuation mark in a block quotation.

> Joly (2020) notes that effective public health programs include the following:
> > Balancing traditional classroom instruction with real-world examples, based on real needs and conversations, increases the stakes, allows students to directly apply new skills, and fosters a learning experience that more closely simulates practice. Yet this approach needs to be thoughtfully integrated in a manner that supports and benefits community partners and students alike. (p. 119)

<u>MULTIPLE AUTHORS</u>

Two Authors:

When a work has two authors, cite both last names **every time** the reference occurs in the text. Use the word "and" to connect the authors in narrative citations; use an ampersand in parenthetical references.

> Reardon and Galindo (2009) argue that patterns of educational outcomes have not been . . .
> According to one study (Reardon & Galindo, 2009), the patterns of educational outcomes . . .

Three or More Authors**:**

If the work has three or more authors, cite the last name of the first author followed by "et al." and the year.

> Researchers have found…(Sampson et al., 2015).
> Sampson et al. (2015) concluded that . . .

No Author:

If the source does not have an author, use an abbreviated version of the title enclosed in quotation marks. Note that all essential words in the in-text citation should be capitalized.

> The organization offers a wide variety of programs for youth ages 7-18 ("Activity Programs," 2020).

Author with an Abbreviated Name:

First citation: (Centers for Disease Control and Prevention [CDC], 2020).

Second citation: (CDC, 2020).

OTHER IMPORTANT INFORMATION

When referencing the same source more than once in the same paragraph, the year of publication only needs to be included the <u>first</u> time the source is used in a **narrative** citation. It does need to be clear that the same source being referenced, and that can be done by using signal phrases. Note that <u>the year needs to be included in all parenthetical citations</u>.

> Breaking the tradition of conventional nursing report presents many challenges. Griffin (2010) notes that bedside report requires a practice change that may raise issues with nurses related to time management and communication skills. Many nurses may need practice speaking in front of many people. Nurses also worry about potential privacy violations. Benefits to bedside report include "an opportunity to acknowledge and act on patient and family observations . . . (and to) incorporate their observations and desires into the plan of care" (Griffin, 2010, p. 352). Additionally, bedside report allows the patient to ask questions and be involved in his/her healthcare plan. Griffin further notes that bedside report provides an opportunity to educate patients and their families.

When two or more works by different authors are used to support a point, list the works in alphabetical order and separate them with semicolons.

> Obstructive sleep apnea, although common, is often underdiagnosed and has far-reaching consequences that impact almost every aspect of a person's life (Carleton & Bailing, 2020; Cignarelli, 2019; Monnert, 2016).

When referring to multiple works by the same author with the same publication date, identify works by adding the suffixes a, b, c, and so forth after the year. These kinds of references are ordered alphabetically by title on the Reference page.

> Several studies (Csikszentmihalyi, 2014a, 2014b, 2018; Gregory, 2016; Hamilton et al., 2019) found . . . Csikszentmihalyi (2014b) conducted an additional study to determine . . .

When referring to an entire web site, mentioning its content in general, provide the complete URL address in an in-text citation. If no specific material is used, then no reference page listing is needed.

> This survey was modelled on the VIA Institute on Character questionnaire (https://www.viacharacter.org).

AN INDIRECT SOURCE

When paraphrasing or quoting material cited within the text from another source, indicate the author of the original material in the body of the sentence and refer to the source where the material was found in the parenthetical citation. Use the phrase "as cited in" followed by the author's name and year of the text where the material was found.

> Supporting data appears in a study by Wong (as cited in Marconi & Hamblen, 2010).

> Seidenberg and McClelland concluded that "determining criteria for studying home movies of autistic children was difficult due to the differences in quality and dating of the available videotapes" (as cited in Coltheart, 2012, p. 45).

GROUP or CORPORATE AUTHORS

If a source (most often a web-based source, a pamphlet, or promotional material) does not list any author's name, most likely there will be a group author. The name of this group is considered the author of this source. If the group name is long and cumbersome, and if the abbreviation is familiar or readily understandable, the name may be abbreviated in the second and subsequent citations in the paper. If the name is short or if the abbreviation would not be readily understandable, write out the name each time it occurs.

> *First text citation:*
>> In a recent report, the National Institute of Mental Health (NIMH, 2013) . . .
> *Subsequent text citations:*
>> In the NIMH (2013) report. . .

If several different pages of a central corporate web site are being referenced, identify the group author in the sentence, then include the first two-three words of the title of the linked page being cited (followed by the page or paragraph number if using a direct quote).

> According to a St. Joseph Hospital press release ("Pregnancy and Parenting," 2014) the focus of Our Place is "on the health and wellness of the family unit [of a pregnant teen], mothers, fathers and sometimes even grandparents and siblings" (para. 2).
>> FULL TITLE: "A Pregnancy and Parenting Program for Teens and Young Adults"

> The mission of St. Joseph Hospital, as stated on their website, is "to provide compassionate care that contributes to the physical, emotional, and spiritual well-being of all in our community, as inspired by the healing ministry of Jesus" ("About Us," 2014, para. 1).

PERSONAL COMMUNICATION—INTERVIEWS, CLASS NOTES

Personal communication includes interviews, letters, e-mails, and class notes that are not posted on Canvas. The *first* time this type of source is used in the body of the paper, cite the communicator's name, identify who he or she is and the type of personal communication, and provide the date of the communication. This information does not need to be added again. (Personal communication is *not* listed on the reference page.)

> Dr. Edward Dalton, head of the Elliot Breast Health Center team, believes that women deserve "prompt, definitive answers about their mammograms and biopsies" (personal communication, May 12, 2014).

> Sociological imagination allows people to connect their personal troubles with larger social forces and understand them as public issues, not just private ones (M. Day, class notes, November 12, 2013).

If readers can access the material, such as online lecture notes, a Canvas page, or a PowerPoint presentation, then the material can be cited as a standard in-text citation, with the author's last name and the year enclosed in parentheses, with a Reference page entry for the citation.

Quotes from Research Participants:
Quoted material from research participants does not need an in-text or a reference page citation. Instead, simply word the sentence to make it clear that the quote is from a participant.

Sample Paragraph:

Cultural competence encompasses skills, knowledge, and behaviors that are poorly understood by many in the general community. Due to lack of understanding, people may see little need to adapt themselves to others around them, and instead feel that minorities should simply change their values, standards, and beliefs to fit in with their environment. When practitioners take time to learn about their patients, however, they discover their patients' identities and acknowledge their values and beliefs, building the trust necessary for cultural competence to develop. Researchers point out that education programs and teaching strategies to develop cultural competence among students and nurses are not doing enough and conclude that the conceptualization and implementation of cultural competence are poorly understood among health professionals, students and patients (Gebru & Willman, 2010; Johnstone & Kanitsaki, 2007; Long, 2012). According to Jenks (2011), it is not enough to be aware of cultural difference. Jenks states that awareness is "insufficient to bring about transformation in human relationships and does not eliminate ethnic, racial, and cultural discrimination, or potential inequalities" (p. 53). Blanchet et al. (2015) propose a modified definition of the concept of cultural competence is needed. Using a constructivist perspective, Blanchet et al. define cultural competence as follows:

> A complex know-act grounded in critical reflection and action, which the health care professional draws upon to provide culturally safe, congruent, and effective care in partnership with individuals, families, and communities' living health experiences, and which takes into account the social and political dimensions of care. (p. 12)

This proposed definition provides a framework for the promotion of social justice in the nursing discipline and for questioning past and current clinical practices.

Annotations (in margin boxes):

- Start paragraph with analysis
- Use a semi-colon to separate multiple citations. Place the citation in alphabetical order.
- Include the pub. year after author's name the FIRST time it is cited in a paragraph
- If there are more than two authors for the cited source, list the first author's last name and *et al.* for each citation in the paper.
- Provide p. # for a direct quote
- If a direct quote is more than 40 words, set it off as a blocked quote.
- End paragraph with analysis