

Reference and citation formats

APA 7

This is a free guide, courtesy of StatPsyched, containing the format for citing different sources in APA format.

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I. In text citations:

Author–date format: (Author, Year)

One author: (Bansal, 2020)

Two authors: (Bansal & Geher, 2021)

*Narrative citation: Bansal and Geher (2021)

Three or more authors: (Bansal et al., 2021)

Narrative citation: Bansal et al. (2021)

Direct quote: “text taken from source in quotation marks” (Bansal, 2021, p. 15)

**A narrative citation is used when you want to integrate the author’s name in the text.*

II. Book

Format: Author, A. A. (Year). Title in italics. Publisher.

Aronson, E., Wilson, T. D., & Sommers, S. R. (2020). Social psychology (10th ed.). Pearson.

III. Journal article

Format: Author, A. A. (Year). Title of article. Journal Name, Volume(Issue), pages.

<https://doi.org/xxxx>

Gruskin, K., Griffin, M., Bansal, S., Dickinson-Frevola, S., Dykeman, A., Groce-Volinski, D., Henriquez, K., Kardas, M., McCarthy, A., Shetty, A., Staccio, B., Geher, G., & Eisenberg, E. (2025). Stakeholders’ roles in evolutionizing education: An evolutionary-based toolkit surrounding elementary education. *Behavioral Sciences*, 15(1), 92. <https://doi.org/10.3390/bs15010092>

IV. Websites

Format: Author, A. A. (Year, Month Day). Title of page. Website Name. URL

American Psychological Association. (2020, October 1). How to cite sources in APA style (7th edition). APA Style Blog. <https://apastyle.apa.org/blog>

V. Indirect (Secondary) Citations in APA 7th Edition

An indirect citation, also known as a secondary citation, is used when an author wishes to cite a work that they have not read directly but that has been discussed, summarized, or quoted in another source that they have consulted. APA recommends using secondary citations only when the original source is unavailable, as researchers should make every effort to consult and cite primary sources whenever possible.

When using an indirect citation, both the original author and the secondary source are acknowledged in the in-text citation. However, only the secondary source, that is, the source actually read by the author, is included in the reference list.

In-Text Citation Format

- Narrative Citation

Original Author (Year, as cited in Secondary Author, Year) stated that...

Example:

Smith (1990, as cited in Jones, 2022) found that students learn more effectively when actively engaged in the learning process.

- Parenthetical Citation

(Original Author, Year, as cited in Secondary Author, Year)

Example:

Active learning has been associated with improved educational outcomes (Smith, 1990, as cited in Jones, 2022).

Reference List Format

Only the source that was actually consulted should be included in the reference list.

Example:

Jones, B. (2022). *Educational psychology today* (3rd ed.). Academic Press.

The original source (Smith, 1990) should not appear in the reference list unless it was directly consulted by the author.

Best Practice

Although secondary citations are acceptable in certain circumstances, they should be used sparingly. Excessive reliance on indirect citations may suggest that the author has not engaged sufficiently with the primary literature. Whenever possible, researchers should locate, read, and cite the original source directly.

Quick APA Formula

In-text citation:

(Original Author, Year, as cited in Secondary Author, Year)

Reference list:

Include only the secondary source that was actually read.

Example:

(Bandura, 1977, as cited in Myers, 2021)

Reference:

Myers, D. G. (2021). *Psychology* (14th ed.). Worth Publishers.

Reference List Formatting

- Start the reference list on a new page titled **References**.
- Arrange references alphabetically by the first author's surname.
- Use a hanging indent of 0.5 inches (1.27 cm) for each reference.
- Double-space all references.
- Include only sources cited in the manuscript.

Note: This guide covers the most commonly used APA 7 citation formats. For unusual source types (e.g., podcasts, social media posts, dissertations, conference proceedings, or datasets), consult the APA Publication Manual (7th ed.) or the APA Style website.