

# APA Documentation Style

The APA style, developed by the American Psychological Association, is a system of formatting and documenting papers in the social sciences. Often, the APA style is used by students writing about psychology, sociology, political science, communications, education, and business.

Using research, either in the form of quoting or paraphrasing an author, strengthens the validity of an argument. When we, members of an academic community, use research, we show evidence of having **academic integrity**. Academic integrity is the notion that we gain knowledge from the ideas of others; we must then be responsible for crediting other scholars for the ideas that we learn from them. It is absolutely necessary to be honest about the information we learn from others and to cite the sources of those authors who teach us.

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## In-Text Citations:

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Assuming that the motivating factor is “self-expression, one could argue that both verbal and nonverbal forms of expression would provide comparable benefits” (Pennebaker, 2000, p.8).

**Note:** Use page numbers for direct quotation or specific information.

**List Your Sources at the End of Your Paper:**

### **An Article in an Edited Book:**

Janoff-Bulman, R., & Frantz, C. M. (1997). The impact of trauma on meaning: From meaningless world to meaningful life. In M. Power & C. R. Brewin (Eds.), *The transformation of meaning in psychological therapies* (pp. 91-106). New York: Wiley.

### **Two or more works by the same author:**

Pennebaker, J.W, (1989). Cognition, inhibition, and disease. In L. Berkowitz (Ed.), *Advances in experimental social psychology* (Vol. 22, pp. 211-244). New York: Academic Press.

Pennebaker, J.W, (1997). Writing about Emotional Experiences as a therapeutic process. *Psychological Science*, 8, 162-166.

Pennebaker, J.W. (2004). Theories, therapies, and taxpayers: On the complexities of the expressive writing paradigm. *Clinical Psychology: Science and Practice*, 11, 138-142.

**Note:** List the works in order of publication, with the earliest work first

### **An Article in a Newspaper:**

Crawford, L. (2008, April 10). Barcelona plans to import water by ship.

