



Guide to APA In-text Citations

Use the following guidelines when preparing in-text citations in APA style. For more information, see American Psychological Association. (2019). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association.

For each outside source used in a text, you need:

- an in-text citation in the body of your text when you quote, paraphrase, or summarize
- an entry in the References list at the end of your paper

This handout addresses in-text citations.

In-text citations must include the following items:

- author's last name(s)
- date of publication
- (a) page number(s) for direct quotations and paraphrases

In-text citations can be done in two ways:

1. Use a signal phrase that introduces the author's name followed by the year of publication in parentheses. Write signal phrases in past or present perfect tense. If you include a direct quote or paraphrase, put the page number(s) in parentheses *after* the quote.

Example: Rackers (2003) has found that "most college students feel depressed at some point during their college careers" (p. 11).

(This citation shows that the *direct quote* comes from p. 11 of Rackers's text, which was published in 2003.)

Example: Rackers (2003) noted that while college students often battle bouts of depression, few seek professional help (p. 11).

(This citation shows that the writer *paraphrased* ideas from p. 11 of Rackers's text, which was published in 2003.)

2. If you do not mention the author's name in a signal phrase, list it inside the parentheses along with the year of publication and page number.

Example: Many Americans continue to eat fast food and sit on their couches despite findings that suggest "[e]xercise is necessary in order to maintain a healthy lifestyle" (Rauly, 2001, p. 17).

(This citation shows that the *direct quote* in the sentence comes from p. 17 of Rauly's text, which was published in 2001.)

Example: While exercise offers many health benefits, many Americans still refuse to move from their couches (Raully, 2001).
(This citation shows that the writer *summarized* ideas from Raully's text published in 2001.)

For a Work with Multiple Authors

If a work has one or two authors, cite both names each time you reference the text. If a work has three authors, you only need to cite the last name of the first author, followed by "et al."

Example reference: (Smith & Johnson, 2014).

When a work has three or more authors, for the first and subsequent references you need to cite only the last name of the first author followed by "et al." The only exception to this rule is if the shortening results in two different sources having the same in-text reference. In this case, cite as many of the additional authors as needed to differentiate the two sources, followed by "et al."

Example: Kossyln et al. (1996) concluded . . .

For a Work with No Identified Author

If your source does not have an identified author, include the first few words of the title in your citation or signal phrase, followed by the year.

Example: According to the book *College Bound Seniors* (2008) . . .

Example: Recent data has indicated that . . . ("Study Finds," 2007)

For Two or More Works within the Same Parentheses

If your information comes from two different sources by different authors, arrange the citations alphabetically within your parenthesis, separated by a semicolon. If both sources have the same authors, provide the authors' last names only once and list the date for each subsequent work.

Example: Several studies (Miller, 1999; Shafranske & Mahoney, 1998) . . .

Example: Training materials are available (Department of Veterans Affairs, 2001, 2003) . . .