



APA Citation Style (7th edition)

There are two major reasons to cite your sources:

1. To give credit for words or ideas belonging to another author. Failure to do this is **plagiarism** and can result in a failing grade and other negative consequences.
2. So that your instructor can verify your work. Your instructor should be able to take your citation and easily find the source you used. It is important that your citations be accurate.

The **APA Format** is one way of properly citing your sources. Ask your instructor which citation style you are required to use. APA references consist of two parts:

- A **References** list (the bibliography)
- **In-text citations** within the body of your paper or report

For a complete guide to APA, consult the **Publication Manual of the American Psychological Association** (7th ed.), available in the library (BF 76.7 P83 2020).

The following guide has examples for the most common types of sources you will use. If you have questions, ask for help in the library, or [contact a VCC librarian](#).

Basic Rules

- **Double-space** the entire paper, including the reference list. Do not add an extra space between references.
- The reference list appears at the end of your paper, with references in **alphabetical** order, by the last name of the first author (or corporate author).
- Second and all subsequent lines of each reference are indented. This is called a **hanging indent**. You can set your word processing software to format it correctly.

Additional Resources on APA Style

There are many excellent guides available online for APA style: Google “APA style guide”.

The Online Writing Lab (OWL) at Purdue University [APA Formatting and Style Guide](#) is considered one of the best:

They also have a sample [APA Student Paper](#) you can look at for examples and explanations.

In-Text Citations (In the body of your paper):

APA uses an author-date citation system in the body of the paper. Provide the author's last name or the group name, plus the year (Name, year). If there is no date, use n.d.

For a direct quotation, include the page number (Name, year, p. 2) or the page range if it continues onto a second page (Name, year, pp. 79-80). If there are no page numbers, cite the paragraph number (Name, year, para. 3) or a short form of the section heading.

One Author

Paraphrase

Public health officials' faith in vaccines indicates... (Schwarz, 2018).

Quote

Schwarz (2018) notes that the "excitement surrounding vaccines served as an early signal for the increasingly privileged place" of biomedical responses to public health crises (p. 1457).

Two Authors

Use the word "and" in the sentence and the ampersand symbol (&) in the parentheses.

Paraphrase

When measuring competencies of psychology students... (Poston & Bland, 2020).

In 2020, Poston and Bland argued that when measuring competencies of psychology....

Quote

When measuring competencies of psychology students, "the current climate... often [eschews] assessment of its own practice and effectiveness" (Poston & Bland, 2020, p. 68).

Three or More Authors

Paraphrase

Traditional Chinese medicine employs a holistic... (Ge et al., 2019).

Quote

Ge et al. (2019) explain that traditional Chinese medicine has "multiple effects" (p. 1).

Multiple Works

To summarize findings from multiple studies, alphabetize by first author of each study, and separate with a semicolon.

In some studies, saline... (Altman et al, 2016; Manchikanti et al, 2015; Wolf et al, 2011).

Indigenous Elders and Knowledge Keepers

Traditional Knowledge and information from Indigenous Elders and Knowledge Keepers should have a reference list entry. Capitalize words like Elders and Indigenous to show respect.

Paraphrase

Delores Cardinal (2018) described the nature of the....

The nature of the place was... (Cardinal, 2018).

Quote

"I still remember how important it was to work in harmony with nature" (Cardinal, 2021).

Personal Communications

Personal communications include emails, conversations, unrecorded lessons, etc. that cannot be accessed by most of your readers. Include an in-text citation but not a reference list entry.

Paraphrase

T. Rowlett (personal communication, July 15, 2021) explained that VCC has been digitizing selected records for the past few years.

Quote

Schools "are responsible for their records" (M.-P. Vera, personal communication, May 8, 2016).

Group Author with Abbreviation

Paraphrase – First Citation

Anxiety disorders symptoms include... (National Institute of Mental Health [NIMH], 2021)

The National Institute of Mental Health (NIMH, 2021) lists symptoms of anxiety....

Paraphrase – Subsequent Citations

When prescribing Benzodiazepines doctors take into account the patient's... (NIMH, 2021)

NIMH (2021) notes that benzodiazepine prescriptions should be....

Quote – First Citation

Individuals with panic disorder anxiety experience "sudden periods of intense fear that come on quickly" (National Institute of Mental Health [NIMH], 2021, "Signs and Symptoms" section).

Quote – Subsequent Citations

Prescribing benzodiazepines is "often considered a second-line treatment for anxiety" because of the risk of dependence (NIMH, 2021, "Treatments and Therapies" section).

Group Author without Abbreviation

Paraphrase

Overall, soil quality in Canada is improving (Agriculture and Agri-food Canada, n.d.).

Data from Agriculture and Agri-Food Canada suggest that overall, soil quality is... (n.d.).

Quote

Due to “improvements in land management practice” Agriculture and Agri-Food Canada (n.d.) sees an improvement in soil quality (“Soil Quality Indicators” section).

Unknown Author

Use the title in place of the author name. Italicize book titles; use quotation marks for article titles. If the title is long, shorten it for the in-text citation (but not for the References list).

Paraphrase

The principal call to action asks for more understanding... (“In My Experience,” 2019).

“In My Experience” (2019) outlines a number of steps to....

Quote

They “implore medical educators to be open-minded” (“In My Experience,” 2019, p. 1638).

Quotations Containing Citations from Other Works

For this example, you read an article by Newman (2018), who included a direct quotation from Soderman and Oshio (2013). You want to use the exact words from Soderman and Oshio but you have not read their article. Include only Newman in your reference list because that is the article you read; only include Soderman and Oshio in your reference list if you find their article and also read that.

Quote

Soderman and Oshio (2013, as cited in Newman, 2018) assert that “language development begins at birth as the child interacts with others” (p. 352).

ChatGPT and other Artificial Intelligence (AI)

If you have instructor permission to use AI, cite the company responsible for developing the AI tool as the author. For example, OpenAI is the author of ChatGPT, and Google is the author of Gemini.

Note: Explain in your Methods or Literature Review section how you used ChatGPT, or other AI tool, and, if recommended by your instructor, also include your prompts and transcript as an appendix ([APA Style Blog](#)).

Paraphrase

In 1918, some British women over the age of 30 were able to vote (OpenAI, 2025).

Quote

Women's roles "underwent significant changes during the World War I era" (Perplexity AI, 2025).

Reference List Entries (at the end of your paper)

Articles from Journals, Magazines, & Newspapers

Basic Format

Author Last Name, Initial(s). (Date). Title of article: Subtitle. *Title of Periodical*, volume number (issue number), pages. DOI, Permalink, or URL

Italicize the volume number and keep the issue number in parentheses. There is no space between the volume number and the first parenthesis for the issue number.

What is a DOI?

A digital object identifier (DOI) is an article's permanent online location. For example:

<http://doi.org/10.25101/19.2>

Journal Article with a DOI

One to Twenty Authors:

Monroe, S. M., Anderson, S. F., & Harkness, K. L. (2019). Life stress and major depression: The mysteries of recurrences. *Psychological Review*, 126(6), 791-816.

<http://doi.org/10.1037/rev0000157>

For continuous pages in an article, use a dash to note the page range (3-19).

Note: 'Sentence case' for the article title and 'Title Case' for the journal title.

Over Twenty Authors:

Agrawal, N., Akbani, R., Aksoy, B. A., Ally, A., Arachchi, H., Asa, S. L., Auman, J. T., Balasundaram, M., Balu, S., Baylin, S. B., Behera, M., Bernard, B., Beroukhim, R., Bishop, J. A., Black, A. D., Bodenheimer, T., Boice, L., Bootwalla, M. S., Bowen, J., . . . Zou, L. (2014). Integrated genomic characterization of papillary thyroid carcinoma. *Cell*, 159(3), 676-690. <https://doi.org/10.1016/j.cell.2014.09.050>

For over 20 authors, list the first 19 names followed by an ellipse (...), then the last author's name.

Online Article from a Database (without a DOI)

Withington, A. (2020) Just intonation: A basis for enhancing choral intonation. *Choral Journal*, 60(7), 26-41.

If your instructor asks you to include a permanent link to the online article, include it at the end of the citation. This is not a required element in the APA guide, but instructors often request it.

Semple, C. J., & McCance, T. (2010). Parents' experience of cancer who have young children: A literature review. *Cancer Nursing*, 33(2), 110-118.
<https://login.ezproxy.vcc.ca/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2010-07045-004&site=eds-live&scope=site>

Online Article from a Website

Soheylifar, S., Vahedi, M., Kadkhodazadeh, M., & Bidgoli, M. J. (2009). A case of gingival enlargement in acute myeloid leukemia. *Journal of Periodontology & Implant Dentistry*, 1(1), 11-19. <http://dentistry.tbzmed.ac.ir/jpid/index.php/jpid>

Note: use DOI if it is available, otherwise use the URL.

RxTx (Compendium of Pharmaceuticals and Services – CPS)

Vitamin and mineral products: Single entity. (n.d.). RxTx. Retrieved March 24, 2022, from <https://www.e-therapeutics.ca/search>

Include the author—often a company—and publication date if provided. *If* there is no date on the entry include a retrieved date, as information in RxTx can change over time.

Newspaper Article

For newspaper articles, magazine articles, and blog posts provide full publication date (year, month day order). Use 'Sentence case' for the article title, and 'Title Case' for the newspaper title.

Smith, F. (2019, October 7). Canadian dollar keeps to narrow range as oil rally fades. *The Globe and Mail*. <https://www.theglobeandmail.com/investing/markets/inside-the-market/market-news/article-canadian-dollar-edges-higher-as-oil-prices-climb/>

Magazine Article

Proudfoot, S. (2020, January 6). Can treating poverty change a child's brain? *Maclean's*. <https://www.macleans.ca/society/health/can-treating-poverty-change-a-childs-brain/>

Blog Post

Freberg, L. (2019, April 13). Under- and overconfidence. *Laura Freberg*. <http://laurafreberg.com/blog/?p=3545>

Books and Reference Works

Basic Format

Author Last Name, Initial(s). (Date). *Title of book: Subtitle* (edition if applicable). Publisher Name. DOI, Permalink or URL

One Author/Editor

Scarisbrick, D. (2019). *Diamond jewelry: 700 years of glory and glamour*. Thames & Hudson.

DiGiacomo, G. (Ed.). (2016). *Human rights: Current issues and controversies*. University of Toronto Press.

When a book has an editor instead of an author add Ed. or Eds. in parentheses after the name.

Note: use 'Sentence case' for chapter titles and book titles.

One Author with an Edition Number:

Brotherton, B. (2015). *Researching hospitality and tourism* (2nd ed.). SAGE.

Two to Twenty Authors/Editors

Sokol, D. J., Patthoff, D. E., & Ozar, D. T. (2018). *Dental ethics at chairside: Professional obligations and practical applications* (3rd ed.). Georgetown University Press.

With a Permalink

Note: Permalinks are optional for widely-available eBooks. Consult your instructor.

Rabaka, R. (2013). *The hip hop movement: From R&B and the civil rights movement to rap and the hip hop generation*. Lexington Books.

<https://login.ezproxy.vcc.ca/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=575710&site=eds-live&scope=site&ebv=EK&ppid=Page- -1>

Organization/Group as Author

Royal College of Physicians and Surgeons of Canada. (2014). *Competence by design: Reshaping Canadian medical education*. <https://www.royalcollege.ca/rcsite/educational-initiatives/cbd-medical-education-ebook-e>

No Author/Editor

British Columbia Women's Institute, 1909-2009. (2008). British Columbia Women's Institute.

If the author is unknown start with the title. For the in-text citation, use the first couple of words of the title in place of the author's name.

Note: The title in this example is capitalized because it is the name of the organization.

Audiobook

Whitehead, C. (2019). *The Nickel boys* [Audiobook]. Penguin Random House Audio Publishing Group. <https://vcc.overdrive.com/media/4348051?cid=112844>

Chapter in a Print Book

Hughes, J. (2018). Nursing care of families. In B. Kozier (Ed.), *Fundamentals of Canadian nursing* (4th Canadian ed., pp. 223-245). Pearson Canada.

Chapter in an Online or E-Book

Werner, V. (2017). The definite article in world Englishes. In M. Filppula, J. Klemola, A. Mauranen, & S. Vetchinnikova (Eds.), *Changing English: Global and local perspectives* (pp. 155-168). De Gruyter Mouton. <http://dx.doi.org/10.1515/9783110429657-009>

Use pp. to show a book chapter page range. For continuous pages, use a dash to note the page range (pp. 4-5). For non-continuous pages, use a comma to note the pages (pp. 1, 4, 10-12).

Dictionaries, Thesauruses, or Encyclopaedias

With Group Author:

Merriam-Webster. (n.d.). Scrumptious. In *Merriam-Webster.com dictionary*. Retrieved January 17, 2020, from <https://www.merriam-webster.com/>

With Individual Author:

Artioli, Y. (2008). Adsorption. In Jørgensen, S. E. & Fath, B. D. (Eds.), *Encyclopedia of Ecology*. Elsevier. <https://www.sciencedirect.com/referencework/9780080454054/encyclopedia-of-ecology>

Reports and Gray Literature

Basic Format:

Author Last Name, Initial(s). (Date). *Title of report: Subtitle of report (Report #)*. Publisher Name. <http://www.xxxx>

Report by a government agency or other organization:

Statistics Canada. (2019). *Police resources in Canada, 2018 (Catalogue no. 85-002-X)*. <https://www150.statcan.gc.ca/n1/pub/85-002-x/2019001/article/00015-eng.pdf>

Annual report:

Canadian Cancer Society. (2019). *Impact report 2018-2019*. https://www.cancer.ca/~media/2018-2019-impact-report_EN.pdf?la=en

Class and Course Resources

Documents from Moodle

If the work comes from a classroom website (eg. Moodle) provide the name of the site and URL.

Jones, S. (2019). *Assignment 2: Research paper*. VCC Moodle. <https://moodle.vcc.ca/>

PowerPoint Slides

Vera, M. P. (2019). *Plagiarism & Zotero* [PowerPoint slides]. Vancouver Community College.
http://libguides.vcc.ca/ld.php?content_id=34048737

Webinar

Maxwell, J. C. (2018). *Tracing drug use patterns* [Webinar]. American Psychiatric Association.
https://education.psychiatry.org/Users/ProductDetails.aspx?ActivityID=6520&_ga=2.131685327.1573211806.1581546697-1507102753.1581546697

Audiovisual Works

Basic Format

Author Last Name, Initial(s). (Job title). (Date). *Title of work* [Description]. Production Company.
<https://www.xxxx>

Media Type	Who to Include as the Author
Film	Director
TV Series	Executive producer(s)
TV series episode	Writer and director of episode
Podcast	Host or executive producer
Webinar	Instructor
Classical music album	Composer
Modern music album	Recording artist
Artwork	Artist
Online streaming video (eg YouTube)	Person or group who uploaded the video

Film

West, B., & Cohen, J. (Directors). (2018). *RBG: The exceptional life and career of Ruth Bader Ginsburg*. [Film]. Mongrel Media.

TV Series Episode

Walley-Beckett, M. (Writer), & Evans, D. (Director). (2017, April 9) An inward treasure born (Season 1, Episode 4) [TV series episode]. In M. de Pencier, & M. Walley-Beckett (Executive producers), *Anne with an e*. Pelican Ballet; Northwood Entertainment; CBC; Netflix.

Online Streaming Video or YouTube

Vancouver Community College Library. (2019, May 28). *VCC Overdrive tutorial: Download & sign in* [Video]. YouTube. <https://www.youtube.com/watch?v=NfJnHBbQ3Tk>

Music Album

Ocean, F. (2012). *Channel orange* [Album]. Def Jam.

Song

Drake. (2018). God's plan [Song]. On *Scorpion*. Cash Money Records; Republic Records; Young Money Entertainment.

Podcast Episode

Mars, R. (Host). (2020, January 14). Shade. (No. 385) [Audio podcast episode]. In *99 percent invisible*. <https://99percentinvisible.org/episode/shade/>

Photograph

Skitterphoto. (2018). *Literature book open pages* [Photograph]. Pixabay. <https://pixabay.com/photos/literature-book-open-pages-3288098/>

Webpages and Websites

Basic Format

Author Last Name, Initial(s). (Date). *Title of work*. Site Name. <http://www.xxxx>

Website Tips:

- Publication information is often unavailable on websites and is not standardized like books or journals. You might have to look around at other pages within a website to find all the information you need (author, date).
- If there is no date provided, use (n.d.). It stands for 'no date.'
- When the author and the site name are the same, omit the site name.

If you cite multiple pages from a website, create a reference for each.

Entire Website

If you discuss an entire website, include the full URL in brackets in your text. Do not create a reference list entry or in-text citation.

Medline Plus (<https://medlineplus.gov/>) provides information on health topics, drugs and supplements and medical tests.

Webpage with a Group Author

National Institute of Mental Health. (2018, February). *Depression*. <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Webpage with an Individual Author

Fabiano, A. (2020, February 6). *Canadian 360° economic summit: How we can thrive in a rapidly changing world*. Canadian Chamber of Commerce. <http://www.chamber.ca/media/blog/200205-canada-360/>

Webpage with a Retrieval Date

Include a retrieval date when the contents of the page are designed to change over time.

Statistics Canada. (n.d.). *Canada's population clock*. Canada.ca. Retrieved February 9, 2022, from <https://www150.statcan.gc.ca/n1/pub/71-607-x/71-607-x2018005-eng.htm>

Webpage with No Date

The Jim Pattison Group. (n.d.). *About us*. <https://www.jimpattison.com/about/our-story/>

Social Media

Basic Format

Author Last Name, Initial(s) [@username]. (Date). *Title of work* [Description of media]. Site Name. Retrieved Month Day, Year, from <https://xxxx>

If there isn't a clear title, use the first twenty words of the post.

Replicate emojis when possible. If you are not able to create the emoji, provide the emoji's name in square brackets. The full list of emoji names can be found via the [Unicode Consortium](#).

Tweet

Vancouver Community College Library [@VCCLib]. (2020, February 11). *How scented products can affect your health: http://ow.ly/MT2m50y0n5h* [Image Attached] [Tweet]. Twitter. <https://twitter.com/VCCLib/status/1227246587891658752>

Twitter Profile

Vancouver Community College [@myVCC]. (n.d.). *Tweets* [Twitter profile]. Twitter. Retrieved February 6, 2020, from <https://twitter.com/myVCC>

Facebook Post

CMHA BC Division. (2020, January 27). *Great news about new housing project for vulnerable people in Kamloops!* [Thumbnail with link attached] [Status update]. Facebook. <https://www.facebook.com/CMHABCDIVISION/posts/3413514605344832>

Facebook Page

Small Business BC. (n.d.). *Home* [Facebook page]. Facebook. Retrieved February 2, 2020, from <https://www.facebook.com/smallbusinessbc/>

Note: A social media homepage is designed to change, unlike an individual post. Thus, APA requires a "retrieved" date when you cite a social media homepage.

Instagram Photo or Video

VCC International [@vccinternational]. (2020, February 7). *Checking the pictures from #flourishgala and feeling hungry already 🍷❤️* [Photographs]. Instagram. https://www.instagram.com/p/B8QOC3CpMm9/?utm_source=ig_web_copy_link

Online Forum Post

HarleyCoops. (2020, February 1). *Happy 10 year anniversary, vancity #2010memories* [Image Attached] [Online forum post]. Reddit.
https://www.reddit.com/r/vancouver/comments/f2vv8r/happy_10_year_anniversary_vancity_2010memories/

Indigenous Elders and Knowledge Keepers

Cite Indigenous Knowledge as personal communication. Unlike other personal communications, Elders and other Knowledge Keepers should be cited in-text and in the reference list. The APA template was developed by Kwantlen Polytechnic University, and we thank them for sharing.

Note: If you would like to approach an Elder or Knowledge Keeper for teachings, remember to follow protocol. If you are unsure what their protocol is, please ask them ahead of time.

Basic Format

Last name, First initial. (Elder), Nation/Community. Topic/subject of communication if applicable. personal communication. Year, Month Date. Territory Acknowledgement of where information was shared/collected.

Lekeyten (Elder), Kwantlen First Nation. Community justice. personal communication. 2019, April 4. Shared on the traditional unceded territory of the Kwantlen, Musqueam, Katzie, Semiahmoo, Tsawwassen, Qayqayt and Kwikwetlem Peoples.

ChatGPT and other Artificial Intelligence (AI)

Consult with your instructor before using ChatGPT, or other AI tool. If you are permitted to use it for your assignment, explain how you used it in your Introduction, Methods, or Literature Review section. Follow the same basic author-date-title-source format used in most APA Style references.

Most AI chat tools, including ChatGPT, now include a sharing option that typically provides users with a unique URL and a title for each chat. If recommended by your instructor, also include your prompt and the transcript as an appendix to your assignment.

Basic Format

AI Company Name. (year, month day). *Title of chat in italics* [Description, such as Generative AI chat]. Tool Name/Model. URL of the chat.

OpenAI. (2025, October 18). *Women's rights in WWI England* [Generative AI chat]. ChatGPT.
<https://chatgpt.com/share/68f3e8f3-17a4-8007-b78e-a58325a3e943>

It is also possible to cite an AI tool generally and not a specific chat. Cite an AI tool generally

when it would be unhelpful, unethical, or otherwise inappropriate to cite a specific chat—as well as when you want to point to the existence of the AI tool but not necessarily cite specific information from it.

The author is the company responsible for developing the AI tool. The date is the year in which the AI tool was most recently updated (or, if not indicated, use the copyright date provided on the website or app). The title is the name of the AI tool or the name of the model. Provide a description of the AI in brackets after the title (for chat tools, currently “[Large language model]” is usually correct). The source element is only the URL of the AI tool.

Basic Format

AI Company Name. (year). *Tool Name/Model in Italics and Title Case* [Description; e.g., Large language model]. URL of the tool

OpenAI. (2025). *ChatGPT* [Large language model]. <https://chatgpt.com/>