APA PARENTHETICAL OR IN-TEXT CITATIONS

The APA’s in-text citations provide at least the author’s last name and the date of publication. For direct quotations and some paraphrases, a page number is given as well. APA style requires the year of publication in an in-text citation. Do not include a month, even if the source is listed by month and year.

1. **BASIC FORMAT FOR A QUOTATION**
   Introduce the quotation with a phrase that includes the author’s last name followed by the year of publication in parentheses. Put the page number (preceded by “p.”) in parentheses after the quotation:

   Critser (2003) noted that despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (p. 5).

   OR place the author’s name, the year, and the page number in parentheses after the quotation:

   Despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (Critser, 2003, p. 5).

2. **BASIC FORMAT FOR A SUMMARY OR A PARAPHRASE**
   Include the author’s last name and the year either in a phrase introducing the material or in parentheses following it. A page number or another locator is not required for a summary or a paraphrase, but include one if it would help readers find the passage in a long work:

   According to Carmona (2004), the cost of treating obesity is exceeded only by the cost of treating illnesses from tobacco use.

   OR

   The cost of treating obesity is exceeded only by the cost of treating illnesses from tobacco use (Carmona, 2004).

3. **A WORK WITH TWO AUTHORS**
   Name both authors each time you cite the work. In the parentheses, use “&” between the authors’ names; when including the authors into the sentence or phrase, use “and”:

   According to Sothern and Gordon (2003), “Environmental factors may contribute as much as 80% to the causes of childhood obesity” (p. 104).

   OR

   Obese children often engage in less physical activity (Sothern & Gordon, 2003).

4. **A WORK WITH THREE TO FIVE AUTHORS**
   Identify all authors in the phrase or parentheses the first time you cite the source:

   In 2003, Berkowitz, Wadden, Tershakovec, and Cronquist concluded, “Sibutramine . . . must be carefully monitored in adolescents, as in adults, to control increases in [blood pressure] and pulse rate” (p. 1811).

   In subsequent citations, use the first author’s name followed by “et al.”:

   As Berkowitz et al. (2003) advised, “Until more extensive safety and efficacy data are available, . . . weight-loss medications should be used only on an experimental basis for adolescents” (p. 1811).

5. **A WORK WITH SIX OR MORE AUTHORS**
   Use the first author’s name followed by “et al.” in a phrase or sentence and in the parentheses:
McDuffie et al. (2002) tested 20 adolescents aged 12-16 over a three-month period and found that orlistat, combined with behavioral therapy, produced an average weight loss of 4.4 kg, or 9.7 pounds.

6. **UNKNOWN AUTHOR**

If the author is unknown, mention the work’s title or give the first word or two of the title in the parenthetical citation. Titles of articles and chapters are put in quotation marks; titles of books and reports are italicized:

Children struggling to control their weight must also struggle with the pressures of television advertising that, on the one hand, encourages the consumption of junk food and, on the other, celebrates thin celebrities (“Television,” 2002).

In the rare case when “Anonymous” is specified as the author, treat it as if it were a real name:

(Appononymous, 2001). In the list of references, also use the name Anonymous as author.

7. **ORGANIZATION AS AUTHOR**

If the author is a government agency or other organization, name the organization in the phrase or in the parenthetical citation the first time you cite the source. Newsletters and brochures frequently have an organization as author:

Obesity puts children at risk for a number of medical complications, including type 2 diabetes, hypertension, sleep apnea, and orthopedic problems (Henry J. Kaiser Family Foundation, 2004).

If the organization has a familiar abbreviation, you may include it in brackets the first time you cite the source and use the abbreviation alone in later citations:

First Citation (National Institute of Mental Health [NIMH], 2001)
Later Citations (NIMH, 2001)

8. **TWO OR MORE WORKS IN THE SAME PARENTHESES**

When your parenthetical citation names two or more works, put them in the same order that they appear in the reference list, separated by semicolons:

Researchers have indicated that studies of pharmacological treatments for childhood obesity are inconclusive (Berkowitz et al., 2003; McDuffie et al., 2003).

9. **AUTHORS WITH THE SAME LAST NAME**

To avoid confusion, use initials with the last names if your reference list includes two or more authors with the same last name.

Research by E. Smith (1989) revealed that . . .

10. **PERSONAL COMMUNICATION**

Interviews, memos, letters, e-mail, and similar unpublished person-to-person communications should be cited as follows:

One of Atkinson’s colleagues, who studied the effect of the media on children’s eating habits, has contended that advertisers for snack foods will need to design ads responsibly for their younger viewers (F. Johnson, personal communication, October 20, 2004).

Do not include personal communications in your reference list. (*unless allowed or requested by your instructor.*)
11. AN ELECTRONIC DOCUMENT
When possible, cite an electronic document as you would any other document (using the author-date style).

Atkinson (2001) found that children who spent at least four hours a day watching TV were less likely to engage in adequate physical activity during the week.

Electronic sources may lack authors’ names or dates. In addition, they may lack page numbers (required in some citations). Here are APA’s guidelines for handling sources without authors’ names, dates, or page numbers:

**Unknown author**
If no author is named, mention the title of the document in a phrase or give the first word or two of the title in parentheses (see also item 6). (If an organization serves as the author, see item 7):

The body’s basal metabolic rate, or BMR, is a measure of its at rest energy requirement (“Exercise,” 2003).

**Unknown date**
When the date is unknown, APA recommends using the abbreviation “n.d.” (for “no date”)

Attempts to establish a definitive link between television programming and children’s eating habits have been problematic (Magnus, n.d.).

**No page numbers**
APA ordinarily requires page numbers for quotations, and it recommends them for summaries or paraphrases from long sources. When an electronic source lacks stable numbered pages, your citation should include — if possible — information that will help readers locate the particular passage being cited. When an electronic document has numbered paragraphs, use the paragraph number preceded by the symbol ¶ or by the abbreviation “para.”:

(Hall, 2001, ¶ 5) or (Hall, 2001, para. 5).

If neither a page nor a paragraph number is given and the document contains headings, cite the appropriate heading and indicate which paragraph under that heading you are referring to.

Hoppin and Taveras (2004) pointed out that several other medications were classified by the Drug Enforcement Administration as having the “potential for abuse” (Weight-Loss Drugs section, para. 6).

**NOTE:** Electronic files using portable document format (PDF) often have stable page numbers. For such sources, give the page number in the parenthetical citation.

12. INDIRECT SOURCE
If you use a source that was cited in another source (a secondary source), name the original source in your paper. List the secondary source (where you read the information) in your reference list and include it in your parenthetical citation, preceded by the words “as cited in.” In the following example, Critser is the secondary source, or the source where you found the information.

Dr. David Satcher described “a nation of young people seriously at risk of starting out obese and dooming themselves to the difficult task of overcoming a tough illness” (as cited in Critser, 2003, p. 4).