

Citing Your Sources APA Style (2020)

www.langara.bc.ca/library/research-help/citing-help/index.html

The American Psychological Association (APA) style for documentation is widely used in the fields of behavioral, health and social sciences. It has two citation components: **in-text citations** and a **reference list**.

In-Text Citations

In-text citations use an author-date method to cite sources in the body of your paper. The format of these citations will depend on how many authors are cited, and how you use the citations in the text

Source	Parenthetical In-Text Citation	Narrative In-Text Citation
With 1 author	(Greene, 2018)	Greene (2018) argues...
With 2 authors	(Scarlett & New, 2019)	Scarlett and New (2019) demonstrate...
With 3 or more authors	(Gibson et al., 2020)	Gibson et al. (2020) have stated...
With no author	<i>(The First Few Words of the Book Title, 2016)</i>	<i>The First Few Words of the Book Title</i> (2016)
	("The First Few Words of the Article Title," 2019)	"The First Few Words of the Article Title" (2019)
With no date	(Jarry, n.d.)	As Jarry (n.d.) found...
Group author with abbreviation:		
First citation	(Canadian Institute of Health Research [CIHI], 2020)	Canadian Institute of Health Research (CIHI, 2020)
Subsequent citation	(CIHI, 2020)	CIHI (2020)
Specific parts or direct quotation	(Molgat, 2018, pp. 18-21)	Molgat (2018) . . . (pp. 182-21).
page = p.	(Stockert & Higuchi, 2015, p. 997)	Stockert and Higuchi (2015) . . . (p. 997).
pages = pp.		
paragraph= para.	(Public Safety Canada, 2019, Chapter 3)	Public Safety Canada (2019) . . . (Chapter 3).
paras. = paragraphs	(Wong, 2017, para. 2)	Wong (2017) . . . (para. 2).
Multiple sources	(Bishop, 2019; Dai, 2018; Greene, 2020)	Bishop (2019), Dai (2018), and Greene (2020) . . .

Reference List

The following are examples of reference list citations for common types of sources. You may not always find guidelines or examples specific to the kind of source you want to cite. Keep in mind that the intent of the reference list is to give enough information for the reader to locate the works. If in doubt, use an example for a similar type of source, consult the APA Publication Manual, or ask library staff for assistance.

For an example reference list, including formatting, see the last page of this guide.

Articles

What is a DOI?

- A DOI is a unique alpha-numeric code given to individual online works. It can usually be found in the database record or on the first page of the article. Not every article has a DOI.
- Format DOIs as hyperlinks (i.e., beginning with “https://”) as in: <https://doi.org/xxxxx>

Journal article	General format Author, A. A., Author, B. B., & Author, C. C. (YEAR). Title of article. <i>Title of Journal</i> , volume(issue if available), page range or article number. DOI
In-text	Reference List
(Ryan & Ziebland, 2015)	Ryan, S., & Ziebland, S. (2015). On interviewing people with pets: Reflections from qualitative research on people with long-term conditions. <i>Sociology of Health & Illness</i> , 37(1), 67–80. https://doi.org/10.1111/1467-9566.12176
(Smith et al., 2024)	Smith, I. A., Templer, P. H., & Hutyra, L. R. (2024). Water sources for street trees in mesic urban environments. <i>Science of the Total Environment</i> , 908, Article 168411. https://doi.org/10.1016/j.scitotenv.2023.168411
Notes: <ul style="list-style-type: none">• If there are more than 20 authors, format by including the first 19 names, insert an ellipsis . . . and then the final author’s name. Omit the other names.• If you are citing a print journal article or an article without a DOI, end the citation after the page range. Do not include a URL.• A small number of databases publish works only available there - <i>Cochrane Database of Systematic Reviews</i>, <i>Proquest Dissertations and Theses Global</i>, and <i>UpToDate</i>. In these cases, include the database name in the citation.	
Newspaper or Magazine article	General format Author, A. A. (YEAR, Month Day). Title of article. <i>Title of Magazine/Newspaper</i> . DOI or URL
In-text	Reference List
(Cunningham, 2021)	Cunningham, E. (2021, November 10). World isn’t prepared for looming water-related shortages and other disasters, U.N. agency says. <i>The Washington Post</i> .

(Santer, 2024) Santer, B. (2024, November). How science upstaged climate denial. *Scientific American*, 331(4), 58–59.
<https://doi.org/10.1038/scientificamerican112024-rpitktueumafkdotvjxuo>

Notes:

- Include a DOI if the article has one.
- Only include a URL if the article can be freely accessed online. Do not include a URL for magazine or newspaper articles accessed through the library.
- News websites *without* a corresponding regular print publication are cited as webpages, not newspaper articles. See the examples under 'Webpages' in this guide.

Books

Book or ebook	General format
	Author, A. A. (YEAR). <i>Title of work: Subtitle of work</i> (edition). Publisher. DOI (if available)
In-text	Reference List
(Myers & DeWall, 2021)	Myers, D. G., & DeWall, C. N. (2021). <i>Psychology</i> (13 th ed.). Worth Publishers.
(American Psychiatric Association, 2013)	American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5 th ed.). https://doi/book/10.1176/appi.books.9780890425596
Book or ebook – open access textbook free online	Reference List
In-text	Betts, J. G., Young, K. A., Wise, J. A., Johnson, E., Poe, B., Kruse, D. H., Korol, O., Johnson, J. E., Womble, M., & DeSaix, P. (2022). <i>Anatomy and physiology</i> 2e. Openstax. https://collection.bccampus.ca/textbooks/anatomy-and-physiology-2e-openstax-439/
(Betts et al., 2022)	
Chapter or section of an edited book	General Format
	Author, A. A., & Author, B. B. (YEAR). Title of chapter. In A. A. Editor, B. B. Editor, & C. C. Editor (Eds.), <i>Title of book: Subtitle of book</i> (edition, pages). Publisher.
In-text	Reference List
(Taylor, 2024)	Taylor, C. (with Stockert, P. A.). (2024). Sleep. In B. J. Astle, W. Duggleby, P. A. Potter, P. A. Stockert, A. G. Perry, & A. M. Hall (Eds.), <i>Canadian fundamentals of nursing</i> (7th ed., pp. 1073-1096). Elsevier.
Encyclopedia Entry	General Format
	Author, A. A. (YEAR). Title of article. In B. B. Editor & C. C. Editor (Eds.), <i>Title of encyclopedia</i> (Edition, Volume, page range). Publisher. DOI if available, URL if the work is freely available on the web

In-text	Reference List
(Jawarska, 2017)	Jaworska, A. (2017). Advance directives and substitute decision-making. In E.N. Zalta (Ed.), <i>The Stanford encyclopedia of philosophy</i> (Summer 2017 ed.). Stanford University. https://plato.stanford.edu/archives/sum2017/entries/advance-directives/
(Leen, 2022)	Leen, A. (2022). Graffiti. In <i>All things ancient Rome: An encyclopedia of the Roman world</i> (Vol. 1, pp. 259-260). Greenwood.

Dictionary Entry	Reference List
In-text (Merriam-Webster, n.d.)	Merriam-Webster. (n.d.). Occam's razor. In <i>Merriam-Webster.com dictionary</i> . Retrieved March 18, 2025 from https://www.merriam-webster.com/dictionary/Occam%27s%20razor
(Oxford University Press, 2004)	Oxford University Press. (2004). Hoser. In K. Barber (Ed.), <i>Canadian Oxford dictionary</i> (2nd ed., p. 734).

Notes:

- Include a DOI for all works that have a DOI. For works without DOIs that are freely available online (not through a library database), include a URL.
- If an online dictionary is continually updated and does not have archived versions of entries, then use publication date "n.d." and note the retrieval date.
- If the author and publisher are the same, omit the publisher.

Course materials: lecture slides, handouts, lab manuals, etc.

Lecture slides or handouts	General format Author, A. A. (YEAR). <i>Title: Subtitle</i> . [Format]. Publisher. URL
In-text (Mack, 2021)	Reference List Mack, R. (2021). <i>ENGL1127: Learning in a digital environment: Week 6 lecture notes</i> . [PowerPoint slides]. Brightspace. https://d2l.langara.bc.ca/d2l/login
Original article in a coursepack	General Format Author, A. A. (YEAR). Title of chapter. In E. Editor (Ed.), <i>Title of courseware</i> (pp.x-xx). Publisher.
In-text (Elders, 2019)	Reference List Elders, M. (2019). Neighborhood watch: Social media in the community. In M. Elders (Ed.), <i>POL 241: Politics and activism in the 21st century</i> (pp. 34–41). American University.
Lab Manual	General Format Author, A. A. (YEAR). Title: Subtitle. Publisher.
In-text (Biology Department, Langara College, 2025)	Reference List Biology Department, Langara College (2025). <i>Biology 1115: Laboratory manual</i> . Langara College.

Reproduced article	<p>If the material in the coursepack or on Brightspace is reproduced from another source without any changes, cite that source directly.</p> <p>For example, if a journal article is reproduced in a coursepack or uploaded to Brightspace, cite the journal article like a regular journal article; do not explain in the reference that it was reproduced.</p>
---------------------------	--

Webpages and Websites

Webpage	<p>General format</p> <p>Author, A. A. (YEAR, Month Day). <i>Title of page</i>. Website Name. URL</p>
<p>In-text</p> <p>(Rosen, 2023)</p>	<p>Reference List</p> <p>Rosen, A. (2023, January 20). <i>Caregivers need care, too</i>. Johns Hopkins Bloomberg School of Public Health. https://publichealth.jhu.edu/2023/caring-for-caregivers-of-people-with-alzheimers-disease</p>
<p>(Alzheimer Society, n.d.)</p>	<p>Alzheimer Society (n.d.). <i>What is Alzheimer's disease?</i> https://alzheimer.ca/en/about-dementia/what-alzheimers-disease</p>

Notes:

- If the website has no date, use the abbreviation n.d. in place of the date. Do not use the copyright date appearing in the website footer unless it clearly refers to the content you are citing.
- If the author and site name are the same, the site name can be omitted.
- If the webpage has no author, begin the citation with the webpage name.
- Do not include a retrieval date for webpages unless you think the information may change over time – for example, a webpage about an ongoing event.

News webpage	<p>Reference List</p>
<p>In-text</p> <p>(Kshatri, 2024)</p>	<p>Kshatri, S. (2024, November 10). <i>B.C. investigating 1st presumptive human avian flu case caught in Canada</i>. CBC News. https://www.cbc.ca/news/canada/british-columbia/first-presumptive-avian-flu-case-in-humans-1.7379630</p> <p>Notes:</p> <ul style="list-style-type: none"> • If the publication has a regular corresponding print publication, cite it as a newspaper article, not a website – see <i>Articles</i> section.

Wikipedia	<p>General format</p> <p>Title of Article. (YEAR, Month Day). In <i>Wikipedia</i>. URL</p>
<p>In-text</p> <p>("Gopher", 2020)</p>	<p>Reference List</p> <p>Gopher. (2020, September 15). In <i>Wikipedia</i>. https://en.wikipedia.org/w/index.php?title=Gopher&oldid=977759404</p> <p>Notes:</p> <ul style="list-style-type: none"> • Because Wikipedia is frequently updated, use the URL for the archived version of the page you viewed.

Blogs	<p>General format</p> <p>Author, A. A. (YEAR, Month Day). Title of page. <i>Title of Blog</i>. URL</p>
<p>In-Text</p> <p>(Natelson, 2020)</p>	<p>Reference List</p> <p>Natelson, D. (2020, August 5). The energy of the Beirut explosion. <i>Nanoscale Views</i>. https://nanoscale.blogspot.com/2020/08/the-energy-of-beirut-explosion.html</p> <p>Notes:</p> <ul style="list-style-type: none"> The title of the blog is italicized rather than the title of the blog post, i.e. the same as a journal or magazine title.
Report or document from government, NGO, or other organization	
Report by individual or group author	<p>General format</p> <p>Author, A. A., & Author, B. B. (YEAR). Title of report. Publisher Name. URL</p>
<p>In Text</p> <p>(Burridge & Holmes, 2022)</p>	<p>Reference List</p> <p>Burridge, L., & Holmes, A. (2022). <i>An updated review of hazards associated with the use of pesticides and drugs used in the marine environment by the finfish aquaculture industry in Canada</i>. Department of Fisheries and Oceans: Canadian Science Advisory Secretariat. https://publications.gc.ca/collections/collection_2023/mpo-dfo/fs70-5/Fs70-5-2022-067-eng.pdf</p>
(Office of the Provincial Health Officer, 2019)	<p>Office of the Provincial Health Officer. (2019). <i>Taking the pulse of the population: An update on the health of British Columbians. Provincial health officer's annual report</i>. British Columbia, Ministry of Health. https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/annual-reports/pho-annual-report-2019.pdf</p> <p>Notes:</p> <ul style="list-style-type: none"> If the author and publisher are the same, omit the publisher.
Statistics Canada	Data table
<p>In-text</p> <p>(Statistics Canada, 2025)</p>	<p>Reference List</p> <p>Statistics Canada. (2025). <i>Table 98-10-0299-01 Indigenous language spoken at home by single and multiple responses of language spoken at home: Canada, provinces and territories</i> [Data table]. https://doi.org/10.25318/9810029901-eng</p>
Parliamentary document	<p>General format</p> <p>Parliamentary Body. (YEAR, Month). Title of Report. URL</p>
In-text	<p>Reference List</p> <p>House of Commons Canada. (2013, February). <i>Tax Incentives for Charitable Giving in Canada. Report of the Standing Committee on Finance, 41st Parliament, 1st Session</i>. https://www.ourcommons.ca/DocumentViewer/en/41-1/FINA/report-15</p>

Legal Documents

The citations below are an interpretation of APA Style with reference to *The Canadian Guide to Uniform Legal Citation*, because the Publication Manual (chapter 11) has no Canadian examples. It's a good idea to check with your instructor.

Canadian federal and provincial statutes (laws and acts)	General format
	Name of Act, Title Source & Section Number (Year). URL
In-text	Reference List
(Canada Health Act, 1985)	Canada Health Act, RSC c. 6 (1985). https://laws-lois.justice.gc.ca/PDF/C-6.pdf
(Controlled Drugs and Substances Act, 1996)	Controlled Drugs and Substances Act, SC c. 19 (1996). https://laws-lois.justice.gc.ca/PDF/C-38.8.pdf

Notes:

- Canadian statutes were last revised in 1985 and consolidated in the **Revised Statutes of Canada (RSC)**. Acts in effect at that time are cited as **RSC 1985**
- Acts passed after 1985 are cited with the **Statutes of Canada (SC)** as the source
- BC statutes were last revised in 1996 and consolidated in the **Revised Statutes of British Columbia (RSBC)**. Acts in effect at that time are cited as **RSBC 1996**
- Acts passed after 1996 are cited with **Statutes of British Columbia (SBC)** as the source

Case Law	General format
	Title of case, Jurisdiction (Year). URL
In-text	Reference List
(<i>Advantage Tool & Machine Ltd. v. Cross Industries Ltd.</i> , 2023)	Advantage Tool & Machine Ltd. v. Cross Industries Ltd., 2023 BCSC 104. https://www.bccourts.ca/jdb-txt/sc/23/01/2023BCSC0104.htm
(<i>Sanis v. British Columbia</i> , 2024)	Sanis Health Inc. v. British Columbia, 2024 SCC. (2024). https://scc-csc.ca/judgments-jugements/cb/2024/40864/

Indigenous Elders and Knowledge Keepers

In the spirit of reconciliation, Indigenous scholar and instruction librarian Lorisia MacLeod, NorQuest College Indigenous Student Centre staff, and NorQuest's Elder in Residence have developed templates to help researchers cite Indigenous Knowledge Keepers in a good way.

Unlike other personal communications, Elders and Knowledge Keepers are cited **in-text and in the reference list**.

General format

Last name, First initial., Nation/Community. Treaty Territory if applicable. Where they live if applicable.
Topic/subject of communication if applicable. personal communication. Month Date, Year.

The in-text citation should follow the same guidelines noted for a paraphrase or direct quote:

Name of Elder/Knowledge Keeper with year of communication.

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.

Source: With gratitude, these examples are adapted from the APA 7th ed. templates generously provided by Lorisia MacLeod and NorQuest College Indigenous Student Centre.

In-text (Joe, 2020) OR Langara's Elder in Residence, Mary Jane Joe, described the nature of the... (2020)	Reference list Joe, M. J. Ntle'kepmx Nation. Lives in Musqueam/Vancouver. Oral teaching. personal communication. April 4, 2020.
Audiovisual Media	
Online video (e.g. YouTube)	General format Account that uploaded content. (Date uploaded). <i>Title of video: Subtitle of video</i> [Video]. Site name. URL
In-text (PBS Eons, 2019) (Galaxy, 2022)	Reference List PBS Eons. (2019, November 6). <i>How we domesticated cats (twice)</i> [Video]. YouTube. https://www.youtube.com/watch?v=CYPJzQppANo Galaxy, J. (2022, June 25). <i>Do cats miss us when we leave the house?</i> [Video]. YouTube. https://www.youtube.com/watch?v=3GnwOCec2tY&t=55s
Film	General format Director, A. A. (Director). (YEAR). <i>Title of film</i> [Film]. Production Company.
In-text (Clements, 2022)	Reference List Clements, M. (Director). (2022). <i>Bones of crows</i> [Film]. Ayasew Ooskana Pictures.
TV episode	General format Writer, A. A. (Writer), Writer, B. B. (Writer) & Director, A. A (Director). (Date the show first premiered). Title of show (Season Number, Episode Number) [TV Series]. In B. B Producer (Executive Producer), <i>Title of series</i> . Production Company; Production Company.
In-text (Pelecanos et al., 2004)	Reference List Pelecanos, G. (Writer), Simon, D. (Writer) & Dickerson, E. (Director). (2004, October 10). Hamsterdam (Season 3, Episode 4) [TV series episode]. In R. F. Colesberry (Executive Producer), <i>The wire</i> . Blown Deadline Productions; HBO Productions.
Podcast episode	General format Host, A. A. (Host). (Year, month, day). Episode title (episode number) [Audio podcast episode]. In <i>Podcast Title</i> . Podcast Publisher. URL
In-text (Imeson & Moynihan, 2023)	Reference List Imeson, N. & Moynihan, B. (Hosts). (2023, March 26). Mount Polley tailings pond breach (No. 72) [Audio podcast episode]. In <i>Failurology</i> . https://podcasts.apple.com/ca/podcast/ep-72-mount-polley-tailings-pond-breach/id1538288513?i=1000605976221

Images

The requirements for citing an image depend on the image license and if the image is being reproduced in your assignment.

- If the image description or license states credit is required (or if it is unclear), provide a reference list entry & in-text citation or copyright attribution (if you are reproducing the image) according to the formats below.
- Some images, such as stock images or clip art, may state that attribution is not required. These images can be used without a citation or copyright attribution.

If you wish to reproduce an image (or a table/figure) in your assignment, this is generally permissible under copyright law under the principle of Fair Dealing. However, you should include a copyright attribution **in addition to a citation** for any reproduced images. A copyright attribution can be used in place of an in-text citation when an image is reproduced.

Copyright Attribution format

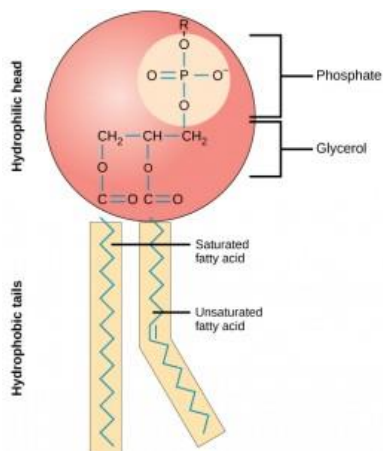
Figure

[Image]

Note: From *Title of Book* (page number), by A. A. Author, Year, Publisher (DOI or URL). Copyright date and holder or Creative Commons licence type.

Example

Figure 1



Note. From *Concepts of Biology – 1st Canadian Edition* (p. 117), by C. Molnar & J. Gair, 2015, BCcampus (<https://opentextbc.ca/biology/>). CC BY 4.0.

Reproduced images, tables, or figures should have a corresponding reference list entry. See examples below for format.

Photograph

General format

Photographer, A. A. (YEAR). *Title of photograph* [Photograph]. Website name. URL

In-text

(Bourgeault, n.d.)

Reference List

Miller, C. (n.d.). *Knox United Church is proudly affirming of the queer community* [Photograph]. The Tye. <https://thetyee.ca/Culture/2025/02/14/Conservative-Farm-Belt-Queer-Friendly-Church/>

Artwork online or in a museum	General format Artist, A. A. (YEAR) <i>Title of artwork</i> [Medium]. Name of Museum, Location of Museum. URL
In-text (Harris, 1930)	Reference List Harris, L. S. (1930). <i>Mt. Lefroy</i> [Painting]. McMichael Canadian Art Collection, Kleinburg, ON, Canada. http://collections.mcmichael.com/objects/1259/mt-lefroy?ctx=601aa645-47bb-486a-a9b1-1f19979f0759&idx=2
Clip art/stock image	General format Artist, A. A. (Year) <i>Title of artwork</i> [Format]. Website name. URL Note: If the clip art/stock image states no attribution is required, you do not need to provide a citation or image attribution.
In-text (Park, 2018)	Reference List Park, J. (2018) <i>Bean the cat</i> [Stock image]. Unsplash. https://unsplash.com/photos/brown-tabby-cat-7GX5aICb5i4

Notes:

- If there is no publication date provided, use the abbreviation n.d. in place
- If there is no author, omit this element and begin the citation with the image title
- If there is no title, provide an image description in square brackets in place of the title [10.14, 347]
- If the image license states no attribution is required, no citation or image attribution is required.

Secondary Sources

A secondary source is an indirect quote, i.e. a source quoted within another source. Cite a secondary source only when you have not examined or used the original source.

If Smith is cited in a book by Blackwell and you did not read Smith's original work, list the Blackwell reference in the References list. In text, use the following citation:

Smith's research (as cited in Blackwell, 2018) supports claims that sleep deprivation has an impact on cognitive performance.

Jones is one of the speakers in a 44 minute documentary video written by Smith and directed by Ma. List the Smith and Ma reference in the References list. In text, use the following citation, including the start time of the quote in minutes and seconds:

Jones (as cited in Smith & Ma, 2016, 5:10) states that babies form memories early in life.

Example References Page

References

Separate page with the word **References** centred and bolded as the title of the page

BCSPCA. (2023). *How to keep your cat happy: Feline enrichment tips*. <https://spca.bc.ca/news/keeping-your-kitty-happy-how-cat-enrichment-helps-felines-stay-healthy/>

Hampshire, K., Bass, I., & Paximadis, L. (2011). *Cat lover's daily companion: 365 days of insight and guidance for living a joyful life with your cat*. Quarry Books.

Hoang, M. (Director) (2022). *Cat daddies* [Film]. Vortex Media.

Kotrschal, K., Day, J., McCune, S., & Wedl, M. (2013). Human and cat personalities: building the bond from both sides. In D. C. Turner & P. Bateson (Eds.), *The domestic cat: The biology of its behaviour* (3rd ed., pp. 113-128). Cambridge University Press.

<https://doi.org/10.1017/CBO9781139177177>

Park, J. (2018) *Bean the cat* [Stock image]. Unsplash. <https://unsplash.com/photos/brown-tabby-cat-7GX5alCb5i4>

PBS Eons. (2019, November 6). *How we domesticated cats (twice)* [Video]. YouTube. <https://www.youtube.com/watch?v=CYPJzQppANo>

Pongrácz, P., & Lugosi, C. A. (2024). Predator for hire: The curious case of man's best independent friend, the cat. *Applied Animal Behaviour Science*, 271, Article 106168. <https://doi.org/10.1016/j.applanim.2024.106168>

Ravenscroft, S. J., Barcelos, A. M., & Mills, D. S. (2021). Cat-human related activities associated with human well-being. *Human-Animal Interaction Bulletin*, 11(2), 79–95. <https://doi.org/10.1079/hai.2021.0006>

Singh, A. (2014). Even cats can be dogged by stress; Treating felines like canines harms pets' well-being. *Calgary Herald*, C5.

Stewardship Centre for BC. (2019). *Reducing the impact of cats on birds and wildlife: An introduction for local governments*. http://stewardshipcentrebc.ca/PDF_docs/CatsBirds/Cats_BirdsIntroforLocalGovt2019.pdf

A
to
Z

Entries are in
alphabetical
order

Indented with a
hanging indent