Using Sources in Your Own Work

**Quotation**: when you use a source’s exact words, reproduced exactly as they appeared in the original. Always include the author’s or authors’ names, the year, and the page or paragraph number.

- Author named in the sentence: Ginsburg (2009) concluded, “Overall, results indicated that a time-limited family-based intervention has the potential to lower the incidence of child anxiety disorders and reduce anxiety symptoms” (p. 587).
- Author not named in the sentence: Family-based intervention could possibly decrease “the psychological and economic burden of illness” (Ginsburg, 2009, p. 587).

For works by two authors, always list both every time the source is cited. For sources with three to five authors, list all authors the first time the source is cited, and then with every subsequent citation use only the first, followed by “et al.” If there are six or more authors cited, use only the first author’s name, followed by “et al.” every time the work is cited.

Quotations fewer than 40 words can be included in line with the text, as above. Quotations that are 40 words or longer should be presented as a block of text, without quotation marks, as below.

According to Burstein, Ginsburg, and Tein (2010),

> it is possible that the observed relation between parent anxiety symptoms and child depression symptoms would be absent if other parent symptoms were controlled. Therefore, our findings may be representative of the genuine co-occurrence of these symptom types among both parents and children. (p. 905)

**Paraphrase**: Using an author’s ideas, though not the exact wording. Paraphrases may include brief quotations from the source text as well. When paraphrasing, the author and year must be included, and APA encourages but doesn’t require that the page number be included as well.

- Niditch and Varela (2011) hypothesized that anxious mothers may over-report their children’s anxiety levels (p. 451).

**Summary**: recounting the main ideas of the source in your own words. The author and year should be included, but page numbers are typically not included in summaries of entire articles.


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**Citations**

Listing authors in reference list:

**One author:**

Author last name, first initial. (year)

**Two authors:**

First author last name, first initial, & second author last name, first initial. (year).

**Three to seven authors:**

First author last name, first initial [...] list all author names] & last author last name, first initial. (year).

**More than seven authors:** list the first six authors as shown above, but after author six, replace the authors’ names with an ellipsis, followed by the final author’s name.

Citation formats:

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**Additional resources**
Purdue Online Writing Lab’s APA Formatting and Style Guide. https://owl.english.purdue.edu/owl/resource/560/1/

**Credits**