APA 7ᵗʰ Edition: How to cite sources in the body of paper

Always remember:
- Double-space entire paper. Times New Roman font. 12 point.
- All sources cited in text *must* be listed in the **Reference List** and vice versa.

1. **If quoting directly from a source, always include the page number.**
   Examples:
   a. According to Fanos (1996), "Self-esteem issues persisted in this group as well" (p. 112).
   b. Fanos (1996) found "self-esteem issues persisted in this group as well" (p. 112).
   c. She found "self-esteem issues persisted in this group as well" (Fanos, 1996, p. 112).

2. **Exact citations in text:**

Type of citation	First citation in text (Narrative citations)	Citations in text thereafter (Narrative citations)	First citation in text (Parenthetical format)	Citations in text thereafter (Parenthetical format)
One work by one author	Fanos (1996)	Fanos (1996)	(Fanos, 1996)	(Fanos, 1996)
One work by two authors	Fanos and Smith (1997)	Fanos and Smith (1997)	(Fanos & Smith, 1997)	(Fanos & Smith, 1997)
One work by three authors	Fanos, et al. (1998)	Fanos, et al. (1998)	(Fanos, et al., 1998)	(Fanos et al., 1998)
One work by four authors	Fanos, et al. (1998)	Fanos, et al. (1999)	(Fanos, et al., 1998)	(Fanos, et al., 1999)
One work by five authors	Fanos, et al. (1998)	Fanos et al. (1998)	(Fanos, et al., 1998)	(Fanos, et al., 1998)
One work by six authors or more	Fanos, et al. (1998)	Fanos, et al. (1998)	(Fanos, et al., 1998)	(Fanos, et al., 1998)

Examples of citations in text:
   a. First citation in text (narrative):
      Fanos (1996) found that self-esteem…

   b. First citation in text by three authors or more (narrative):
      Fanos, et al. (2001) also found…

   c. First citation in text by three authors or more (parenthetical citation)
      Self-esteem issues did not subside (Fanos, et al., 1998).