

## **APA Quick Guide**

### **UNC Asheville Writing Center**

APA Style, brought to you by the American Psychological Association, is a scientific writing style that emphasizes methods and findings over people and arguments. Due to APA's efficiency in scientific writing, courses focusing on social science research methods rely on this style. Remember, this is a general guide and the APA Handbook is available in the Writing Center for specific questions and reference.

#### **Format**

- Title Page: Running Head, Title, Name, Institution, Course Information
- Abstract: 100-120 word description of study, about one sentence per section
- Introduction: Literature Review, Purpose, Implications, Variables, Hypothesis
- Methods: Details of study that could allow others to reproduce your results
- Results: A summary of your findings in the order of their presentation
- Discussion: This section explains your results in comparison to your hypothesis, any interesting results, and an explanation of your study's shortcomings.
- References: Alphabetical listing of works cited in your paper

#### **Headers**

- The Running Head is found at the top of the title page, justified to the left-hand margin, and is labeled as the Running Head. It also has 50 characters or less of your title and must make sense. For example, Running Head: Sonar In Blue Whales.
- The Header is found on every subsequent page of your paper. The header includes the title of your paper, justified to the left margin.

#### **Quoting in APA**

- Use quotes sparingly in your review of the literature, but avoid them in the rest of your paper.
- Avoid long quotes, paraphrase other's findings instead.

#### **Citing in APA**

- APA uses parenthetical citations. Place the author's name and publication year in parenthesis after you quote, paraphrase, or reference another scholar's work. If you use the author's name in your text, then only put the year in the corresponding citation.
- If a source has six or more authors, name them all the first time, then the first author et al. in every subsequent use.

#### **References**

- Information found in the references follows the following format: Author. (Year). Title. *Journal or Book Title*. Publication Information. See back for examples.
- References use a hanging indent. Create a hanging indent in Word by highlighting the text and expanding the paragraph style box and choosing hanging indent from the "Special" drop-down menu.

## References

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- Pipher, A., & Merskey, H. (2004). The persistence of folly: A critical examination of dissociative identity disorder- part I, the excesses of an improbable concept. *Canadian Journal of Psychiatry, 49*(9), 592-600. Retrieved from <http://wchc.wchc.org/docview/2228467?accountid=8388>
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- Dissociative Identity Disorder: Looking Past the Diagnosis  
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