

APA7: Looking at the Changes from APA6

January 2020

INTRODUCTION TO APA7: The *Publication Manual of the American Psychological Association* is the authoritative resource for APA Style. The 7th edition (2020) has new and updated content which reflects changes in technology, the streamlining of entries, and provides more flexibility for the writer.

This document provides a **brief overview** only of some of the more significant changes.

LEVELS OF HEADINGS

Level 1.

Centred, Bold, Title Case

Text begins as a new paragraph.

Level 2.

Flush Left, Bold, Title Case

Text begins as a new paragraph.

Level 3.

Flush Left, Bold Italic, Title Case

Text begins as a new paragraph.

Level 4.

Indented, Bold, Title Case, Ending with a Period. Text begins on the same line and continues as a regular paragraph.

Level 5.

Indented, Bold, Title Case, Ending with a Period. Text begins on the same line and continues as a regular paragraph.

FORMAT

- Student papers do not require a running head unless specified by the institution
- A variety of fonts are permitted, but the same font must be used throughout the text of the paper. Options include: 11 point Calibri, 11 point Arial, 10 point Lucida Sans Unicode, 12 point Times New Roman, 11 point Georgia.

TABLES AND FIGURES

The presentation or placement of tables and figures in the text is more flexible as they can be either embedded in the text or placed after the reference list on separate pages.

The formatting of tables and figures is parallel, and includes consistent styles for numbers, titles and notes. The title is placed at the top of the figure or table using this format, for example:

Table 1

Numbers of Children With and Without Pets

IN TEXT CITATIONS

For in-text citations with one or two authors, include the names of each author.

In-text citations with three or more authors now read as the name of the first author plus “et al”.

Eg. (Smith et al., 2020) or Smith, et al. (2020)

DOIs and URLs

The use of the DOI and URL has been standardized.

Include the DOI for all works which have one, regardless of if you used the print or online version.

Both must be presented as hyperlinks, for example:

<https://doi.org/10/1014/jpsych.2019.123>

<https://www.apa.org/pubs/videos/12335x>

The label “DOI” is no longer used.

The words “Retrieved from” or “Available from” are not used unless a retrieval date is also needed.

POWERPOINT SLIDES AND LECTURE NOTES

If PowerPoint slides or lecture notes have been placed on Canvas, the reference must include the name of the site and its URL. For example:

Smith, J. (2020, March 21). Humanistic psychotherapy. [Lecture notes for CPc2 Person-centred counselling]. School of Psychology, Counselling and Psychotherapy, Cairnmillar Institute.
<http://cairnmillar.edu.au/canvas/CPc2/lecture5>

Jones, M. (2020). Ethical dilemmas in counselling and psychotherapy [PowerPoint slides]
<http://cairnmillar.edu.au/canvas/dcp1/lecture4>

REFERENCE LIST

General Changes

- The number of authors listed in a reference entry has been increased . If there are 21 or more authors, list the first 19 authors, place 3 dots, and then finish with the final author.
- Journal article references always include the issue number if it is provided.
- Book references now omit the publisher location.

The following examples show the changes.

Journals:

Griffiths, M.D., Kuss, D.J., Bilieux, J., & Pontes, H.M. (2016). The evolution of Internet addiction: A global perspective. *Addictive Behaviors*, 53(1), 193-195.
<http://dx.doi.org/10.1016/j.addbeh.2015.11.001>

Authored Book:

Edelman, H. (2014). *Motherless daughters: The legacy of loss*. Da Capo Lifelong.

Edited Book:

Rieger, E. (Ed.). (2017). *Abnormal psychology*. (4th ed.) McGraw-Hill.

Chapter in Book:

Herscovici, C.R. (2013). Family approaches In B. Lask, & R. Bryant-Waugh, R. (Eds.) *Eating disorders*

in childhood and adolescence (pp.239-257). Routledge.

Diagnostic Manuals:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1175/appi.books.9780890425596>

Websites, Blogs, Newsgroups, & Online Groups:

Beyond Blue. (2019). What is depression? [Website]. <https://www.beyondblue.org.au/the-facts/depression>

YouTube Video

Australian Psychological Society (2017, March 7). *Rural and remote psychologists – Supporting community mental health* [Video]. YouTube.
<https://www.youtube.com/watch?v=Tm7i5cesrGk>

RESOURCES AND HELP

For expanded information and examples, please refer to:

Publication Manual of the American Psychological Association 7th edition which is located in the Library.

Cairnmillar Institute publication, *Use of APA7: A Guide to style, format and referencing*, which can be accessed via My.CMI

There is a very good website available at: <http://www.apastyle.org/>

The Cairnmillar Librarian is also a useful resource.