

# The Basics of APA & AMA-Style Citations & References

## In-text Citation

### Format Guidelines and Examples

#### APA

**Use parenthetical-style citations – (author last name, publication date) *after* cited material:**

... (Chan, 2018).

... (World Health Organization, 2015).

**Include page number(s) after direct quote/specific facts:**

... (Miller, 2012, p. 55).

**When using a signal phrase (naming the author in the sentence):**

According to Chan (2018), ...

The World Health Organization (2015) reported

Miller (2012) states, “direct quote” (p. 55).

**Citing an indirect source without signal phrase:**

...(Roberts as cited in Chan, 2018)

**Citing an indirect source with signal phrase:**

Roberts (as cited in Chan, 2018) argued....

Author of  
original source

Author of source  
you read

#### AMA

**Use a superscript number that corresponds to the order in which you first cited the source in your paper. The same superscript number stays with that source throughout the entire paper:**

...summarized or paraphrased material.<sup>1</sup>

The same fact from two sources.<sup>2,3</sup>

**Typically, page numbers are not required for direct quotes or facts for the in-text citation, but should be included in the References entry. If you do include page numbers within the paper:**

Burkowski found that 50% responded well.<sup>15(p71)</sup>

**When including a signal phrase and author name within the sentence:**

According to Chan,<sup>1</sup>...

Several studies<sup>2-5</sup> indicate ...

The World Health Organization<sup>6</sup> reported...

**Citing an indirect source when using a signal phrase:**

Cite the author of the original source, not the one where you found the information. The References entry will include both original and secondary source information.

## Reference Page

### Format Guidelines for Listing Sources

#### APA

List references on a separate page at end of essay.

List sources in **alphabetical order** by first word.

Use hanging indents.

Double space all elements.

Note capitalization and italics of titles below.

#### EXAMPLE

References (centered)

Kondrat, M. E. (1999). Who is the 'self' in self-aware: Professional self-awareness from a critical theory perspective. *Social Service Review*, 73, 451-477.  
<https://doi.org/10.1086/514441>

National Association of Social Workers. (2008). Code of ethics. Retrieved from:  
<https://www.socialworkers.org/About/Ethics/Code>

#### AMA

List references directly after conclusion separated by extra white space or line.

List sources **numerically** in order of first use in the essay.

Justify entries at the left margin.

Double space all elements. (*May differ between courses*)

Note capitalization, italics, and abbreviation of titles below.

#### EXAMPLE

**REFERENCES** (left justified and bold)

1. Cauley JA, Lui L-Y, Ensrud KE, et al. Osteoporosis and fracture risk in women of different ethnic groups. *JAMA*. 2005;293(17):2102-2108.  
<https://jamanetwork.com/journals/jama/fullarticle/200820>  
Accessed January 19, 2019. (< **date needed for URLs**)
2. World Health Organization. Quality of life assessment: position paper. *Soc Sci Med*. 1995;41(10):1403-4109.  
[https://doi.org/10.1016/0277-9536\(95\)00112-K](https://doi.org/10.1016/0277-9536(95)00112-K)

Each type of source (books, online newspaper articles, videos, web sites, etc.) requires a slightly different format.

**Additional Resources:** To view and download example papers and videos explaining the different formats as well as other areas of academic writing, go to [this SASC Sharepoint page](#).

Our writing support staff can help you improve your citation and academic writing skills in one-on-one consultations; schedule appointments at [une.tutortrac.com](http://une.tutortrac.com).