

How to cite sources within the text of your paper: APA style for in-text citations

To give credit to authors whose words or ideas you are using in your paper, you must provide brief author-date citations within the text of your paper. These “in-text citations” help your reader know who wrote the words you quoted or paraphrased, and locate the full information about your sources on your alphabetical **reference list** page. In this way, in-text citations and the reference list fit together.

1. IN-TEXT CITATION FOR A SHORT QUOTATION (FEWER THAN 40 WORDS)

SIGNAL PHRASE:

Ordinarily, introduce a quotation with a **signal phrase** that includes the author’s last name followed by the year of publication in parentheses. A signal phrase alerts your reader that you are integrating someone else’s ideas or words into your writing. This is usually done with a phrase that includes the author’s name and a verb, e.g. *Critser argued, claimed, speculated, suggested, described* etc. In the first example below, the signal phrase is “Critser (2003) noted...”

Put the page number (preceded by “p.”) in parentheses after the quotation.

Critser (2003) noted that despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (p. 5).

Critser (2003) has argued that the issue is confused by the overlapping nature of roles in palliative care, whereby “medical needs are met by those in the medical disciplines; nonmedical needs may be addressed by anyone on the team” (p. 7).

NO SIGNAL PHRASE:

If a signal phrase is not used, place the author’s name, the year, and the page number in parentheses after the quotation:

Despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and the young” (Critser, 2003, p. 5).

Confusing this issue is the overlapping nature of roles in palliative care, whereby “medical needs are met by those in the medical disciplines; nonmedical needs may be addressed by anyone on the team” (Critser, 2003, p. 7).

NOTE: APA style requires the year of publication in an in-text citation. Do not include a month, even if the source is listed by month and year.

2. IN-TEXT CITATION FOR A LONG QUOTATION (40 WORDS OR MORE)

- * Start the quotation on a new line, indented ½ inch from the left margin.
- * Don't use quotation marks.

A report by the Henry J. Kaiser Family Foundation (2004) outlined trends that may have contributed to the childhood obesity crisis, including food advertising for children as well as

.... a reduction in physical education classes and after-school athletic programs, an increase in the availability of sodas and snacks in public schools, the growth in the number of fast-food outlets . . . , and the increasing number of highly processed high-calorie and high-fat grocery products. (p. 1)

3. IN-TEXT CITATION FOR A SUMMARY OR PARAPHRASE

Include the author's last name and the year either in a signal phrase introducing your summary/paraphrase or in parentheses following your summary/paraphrase.

Paraphrasing from a journal article:

The sibutramine study by Berkowitz et al. (2003) noted elevated blood pressure as a side effect (p. 1809).

Elevated blood pressure is a side effect of taking sibutramine (Berkowitz et al., 2003, p. 1809).

Paraphrasing from a web page:

According to Carmona (2004), the cost of treating obesity is exceeded only by the cost of treating illnesses from tobacco use (para. 9).

The cost of treating obesity is exceeded only by the cost of treating illnesses from tobacco use (Carmona, 2004, para. 9).