

# **APA 7**

**What's Staying,  
What's Changing,  
& What to Expect**

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# TOPICS COVERED

- ✓ In-Text Citations
- ✓ References List
- ✓ Bias-Free Language
- ✓ Formatting the Paper
- ✓ Paper Types

# IN-TEXT AUTHOR-DATE SYSTEM

## Parenthetical Citation

Falsely balanced news coverage can distort the public's perception of expert consensus on an issue (Walker, 2019).

## Narrative Citation

Walker (2019) noted the many of the dangers of falsely balanced news coverage.

# IN-TEXT CITATIONS

Sources with more than three authors should be shortened to first author and et al.

8.17 Number of Authors to Include  
in In-Text Citations (p. 266)

# IN-TEXT EXAMPLE



(Walker, **Jones, Cooper, Smith**, 2019)



(Walker **et al.**, 2019)

# REFERENCES LIST

Library database URLs  
generally should *not*  
be used.

Only use DOI URLs.

# LIBRARY DATABASE



Keanan, M. H. (2017). Therapeutic diet order writing: Current issues and considerations. *Topics in Clinical Nutrition*, 22(1), 28-36. Retrieved from <https://login.proxy172.nclive.org/login?url=https://search.proquest.com/>



Keanan, M. H. (2017). Therapeutic diet order writing: Current issues and considerations. *Topics in Clinical Nutrition*, 22(1), 28-36.



Mitchell, J. T. (2017). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24(5), 225-229. <https://doi.org/10.1123/897-99-2345>

# REFERENCES LIST

**DOIs are now  
formatted as URLs**

9.35 Format of DOIs and URLs (pp. 299-300)



# DOI



**doi: 10.1080/02626667.2018.1560449**



**<https://doi.org/10.1080/02626667.2018.1560449>**

# REFERENCES LIST

Publisher location is  
no longer listed.

9.29 Publisher Sources (p. 295)

# PUBLISHER LOCATION



Covey, S. R. (2013). *The 7 habits of highly effective people: Powerful lessons in personal change*. **New York, NY:** Simon & Schuster.



Covey, S. R. (2013). *The 7 habits of highly effective people: Powerful lessons in personal change*. Simon & Schuster.

# REFERENCES LIST

E-book formats or  
platforms (e.g., Kindle)  
are no longer needed,  
but publisher is required.

# E-BOOK FORMAT



Johnson, S. (2017). *Historical dictionary of India*  
[Kindle version]. <https://doi.org/10.1123/978-11-123-2473-2>



Johnson, S. (2017). *Historical dictionary of India*.  
Palgrave MacMillan. <https://doi.org/10.1123/978-11-123-2473-2>

# REFERENCES LIST

URLs are generally no longer preceded by “Retrieved from.”

- The website name is generally included, and web page titles are italicized.

# WEBSITES & URLs



Walker, A. B. (2019). Anti-vaxxer arrested in amid measles crisis. Retrieved from <https://www.bbc.com/news/world-1234>



Walker, A. B. (2019). *Anti-vaxxer arrested in amid measles crisis*. BBC News. <https://www.bbc.com/news/world-1234>



# **BIAS-FREE LANGUAGE GUIDELINES**

## **Chapter 5**





# USE SINGULAR PRONOUNS



A private detective spends much of **his or her** time conducting surveillance in the field.



A private detective spends much of **their** time conducting surveillance in the field.

# USE DESCRIPTIVE PHRASES



**The poor**



**People living in poverty**

# FORMATTING CHANGES

- . Professional vs. student paper format
- . More acceptable fonts:
  - Arial 11
  - Calibri 11
  - Georgia 11
  - Lucida Sans Unicode 10
  - Times New Roman 12
- . Use a single space (instead of two) after a period ending a sentence



# PAPER TYPES

## Professional & Student



Chapter 2: Paper Elements and Format

# PROFESSIONAL PAPERS

## Similar to APA 6

- Title page
  - Paper title
  - Author names/affiliation
  - Author note
- Page headers and page numbers
  - No more Running head: on title page header
- Abstract
- Text
- Reference List

May include keywords, footnotes, tables, appendices,  
and/or supplemental materials

## **Comparison of Student Evaluations of Teaching With Online and Paper-Based Administration**

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<sup>2</sup> Department of Psychology, University of West Florida

### **Author Note**

Data collection and preliminary analysis were sponsored by the Office of the Provost and the Student Assessment of Instruction Task Force. Portions of these findings were presented as a poster at the 2016 National Institute on the Teaching of Psychology, St. Pete Beach, Florida, United States. We have no conflicts of interest to disclose.

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### **Abstract**

When institutions administer student evaluations of teaching (SETs) online, response rates are lower relative to paper-based administration. We analyzed average SET scores from 364 courses taught during the fall term in 3 consecutive years to determine whether administering SET forms online for all courses in the 3rd year changed the response rate or the average SET score. To control for instructor characteristics, we based the data analysis on courses for which the same instructor taught the course in each of three successive fall terms. Response rates for face-to-face classes declined when SET administration occurred only online. Although average SET scores were reliably lower in Year 3 than in the previous 2 years, the magnitude of this change was minimal (0.11 on a five-item Likert-like scale). We discuss practical implications of these findings for interpretation of SETs and the role of SETs in the evaluation of teaching quality.

*Keywords:* college teaching, student evaluations of teaching, online administration, response rate, assessment

# STUDENT PAPERS

“narrative essays, reaction or response papers,  
literature review papers...”

- Title page

- Paper title
- Author name/affiliation/course/instructor/  
date

- Page numbers

- Text

- Reference List

May include tables, figures, and/or appendices



## **Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy**

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PSYC 3170: Clinical Psychology

Dr. Tia M. Benedetto

October 1, 2019

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### **Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy**

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). Thus, an important goal of psychological research is to evaluate techniques that promote stress reduction and relaxation. Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McGuigan & Lehrer, 2007). *Guided imagery* aids individuals in connecting their internal and external experiences, allowing them, for example, to feel calmer externally because they practice thinking about calming imagery. *Progressive muscle relaxation* involves diaphragmatic breathing and the tensing and releasing of 16 major muscle groups; together these behaviors lead individuals to a more relaxed state (Jacobson, 1938; Trakhtenberg, 2008). Guided imagery and progressive muscle relaxation are both cognitive behavioral techniques (Yalom & Leszcz, 2005) in which individuals focus on the relationship among thoughts, emotions, and behaviors (White, 2000).

Group psychotherapy effectively promotes positive treatment outcomes in patients in a cost-effective way. Its efficacy is in part attributable to variables unique to the group experience of therapy as compared with individual psychotherapy (Bottomley, 1996; Yalom & Leszcz, 2005). That is, the group format helps participants feel accepted and better understand their common struggles; at the same time, interactions with group members provide social support and models of positive behavior (Yalom & Leszcz, 2005). Thus, it is useful to examine how stress reduction and relaxation can be enhanced in a group context.

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# ADDITIONAL RESOURCES

## SCC LIBRARY APA 7 GUIDE

[library.surry.edu/apa](http://library.surry.edu/apa)

## APA STYLE WEBSITE

[apastyle.apa.org](http://apastyle.apa.org)

## PURDUE OWL APA WEBSITE

<https://tiny.cc/purdue-owl-apa>



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