



APA Style: History & Formatting Guide

The **American Psychological Association (APA) style** is a widely used citation format for academic writing, particularly in **nursing, psychology, social sciences, and education**. It ensures consistency, credibility, and proper attribution of sources in research papers.

✦ History of APA Style

◆ 1929 – The Birth of APA Style

- A group of psychologists, anthropologists, and business managers developed a standardized way to **cite sources and structure papers**.
- The first version was published in **Psychological Bulletin**.

Origins and Early Development (1929–1950s)

APA Style was first introduced in 1929 in a seven-page article published in *Psychological Bulletin*.

A group of psychologists, anthropologists, and business managers created the system to ensure consistency in scientific writing.

The early version primarily focused on citation rules and manuscript formatting for psychology research.

Expansion and Refinement (1950s–1970s)

As psychology and social sciences grew, APA expanded its guidelines to cover more aspects of academic writing.

The first full-length APA Publication Manual was published in 1952 and updated periodically.

Over time, APA introduced clearer rules for headings, tables, figures, and citation formats.

Modernization and Digital Adaptation (1980s–2000s)

The 4th edition (1994) and 5th edition (2001) responded to the increasing use of computers and digital sources.

Citations for online materials, such as websites and electronic journal articles, were introduced.



SINA INSTITUTE OF NURSING AND ALLIED HEALTH SCIENCES QUETTA
DOCTOR SHAIR MUHAMMAD ROAD QUETTA

✉ Email: sinahsquetta75@gmail.com

☎ PHONE: 0311-8013611 / 081-4122593

Recent Updates and the 7th Edition (2020–Present)

The 6th edition (2009) made significant updates for citing digital sources and improved readability.

The 7th edition (2019) introduced inclusive language guidelines, simplified citation formats, and adjustments for online references.

It also made formatting more accessible for students, such as eliminating the requirement for a running head in student papers.

Key Features of APA Style (7th Edition)

In-text citations: Author-date format (e.g., Smith, 2020).

Reference list: Full citations at the end of the document in alphabetical order.

Formatting: Double-spaced text, 1-inch margins, and a standard font like Times New Roman (12 pt).

Bias-free language: Encourages gender-neutral and inclusive wording.

Digital source citation: DOI (Digital Object Identifier) preferred over URLs when available.

Conclusion

APA Style has evolved significantly since its creation in 1929, adapting to changes in research practices and technology. The latest 7th edition ensures clarity, accessibility, and inclusivity in scholarly communication, making it a widely used citation style in the social sciences and beyond.



◆ Evolution of APA Editions

✦ The latest version is APA 7th Edition (2019), which is used today.

📖 APA 7th Edition Paper Format

✦ 1. General Formatting

- ✓ **Font:** Times New Roman (12 pt), Arial (11 pt), or Calibri (11 pt).
 - ✓ **Spacing:** Double-spaced throughout.
 - ✓ **Margins:** 1-inch on all sides.
 - ✓ **Page Numbers:** Top-right corner, starting from page 1.
 - ✓ **Indentation:** First line of each paragraph indented **0.5 inches**.
-

📖 Structure of an APA Research Paper

✦ 1. Title Page (Student Paper)

- **Title (bold, centered)**
- **Author Name(s)**
- **Institution Name**
- **Course Name & Number**
- **Instructor's Name**
- **Due Date**

✓ Example:

The Impact of Hand Hygiene on Infection Control

John Doe

SINAHS, Quetta

NURS 401: Research in Nursing

Dr. Ayesha Ahmed

February 9, 2025



✦ 2. Abstract (150-250 words, no indentation)

- Summary of research: **Introduction, Methods, Results, and Conclusion.**
- Include **Keywords** below the abstract.

✓ Example:

Abstract

This study examines the role of hand hygiene in reducing hospital-acquired infections. A cross-sectional study was conducted with 150 nurses. Data analysis revealed that improved hygiene practices reduced infection rates by 40%. These findings highlight the importance of strict hygiene policies.

Keywords: Hand hygiene, infection control, nursing interventions

✦ 3. Main Body

✦ Introduction

- Background of the study.
- Research objectives/questions.
- Significance of the study.

✦ Literature Review

- Overview of previous studies.
- Identification of gaps in research.

✦ Methodology

- Research design (qualitative/quantitative).
- Sample size & data collection techniques.
- Statistical tools (SPSS, thematic analysis).

✦ Results

- **Descriptive Statistics** (Mean, Standard Deviation).
- **Inferential Statistics** (T-tests, ANOVA, Correlation).



Discussion & Conclusion

- Interpretation of results.
- Comparison with existing research.
- Study limitations.
- Future recommendations.

4. References (APA 7th Edition Format)

- **Use hanging indent (0.5 inches)** for each reference.
- **Alphabetical order** by the first author's last name.

✓ Journal Article Example:

Smith, J. A., & Brown, K. L. (2022). The impact of nursing interventions on patient outcomes. *Journal of Nursing Research*, 45(3), 112-125. <https://doi.org/xxxx>

✓ Book Example:

Potter, P. A., & Perry, A. G. (2021). *Fundamentals of Nursing* (10th ed.). Elsevier.

✓ Website Example:

Centers for Disease Control and Prevention. (2020). *Hand hygiene guidelines for nurses*. <https://www.cdc.gov/handhygiene>

5. Appendices (If Applicable)

- Questionnaires, consent forms, or raw data.

APA In-Text Citation Rules

✓ **Basic Format:** (Author, Year)

✓ **With Page Number (for direct quotes):** (Author, Year, p. 25)



Examples

🔗 Paraphrased Citation:

- Hand hygiene is essential in preventing infections (Smith & Brown, 2022).

🔗 Direct Quote Citation:

- “Hand hygiene reduces infection rates by 40%” (Smith & Brown, 2022, p. 112).

🔗 Multiple Authors:

- 2 Authors: (Smith & Brown, 2022)
 - 3+ Authors: (Smith et al., 2022)
-

✦ APA Heading Levels (7th Edition)

✦ APA Table & Figure Guidelines

✓ Tables:

- Label as **Table 1, Table 2, etc.**
- Title in **bold** above the table.
- Example:

✓ Figures (Graphs, Images):

- Label as **Figure 1, Figure 2, etc.**
 - Caption below the figure.
-

◆ Key Differences Between APA 6th and 7th Edition



SINA INSTITUTE OF NURSING AND ALLIED HEALTH SCIENCES QUETTA
DOCTOR SHAIR MUHAMMAD ROAD QUETTA

✉ Email: sinahsquetta75@gmail.com

☎ PHONE: 0311-8013611 / 081-4122593

📌 Why Use APA Style?

- ✓ Ensures **clarity & consistency** in academic writing.
- ✓ Avoids **plagiarism** through proper citations.
- ✓ Enhances **credibility** of research.

