

# CHANGES TO APA STYLE SEVENTH EDITION

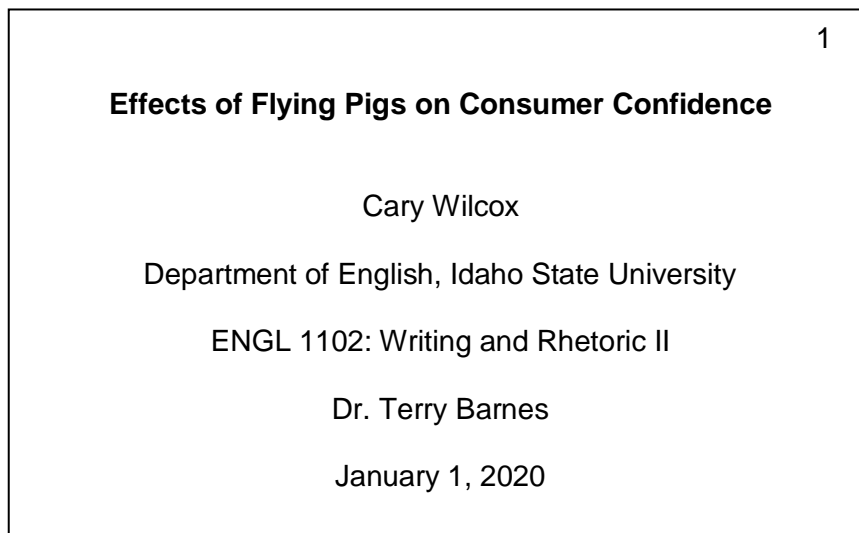
Some American Psychological Association (APA) style guidelines changed in October 2019 with the 7th edition of the *APA Publication Manual*. The new edition addresses many student concerns that the previous edition didn't. The changes weren't widespread, so if you're already familiar with 6th edition APA style, much of what you know still applies. This handout addresses the most prominent changes but does not claim to be exhaustive.

## ■ Paper Format

1. **No running head for student papers.** Remember the 6<sup>th</sup> edition's all-capitalized running head on every page—and its different running head on the title page? Gone! In APA's new format for student papers, headers contain only a page number (p. 30).

Professional papers still have the running head, so some teachers may ask for it. However, the words "Running head:" are no longer on the title page. There's no difference between the headers on the title page and other pages (p. 30).

2. **New title page.** For student papers, APA now asks for six double-spaced lines of information. The title is bolded, there's an extra space beneath it, and the page number is at top right (p. 30).



3. **Spacing after periods.** APA now puts only one space after a period or other punctuation mark at the end of a sentence (p. 154).
4. **New fonts.** APA now recommends any of six different fonts, though it does expect the writer to choose one and stick with it (p. 44). The choices are

Calibri (11 pt.)	Times New Roman (12 pt.)
Arial (11 pt.)	Georgia (11 pt.)
Lucida Sans Unicode (10 pt.)	Computer Modern (10 pt.)

5. **Linguistic examples.** APA now uses double quotation marks, not italics, to show that the writer is focusing on a word as a word and not on its meaning. For example, any discussion of the plural “you” is talking about the *word* “you,” not the “you” who is the reader (p. 157).
6. **Headings.** APA’s system of headings functions like an outline and is described in a separate ISU Writing Center Handout. While the basic system has not changed, the format of levels 3-5 has. All are bolded, and all major words are capitalized (pp. 48-49).

***Level 3 Heading***

A Level 3 heading is flush left and italicized. The paragraph begins on the next line.

**Level 4 Heading.** A Level 4 heading is not italicized. It is indented and followed by a period, and the paragraph begins on the same line.

**Level 5 Heading.** A Level 5 heading is italicized. It is indented and followed by a period, and the paragraph begins on the same line.

7. **Figures and Tables.** Figures are now presented the same way as tables (p. 197).

<p><b>Table 1</b></p> <p><i>Title of Table</i></p> <p>[Table]</p> <p><i>Note.</i> Other information.</p>
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<p><b>Figure 1</b></p> <p><i>Title of Figure</i></p> <p>[Figure]</p> <p><i>Note.</i> Other information.</p>
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## ■ Grammar and Style

8. **Acceptance of singular “they.”** If an individual’s “gender is unknown or irrelevant” (p. 120), APA encourages writers to use the singular “they” or to revise the sentence to avoid singular pronouns. It still allows “he or she,” but discourages writers from using that strategy often. Acceptable usage includes “each student presented their report to the class” and “the writer had proofread the paper themselves” (or “themselves”).

## ■ In-text Citations

9. **Terminology.** APA now uses the terms “narrative” for a citation that’s part of a sentence and “parenthetical” for one that follows the sentence in parentheses (p. 262).

Narrative:                 Smith et al. (2015) found that water is wet.  
 Parenthetical:            Water is wet (Smith et al., 2015).

10. **“Et al.” is used for all groups of more than two authors.** If a source has three authors or more, those names appear as First Author et al. even on first reference (p. 266.) This is true in all citations but not on the reference list.

## ■ Reference List

11. **Up to 20 authors named.** If a source has 20 authors or fewer, all of them are listed in the reference entry. An “&” appears before the last author. If a source has 21 authors or more, the first 19 are followed by an ellipsis (three dots with spaces between them) and then the name of the very last author (pp. 286, 317).
12. **All issue numbers included.** If a source has an issue number, the reference entry includes that number. It doesn't matter how the periodical numbers its pages (p. 294).
13. **No city of publication.** Listing the publisher is enough unless the source is unusually location-specific, like a conference presentation (pp. 295-7).

Freire, P. (2002). *Pedagogy of the oppressed*. Penguin Books.

14. **No publisher when publisher is same as author.** When a source's publisher and author are identical, APA's previous guidelines replaced the publisher's name with the word “Author.” Now, it leaves out the publisher entirely (p. 296).

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5<sup>th</sup> ed.).  
<https://doi.org/10.1176/appi.books.9780890425596>

15. **DOIs and URLs.** Both DOIs and URLs are presented as hyperlinks without retrieval statements (except for changing, unarchived sources). The links may be left live if the paper will be read online, so check your teacher's preference. When a hyperlink is too long for a line, don't add a line break manually. It's OK if the computer adds one or moves the url to the next line automatically (pp. 299-300). APA has accepted three different DOI formats over the last few years, but now uses only one:  
<https://doi.org/10.gobbledygook>

Brennan, F., Lohman, D., & Gwyther, L. (2019). Access to pain management as a human right. *American Journal of Public Health, 109*(1), 61–65.  
<https://doi.org/10.2105/AJPH.2018.304743>

Aron, S. (2016, August 16). The history of the American West gets a much-needed rewrite. *Smithsonian*.  
<http://www.smithsonianmag.com/history/history-american-west-gets-much-needed-rewrite-180960149/>

16. **Reference works.** When a dictionary or encyclopedia entry is unsigned, the publisher is now placed in the author position. If an online source is continuously updated without being archived, “n.d.” is used for the year and a retrieval date is included (p. 328).

Merriam-Webster. (n.d). Literacy. In *Merriam-Webster dictionary*. Retrieved January 10, 2020, from <https://www.merriam-webster.com/dictionary/literacy>