

## *APA Style Tip Sheet*

### *General Text Information:*

- *All margins should be 1"*
- *Only justify the left margin – the right margin should be uneven*
- *Use 12 font Times New Roman, New Courier, Palatino, or Garamond*
- *Double space everything unless your instructor's guidelines are different*
- *Indent paragraphs and long quotes (40 words or more quoted directly) by 1/2"*
- *Include a title sheet*
- *Number every page, including title and reference pages*
- *Every page should have a header in the upper right corner with a short version of the title and the page number*
- *Only space once after a period*
- *Avoid biased or stereotypical language*
- *Depending on the type of paper, you may have to include the following sections:*

#### *For an experimental report:*

*Title page*  
*Abstract*  
*Introduction*  
*Method*  
*Results*  
*Discussion*  
*References*  
*Appendixes (if needed)*  
*Tables and/or figures (if needed)*

#### *For a literature review:*

*Title page*  
*Abstract (if requested by instructor)*  
*Introduction*  
*References*

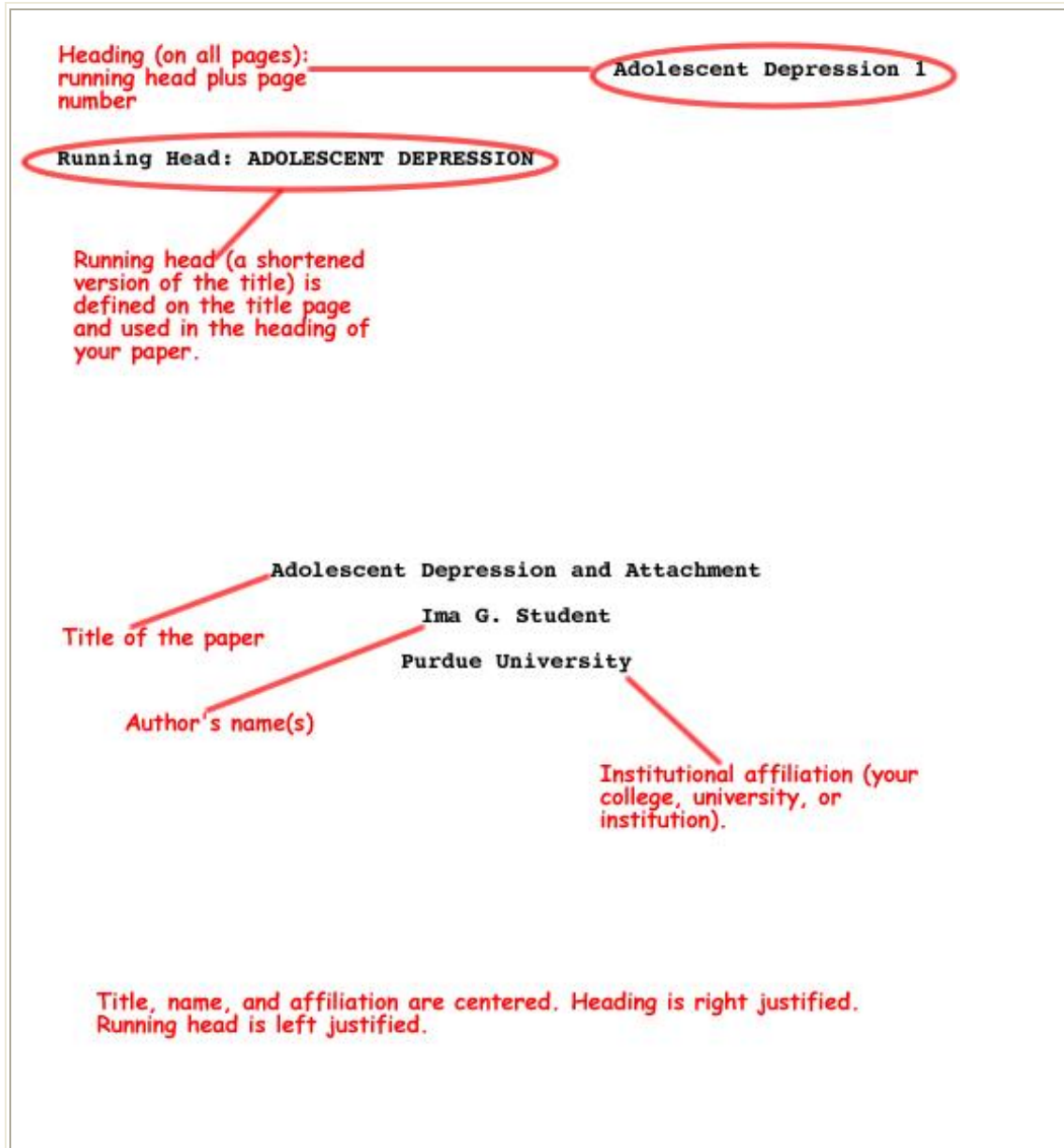
*For more detailed APA information and sample pages, please consult these other helpful resources:*

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The following pages are located at <http://owl.english.purdue.edu/workshops/hypertext/APA/print/papers/litreview.html>

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#### Adolescent Depression 4

The results in this study supported the hypothesis that relative percentages of the attachments (secure, ambivalent, avoidant) would correspond to those reported by infant researchers. The current study percentages were; 73% had a secure attachment, 16% had an ambivalent attachment, and 10% had an avoidant attachment. This has significance when looking at what infant researchers report, which is 70% secure, 20% ambivalent, and 10% avoidant (Salzman, 1996). The results also indicated that there was a significant difference in personality characteristics between the secure and ambivalent groups. Ambivalently attached females were significantly more depressed and reported significantly lower rates of self-esteem than securely attached female adolescents. The avoidant attachment group was in the middle of the secure and ambivalent groups in relation to depression and self-esteem, but wasn't significantly different from either group. It is also reported that securely attached female adolescents have a significantly more positive maternal identification than ambivalently attached adolescents and avoidant female adolescents fall in the middle.

All citations  
come before  
punctuation.

Notice that the author focuses on the main findings that related to the hypotheses stated earlier.

Notice that references are listed in alphabetical order, not the order they appear in the paper. Adolescent Depression 15

#### References

- Allen, J. P., Hauser, S. T., & Borman-Spurrell, E. (1996). Attachment theory as a framework for understanding sequelae of severe adolescent psychopathology: An 11-year follow-up study. *Journal of Consulting and Clinical Psychology*, 64, 254-263.
- Milne, L. C. & Lancaster, S. (2001). Predictors of depression in female adolescents. *Adolescence*, 36, 207-223.
- Muris, P., Meesters, C., Melick, M., & Zwambag, L. (2001). Self-reported attachment style, attachment quality, and symptoms of anxiety and depression in young adolescents. *Personality and Individual Differences*, 30, 809-818.
- Olsson, G. I., Nordstrom, M., Arinell, H., & Knorrning, A. (1999). Adolescent depression: Social network and family climate—a case-control study. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 40, 227-237.
- Salzman, J. P. (1996). Primary attachment in female adolescents: Association with depression, self-esteem, and maternal identification. *Psychiatry: Interpersonal & Biological Processes*, 59, 20-33.

All lines after the first line of each reference are indented (this is called a hanging indent).

Journal title and volume number are italicized (or underlined).

On your Reference page for journal, magazine, and newspaper articles:

- Always list the entire range of pages, if known
- If the pages are not consecutive, list all of the page numbers separated by commas (ex. 103-8, 139-42, 183)
- With articles from databases, you may only have the first page number listed and then the total number of pages in parenthesis next to that page number- ex. 58(17). In cases where you do not know if the page numbers are consecutive and you know that the article is more than one page, put a dash after the first page number listed (ex. 58-)