

WHAT IS IT?

The American Psychological Association (APA) style is used for formatting and documenting work in a variety of disciplines, including many social sciences. Using APA format correctly increases your credibility as a writer by demonstrating your knowledge of the conventions of your discipline.

GENERAL FORMAT

- Use 12-point Times New Roman font.
- Margins should be set to one inch on all sides. Tabs (for indenting) should be set to 0.5”.
- APA essays have four distinct sections/elements: 1) Title Page, 2) Abstract, 3) Main Body, and 4) References.
- APA recommends your title not be more than 12 words long.
- Number and include a running head on all pages (see *Title Page* section below for detailed information).
- Double-space the entire paper.

TITLE PAGE

- Insert a flush-right page number at the top of the first page. In front of the page number (flush-left), type “Running head:” followed by the essay’s title (shortened to 50 characters or fewer, including spaces) in all caps. For example, for a paper titled “Social Influences on Lycanthropy: Examining the Lunar Myth,” the shortened title in the running head would be “SOCIAL INFLUENCES ON LYCANTHROPY.”
- In the upper half of the page, center the complete title in upper and lower case letters; use two lines if needed.
- Under the title, center your name (first, middle initial, last), omitting any titles or degrees.
- Under your name, center your institutional affiliation.
- Published work may include an “Author Note” providing additional information at the bottom of the title page.

ABSTRACT

An abstract provides a brief overview of a paper; consult your specific guidelines to determine if one is required.

- On the first line of the second page, center the word “Abstract” (do not use italics, quotation marks, etc.).
- Begin your abstract on the next line *without* indenting (the entire paragraph will be flush-left).
- An abstract typically summarizes your topic, research questions, methodological information, results, and conclusions and may also address potential directions for related research.
- An abstract consists of just *one* double-spaced paragraph of 150-250 words.
- You may be directed to include keywords with the abstract. Keywords facilitate others in locating work done on your topic. On the line immediately beneath the final line of your abstract paragraph, indent and type “*Keywords:*”; after the colon, list 3-5 keywords representative of the main ideas of the paper.

MAIN BODY

- All pages include the shortened title and page number in the same position as on the title page. Note that *only the title page* header includes the “Running head:” label.
- On the first line of the third page, center your title in upper and lower case letters.
- On the next line, begin the body of your paper; indent the first line of all paragraphs.
- To divide a paper into sections, APA specifies five distinct heading levels. Use Level 1 headings for sections, Level 2 for subsections, Level 3 for subsections of subsections, etc., according to the following formatting:

LEVEL 1: **Center – Bold – Capitalize Each Word’s First Letter**

LEVEL 2: **Left-align – Bold – Capitalize Each Word’s First Letter**

LEVEL 3: **Indent – bold – capitalize first word’s first letter – period.** Begin body text on same line.

LEVEL 4: ***Indent – bold – italicize – capitalize first word’s first letter – period.*** Begin body text on same line.

LEVEL 5: ***Indent – italicize – capitalize first word’s first letter – period.*** Begin body text on same line.

- The APA Manual specifies the following stylistic conventions for writers:
 - *Past tense* is used to discuss previous/published research (i.e., write “Durante found” not “Durante finds”).
 - *First person point of view* is appropriate when discussing your research and avoids attributing actions to your paper or study that only a person could do (i.e., write “I conclude” not “the study concludes”). However, do focus on the research as much as possible (i.e., write “the data demonstrated” rather than “I demonstrated”).
 - *Active voice* is preferred (i.e., write “lunar data contradicted participant accounts” not “participant accounts were contradicted by lunar data”).

REFERENCES

- The reference page comes immediately after the main body. Center the word "References" on the first line.
- Begin entries on the next line using hanging indentation (first line of each entry is flush-left; subsequent lines are indented).
- Alphabetize all entries (last name, first initial) by the last name of the first author of each work.
- Include every source cited in the paper; do not list sources not cited in the paper.
- *Refer to our APA-CITING SOURCES handout to format both in-text citations and reference entries.*

EXAMPLES

<p>Running head: SOCIAL INFLUENCES ON LYCANTHROPY 1</p> <p style="text-align: center;">Social Influences on Lycanthropy: Examining the Lunar Myth Sturgis T. Owl Kennesaw State University</p>	<p style="text-align: right;">SOCIAL INFLUENCES ON LYCANTHROPY 2</p> <p style="text-align: center;">Abstract</p> <p>Lycanthropy and related conditions have evolved as a legitimate topic for psychological research as many investigators have sought to identify triggers for patients' reported transformations. To test accepted lunar cycle correlation findings such as those of Durante (2006), the researcher conducted a temporal association test using the narratives of individuals diagnosed with clinical lycanthropy to concurrent media coverage of lunar events. An analysis of the data revealed that forecasted rather than actual lunar activity is the best predictor of such incidents, thus suggesting that further research is needed into the psychosomatic aspects of the condition.</p> <p style="text-align: center;"><i>Keywords:</i> lycanthropy, transformation, moon</p>	<p style="text-align: right;">SOCIAL INFLUENCES ON LYCANTHROPY 3</p> <p style="text-align: center;">Social Influences on Lycanthropy: Examining the Lunar Myth</p> <p>The possibility of real corporeal transformation of the human form long was a topic relegated to the realm of fantasy or fiction and ignored by any hard or social science. Yet, human fascination with the possibility of such extreme physical, physiological, and psychological change has failed to abate in modern times and actually has seen tremendous resurgence in the last several decades. Many researchers (Durante, 2006; Schablotski, 2006) have pointed to lunar evidence, but lingering questions remain regarding whether environmental factors or social pressures are the key trigger.</p> <p style="text-align: center;">Literature Review</p> <p>The prevalence of transformation narratives exists not only in the entertainment realm of movies and science or young adult fiction but also among firsthand accounts in-</p>
<p style="text-align: right;">SOCIAL INFLUENCES ON LYCANTHROPY 4</p> <p>person and across social media from individuals claiming to have experienced such transformation incidents.</p> <p>The Werewolf</p> <p>Of all the creatures that appear in the stories of these individuals, it is the wolf that has most dominated their narratives. As a result, lycanthropy and its related conditions have evolved as a legitimate topic for physiological research. Much like the work in South America done by sociologists Sábato, de Melo, Magni, Young, and Coelho (2006), recent research has focused on the use of narrative self-reports as data.</p> <p>By considering factors that impact the psychological states of these individuals both before and after their narrative reports, psychologists seek to deepen the current understanding of linkages between the mind-body connections to the lunar cycle. What is less commonly addressed, however, are any social, psychosocial, or even</p>	<p style="text-align: right;">SOCIAL INFLUENCES ON LYCANTHROPY 11</p> <p style="text-align: center;">References</p> <p>Carter, K. E. (2005). Werewolves, witches, and wandering spirits: Traditional belief and folklore in early modern Europe. <i>Catholic Historical Review</i>, 91, 523-525.</p> <p>Du Coudray, C. B. (2002). Upright citizens on all fours: Nineteenth-century identity and the image of the werewolf. <i>Nineteenth-Century Contexts</i>, 24(1), 1-16. Retrieved from http://www3.nd.edu/~ncc/index.htm</p> <p>Durante, C. (2006). On the existence of werewolves. <i>Philosophy Now</i>, 57(1), 22-24.</p> <p>Sábato, M., de Melo, L., Magni, E., Young, R., & Coelho, C. (2006). A note on the effect of the full moon on the activity of wild maned wolves, <i>Chrysocyon brachyurus</i>. <i>Behavioural Processes</i>, 73(2), 228-230. doi:10.1016/j.beproc.2006.05.012</p> <p>Summers, M. (2003). <i>The werewolf in lore and legend</i>. Mineola, NY: Dover Publications, Inc.</p>	<p style="text-align: center;"><i>Always defer to instructor or publication requirements when formatting your document.</i></p> <p style="text-align: center;"><i>For formatting issues not covered on this handout, consult the most recent edition of the Publication Manual of the American Psychological Association and visit the KSU Writing</i></p>