

CHAPTER 34

APA Documentation
with Case Study**34a** What is APA style?

The American Psychological Association (APA) sponsors the **APA style**, a DOCUMENTATION system widely used in the social sciences. APA style involves two equally important features that need to appear in research papers: in-text citations and references.

34b What are APA parenthetical in-text citations?

The APA-STYLE DOCUMENTATION guidelines here follow the recommendations of the *Publication Manual of the American Psychological Association*, Fifth Edition (2001), which is the most current print edition. The URL for APA's general Web site is <<http://www.apa.org>>; it answers some basic style questions and mostly refers you to the *Publication Manual*. However, APA has set up a special free Web site devoted exclusively to **electronic sources** (APA term for *online sources*, CD-ROMs, etc.). APA provides this because electronic sources are still evolving rapidly and therefore tend to change. Anyone with Internet access can use the site at <<http://www.apastyle.org/electgeneral.html>>. It offers links to selected specific examples of citations of electronic sources, some of which aren't covered in the APA *Publication Manual*; unusually direct, practical FAQs; and other useful material.

APA style requires parenthetical IN-TEXT CITATIONS that identify a SOURCE by the author's name (if no author, use a shortened version of the title) and the copyright year. For readability and a good writing style, you can often incorporate the name, and sometimes the year, into your sentence. Otherwise, place this information in parentheses, located as close as possible to the material you QUOTE, PARAPHRASE, or SUMMARIZE. Your goal is to tell readers precisely where they can find the original material.

The *Publication Manual of the American Psychological Association*, Fifth Edition (2001), recommends that if you refer to a work more than once in a paragraph, you give the author's name and the date at the first mention and then give only the name after that. An exception is when you're citing two or more works by the same author, or when two or more of your sources have the same name. In such cases, each separate citation must include the date to identify which work you're citing.

APA style requires page numbers for direct quotations and recommends them for paraphrases and summaries. However, some instructors expect you

to give page references for paraphrases and summaries, so find out your instructor's preference to avoid any problems in properly crediting your sources.

Put page numbers in parentheses, using the abbreviation *p.* before a single page number and *pp.* when the material you're citing falls on more than one page. For a direct quotation from an electronic source that numbers paragraphs, give the paragraph number (or numbers). Handle paragraph numbers as you do page numbers, but use *para.* or ¶ (the symbol for paragraph) rather than *p.* or *pp.* If no paragraph numbers appear in the source, look for other ways to identify the location, such as sections introduced by main headings.

34c What are APA guidelines for in-text citations?

The examples show how to cite various kinds of sources in the body of your research paper. Remember, though, that you often can introduce source names, including titles when necessary, and sometimes even years, in your own sentences rather than in the parenthetical IN-TEXT CITATIONS.

Directory—APA In-Text Citations

1. Paraphrased or Summarized Source—APA
2. Source of a Short Quotation—APA
3. Source of a Long Quotation (and Format of Quotation)—APA
4. One Author—APA
5. Two Authors—APA
6. Three, Four, or Five Authors—APA
7. Six or More Authors—APA
8. Author(s) with Two or More Works in the Same Year—APA
9. Two or More Authors with the Same Last Name—APA
10. Work with a Group or Corporate Author—APA
11. Work Listed by Title—APA
12. Reference to More Than One Source—APA
13. Personal Communication, Including E-Mail and Other Nonretrievable Sources—APA
14. Reference to an Entire Online Source—APA
15. Other References to Retrievable Online Sources—APA
16. Source Lines for Graphics and Table Data—APA

1. Paraphrased or Summarized Source—APA

People from the Mediterranean prefer an elbow-to-shoulder distance from each other (Morris, 1977). [Author name and date cited in parentheses.]

Desmond Morris (1977) notes that people from the Mediterranean prefer an elbow-to-shoulder distance from each other. [Author name cited in text; date cited in parentheses.]

2. Source of a Short Quotation—APA

A report of reductions in SAD-related “depression in 87 percent of patients” (Binkley, 1990, p. 203) reverses the findings of earlier studies. [Author name, date, and page reference in parentheses immediately following the quotation.]

Binkley (1990) reports reductions in SAD-related “depression in 87 percent of patients” (p. 203). [Author name followed by the date in parentheses incorporated into the words introducing the quotation; page number in parentheses immediately following the quotation.]

3. Source of a Long Quotation (and Format of Quotation)—APA

Incorporate a direct quotation of fewer than forty words in your own sentence and enclose it in quotation marks. Place the parenthetical in-text citation after the closing quotation mark and, if the quotation falls at the end of the sentence, before the sentence-ending punctuation. When you use a quotation longer than forty words, set it off in block style indented one-half inch or five to seven spaces from the left margin. Never enclose a set-off quotation in quotation marks because the placement in block style carries the message that the material is quoted. Place the parenthetical reference citation one space after the end punctuation of the last sentence.

Displayed Quotation (Forty or More Words)

Jet lag, with its characteristic fatigue and irregular sleep patterns, is a common problem among those who travel great distances by jet airplane to different time zones:

Jet lag syndrome is the inability of the internal body rhythm to rapidly resynchronize after sudden shifts in the timing. For a variety of reasons, the system attempts to maintain stability and resist temporal change. Consequently, complete adjustment can often be delayed for several days—sometimes for a week—after arrival at one’s destination. (Bonner, 1991, p. 72)

4. One Author—APA

One of his questions is, “What binds together a Mormon banker in Utah with his brother or other coreligionists in Illinois or Massachusetts?” (Coles, 1993, p. 2).

In a parenthetical reference in APA style, a comma and a space separate a name from a year and a year from a page reference. (Examples 1 through 3 show citations of works by one author.)

5. Two Authors—APA

If a work has two authors, give both names in each citation.

One report describes 2,123 occurrences (Krait & Cooper, 1994).

The results that Krait and Cooper (1994) report would not support the conclusions Davis and Sherman (1992) draw in their review of the literature.

When you write a parenthetical in-text citation naming two (or more) authors, use an ampersand (&) between the final two names, but write out the word *and* for any reference in your own sentence.

6. Three, Four, or Five Authors—APA

For three, four, or five authors, use all the authors' last names in the first reference. In all subsequent references, use only the first author's last name followed by *et al.* (meaning “and others”). No period follows *et*, but one always follows *al.*

First Reference

In one anthology, 35% of the selections had not been anthologized before (Elliott, Kerber, Litz, & Martin, 1992).

Subsequent Reference

Elliott *et al.* (1992) include 17 authors whose work has never been anthologized.

7. Six or More Authors—APA

For six or more authors, name the first author followed by *et al.* in all in-text references, including the first. (See section 34f, model 3, for the correct References format.)

8. Author(s) with Two or More Works in the Same Year—APA

If you use more than one source written in the same year by the same author(s), alphabetize the works by title for the References list, and assign letters in alphabetical order to the years: (1996a), (1996b), (1996c). Use the year-letter combination in parenthetical references. Note that a citation of two or more such works lists the year extensions in alphabetical order.

Jones (1996c) drew new conclusions from the results of 17 sets of experiments (Jones, 1996a, 1996b).

9. Two or More Authors with the Same Last Name—APA

Include first initials for every in-text citation of authors who share a last name. Use the initials appearing in the References list. (In the second example, a parenthetical citation, the name order is alphabetical, as explained in item 12.)

R. A. Smith (1997) and C. Smith (1989) both confirm these results.

These results have been confirmed independently (C. Smith, 1989; R. A. Smith, 1997).

10. Work with a Group or Corporate Author—APA

If you use a source in which the “author” is a corporation, agency, or group, an in-text reference gives that name as author. Use the full name in each citation, unless an abbreviated version of the name is likely to be familiar to your audience. In that case, use the full name and give its abbreviation at the first citation; then, use the abbreviation for subsequent citations.

This exploration will continue into the 21st century (National Aeronautics and Space Administration [NASA], 1996). [In subsequent citations, use the abbreviated form alone.]

11. Work Listed by Title—APA

If no author is named, use a shortened form of the title for in-text citations. Ignoring *A*, *An*, or *The*, make the first word the one by which you alphabetize the title in your References. The following example refers to an article fully titled “Are You a Day or Night Person?”

Scientists group people as “larks” or “owls” on the basis of whether individuals are more efficient in the morning or at night (“Are You,” 1989).

12. Reference to More Than One Source—APA

If more than one source has contributed to an idea or opinion in your paper, cite the sources alphabetically by author in one set of parentheses; separate each block of information with a semicolon, as in the following example.

Conceptions of personal space vary among cultures (Morris, 1977; Worchel & Cooper, 1983).

13. Personal Communication, Including E-Mail and Other Nonretrievable Sources—APA

Telephone calls, personal letters, interviews, and e-mail messages are “personal communications” that your readers cannot access or retrieve. Acknowledge personal communications in parenthetical references, but never include them in your References list at the end of your research paper.

Recalling his first summer at camp, one person said, “The proximity of 12 other kids made me—an only child with older, quiet parents—frantic for eight weeks” (A. Weiss, personal communication, January 12, 2006).

14. Reference to an Entire Online Source—APA

If an online source does not provide page numbers, use the paragraph number preceded by the abbreviation *para*. If you cannot decipher the page

number or the paragraph, cite the heading and the number of the paragraph following it.

(Anderson, 2003, para. 14)

(Migueis, 2002, Introduction, para. 1)

15. Other References to Retrievable Online Sources—APA

When you quote, paraphrase, or summarize an online source that is available to others, cite the author (if any) or title and the date as you would for a print source, and include the work in your References list.

16. Source Lines for Graphics and Table Data—APA

If you use a graphic from another source or create a table using data from another source, provide a note at the bottom of the table or graphic, crediting the original author and the copyright holder. Here are examples of two source lines, one for a graphic from an article, the other for a graphic from a book.

Graphic from an Article—APA

Note. The data in columns 1 and 2 are from “Bridge Over Troubled Waters? Connecting Research and Pedagogy in Composition and Business/Technical Communication,” by J. Allen, 1992, *Technical Communication Quarterly*, 1 (4), p. 9. Copyright 1992 by the Association of Teachers of Technical Writing. Adapted with permission of the author.

Graphic from a Book—APA

Note. From *How to Lower Your Fat Thermostat: The No-Diet Reprogramming Plan for Lifelong Weight Control* (p. 74), by D. Remington, A. G. Fisher, and E. Parent, 1983, Provo, UT: Vitality House International. Copyright 1983 by Vitality House International. Reprinted with permission of the publisher.

34d What are APA guidelines for writing an abstract?

As the *APA Publication Manual* explains, “an abstract is a brief, comprehensive summary” (p. 12) of a longer piece of writing. APA estimates that an abstract should be limited in length to about 120 words or less. Your instructor may require that you include an abstract at the start of a paper; if you’re not sure, ask. Make the abstract accurate, objective, and exact. Actually, when studying the social sciences, you may have become familiar with effective abstracts, for many disciplines have online abstracts of longer sources. See 34g for guidelines on formatting an Abstract page. Here is an abstract prepared for the research paper on biological clocks that appears in 34h.

Circadian rhythms, which greatly affect human lives, often suffer disruptions in technological societies, resulting in such disorders as jet lag syndrome and seasonal affective disorder (SAD). With growing scientific awareness of both natural circadian cycles and the effects of disturbances of these cycles, individuals are learning to control some negative effects.

34e What are APA guidelines for content notes?

Content notes in APA-style papers add relevant information that cannot be worked effectively into a text discussion. Use consecutive arabic numerals for note numbers, both within your paper and on any separate page following the last text page of your paper. See 34g for instructions on formatting the Footnotes page.

34f What are APA guidelines for a references list?

The REFERENCES list at the end of your research paper provides complete bibliographic information for readers who may want to access the sources you drew on for your paper.

Include in a References list all the sources you QUOTE, PARAPHRASE, or SUMMARIZE in your paper so that readers can find the same sources with reasonable effort. Never include in your References list any source that's not generally available to others (see item 13 in 34c).

General format guidelines are presented in Box 34-1. The directory that follows the box corresponds to the numbered examples in this section. Not all documentation models are shown here. You may have to combine features of models to document a particular source.

BOX 34-1 SUMMARY



Guidelines for an APA-style References list

- **TITLE**

References

- **PLACEMENT OF LIST**

Start a new page numbered sequentially with the rest of the paper, before the Notes pages, if any.

- **CONTENTS AND FORMAT**

Include all quoted, paraphrased, or summarized sources in your paper that are not personal communications, unless your instructor tells you to include all the references you have consulted, not just those you

Guidelines for an APA-style References List (continued)

have to credit. Start each entry on a new line, and double-space all lines. In the 2001 edition of the *Publication Manual* (section 5.18), APA recommends that student papers use a *hanging indent* style: The first line of each entry begins flush left at the margin and all other lines are indented. The hanging indent makes source names and dates more prominent. Type the first line of each entry full width, and indent subsequent lines one-half inch. The easiest way to do this is using the word processor's ruler bar.

Shuter, R. (1977). A field study of nonverbal communication in Germany, Italy, and the United States. *Communication Monographs, 44*, 298–305.

■ SPACING AFTER PUNCTUATION

The 2001 APA manual calls for one space after punctuation marks, including within displayed quotations (see 34c, item 3).

■ ARRANGEMENT OF ENTRIES

Alphabetize by the author's last name. If no author is named, alphabetize by the first significant word (not *A*, *An*, or *The*) in the title of the work.

■ AUTHORS' NAMES

Use last names, first initials, and middle initials, if any. Reverse the order for all authors' names, and use an ampersand (&) before the last author's name: Mills, J. F., & Holahan, R. H.

Give names in the order in which they appear on the work (on the title page of a book or under the title of an article or other printed work). Use a comma between the first author's last name and first initial and after each complete name except the last. Use a period after the last author's name.

■ DATES

Date information follows the name information and is enclosed in parentheses. Place a period followed by one space after the closing parenthesis.

For books, articles in journals that have volume numbers, and many other print and nonprint sources, the year of publication or production is the date to use. For articles from most general-circulation magazines and newspapers, use the year followed by a comma and then the exact date that appears on the issue (month and day for daily and weekly publications, month alone for monthly and bimonthly publications, and season for quarterly publications).

Capitalize any words and use no abbreviations. Individual entries in 34f show how much information to give for various sources. →

Guidelines for an APA-style References List (*continued*)

■ CAPITALIZATION OF TITLES

For book, article, and chapter titles, capitalize the first word, the first word after a colon between a title and subtitle, and any proper nouns. For names of journals and proceedings of meetings, capitalize the first word, all nouns, verbs, adverbs and adjectives, and any other words four or more letters long.

■ SPECIAL TREATMENT OF TITLES

Use no special treatment for titles of shorter works (poems, short stories, essays, articles). Italicize titles of longer works (books, names of newspapers or journals). Underlining can be used in place of italic type if italic typeface is unavailable. Draw an unbroken line that includes end punctuation. Do not drop *A*, *An*, or *The* from the titles of periodicals (such as newspapers, magazines, and journals).

■ PUBLISHERS

Use a shortened version of the publisher's name except for an association, corporation, or university press. Drop *Co.*, *Inc.*, *Publishers*, and the like, but retain *Books* or *Press*.

■ PLACE OF PUBLICATION

For US publishers, give the city and add the state (use the two-letter postal abbreviations listed in most dictionaries and in Box 29-4 in 29k) for all US cities except Baltimore, Boston, Chicago, Los Angeles, New York, Philadelphia, and San Francisco. For publishers in other countries, give city and country spelled out; no country name is needed with Amsterdam, Jerusalem, London, Milan, Moscow, Paris, Rome, Stockholm, Tokyo, and Vienna. However, if the state or country is part of the publisher's name, omit it after the name of the city.

■ PUBLICATION MONTH ABBREVIATIONS

Do not abbreviate publication months.

■ PAGE NUMBERS

Use all digits, omitting none. For references to parts of books or material in newspapers, only use *p.* and *pp.* before page numbers. List all discontinuous pages, with numbers separated by commas: pp. 32, 44-45, 47-49, 53.

■ REFERENCES ENTRIES: BOOKS

Citations for books have four main parts: author, date, title, and publication information (place of publication and publisher). Each part ends with a period.



Guidelines for an APA-style References list (continued)

AUTHOR DATE TITLE
 Wood, P. (2003). *Diversity: The invention of a concept*.
 PUBLICATION INFORMATION
 San Francisco: Encounter Books.

■ REFERENCES ENTRIES: ARTICLES

Citations for periodical articles contain four major parts: author, date, title of article, and publication information (usually, the periodical title, volume number, and page numbers). Each part ends with a period.

AUTHOR DATE ARTICLE TITLE
 Wood, W., Witt, M.G. & Tam, L. (2003). Changing circumstances.
 PERIODICAL TITLE VOLUME NUMBER PAGE RANGE
Journal of Personality and Social Psychology, 88, 918–933.

■ REFERENCES ENTRIES: ELECTRONIC AND ONLINE SOURCES

Styles for documenting electronic and online sources continue to evolve. The 2001 *APA Publication Manual* (pp. 268–281) and the APA Web page <<http://www.apastyle.org/elecref.html>> are the best sources for up-to-date advice on these formats. Here are two examples of entries. The first is for an abstract on CD-ROM, a searchable “aggregated database” (i.e., a compilation of resources grouped for directed or simplified access). You are not required to document how you accessed the database—via portable CD-ROM, on a library server, or via a supplier Web site—but a “retrieval statement” that accurately names the source (in this case, the database) and lists the date of retrieval is required. (If you include an item or accession number, place it in parentheses.)

AUTHOR DATE ARTICLE TITLE
 Marcus, H. F., & Kitayamo, S. (1991). Culture and the self:
 Implications for cognition, emotion, and motivation.
 JOURNAL TITLE AND PUBLICATION INFORMATION RETRIEVAL INFORMATION
Psychological Abstracts, 78. Retrieved October 2, 2005, from the
 PsycINFO database (Item 1991-23978-001).

The second example is for an article in a newspaper consulted on the World Wide Web. The retrieval statement gives the access date and the URL, which “names” the source.



Guidelines for an APA-style References list (*continued*)

AUTHOR	DATE	ARTICLE TITLE
Markel, H. (2003, September 2). Lack of sleep takes its toll on		
	ONLINE NEWSPAPER TITLE	RETRIEVAL INFORMATION
student psyches. <i>The New York Times</i> . Retrieved December 27, 2003, from http://www.nytimes.com		

Notice that the only punctuation in the URL is part of the address. Do not add a period after a URL.

Directory—APA Style

PRINT SOURCES

1. Book by One Author—APA
2. Book by Two Authors—APA
3. Book by Three or More Authors—APA
4. Two or More Books by the Same Author(s)—APA
5. Book by a Group or Corporate Author—APA
6. Book with No Author Named—APA
7. Book with an Author and an Editor—APA
8. Translation—APA
9. Work in Several Volumes or Parts—APA
10. One Selection in an Anthology or an Edited Book—APA
11. Selection in a Work Already Listed in References—APA
12. Second or Subsequent Edition—APA
13. Anthology or Edited Book—APA
14. Unpublished Dissertation or Essay—APA
15. Book in a Series—APA
16. Government Publication—APA
17. Published Proceedings of a Conference—APA
18. Signed Article from a Daily Newspaper—APA
19. Editorial, Letter to the Editor, or Review—APA
20. Unsigned Article in a Daily Newspaper—APA
21. Article in a Journal with Continuous Pagination—APA
22. Article in a Journal That Pages Each Issue Separately—APA
23. Published and Unpublished Letters—APA

NONPRINT SOURCES

24. Interview—APA
25. Lecture, Speech, or Address—APA
26. Motion Picture—APA
27. Music Recording—APA
28. Live Performance—APA
29. Work of Art, Photograph, or Musical Composition—APA
30. Radio or Television Broadcast—APA
31. Information Services—APA

ELECTRONIC AND ONLINE SOURCES

32. Article in an Encyclopedia on CD-ROM—APA
33. Computer Software—APA
34. Books Retrieved from Databases on the Web—APA
35. Article from a Periodical on the Web—APA
36. Electronic Copy of a Journal Article Retrieved from a Database—APA
37. Personal or Professional Site on the Web—APA
38. File Transfer Protocol (FTP), Telnet, or Gopher site—APA
39. Synchronous Communications (MOO, MUD, IRC)—APA
40. Web Discussion Forum—APA
41. Listserv (Electronic Mailing List)—APA
42. Newsgroup—APA

Print Sources**1. Book by One Author—APA**

Bradway, B. (2002). *Pink houses and family taverns*. Bloomington: Indiana University Press.

Note that all entries use the hanging indent style: the first line of an entry is flush to the left margin and all other lines in the entry are indented one-half inch.

2. Book by Two Authors—APA

Edin, K., & Kefalas, M. (2005). *Promises I can keep: Why poor women put motherhood before marriage*. Berkeley: University of California Press.

3. Book by Three or More Authors—APA

Lynam, J. K., Ndiritu, C. G., & Mbabu, A. N. (2004). *Transformation of agricultural research systems in Africa: Lessons from Kenya*. East Lansing: Michigan State University Press.

For a book by three to six authors, include all the authors' names. For a book by more than six authors, use only the first six names followed by *et al.*

4. Two or More Books by the Same Author(s)—APA

Gardner, H. (1993). *Multiple intelligences: The theory in practice*. New York: Basic Books.

Gardner, H. (1999). *Intelligence reframed: Multiple intelligences for the 21st century*. New York: Basic Books.

References by the same author are arranged chronologically, with the earlier date of publication listed first.

5. Book by a Group or Corporate Author—APA

American Psychological Association. (2001). *Publication manual of the American Psychological Association* (5th ed.). Washington, DC: Author.

Boston Women's Health Collective. (1998). *Our bodies, ourselves for the new century*. New York: Simon & Schuster.

Cite the full name of the corporate author first. If the author is also the publisher, use the word *Author* as the name of the publisher.

6. Book with No Author Named—APA

The Chicago manual of style (15th ed.). (2003). Chicago: University of Chicago Press.

This would be alphabetized according to *Chicago* (the first important word in the title).

7. Book with an Author and an Editor—APA

Brontë, E. (2002). *Wuthering Heights* (R. J. Dunn, Ed.). New York: Norton.

8. Translation—APA

Kundera, M. (1999). *The unbearable lightness of being* (M. H. Heim, Trans.). New York: HarperPerennial. (Original work published 1984).

9. Work in Several Volumes or Parts—APA

Chrisley, R. (Ed.). (2000). *Artificial intelligence: Critical concepts* (Vols. 1–4). London: Routledge.

10. One Selection in an Anthology or an Edited Book—APA

Trujillo, L. (2004). Balancing act. In R. Moreno & M. H. Mulligan (Eds.), *Borderline personalities: A new generation of Latinas dish on sex, sass, and cultural shifting* (pp. 61–72). New York: HarperCollins.

Give the author of the selection first. The word *In* introduces the larger work from which the selection is taken. Note that names are inverted only in the author position; in all other circumstances, write them in standard form.

11. Selection in a Work Already Listed in References—APA

Gilbert, S., & Gubar, S. (Eds.). (1985). *The Norton anthology of literature by women*. New York: Norton.

Kingston, M. H. (1985). No name woman. In S. Gilbert & S. Gubar (Eds.), *The Norton anthology of literature by women* (pp. 2337–2347). New York: Norton.

Provide full information for the already-cited anthology (first example), along with information about the individual selection. Put entries in alphabetical order.

12. Second or Subsequent Edition—APA

Gibaldi, J. (2003). *MLA handbook for writers of research papers* (6th ed.). New York: Modern Language Association.

A book usually doesn't announce that it's a first edition. However, after the first edition, the edition number appears on the title page. In your entry, place the year of the edition after the title and in parentheses.

13. Anthology or Edited Book—APA

Purdy, J. L., & Ruppert, J. (Eds.). (2001). *Nothing but the truth: An anthology of Native American literature*. Upper Saddle River, NJ: Prentice Hall.

14. Unpublished Dissertation or Essay—APA

Byers, M. (2000). *Buffy the Vampire Slayer: The insurgence of television as a performance text*. Unpublished doctoral dissertation, University of Toronto, Ontario, Canada.

15. Book in a Series—APA

Give the title of the book, but not of the whole series.

Goldman, D. J. (1995). *Women writers and World War I*. New York: Macmillan.

16. Government Publication—APA

U.S. Congress. House Subcommittee on Health and Environment of the Committee on Commerce. (1999). *The nursing home resident protection amendments of 1999*. Washington, DC: U.S. Government Printing Office.

Use the complete name of a government agency as author when no specific person is named.

17. Published Proceedings of a Conference—APA

Harris, D., & Nelson-Heern, L. (Eds.). (1981, June). *Proceedings of the National Education Computing Conference*. Iowa City: University of Iowa, Weeg Computing Center.

When citing a specific department or other university facility, place the name of the university first.

18. Signed Article from a Daily Newspaper—APA

Killborn, P. T. (2003, June 22). A health threat baffling for its lack of a pattern. *The New York Times*, p. A14.

19. Editorial, Letter to the Editor, or Review—APA

Downtown's architectural promise. (2003, August 4). [Editorial]. *The New York Times*, p. A12.

20. Unsigned Article in a Daily Newspaper—APA

Changes sought in medical services for veterans. (2003, August 5). *The New York Times*, p. A10.

21. Article in a Journal with Continuous Pagination—APA

Tyson, P. (1998). The psychology of women. *Journal of the American Psychoanalytic Association*, 46, 361–364.

Give only the volume number after the journal title, and italicize the volume number.

22. Article in a Journal That Pages Each Issue Separately—APA

Adler-Kassner, L., & Estrem, H. (2003). Rethinking research writing: Public literacy in the composition classroom. *WPA: Writing Program Administration*, 26(3), 119–131.

Give the volume number, italicized with the journal title. Give the issue number in parentheses; do not italicize it.

23. Published and Unpublished Letters—APA

Williams, W. C. (1935). Letter to his son. In L. Grunwald & S. J. Adler (Eds.), *Letters of the century: America 1900–1999*. New York: Dial.

In the APA system, unpublished letters are considered personal communication inaccessible to general readers, so they do not appear in the References list. Personal communications do not provide recoverable data and so are cited only in the body of the paper (see model 24).

Nonprint Sources**24. Interview—APA**

In APA style, a personal interview is considered personal communication and is not included in the References list. Cite the interview in the text with a parenthetical notation saying that it is a personal communication.

Randi Friedman (personal communication, June 30, 2003) endorses this view.

25. Lecture, Speech, or Address—APA

Kennedy, J. F. (1960, September 12). Speech to the Greater Houston Ministerial Association, Houston, TX.

26. Motion Picture—APA

Capra, F. (Director/Producer). (1934). *It happened one night* [Motion picture]. United States: Columbia Pictures.

Capra, F. (Director/Producer). (1999). *It happened one night* [Videocassette]. (Original movie released 1934)

Madden, J. (Director), Parfitt, D., Gigliotti, D., Weinstein, H., Zwick, E., & Norman, M. (Producers). (2003). *Shakespeare in love* [DVD]. (Original movie released 1998)

27. Music Recording—APA

Smetana, B. (1975). *My country* [With K. Anserl conducting the Czech Philharmonic Orchestra]. [Record]. London: Vanguard Records.

Springsteen, B. (2002). Lonesome day. On *The rising* [CD]. New York: Columbia Records.

28. Live Performance—APA

Hare, D. (Author/Performer), & Daldry, S. (Director). (1999, April 11). *Via dolorosa* [Live performance]. New York: Lincoln Center Theater.

29. Work of Art, Photograph, or Musical Composition—APA

Cassatt, M. *La toilette* [Artwork]. Chicago: Art Institute of Chicago.

Mydans, C. (1999, October 21–November 28). *General Douglas MacArthur landing at Luzon, 1945* [Photograph]. New York: Soho Triad Fine Art Gallery.

Schubert, F. *Unfinished symphony* [Musical composition].

30. Radio or Television Broadcast—APA

Barnes, P. (Producer), & Burns, K. (Writer). (1999, November 8). *Not for ourselves alone: The story of Elizabeth Cady Stanton and Susan B. Anthony* [Television broadcast]. New York and Washington, DC: Public Broadcasting Service.

If you're citing a television series produced by and seen on one station, cite its call letters.

31. Information Services—APA

Chiang, L. H. (1993). *Beyond the language: Native Americans' nonverbal communication*. (ERIC Document Reproduction Service No. ED 368540).

Electronic and Online Sources

Information from online sources that your readers cannot readily retrieve for themselves—e-mail messages and discussion list communications, for example—should be treated as personal communications (see model 24). Never include them in your References list. If you have a scholarly reason to cite a message from a newsgroup, forum, or electronic mailing list that is available in an electronic archive, then document an author name; the exact date of the posting; the subject line or “thread” (do not italicize it) followed by an

identifier in square brackets—[Msg 23]; and a “Message posted to” statement that lists the URL of the message or of the archive. Following is an example:

Hesse, D. (2003, August 1). Research on large class size [Msg 192]. Message posted to <http://lists.asu.edu/archives/wpa-l.html>

The APA system for documenting electronic and online sources in a References list has been evolving. At the time of this writing, the guidelines in the *APA Publication Manual*, Fifth Edition (2001), remain most current. In general, APA recommends giving author, title, and publication information as for a print source. This information is followed by a “retrieval statement” that leads the reader as directly as possible to your source.

In contrast to MLA style, APA style doesn’t require you to use angle brackets around URLs in retrieval statements. Also, APA allows you to break a URL either after a slash or after a period.

32. Article in an Encyclopedia on CD-ROM—APA

Artificial intelligence. (2003). *Encarta 2003*. Retrieved December 10, 2003, from the Encarta database.

The retrieval statement gives the retrieval date in full and the name of the database. The entry ends with a period.

33. Computer Software—APA

Transparent Language Presentation Program (Version 2.0 for Windows) [Computer software]. (1994). Hollis, NH: Transparent Language.

Provide an author name, if available. Standard software and program languages do not need to be listed in References. Provide the name and, in parentheses, the version number in the text.

34. Books Retrieved from Databases on the Web—APA

Adams, H. (1918). *The education of Henry Adams*. New York: Houghton Mifflin. Retrieved April 4, 2005, from the Project Bartleby database: <http://www.columbia.edu/acis/bartleby/159/index/html>

The first information is for the printed version of *The Education of Henry Adams*. The retrieval statement gives the access date, the name of the database, and the URL of the specific work.

Chopin, K. (1899). *The awakening*. Retrieved February 12, 2005, from the PBS database: <http://www.pbs.org/katechopin/library/awakening>

35. Article from a Periodical on the Web—APA

Parrott, A. C. (1999). Does cigarette smoking cause stress? *American Psychologist*, 54(10), 817–820. Retrieved April 7, 2005, from <http://www.apa.org/journals/amp/amp54/10/817.html>

36. Electronic Copy of a Journal Article Retrieved from a Database—APA

Wright, K. (2002, September). Times of our lives. *Scientific American*, 287, 58–64. Retrieved July 2, 2003, from Academic Search Elite database.

37. Personal or Professional Site on the Web—APA

Hesse, D. (2005, January). Home page. Retrieved March 22, 2005, from <http://www.ilstu.edu/~ddhesse>

American Association for Artificial Intelligence. (2005, March). Retrieved March 17, 2005, from <http://www.aaii.org>

38. File Transfer Protocol (FTP), Telnet, or Gopher Site—APA

Taine, H. A. (2001, April). *The French Revolution Volume II*. Retrieved October 21, 2002, from <ftp://ibiblio.org/pub/docs/books/Gutenberg>

After the retrieval data, supply the FTP, telnet, or gopher search path.

39. Synchronous Communications (MOO, MUD, IRC)—APA

Give the name of the speaker, a title for the event, the date of the event or posting, the access date, and the URL.

Bleck, B. (1997, June 8). Online discussion of *Virtual first year composition: Distance education, the Internet, and the World Wide Web*. Retrieved February 27, 1999, from <http://irc.csun.edu/DaMOO/cw/brad.html>

40. Web Discussion Forum—APA

Higa, S. (2002, June 26). A potential bookmark [Msg. 483]. Message posted to http://groups.yahoo.com/group/Modern_Era/messages/483

41. Listserv (Electronic Mailing List)—APA

Caruso, T. (2002, September 30). CFP: Flannery O'Connor and feminism. Message posted to Calls for Papers electronic mailing list, archived at <http://www.english.upenn.edu/CFP/archive/American/0421.html>

APA advises the use of *electronic mailing list* rather than *listserv* or *list server*.

42. Newsgroup—APA

Boyle, F. (2002, October 11). Psyche: Cemi field theory: The hard problem made easy [Msg 1]. Message posted to <news://sci.psychology.consciousness>

34g What are APA format guidelines for research papers?

Ask whether your instructor has instructions for preparing a final draft. If not, you can use the APA guidelines here.


GENERAL INSTRUCTIONS—APA

Use 8½-by-11-inch white bond paper. The APA *Publication Manual* recommends double-spacing for a final manuscript of a student research paper. Set

at least a one-inch margin on the left (slightly more if you submit your paper in a binder) and leave no less than one inch on the right and at the bottom.

Leave one-half inch from the top edge of the paper to the title-and-page-number line, described on the next page. Leave another one-half inch (or one inch from the top edge of the paper) before the next line on the page, whether that is a heading (such as “Abstract” or “Notes”) or a line of your paper.



ALERT: Most word processing programs set the top and bottom margins at one inch as their default. Also, they generally set the “header” function at a default of one-half inch. Therefore, formatting the margins for your paper is probably less troublesome than it might seem. You simply need to check the default settings. 

Use indents of one-half inch for the first line of all paragraphs, except in an abstract, the first line of which is not indented. Do not justify the right margin. Indent footnotes one-half inch.

ORDER OF PARTS—APA

Number all pages consecutively. Use this order for the parts of your paper:

1. Title page
2. Abstract (if required)
3. Body of the paper
4. References
5. Appendixes, if any
6. Footnotes, if any
7. Attachments, if any (questionnaires, data sheets, or other material your instructor asks you to include)


TITLE-AND-PAGE-NUMBER LINE FOR ALL PAGES—APA

Use a title-and-page-number line on all pages of your paper. Leaving a margin of one-half inch from the top edge of the paper, type the title (use a shortened version if necessary), leave a five-character space, and then type the page number. End the title-and-page-number line one inch from the right edge of the paper. Ask whether your instructor wants you to include your last name in this title-and-page-number line. The “header” tool on a word processing program will help you create the title-and-page-number line easily.


TITLE PAGE—APA

Use a separate title page. On it, begin with the title-and-page-number line described above, using the numeral 1 for this first page. Then, center the complete title vertically and horizontally on the page. Use two or more

double-spaced lines if the title is long. Do not italicize (or underline) the title or enclose it in quotation marks. On the next line, center your name, and below that center the course title and section, your professor's name, and the date.

 **ALERTS:** (1) Use the guidelines here for capitalizing the title of your own paper and for capitalizing titles you mention in the body of your paper. (*Note:* See “Special treatment of titles,” in Box 29-4, on the capitalization of titles in a References list, since different rules apply.)

(2) Use a capital letter for the first word of your title and for the first word of a subtitle, if any. Start every noun, pronoun, verb, adverb, and adjective with a capital letter. Capitalize each main word in a hyphenated compound word (two or more words used together to express one idea): *Father-in-Law*, *Self-Consciousness*. Capitalize the word after a colon or a dash.

(3) Do not capitalize an article (*a*, *an*, *the*) unless it starts a title or one of the preceding capitalization rules applies to it. Do not capitalize prepositions and conjunctions unless they are five or more letters long. Do not capitalize the word *to* used in an infinitive. 

ABSTRACT—APA

See 34d for advice about what to include in an abstract of your paper. Type the abstract on a separate page, using the numeral 2 in the title-and-page-number line. Center the word *Abstract* one inch from the top of the paper. Do not italicize (or underline) it or enclose it in quotation marks. Double-space below this title, and then start your abstract, double-spacing it. Do not indent the first line.

SET-OFF QUOTATIONS—APA

Set off (display in block form) quotations of forty words or more. Double-space to start a new line for the quoted words, indenting each line of the (double-spaced) quotation one-half inch or five to seven spaces from the left margin. Do not enclose the quoted words in quotation marks.

If you are quoting part of a paragraph or one complete paragraph, do not indent the first line more than one-half inch. But if you quote two or more paragraphs, indent the first line of the second and subsequent paragraphs one inch.

When the quotation is finished, leave one space after the sentence-ending punctuation, and then give the parenthetical citation. Begin a new line to resume your own words.

REFERENCES LIST—APA

Start a new page for your References list immediately after the end of the body of your paper. Use a title-and-page-number line. Drop down one inch from the top of the paper and center the word *References*. Do not italicize (or underline) it or put it in quotation marks. Double-space below it. Start

the first line of each entry at the left margin, and indent any subsequent lines one-half inch from the left margin. Use this “hanging indent” style unless your instructor prefers a different one. Double-space within each entry and between entries.

NOTES—APA

Whenever you use a content note in your paper (34e), try to arrange your sentence so that the note number falls at the end. The ideal place for a note number is after the sentence-ending punctuation. Use a numeral raised slightly above the line of words and immediately after the final punctuation mark.

Put your notes on a separate page after the last page of your References list. Use a title-and-page-number line. Then, center the word *Footnotes* one inch from the top of the paper. Do not italicize (or underline) it or put it in quotation marks.

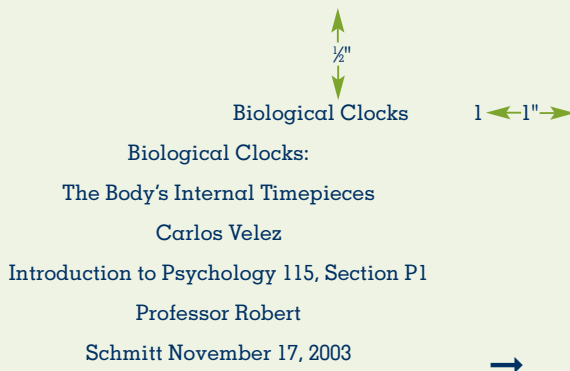
On the next line, indent one-half inch and begin the note. Raise the note number slightly, and then start the words of your note leaving no space. If the note is more than one typed line, do not indent any line after the first. Double-space throughout.

34h A student’s APA-style research paper

Carlos Velez wrote the following research paper in response to an assignment calling for a research paper about an unconscious process in humans.

In APA style, position the title-and-page-number line $\frac{1}{2}$ " from top of paper.

In APA style, center the following information in the middle of the page: title, your name, course title and section, the professor’s name, and the date; use double-spacing.



APA-style title page

FIRST HEADING *The Body's Natural Cycles*

PARAGRAPH 2: The term *circadian*, which is Latin for “about a day,”

First body paragraph gives background information. describes the rhythms of people’s internal biological clocks. Circadian cycles are in tune with external time cycles such as the 24-hour period of the earth’s daily rotation as signaled by the rising and setting of the sun. In fact, according to William Schwartz, professor of neurobiology and a researcher in the field of chronobiology (the study of circadian rhythm), “All such biological clocks are adaptations to life on a rotating world” (as cited in Lewis, 1995, p. 14). Usually, humans set their biological clocks by seeing these cycles of daylight and darkness.

Statement by Schwartz is in article by Lewis. Studies conducted in caves or similar environments that allow researchers to control light and darkness have shown that most people not exposed to natural cycles of day and night create cycles slightly over 24 hours (Czeisler et al., 1999). Human perception of the external day-night cycle affects the production and release of a brain hormone, melatonin, which is important in initiating and regulating the sleep-wake cycle, as Alfred Lewy and other scientists at the National Institutes of Health in Bethesda, Maryland, have found (Winfrey, 1987).

Author name(s) and year in parentheses when not included in text

No page numbers for paraphrases and summaries

PARAGRAPH 3: Each individual’s lifestyle reflects that person’s own circadian cycle. Scientists group people as “larks” or “owls” on the basis of whether individuals are more efficient in the morning or at night. The idea behind the labels is that “in nature certain animals are diurnal, active during the light period; others are nocturnal, active at night. The ‘morning lark’ and the ‘night owl’ connotations typically are used to categorize the human extremes” (“Are You,” 1989, p. 11).

Partial title used because source does not give an author



Biological Clocks 5

Disruptions of Natural Cycles

"Owls" who must stay up late at night and "larks" who must awaken early in the morning experience mild versions of "jet lag," the disturbance from which time-zone travelers often suffer. Jet lag, which is characterized by fatigue and irregular sleep patterns, results from disruption of circadian rhythms in most people who fly in jets to different time zones:

Jet lag syndrome is the inability of the internal body rhythm to rapidly resynchronize after sudden shifts in the timing. For a variety of reasons, the system attempts to maintain stability and resist temporal change. Consequently, complete adjustment can often be delayed for several days—sometimes for a week—after arrival at one's destination. (Bonner, 1991, p. 72)

According to Richard Coleman (1986), "the number, rate, and direction of time-zone changes are the critical factors in determining the extent and degree of jet lag symptoms" (p. 67). In general, eastbound travelers find it harder than westbound travelers to adjust.

Proof of this theory can be found in the national pastime, baseball. Three researchers analyzed win-loss records to discover whether jet lag affected baseball players' performance (Recht, Lew, & Schwartz, 1995). The study focused on the records of teams in the eastern and western United States over a period of 3 years. If a visiting team did not have to travel through any time zones, it lost 54% of the time. If the visiting team had traveled from west to east, it lost 56.2% of the time.

SECOND HEADING

PARAGRAPH 4: Applies terms to jet lag

In APA style, block-indented paragraph for quotations over 40 words indents $\frac{1}{2}$ " or five to seven spaces

Quotations require page number with *p.* or *pp.* for more than one page.

PARAGRAPH 5: Additional specific support for previous paragraph

Statistics illustrate example.



But if they had traveled from east to west, the visitors lost only 37.1% of the time.

PARAGRAPH 6:
New example
describes
problem as it
affects another
group, shift
workers.

**Specific
details to
illustrate
example**

Another group that suffers greatly from biological-clock disruptions consists of people whose livelihoods depend on erratic schedules. This situation affects 20 to 30 million U.S. workers whose work schedules differ from the usual morning starting time and afternoon or early evening ending time (Weiss, 1989). Sue Binkley (1990) reports that Charles Czeisler, director of the Center for Circadian and Sleep Disorders at Brigham and Women's Hospital in Boston, found that 27% of the U.S. workforce does shift work. Shift work can mean, for example, working from 7:00 a.m. to 3:00 p.m. for six weeks, from 3:00 p.m. to 11:00 p.m. for six weeks, and from 11:00 p.m. to 7:00 a.m. for six weeks. Shift workers are at greater risk for heart disease, stomach disorders, insomnia, mood disorders, and infertility (Latta & Van Cauter, 2003). In a 1989 report to the American Association for the Advancement of Science, Czeisler states that "police officers, [medical] interns, and many others who work nights perform poorly and are involved in more on-the-job accidents than their daytime counterparts" (as cited in Binkley, 1990, p. 26).

PARAGRAPH 7:
Additional
specific support

Other researchers confirm that safety is at risk during late-shift hours. In a study of 28 medical interns observed during late-night shifts over a 1-year period, 25% admitted to falling asleep while talking on the phone, and 34% had had at least one accident or near-accident during that period (Weiss, 1989, p. 37). Investigations into the *Challenger* space shuttle explosion and the nuclear-reactor disasters at Three Mile Island and Chernobyl reveal critical errors made by people undergoing the combined stresses of lack of sleep and unusual work schedules (Toufexis, 1989).





Biological Clocks 7

Emergency room physicians experience these two stresses all the time. Their professional group, the American College of Emergency Physicians (ACEP), after investigating circadian rhythms and shift work, drafted a formal policy statement, approved by ACEP's board of directors in 1994. The policy calls for "shifts . . . consistent with circadian principles" to prevent burnout and keep emergency physicians from changing their medical specialty. Also, such a policy would provide the best care for patients (Thomas, 1996).

PARAGRAPH 8: One group's response to information on biological clocks

Ellipsis indicates words have been omitted within a direct quotation.

If jet lag and circadian disruptions caused by shift work are obvious ways to upset a biological clock, a less obvious disruption is increasingly recognized as a medical problem: the disorder known as seasonal affective disorder (SAD). Table 1 lists some of the major symptoms of SAD.

PARAGRAPH 9: Applies problem to a medical condition

Table 1

Common Symptoms of Seasonal Affective Disorder (SAD)	
Sadness	Later waking
Anxiety	Increased sleep time
Decreased physical activity	Interrupted, unrefreshing sleep
Irritability	Daytime drowsiness
Increased appetite	Decreased sexual drive
Craving for carbohydrates	Menstrual problems
Weight gain	Work problems
Earlier onset of sleep	Interpersonal problems

Table title

Table lists items efficiently, making them easy to find.

Note below table provides source.

Note. From *The Clockwork Sparrow* (p. 204), by S. Binkley, 1990, Englewood Cliffs, NJ: Prentice Hall. Copyright 1990 by Prentice Hall. Reprinted with permission.* →

*For professional publications APA recommends that tables appear on separate pages at the end of your paper. Determine your instructor's preference.

THIRD HEADING *Ways to Help People Affected by Cycle Disruptions*

SAD appears to be related to the short daylight

PARAGRAPH 10: Solution to problem

(photoperiod) of winter in the temperate zones of the northern and southern hemispheres. Michael Terman, a clinical psychologist at Columbia Presbyterian Medical Center's New York State Psychiatric Institute, has studied SAD patients for many years. He has observed their inability to function at home or at work from fall to spring (Caldwell, 1999). Research by Kelly Rohan, Sandra Sigmon, and Diana Dorhofer (2003) suggests that negative thought patterns and reduced activity enjoyment also correlate with SAD. The phenomenon of SAD not only illustrates the important role of circadian rhythms but also dramatically proves that an understanding of circadian principles can help scientists improve the lives of people who experience disruptions of their biological clocks. Binkley (1990) claims that exposure to bright light for periods of up to two hours a day during the short-photoperiod days of winter reduces SAD-related "depression in 87 percent of patients . . . within a few days: relapses followed" when light treatment ended (pp. 203–204). The treatment works because specific cells in the retina of the eye transmit information to "two clusters of 10,000 nerve cells in the hypothalamus of the brain" that control the body's biological clock (Wright, 2002, p. 60).

Specific method for reducing SAD

PARAGRAPH 11: Applies solution in previous paragraph

Lengthening a person's exposure to bright light can also help combat the effects of jet lag and shift work. Specific suggestions for using light to help reset a jet traveler's biological clock include trying to sleep when it gets dark at your destination and "being outdoors as much as possible during the afternoon" (Herxheimer & Waterhouse, 2003, p. 297). Night-shift workers should stay in



Biological Clocks

9

the dark during the day and can benefit from strong bright light exposure at work (Boivin & James, 2002).

More substantial changes may be required to help some people affected by disruptions of their biological clocks. Susan Black (2000) summarizes research that shows most adolescents' biological clocks are set so that they cannot fall asleep until after 10:30. Since they need a little more than 9 hours of sleep per night, the customary school starting time of 7:30–8:30 a.m. comes too early. Adolescents may be able to reset their circadian clocks by going to sleep 15 minutes earlier—including on weekends—over a gradual period of several weeks. Conversely, schools may need to consider later starting times.

Establishing work schedules more sensitive to biological clocks can increase a sense of well-being and reduce certain safety hazards. A group of police officers in Philadelphia were studied while on modified shift schedules (Locitzer, 1989; Toufexis, 1989). The officers were changed between day shifts and night shifts less frequently than they had been on former shift schedules. Also, they rotated forward rather than backward in time; and they worked four rather than six consecutive days. The officers reported 40% fewer patrol car accidents and decreased use of drugs or alcohol to get to sleep. Overall, the police officers preferred the modified shift schedules. Charles Czeisler, who conducted the study, summarizes the importance of these results: "When schedules are introduced that take into account the properties of the human circadian system, subjective estimates of work schedule satisfaction and health improve, personnel turnover decreases, and work productivity increases" (as cited in Locitzer, 1989, p. 66).

PARAGRAPH 12:
Continues solution

PARAGRAPH 13:
Specific system to reduce time-shift problems

In APA style, summary of two sources separated by semicolon for in-text citations



CONCLUSION:
Points to
future

Biological Clocks 10

Conclusion

Scientists like Charles Czeisler are guiding individuals to live harmoniously with their biological clocks. The growing awareness of the negative effects of shift work and travel across time zones has led to significant advances in reducing problems caused by disruptions of people's natural cycles. The use of light to manipulate the body's sense of time has also helped. As more of us realize how circadian rhythms can affect our lifestyles, we might learn to control our biological clocks instead of our biological clocks' controlling us.

Biological Clocks 11

References

Begin References
on new page.

Are you a day or night person? (1989, March 4). *USA Today*, p.11.

Double-space
throughout.

Binkley, S. (1990). *The clockwork sparrow*. Englewood Cliffs, NJ: Prentice Hall.

List References
in alphabetical
order.

Black, S. (2000, December). A wake-up call on high-school starting times. *Education Digest*, 6, 33-38. Retrieved September 7, 2003, from Academic Search Elite database.

See page 441 for
advice about
formatting an
APA-style
References list
using a "hanging
indent" style

Boivin, D. B., & James, F. O. (2002). Circadian adjustment to night-shift work by judicious light and darkness exposure. *Journal of Biological Rhythms*, 17, 556-567.

Bonner, P. (1991, July). Travel rhythms. *Sky Magazine*, 72-73, 76-77.

Caldwell, M. (1999, July). Mind over time. *Discover*, 20, 52. Retrieved September 8, 2003, from General Reference Gold database (Article A55030836).

Coleman, R. (1986). *Wide awake at 3:00 a.m.: By choice or by chance?* New York: Freeman.

Czeisler, C., Duffy, J. F., Shanahan, T. L., Brown, E. N., Mitchell, J. F., Rimmer, D. W., et al. (1999, June 25). Stability, precision,



Biological Clocks

12

and near-24-hour period of the human circadian pacemaker. *Science*, 284, 2177–2181.

Herxheimer, A., & Waterhouse, J. (2003). The prevention and treatment of jet lag. *BMJ: British Medical Journal*, 326, 296–297.

Latta, F., & Van Cauter, E. (2003). Sleep and biological clocks. In M. Gallagher and R. J. Nelson (Eds.), *Handbook of Psychology* (Vol. 3, pp. 355–375). New York: Wiley.

Lewis, R. (1995, December 24). Chronobiology researchers say their field's time has come. *The Scientist*, 9, 14. Retrieved September 6, 2003, from http://www.thescientist.com/yr1995/dec/chrono_951211.html

Locitzer, K. (1989, July/August). Are you out of sync with each other? *Psychology Today*, 23, 66.

Recht, L., Lew, R., & Schwartz, W. (1995, October 19). Baseball teams beaten by jet lag [Letter]. *Nature*, 377, 583.

Rohan, K. J., Sigmon, S. T., & Dorhofer, D. M. (2003). Cognitive-behavioral factors in seasonal affective disorder. *Journal of Consulting and Clinical Psychology*, 71, 22–30.

Thomas, H. A. (1996). Circadian rhythms and shift work. ACEP Online. Retrieved August 28, 2003, from <http://www.acep.org/1,509,0.html>

Toufexis, A. (1989, June 5). The times of your life. *Time*, 133, 66–67.

Weiss, R. (1989, January 21). Safety gets short shrift on long night shift. *Science News*, 135, 37.

Winfrey, A. (1987). *The timing of biological clocks*. New York: Freeman.

Wright, K. (2002, September). Times of our lives. *Scientific American*, 287, 58–64. Retrieved September 12, 2003, from Academic Search Elite database.

Source is a letter appearing in *Nature* publication.