



Using APA Style

Clinical. Lactation



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At *Clinical Lactation*, we use American Psychological Association (APA) Style. APA style does not refer to a style of writing. Rather, it covers such elements as:

- punctuation and abbreviations,
- construction of tables,
- selection of headings,
- citation of references, and
- presentation of statistics.

This style is widely used in the social and behavioral sciences. We have selected it as our editorial style because it is relatively simple to use; has detailed instructions on how to cite all types of materials, including electronic media; and ensures that our editorial style is consistent across all of our publications.

You can find a complete listing of APA Style in the *Publication Manual of the American Psychological Association (5th Ed.)* or *Concise Rules of APA Style*. We strongly recommend that you purchase a copy of either the full version or the *Concise Rules*. Both are available at www.apa.org, on Amazon.com, or at large bookstores. APA Style is also an option in EndNote.

A brief summary of APA reference style is listed below.

References

Citations in Text of a Manuscript

Citations in the text of your manuscript should include the author's last name(s) and the year of publication, both enclosed in parentheses.

(Wolf, 2006).

When you are including a direct quotation, include the specific page number.

(Anderson, 2004, p. 223).

If the author(s) names are mentioned in the same sentence, include only the year of publication. If the year of publication is mentioned in the text, include only the author's name in the citation.

Two authors

For works by two authors, always include both author names.

(Anderson & Bjorn, 2003)

As Anderson and Bjorn (2003) illustrated in their recent study

Three or more authors

When there are three or more authors, include the name of the first author and "et al." [This is a variation from APA Style, but we've found it easier for both authors and editors.]

(Anderson et al., 2003)



Reference List

All citations in the text of the document should also be included on the Reference List. The Reference List is the last section of the manuscript, with the word “References” at the top of the section. Entries in the Reference List should be alphabetized. If you have many references, we strongly recommend the use of EndNote or similar software.

Examples of Types of Citations

Journal article

Chin, A.C., Myers, L., & Magnus, J.H. (2008). Race, education and breastfeeding initiation in Louisiana, 2000-2004. *Journal of Human Lactation*, 24, 175-185.

Book

Hale, T.W. (2008). *Medication and Mother's Milk* (13th ed.). Amarillo, TX: Hale Publishing.

Article or chapter in an edited book

Hartmann, P.E. (2007). Mammary gland: Past, present, and future. In T.W. Hale & P.E. Hartmann (Eds.), *Textbook of human lactation* (pp. 1-16). Amarillo, TX: Hale Publishing.

Journal article, Internet-only or online journal

Kendall-Tackett, K.A. (2007, March). A new paradigm for depression in new mothers: The central role of inflammation and how breastfeeding and anti-inflammatory treatments protect maternal mental health. *International Breastfeeding Journal*, 2:6, Retrieved September 3, 2008, from <http://internationalbreastfeedingjournal.com/content/2/1/6>

Article in an Internet-only newsletter

West, D., & Hirsch, E. (2008, July). Breastfeeding after breast procedures. *Medications & More*, 31. Retrieved September 3, 2008, from <http://www.ibreastfeeding.com/Volume%2032.pdf>

E-mail or other personal communication (cite in text only)

(A. Monterey, personal communication, September 28, 2001)

For further information, go to www.ClinicalLactation.org.

