

Clinical. Lactation

What is APA Style?

At *Clinical Lactation*, we use American Psychological Association (APA) style, as codified in the [Publication Manual of the American Psychological Association, 6th Edition](#) (APA, 2010). This style is widely used in the social and behavioral sciences. We have selected it as our editorial style because it is relatively simple and straightforward to use, and has detailed instructions on how to cite all types of materials, including electronic media.

APA style covers such elements as punctuation and abbreviations, construction of tables, selection of headings, citation of references, and presentation of statistics. It addresses ethical issues, such as disclosing potential conflicts of interest, adhering to U.S. copyright law, and maintaining client confidentiality. It also includes guidelines for avoiding or reducing bias when referring individuals or groups of people. The style manual recommends choosing words to describe a person or persons that are “accurate, clear, and free from bias” (p. 71). Generally speaking, style rules are a set of simple procedures to increase the readability of articles and other materials. According to Dr. Gary VandenBos:

Uniform style helps us cull articles quickly for key points and findings. Rules of style in scientific writing encourage full disclosure of essential information and allow us to dispense with minor distractions. Style helps us express the key elements of quantitative results, choose the graphic form that will best suit our analysis, report critical details of our research protocol, and describe individuals with accuracy and respect. It removes the distraction of puzzling over correct punctuation for a reference or the proper form for numbers in text. Those elements are codified in the rules we follow for clear communication, allowing us to focus our intellectual energy on the substance of our research (American Psychological Association, 2010, p. xiii).

You can find a complete listing of APA Style in the *Publication Manual of the American*

Psychological Association, (6th 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, 6th Edition is also a reference option in EndNote.

Reference

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.