

**APA 7th Quick Guide**  
**APSU Writing Center Handout**

**What is an in-text citation?**

In-text citations give credit for any material you **quote, paraphrase, or summarize** in your essay. They direct your reader to the full citation on the Reference page.

- Usually includes **author's last name, year of publication**, and sometimes a **page number** for direct quotes.
- This information can appear **inside the sentence** or at the **end in parentheses**.
- **Paraphrasing Example:** Anxiety can make people more interested in horror movies because they provide a sense of control over fear (Bologna, 2019).
- **Direct Quote Example:** Bologna (2019) explains that “people with anxiety may enjoy horror films because they can control when the fear stops” (p. 2).

**What is a Reference Page?**

The reference page lists **full details of all sources** cited in your paper.

- **Title:** Reference or References (centered at the top of the page).
- **Spacing:** Double-space all entries.
- **Indentation:** Use a hanging indent by indenting the second and following lines of each citation by half an inch.
- **Order:** List entries **alphabetically** by author's last name

Reference

Bologna, C. (2019, October 31). *Why do some people with anxiety love watching horror movies.*

HuffPost. [https://www.huffpost.com/entry/anxiety-love-watching-horror-movies\\_1\\_5d277587e4b02a5a5d57b59e](https://www.huffpost.com/entry/anxiety-love-watching-horror-movies_1_5d277587e4b02a5a5d57b59e)