

What's New in APA 7th Edition?

The 7th Edition of the APA Style Guide includes some notable improvements.

The Running Head

According to the 7th Edition, it is no longer necessary for **student papers** to have a running head.

For **major research or professional papers**, it is not necessary to have the phrase “Running head:” prior to the shortened version of the title within the header of the title page. The header simply contains the shortened version of the title in all caps (left) and the page number (right):



The Heading Styles

The APA 7th Edition heading styles are much simpler and more logical.

	APA 7 th Edition	APA 6 th Edition
Level 1	Centered, Bolded, Capitalized	Centered, Bolded, Capitalized
Level 2	Left Justified, Bolded, Capitalized	Left Justified, Bolded, Capitalized
Level 3	<i>Left Justified, Bold-Italicized, Capitalized</i>	Indented, bolded, lowercased, period.
Level 4	Indented, Bolded, Capitalized, Period.	<i>Indented, bold-italicized, lowercased, period.</i>
Level 5	<i>Indented, Bold-Italicized, Capitalized, Period.</i>	<i>Indented, italicized, lowercased, period.</i>

The In-Text Citations

The most significant change to the in-text citation style is the use of “et al.” for the first as well as subsequent in-text citations for sources with three or more authors.

Source	References	In-Text Citation
Journal article, 2 authors, volume and issue #s	Authors' Surnames, Initials. (year). Article title. <i>Journal Title</i> , volume #(issue #), page range. Klimoski, R., & Palmer, S. (1993). The ADA and the hiring process in organizations. <i>Consulting Psychology Journal: Practice and Research</i> , 45(2), 10–36.	Kimoski and Palmer (1993) explain that the “...” (p. 26). (Kimoski & Palmer, 1993, p. 26).
Journal article, 3 or more authors	Saywitz, K.J., Mannarino, A.P., Berliner, L., & Cohen, J.A. (2000). Treatment for sexually abused children and adolescents. <i>American Psychologist</i> , 55, 1040–1049.	According to Saywitz et al. (2000), (Saywitz et al., 2000).

The References

There have been a few changes to how online sources are referenced:

- It is no longer necessary to include the publication location of books.
- It is no longer necessary to include the words “Retrieved from” prior to a URL.
- The URL is hyperlinked and there is no period following a URL.
- DOI numbers should be included in their URL form (e.g., <http://doi.org/> ...).

<p>Markusen, A. (2006). Urban development and the politics of a creative class: Evidence from a study of artists. <i>Environment and Planning A</i>, 38(10), 1921–1940.</p> <p>https://doi.org/10.1068%2Fa38179</p>
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