APA 7th Edition Style Guide for Healthcare Programs

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The text on your title page must be centered, double-spaced. This is an example based on the content of this APA guide. Your title page should include:

Title of Paper

Your Name

Division of Healthcare Professions, Tallahassee Community College

Course Code: Course Title

Your Instructor’s Name

Date in “Month day, year” format

APA permits any accessible serif or sans-serif font, including Calibri 11 and Times New Roman 12. Check with your instructor to see if they have a font preference.

Always double-space.

Always use 1-inch margins.
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The next two pages contain an example of the body of an APA style paper. The first line of each paragraph is indented to five spaces, which is accomplished by pressing the ‘tab’ key. As on the first page, the body of the paper is in double-spaced Calibri 11-point font. This sample essay will be used to show two examples of in-text citations. The full citations will appear on the references page.

The journal article “The Three-Minute Appraisal of a Randomized Trial” has three authors. Because it has more than three authors, this article is cited using the format (Author et al., year). This can be a direct quote, such as “Randomization of subjects into control group and experimental groups is crucial for a study’s validity” (Godin et al., 2011, p. 194). Because this is a direct quote, the page number is mandatory.

If a concept from the article is paraphrased, as in the following sentence, the page number is optional.

When possible, participants in a study should not know if they are in the experimental or control group, so as to avoid the placebo effect (Godin et al., 2011).

The book Essentials of Psychiatric Mental Health Nursing: Concepts of Care in Evidence-Based Practice has two authors. Because there are between one and two authors, their names are used every time the book is referred to in the paper. When using in-text citations, it is also appropriate to write the authors’ names outside of parentheses, as long as the year is in parentheses immediately following the authors’ names. To cite a direct quote in this format, the page numbers must also appear in parentheses following the quote itself. This is an example. According to Townsend and Morgan (2017), “Studies have correlated a decrease in lymphocyte functioning with periods of grief, bereavement, and depression, associating the degree of altered immunity with severity of the depression” (pp. 33-34). The preceding citation is also an example of how to cite a direct quote that spans two pages. The next sentence is an example of a paraphrase from this book. Hormones released during stress can suppress the body’s
immune system, contributing to physical illness (Townsend & Morgan, 2017). Again, because there are only two authors, both names are used every time this work is referred to in the text.

The format and examples of more types of in-text citations will be provided later in this guide. This sample essay demonstrates how the in-text citations of two common source types appear in an APA paper, and is intended to be helpful for healthcare students at Tallahassee Community College. The following page is a references list based off of the sources cited in this sample essay.
The word References is centered on the first line of the page. It is not bolded, italicized, or underlined.

Do not alphabetize authors within a source. The authors are listed in the order in which they contributed to the source.


For your references list, use a hanging indent; indent the second line to five spaces instead of the first. Do this by going to paragraph > indent > special > hanging.

Your references list must be in alphabetical order by the first word in the citation. This is usually the author, but if there is no author, the source is alphabetized by title.