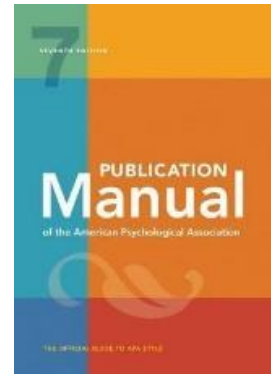


## Major Formatting Changes From APA 6<sup>th</sup> to APA 7<sup>th</sup> Edition



### Running head

- The words “Running head” are no longer included on the first page (i.e., every page has the same running head text).

### Bolded Headings

- All Level 1 headings are now in **bold**: Title (on title page and at the beginning of the body of the paper), Abstract, Method, Results, Discussion, and References

### In-text citations

- Use “et al.” for three or more authors every time (i.e., do not list all authors the first time).

### References

- The full doi link is now given instead of “doi: ...”
- Website URLs no longer need “Retrieved from: ...”
- Publisher location is no longer included in book references.
- Author names are listed up to the first 20 instead of the first 7.

### Table captions

- “Table #” is now in bold

### Figure captions

- Figure captions are now formatted the same as table captions: “Figure #” is in bold, the caption is in title case in italics, and it is all above the figure. A note may be provided with more information.

### Spacing after period

- One space should be used after a period