



What's New in the 7th Edition of the APA Publication Manual?

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Overview



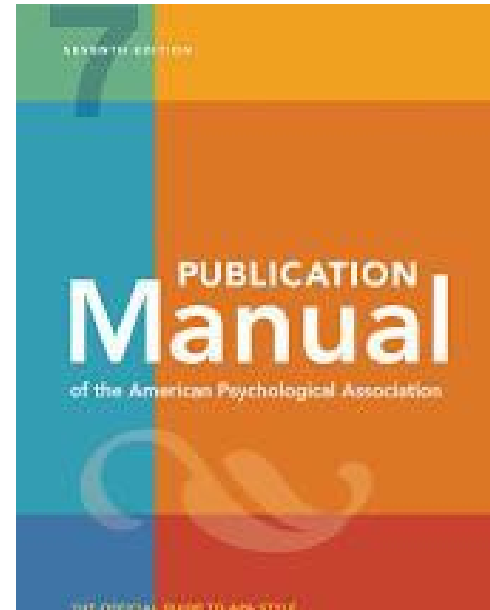
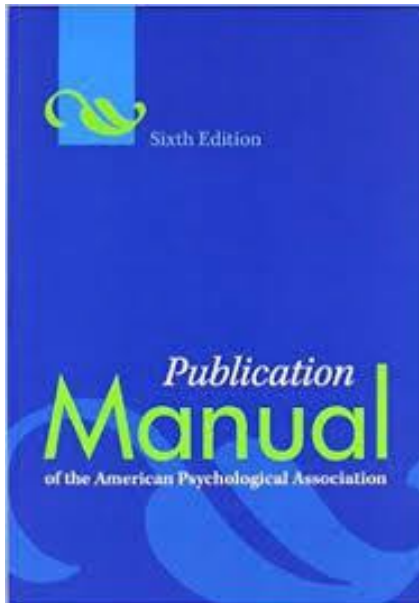
- Review main formatting differences
 - General paper formatting
 - Citations
 - References
- Improvements in the *Manual*
 - Recognizes student use!
 - Student vs. professional use
- Much easier to use and find things
- Many more examples given
- Better indexing
- Table of Contents
- Transitioning to 7th edition
 - The University's plan
 - Transitioning May 11, 2020
- Academic Writer

What's New?



6th Edition Publication Manual

7th Edition Publication Manual



General paper formatting 6th Ed



6th Edition Title Page

Running head: GUIDED IMAGERY AND PROGRESSIVE MUSCLE RELAXATION 1

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

Hannah K. Greenbaum

Department of Psychology, The George Washington University

PSYC 3170: Clinical Psychology

Dr. Tia M. Benedetto

October 1, 2019

6th Edition Text

GUIDED IMAGERY AND MUSCLE RELAXATION

2

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). Thus, an important goal of psychological research is to evaluate techniques that promote stress reduction and relaxation. Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McGuigan & Lehrer, 2007). *Guided imagery* aids individuals in connecting their internal and external experiences, allowing them, for example, to feel calmer externally because they practice thinking about calming imagery. *Progressive muscle relaxation* involves diaphragmatic breathing and the tensing and releasing of 16 major muscle groups; together these behaviors lead individuals to a more relaxed state (Jacobson, 1938; Trauttenberg, 2008). Guided imagery and progressive muscle relaxation are both cognitive behavioral techniques (Yalom & Leszcz, 2005) in which individuals focus on the relationship among thoughts, emotions, and behaviors (White, 2000).

Group psychotherapy effectively promotes positive treatment outcomes in patients in a cost-effective way. Its efficacy is in part attributable to variables unique to the group experience of therapy as compared with individual psychotherapy (Bottomley, 1996; Yalom & Leszcz, 2005). That is, the group format helps participants feel accepted and better understand their common struggles; at the same time, interactions with group members provide social support and models of positive behavior (Yalom & Leszcz, 2005). Thus, it is useful to examine how stress reduction and relaxation can be enhanced in a group context.

General paper formatting 7th Ed



7th Edition Title Page

7th Edition Text

1

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

Hannah K. Greenbaum

Department of Psychology, The George Washington University

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2

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

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Levels of Headings



- **APA 6th**

Level 1 Heading

Centered, bolded, and title case.

Level 2 Heading

Left aligned, bolded, use title case

Level 3 heading. Indented, in-line with the paragraph, bolded, sentence case, and ends with a period.

Level 4 heading. Indented, in-line with the paragraph, bolded, italicized, sentence case, and ends with a period.

Level 5 heading. Indented, in-line with the paragraph, italicized, sentence case, and ends with a period.

- **APA 7th**

Level 1 Heading

Centered, bolded, and title case.

Level 2 Heading

Left aligned, bolded, and title case.

Level 3 Heading

Left aligned, bolded, italicized, and Title case.

Level 4 Heading. Indented, in-line with the paragraph, bolded, title case, and ends with a period.

Level 5 Heading. Indented, in-line with the paragraph, bolded, italicized, title case, and ends with a period.

General paper formatting 6th Ed

6th Tables

Table 1

Title of the Table in Title Case

Column Heading	Column Heading	Column Heading	Column Heading	Column Heading	Column Heading
Subheading	Yes	Yes		Yes	Yes
Subheading		Yes			
Subheading		Yes	Yes		
Subheading	Yes		Yes	Yes	

Note: Adapted from ...

6th Figures



Figure 1. Academic Seal of Liberty University

General paper formatting 7th Ed

7th Tables

Table 1

Title of the Table in Title Case

Column Heading	Column Heading	Column Heading	Column Heading	Column Heading	Column Heading
Subheading	Yes	Yes		Yes	Yes
Subheading		Yes			
Subheading		Yes	Yes		
Subheading	Yes		Yes	Yes	

Note: Adapted from ...

7th Figures

Figure 1

Academic Seal of Liberty University



Note: This is...

In-Text Citations



6th Edition

- 1 Author
 - (Printz, 2012)
- 2 Authors
 - (Hunter & Simmons, 2015)
- 3-5 Authors
 - First time citing, include all authors: (Poole-Wilson, Walsh, O'Rourke, & Fuster, 2013)
 - Subsequent citing, use et al.: (Poole-Wilson et al., 2013)
- 6 or More Authors
 - (Cooney et al., 2013)

7th Edition

- 1 Author
 - (Printz, 2012)
- 2 Authors
 - (Hunter & Simmons, 2015)
- 3 or More Authors
 - (Poole-Wilson et al., 2013)

References - Notable Changes



- “References” is now bolded

10

References

Achterberg, J. (1985). *Imagery in healing*. Shambhala Publications.

- Authors: Include up to 20 authors for a reference entry. If more than 20 authors, list the first 19, then put an ellipsis (...) and the last author listed. (Was 8 or more in 6th ed.)
 - Allegra, C. J., Yothers, G., O'Connell, M. J., Beart, R. W., Wozniak, T. F., Pitot, H. C., Shields, A. F., Landry, J. C., Ryan, D. P., Arora, A., Evans, L. S., Bahary, N., Soori, G., Eakle, J. F., Robertson J. M., Moore, D. F., Jr., Mullane, M. R., Marchello, B. T., Ward, P. J., Sharif, S., ... Wolmark, N. (2015). Neoadjuvant 5-FU or capecitabine plus radiation with or without oxaliplatin in rectal cancer patients: A phase III randomized clinical trial. *Journal of the National Cancer Institute*, 107(11), Article djv248, 25-32. <https://doi.org/10.1093/jnci/djv248>

References - Notable Changes



- Books: Don't include the publisher location, just the publisher. Include a DOI if the book has one.
 - Achterberg, J. (1985). *Imagery in healing*. Shambhala Publications.
- Journal Articles: Use the URL format for DOIs. If it has an article number rather than an issue number or page range, use that.
 - Oh, H. (2019). Analytical solution to swing equations in power grids. *PLOS One*, 14(11), Article e0225097. <https://doi.org/10.1371/journal.pone.0225097>

References - Notable Changes



- Webpages: Italicize the webpage title. Leave out “retrieved from” unless a date of retrieval is needed. (Retrieval dates are only used for pages that may change over time.)
 - Mayo Clinic Staff. (2019, August 14). *Handwashing: Do's and Don'ts*. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>
 - Centers for Disease Control and Prevention. (n.d.). *Handwashing: Clean hands save lives*. Retrieved November 21, 2019 from <https://www.cdc.gov/handwashing/index.html>

Summary of Notable Changes



One space after end punctuation!

Two formatting options for the title page: **professional and student** (2.3) (Liberty will have undergraduate students use the student version. Graduate students will use the professional version.)

New sample papers for professional and student writers (Chapter 2)

Updated running head (not required for “student” papers) (2.8)

Flexibility with font choices (2.19) (Liberty will allow Calibri-11 pt. or Times New Roman 12 pt. and suggests faculty specify word counts rather than page counts.)

Bold type for all heading levels (2.26; 2.27)

Omission of the “Introduction” section heading (2.27)

Endorsement of “singular they” for gender inclusion (4.18)

Updated guidelines on bias-free language (Chapter 5)

Summary of Notable Changes



Double quotation marks, instead of italics, used for examples and ironic expressions (6.7)

In-text citations with three or more authors name the first author and et al. on the first mention (See p. 63 and 8.17 in printed *Publication Manual*)

Up to 20 authors are now named before using an ellipsis for works with multiple authors on the reference page (APA Blog and 9.8)

Expanded examples for citing Twitter, Facebook, Instagram, TED Talks, YouTube, and other social media and audio/video sources (some examples online 10.12; 10.15. Comprehensive list of examples in printed *Publication Manual* 10.12; 10.15)

New formatting for URLs and DOIs on reference page (9.34-9.36)

Publication location no longer included for book references (10.2)

Singular “They” Pronouns



The following endorsed usage examples are taken directly from section 4.18 of the printed *Publication Manual*. Additional examples are found online (4.18).

Each participant turned in their questionnaire.

Jamie shared their experiences as a genderqueer person.

A child should learn to play by themselves [or themselves] as well as with friends.

Rowan, a transgender person, helped themselves [or themselves] to the free coffee. (p. 121)

Table of Contents



Front Matter

1. Scholarly Writing and
Publishing Principles

2. Paper Elements and
Format

3. Journal Article
Reporting Standards

4. Writing Style and
Grammar

5. Bias-Free Language
Guidelines

6. Mechanics of Style

7. Tables and Figures

8. Works Credited in the
Text

9. Reference List

10. Reference Examples

11. Legal References

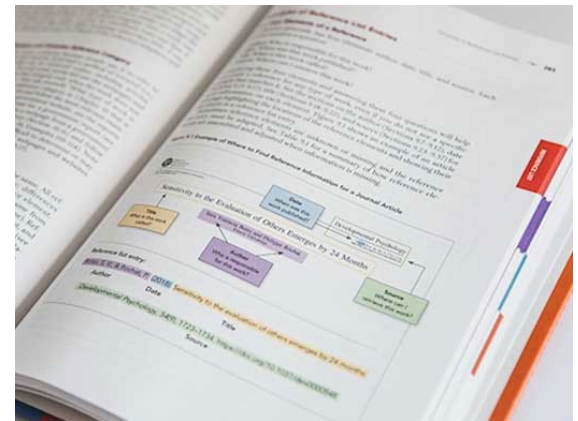
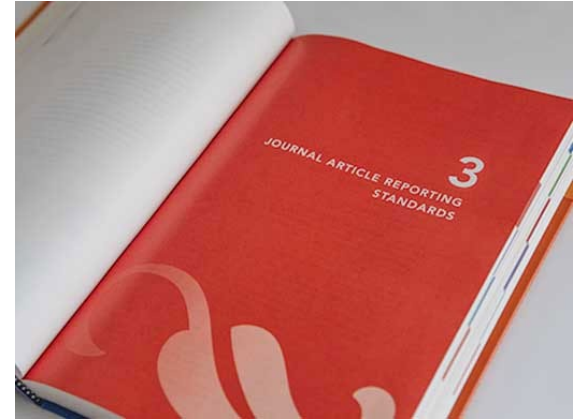
12. Publication Process

Back Matter

What's next?



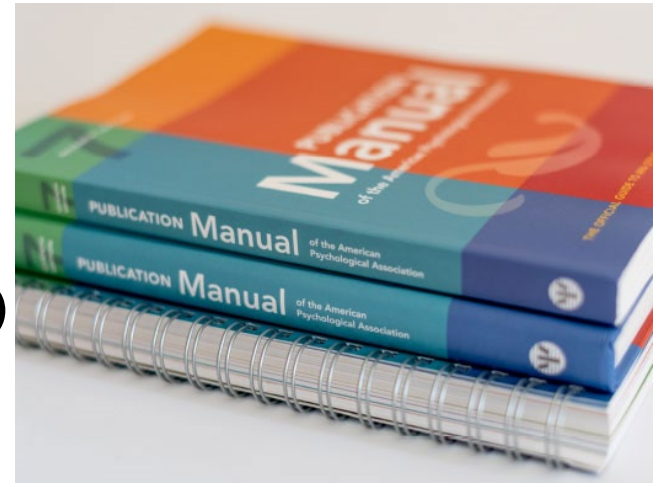
- As per the Provost's office, the implementation of this transition will be directed by the Writing Center.
- The transition will take place effective May 11, 2020 for both LUO and residential students.
- Watch for further training opportunities, tutorials, templates and directives from the Writing Center.
- Where the *Manual* leaves issues to the institution's discretion, Liberty will standardize and these interpretations will then apply to all programs and courses.



Additional Resources



- For the Spring 2020 semester, continue to use the 6th edition, but don't count off if students start using the new format.
- <https://apastyle.apa.org> contains more information about the new style. It has an archive of the 6th edition tutorials available until August 2020. If you have specific questions not answered in the manual, there is an APA Style blog as well:
- <https://apastyle.apa.org/blog>
- *Publication Manual of the American Psychological Association*
(three bindings – paper, spiral, hardcover)



Additional Resources



Academic Writer (formerly APA Style Central) will be updated. It currently (January 2020) still reflects the 6th edition in its references, sample papers, etc.



Academic Writer®

APA's tool for teaching and learning effective writing



Welcome ▾

My File Cabinet ▾

My Alerts

HOME

LEARN

REFERENCE

WRITE

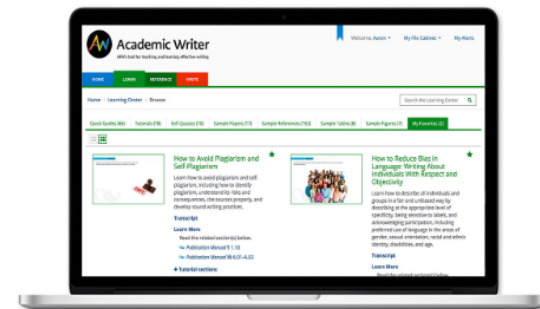
Welcome to Academic Writer

Academic Writer is APA's authoritative solution offering you a complete digital environment for teaching, learning, and writing academic papers.

LEARN: Use the Learning Center to find video quick guides and tutorials to help you get started and refine your research and writing.

REFERENCE: Use the Reference Center to find tools to assist you with building and managing a reference library.

WRITE: Use the Writing Center to select an APA Style paper template, collaborate with peers and reviewers, and check your work.





Questions?

Direct any implementation questions to the Writing Center.

If I can be of assistance with formatting (or research) questions, feel free to contact me:

Randy L. Miller, Jerry Falwell Library

RLMiller5@liberty.edu

434-592-3096

Write if you would like this PowerPoint as well as a link to a webinar from APA.