**APA Research Referencing Style**

1. Book: Last name, Initial(s). (Year). Title of book. Publisher.

Example: Smith, J. D. (2020). The Science of Psychology. XYZ Publishers.

1. Journal Article: Last name, Initial(s). (Year). Title of article. Title of Journal, Volume(Issue), Page numbers. DOI or URL

Example: Johnson, A. B., & Thompson, C. D. (2019). The effects of mindfulness meditation on stress reduction. Journal of Applied Psychology, 25(2), 123-145. doi:10.xxxx/xxxxx

1. Website: Author(s) (or Organization). (Year). Title of the webpage/document. Site Name. URL

Example: World Health Organization. (2022). Mental health and well-being. Retrieved from <https://www.who.int/mental_health/en/>

1. Conference Paper: Last name, Initial(s). (Year, Month). Title of paper. In Title of Conference (pp. xxx-xxx). Location: Publisher.

Example: Lee, S. H. (2021, July). The impact of social media on adolescent mental health. In Proceedings of the International Conference on Psychology (pp. 45-53). New York: ABC Publishers.

1. Newspaper Article: Last name, Initial(s). (Year, Month Day). Title of article. Name of Newspaper, Page(s). URL

Example: Brown, M. (2022, January 15). New study reveals the benefits of exercise for mental health. The Daily Times, p. A5. Retrieved from [URL]

**MLA**

1. Book: Last name, First name. Title of Book. Publisher, Year.

Example: Smith, John. The Science of Psychology. XYZ Publishers, 2020.

1. Journal Article: Last name, First name. "Title of Article." Title of Journal, vol. Issue, Year, pp. Page numbers.

Example: Johnson, Amy B., and Thompson, Christopher D. "The Effects of Mindfulness Meditation on Stress Reduction." Journal of Applied Psychology, vol. 25, no. 2, 2019, pp. 123-145.

1. Website: Author(s) (if available). "Title of Webpage/Document." Title of Website, Publisher or Sponsor of the Site, Date of Publication or Update, URL (without http:// or https://).

Example: World Health Organization. "Mental Health and Well-being." WHO, 2022, [www.who.int/mental\_health/en/](http://www.who.int/mental_health/en/).

1. Conference Paper: Last name, First name. "Title of Paper." Title of Conference, Date of Conference, Location of Conference.

Example: Lee, Su-Hyun. "The Impact of Social Media on Adolescent Mental Health." Proceedings of the International Conference on Psychology, 12-14 July 2021, New York.

1. Newspaper Article: Last name, First name. "Title of Article." Title of Newspaper, Date of Publication, Page(s).

Example: Brown, Michael. "New Study Reveals the Benefits of Exercise for Mental Health." The Daily Times, 15 Jan. 2022, p. A5.

**Chicago**

1. Book: Last name, First name. Title of Book. Place of Publication: Publisher, Year.

Example: Smith, John. The Science of Psychology. New York: XYZ Publishers, 2020.

1. Journal Article: Last name, First name. "Title of Article." Title of Journal volume number, no. issue number (Year): Page numbers.

Example: Johnson, Amy B., and Thompson, Christopher D. "The Effects of Mindfulness Meditation on Stress Reduction." Journal of Applied Psychology 25, no. 2 (2019): 123-145.

1. Website: Author(s) (if available). "Title of Webpage/Document." Title of Website. Publisher or Sponsor of the Site, Publication Date or Last Modified Date. URL (accessed Month Day, Year).

Example: World Health Organization. "Mental Health and Well-being." WHO. 2022. [www.who.int/mental\_health/en/](http://www.who.int/mental_health/en/) (accessed January 15, 2023).

1. Conference Paper: Last name, First name. "Title of Paper." Paper presented at the Title of Conference, Location, Date.

Example: Lee, Su-Hyun. "The Impact of Social Media on Adolescent Mental Health." Paper presented at the International Conference on Psychology, New York, July 12-14, 2021.

1. Newspaper Article: Last name, First name. "Title of Article." Title of Newspaper, Month Day, Year.

Example: Brown, Michael. "New Study Reveals the Benefits of Exercise for Mental Health." The Daily Times, January 15, 2022.