

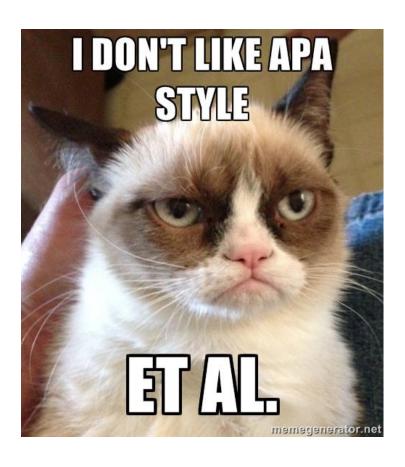
APA FORMATTING & STYLE

Dr. Brenda Barnes, PhD, MT(ASCP)SBB

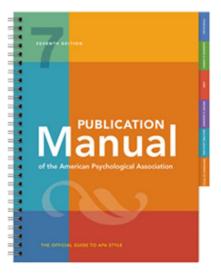
JANUARY 2021

What is APA style/formatting?





- Refers to guidelines and style formatting used by the American Psychological Association (APA)
- Current edition 7th



Why APA?



- Uses a structured, consistent format
- Allows focus to be placed on content rather than format
- Used in most academic journals
- It's what your instructor expects
 - Papers
 - Discussion posts
 - Others be sure to ask!



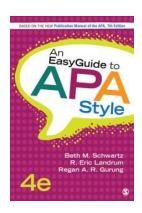
APA Resources

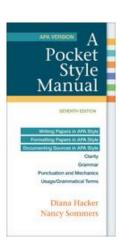


APA

- Publication Manual of the American Psychological Association, 7th Edition
- Concise Guide to APA Style, 7th Edition
- APA Style Website -https://apastyle.apa.org/

Others





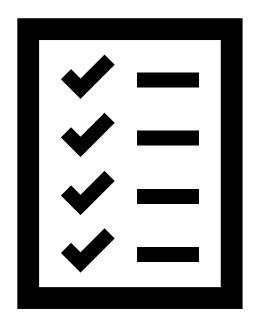


https://owl.purdue.edu/index.html

Allen College Website - https://www.allencollege.edu/academic-resources.aspx#APA%20Resources

APA Structural Elements

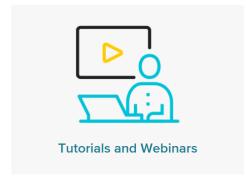








Information that follows is taken from the APA Style Instructional Aids webpage and includes the structural elements of a student paper. A variety of useful resources can be found at the site indicated below.







Check out: https://apastyle.apa.org/instructional-aids



Publication Manual, 7th Edition

Student Paper Checklist

Use this checklist while writing your paper to make sure it is consistent with seventh edition APA Style. This checklist corresponds to the writing and formatting guidelines described in full in the *Publication Manual of the American Psychological Association (7th ed.)*.

Refer to the following chapters for specific information:

- paper elements and format in Chapter 2
- · writing style and grammar in Chapter 4
- bias-free language in Chapter 5
- · mechanics of style in Chapter 6

- · tables and figures in Chapter 7
- · in-text citations in Chapter 8
- reference list and reference examples in Chapters 9 and 10

Information and resources are also available on the <u>APA Style website</u>. If you have questions about specific assignment guidelines or what to include in your APA Style paper, please check with your assigning instructor or institution. If you have questions about formatting your thesis or dissertation, check your institution's quidelines or consult your advisor.

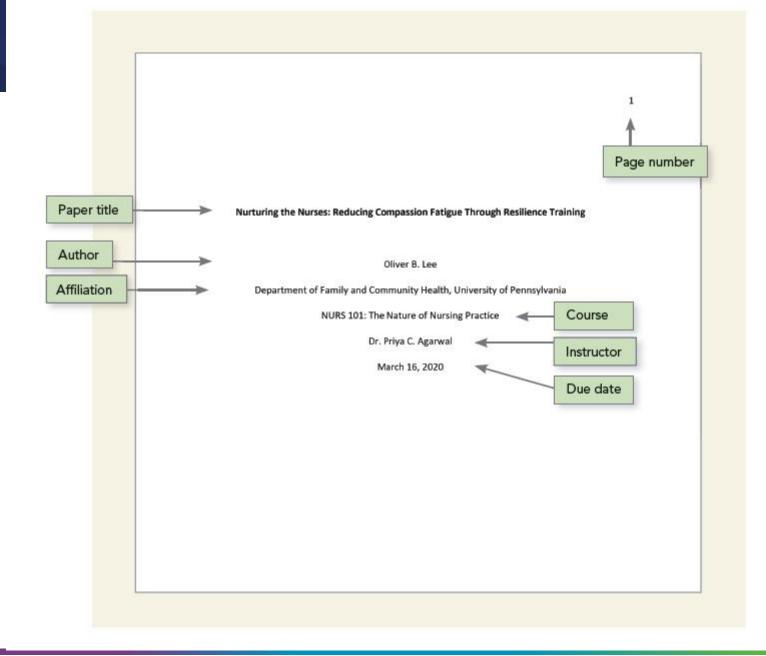
Student Title Page Author Affiliation (Section 2.6): Name of the department of the course to which the paper Format (Section 2.3): Double-space the title is being submitted and name of the college or page. Center each element on its own line. Do university. Use the format: Department, College not use italics, underlining, or different font (e.g., Department of History, Williams College). sizes. Do not include the school's location unless part Title (Section 2.4): Concise, engaging summary of its name. Center the affiliation one doubleof the paper and its main topic and/or variables. spaced line after the author name(s). Write the title in title case: Capitalize the first Course Number and Name (Section 2.2): letter of the title, the subtitle, and any major Number and name of course to which the paper words of four letters or more (plus linking verbs is being submitted. Use the format shown "Is," "Are," and "Be"). Double-space, center, on course materials (e.g., syllabus). Write the and bold the title in the upper half of the title number and name on the same line. Center the page (three or four lines down from the top

Student Title Page



- Format (Section 2.3)
 - Entire page is double-spaced
 - Each element is centered.
 - Do not use italics, underlining, or different font sizes
- Title (Section 2.4)
 - Summarizes main idea concisely in an engaging way
 - Title case
 - Capitalize first letter and any major words of four letters or more (plus any linking verbs – Is, Are, and Be)
 - Double-space, center, and bold the title
 - Should be in upper half of title page
- Author Name (Section 2.5)
 - Full name of each author
 - Format First M. Last
 - Centered, two double-spaced lines after title

- Author Affiliation (Section 2.6)
 - Name of the department of the course and name of college or university
 - Format Department, College
 - Centered, one double-spaced line after author name(s)
- Course Number and Name (Section 2.2)
 - Include number and name of course on the same line – use format shown on syllabus
 - Centered, one double-spaced line after author affiliation
- Instructor Name (Section 2.2)
 - Include name of course instructor use format shown on syllabus
 - Centered, one double-spaced line after course number and name
- Due Date (Section 2.2)
 - Include month, day, year (spell out month)
 - Centered, one double-spaced line after Instructor name
- Page Header (Section 2.18)
 - Page number 1 flush right in header



Paper Format



- Page Header (Section 2.18)
 - Page number flush right of all pages
 - Insert page number using automatic page-numbering function
 - Note: Running heads are not required for student papers
- Font and Font Size (Section 2.19)
 - Use the same font and size throughout paper
 - Recommendations:
 - 11-point Calibri
 - 11-point Arial
 - 10-point Lucida Sans Unicode
 - 12-point Times New Roman
 - 11-point Georgia
 - 10-point Computer Modern

1234567890!"§\$%&/()=? The Quick Brown Fox

Jumps Over the Lazy Dog
One two three four five six
seven eight night ten eleven

- Line Spacing (Section 2.21)
 - Double-space throughout
 - Do not add extra lines before or after headings or between paragraphs
- Margins (Section 2.22)
 - 1 in. on all sides
- Paragraph alignment (Sections 2.23-2.24)
 - Left-align text (do not use full justification)
 - Ident first line of each paragraph
 0.5 in. (one tab key)
- Paper Length (Section 2.25)
 - Follow assignment guidelines
 - May use word count as a guide

Paper Organization



- Introduction (Section 2.11)
 - Repeat the paper title on first line of first page of text, before opening paragraph
 - Center and bold title
 - Do not include "Introduction" heading
 - Use Level 2 headings for subsections in the introduction
- Text (Section 2.11)
 - Use headings as needed to organize
 - Use Level 1 heading for main section after the introduction

- Page Order (Section 2.17)
 - Title page
 - Abstract (if needed)
 - Text
 - References
 - Footnotes (if needed)
 - Tables (if needed)
 - Figures (if needed)
 - Appendices (if needed)
- Headings (Section 2.27)
 - Start each new section with a heading
 - Write all headings in title case and bold
 - Italicize Level 3 and 5 headings
 - Follow guidelines for alignment of headings (see next slide and link)
- Section Labels (Section 2.28)
 - Bold and center, including "Abstract" and "References"

Headings (Section 2.27)



APA Headings				
Level	Format			
1	Centered, Boldface, Title Case Heading Text starts a new paragraph.			
2	Flush Left, Boldface, Title Case Heading Text starts a new paragraph.			
3	Flush Left, Boldface Italic, Title Case Heading Text starts a new paragraph.			
4	Indented, Boldface Title Case Heading Ending With a Period. Paragraph text continues on the same line as the same paragraph.			
5	Indented, Boldface Italic, Title Case Heading Ending With a Period. Paragraph text continues on the same line as the same paragraph.			

Writing Style



- Continuity (Sections 4.1-4.3)
 - Check for continuity in words, concepts, and thematic development
 - Clearly explain relationships between ideas
 - Present in logical order
 - Use <u>transitions</u> to connect sentences, paragraphs and ideas
- Conciseness (Sections 4.4-4.6)
 - Be careful and deliberate with word choices
 - Eliminate wordiness, redundancy, overuse of passive voice
 - No jargon, contractions, colloquialisms
 - Vary sentence length
 - Paragraphs
 - No single-sentence paragraphs
 - Avoid paragraphs longer than one double-spaced page

- Clarity (Sections 4.7-4.11)
 - Clear and precise language
 - Use professional tone and language
 - Avoid <u>anthropomorphisms</u>
 - Make <u>logical comparisons</u>

The theory concludes...



Scholarly Voice



- Clear, succinct language
- Follows tools and rules of grammar
- Free from bias

One is not required to write in an expeditious manner with increased facticity. The author should write perspicaciously and avoid obfuscating the central message.

- Depends on purpose of assignment or paper A.K.A. framing
 - Relationship: cause-effect
 - Comparison: similarity, difference
 - Process: How did it work and how might it work now?
 - Definition: What is involved in the issue?
 - Testimony authority: What do the experts say? What does the data say?
 - Chronology: How has this evolved over time?

Why use a <u>five-dollar word</u> when a fifty-cent word will do?

See: https://www.prismnet.com/~hcexres/style_probs/pompous_words.html

Anthropomorphism and Logical Comparisons



- Anthropomorphism attributing human actions to inanimate objects
 - The theory concludes humans have difficulty dealing with change.
 - Acceptable usage, per APA:
 - This section addresses...
 - This paper focuses on...
 - The results suggest...
- Logical Comparisons
 - Illogical comparisons result from poor sentence structure or omitting key words

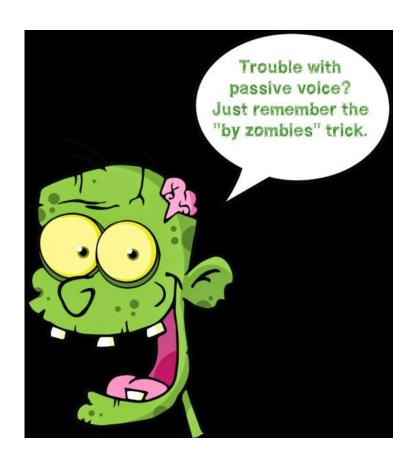
You have higher odds of being injured by a vending machine than a cat.

Smith (2010) agreed with Jones (2016) regarding the theory at hand.

Grammar



- Verb Tense (Section 4.12)
 - Use consistent verb tense in paragraphs and sections
- Voice and Mood (Sections 4.13-4.14)
 - Use active rather than passive voice in most instances
- Subject and Verb Agreement (Section 4.15)
 - Use verbs that agree in number (singular or plural) with their subjects
- Pronouns (Sections 4.16-4.21)
 - Use <u>first-person pronouns</u> to describe your work and personal reactions
 - I examined...; I agreed with...
 - Singular "they"
 - Use it when referring to a person who uses it as their self-identified pronoun or when gender is unknown or irrelevant



Active vs. Passive Voice



- Active voice:
 - Subject (performer) → verb → object (receiver)
 - The boy kicked the ball.
- Passive voice:
 - Object → verb → subject
 - The ball was kicked by the boy.



Example: Patients are killed by heart attacks more often than other conditions. This is passive voice! Patients are killed by zombies (by heart attacks)...

Improved sentence: Heart attacks kill more patients as compared to other conditions.

Pronouns



- APA does allow using "I" to address yourself
 - Correct: I performed a literature review...
- Check with your instructor to ensure use is appropriate for assignment
- Do not refer to yourself in the third person
 - Incorrect: The author created this presentation.
 - Correct: I created this presentation.
- If referring to a group, "we" is appropriate (if allowed)
 - Correct: We simulated conditions...
- Avoid editorial "we"



Correct: As nurses, we tend to rely on...
Incorrect: We tend to rely on...

Bias-Free Language (Chapter 5)



- Eliminate it from your writing and avoid perpetuating beliefs or demeaning attitudes
- Use language with inclusivity and respect in mind
- Considerations:
 - Age
 - Disability
 - Gender
 - Participation in research
 - Racial and Ethnic identity
 - Sexual orientation
 - Socioeconomic status
 - Intersectionality

Bias-Free Language Resource



Image source: Pixabay.com

Mechanics of Style



- Punctuation (Sections 6.1-6.6, 6.8-6.10)
 - Use punctuation marks correctly including reference list entries
 - Use varied punctuation marks
 - Avoid multiple punctuation marks in same sentence – split into multiple shorter sentences
 - One space after a period or other punctuation mark
 - Use a serial comma before the final element in lists of three or more items
 - Use parentheses to set off in-text citations
- Quotation Marks (Section 6.7)
 - Commas and periods are placed inside closing quotation marks
 - Other punctuation marks (e.g., colons, semicolons, ellipses) are placed outside closing quotation marks
 - Placed around direct quotations
 - Not used in reference list

- Italics (Sections 6.22-6.23)
 - Use to draw attention to text
 - First use of key terms or phrases accompanied with a definition
 - Not used for emphasis
- Spelling and Hyphenation (Sections 6.11-6.12)
 - Matches Merriam-Webster.com or APA Dictionary of Psychology
 - Words with prefixes or suffixes do not include a hyphen
- Capitalization (Sections 6.13-6.21)
 - Use title case and sentence case correctly
 - Capitalize proper nouns
 - Do not capitalize diseases, disorders, theories, others





Mechanics of Style, cont.



- Abbreviations (Sections 6.24-6.31)
 - Use sparingly and generally when they are familiar to readers, save space, and appear at least three times
 - Define abbreviations on first use
 - Do not use periods FBI not F.B.I.
- Numbers (Sections 6.32-6.39)
 - Use words to express numbers zero through nine in text
 - Use numerals to express numbers 10 and above in text
 - Use numerals with:
 - Statistical or mathematical functions
 - Units of measurement
 - Others fractions, decimals, ratios, percentages and percentiles, times, dates, ages, scores, and points on a scale, sums of money, and numbers in a series

- Statistics (Sections 6.40-6.45)
 - Include enough info for readers to fully understand analyses
 - Space mathematical copy the same as words
 - Use statistical terms in text
 - The means were; not
 - The Ms were
 - Use statistical symbols or abbreviations with mathematical operators
 - (M = 6.62); not
 - (mean = 6.62)
- Lists (Sections 6.49-6.52)
 - Ensure items are parallel
 - Use commas to separate items in simple lists
 - Use semicolons to separate items already containing commas

Tables and Figures



- General Guidelines (Sections 7.1-7.7)
 - Use standard format no shading or decorative flourishes
 - In text, refer to each table or figure by its number
 - Either embed table or figure in text after first mentioned or place on a separate page after the reference list
 - If embedded, place either at top or bottom of page with extra double-spaced line between table or figure and any text

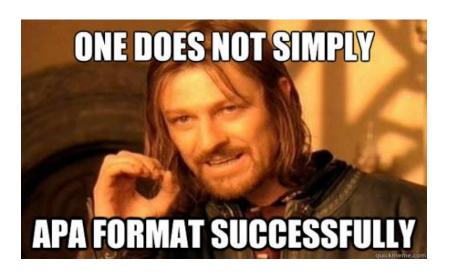


Image source: https://images.app.goo.gl/LEhRsFZaoMzxL1Tf7

Tables



- (Sections 7.8-7.21)
 - Use word-processor
 - Number tables in order they are mentioned
 - Include borders only on top and bottom of table, beneath column headings, and above column spanners
 - Do not use vertical borders
 - Basic components
 - Number
 - Title
 - Column headings
 - Body
- Sample Tables

Sample Analysis of Variance (ANOVA) Table

Table 1

Means, Standard Deviations, and One-Way Analyses of Variance in Psychological and Social Resources and Cognitive Appraisals

Measure	Url	Urban		ıral	F(1, 294)	η^2
	М	SD	М	SD		
Self-esteem	2.91	0.49	3.35	0.35	68.87***	.19
Social support	4.22	1.50	5.56	1.20	62.60***	.17
Cognitive appraisals						
Threat	2.78	0.87	1.99	0.88	56.35***	.20
Challenge	2.48	0.88	2.83	1.20	7.87***	.03
Self-efficacy	2.65	0.79	3.53	0.92	56.35***	.16

^{.001. &}gt; q***

Figures

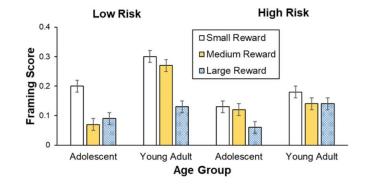


- (Sections 7.22-7.36)
 - Use word-processor or appropriate program to create
 - Number figures in order they are mentioned
 - Ensure images are clear, lines are smooth and sharp, font is legible and simple
 - Label figure elements
 - Basic components
 - Number
 - Title
 - Image
- Sample Figures

Sample Bar Graph

Figure 1

Framing Scores for Different Reward Sizes



Note. Framing scores of adolescents and young adults are shown for low and high risks and for small, medium, and large rewards (error bars show standard errors).

Citations (Chapter 8)



Incredible Hulk





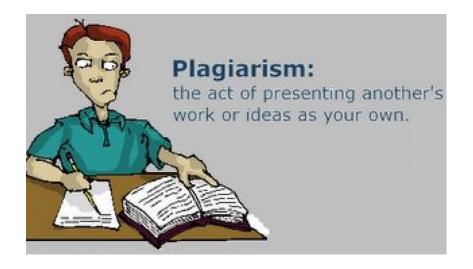
Credible Hulk



Always in the APA format

Plagiarism





Reasons it occurs:

- Students don't know what it is or what constitutes it
- Lack of confidence in writing
 - Don't want to say something wrong
 - Don't know how to convey ideas
- Lack of time
 - Perspective issues
 - Procrastination
- Students don't see value in assignment
- Students don't think they will get caught

Bailey, 2017

What is plagiarism?





Academic Integrity Is Important



Policy on Academic Integrity

ALLEN COLLEGE - UNITYPOINT HEALTH STANDARD OPERATING PROCEDURE

Supersedes: 7/01, 5/02, 4/04, 1/09, 2/11

5/12, 5/17, 11/17,2/18

Last Review Date: February 2020 Required Review Date: May 2024 Administrative Unit: APG-Commit Approved By:

No: 2-P-900-01

SUBJECT: Policy on Academic Integrity

PURPOSE: To provide students with a definition of academic integrity and the process used to

determine actions if a violation of this policy occurs.

EFFECTIVE Summer 2020; prior to summer 2020 use SOP last reviewed February 2018

DATE:

EFFECTIVE Allen College Students, Faculty and Staff

FOR:

POLICY:

The following definitions support this policy.

Students sign the academic integrity policy upon admission.

Policy location:

https://www.allencollege.edu/filesimages/Current%20Stud ents/Policies Procedures/4/2-P-900-01 Academic-Integrity 6-2-2020.pdf

In-Text Citations (Chapter 8)



- Cite only works you read and ideas you incorporate
- Include all sources cited in the text in the reference list
- Spelling of author names and publication dates in in-text citations must match corresponding reference list entries
- Paraphrase when possible
- Cite appropriately
 - Do not repeat same citation in every sentence when source and topic do not change
- Formats:
 - Parenthetical place author name and publication year in parentheses
 - Narrative incorporate author name into text with year in parentheses

- Basic Principles
 - Include author (or title if no author) and year
 - One author use author surname in all in-text citations
 - (Smith, 2020)
 - Smith (2020) suggested...
 - Two authors use both author surnames in all in-text citations
 - (Smith & Jones, 2019)
 - Smith and Jones (2019) suggested...

Three or more authors – use only the first author surname and then "et al." in all in-text citations unless it would create ambiguity

- (Smith et al., 2018)
- Smith et al. (2018) suggested...

Note: OWL provides different instructions

In-Text Citations (Chapter 8), cont.



- Multiple works
 - Place citations in alphabetical order
 - Same authors, order years chronologically and separate with commas (Smith, 2018, 2020)
 - Different authors, separate citations with semicolons (Jones, 2020; Smith, 2020; Tanner, 2019)



Image source: Pixabay.com

- Direct quotes
 - Limit use
 - Include author (or title if no author), year, and specific part of work (page number(s), paragraph number(s), section name)
 - Short quotation (less than 40 words) use double quotation marks around the quotation
 - Block quotation (40 words or more) use the block format:
 - Indent the entire quotation 0.5 in. from the left margin and doublespace it

References (Chapters 9 and 10)



- General Considerations:
 - Start the reference list on a new page after the text
 - Center and bold the section label "References" at the top of the page
 - Double-space the entire reference list, both within and between entries
 - Hanging indent is used for each reference entry
 - First line of the reference is flush left
 - Subsequent lines are indented by 0.5 in.
 - Use the paragraph-formatting function to apply the hanging indent

- Match in-text and reference list entries
 - All reference list entries should have a corresponding in-text citation
 - Author name (or entity if no author) and year should match corresponding in-text citation
- References are listed in alphabetical order
- Use examples of reference entries from the APA manual or other sources according to the type of work being cited
- Reference entries are not needed for personal communications and secondary sources

References (Chapters 9 and 10)



- Elements of a reference entry:
 - Author Who?
 - Date When?
 - Title What?
 - Source Where?
- Punctuation groups information and separates reference elements
- Authors are listed in the same order as the original source
 - Use initial for authors' first and middle names
 - Put a comma after the surname and a period and space after each initial
 - Put a comma after each author (even if only two authors)
 - Use an ampersand before the last author

- Capitalize titles in sentence case
 - Capitalize only the first word of the title, the subtitle, and any proper nouns
 - Format titles according to the type of work
 - Works that stand alone (e.g., books, reports, dissertations) – italicize the title
 - Works that are part of a greater whole (e.g., periodical articles, edited book chapters) – do not italicize or use quotation marks around the title
- Database Information
 - <u>Do not</u> include database information for works retrieved from academic research databases
 - Do include database information for works retrieved from proprietary content



Figure 9.1 Example of Where to Find Reference Information for a Journal Article

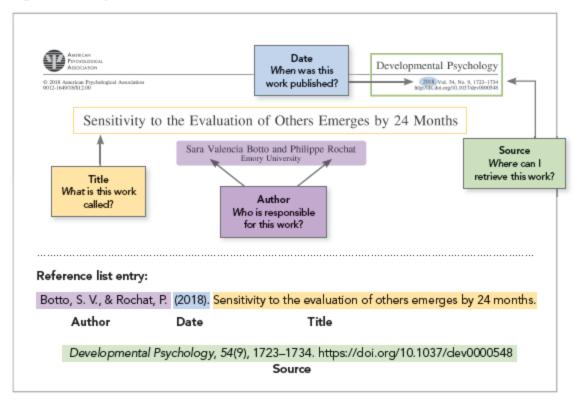


Image source: https://apastyle.apa.org/style-grammar-guidelines/references/basic-principles

DOIs and URLs



- If a source has a DOI, include it
- If there is no DOI, include a URL if it was retrieved online
- Copy and paste DOIs and URLs directly from your browser
- Do not write "Retrieved from" or "Accessed from" before a DOI or URL
- Do not add a period after a DOI or URL

DOI format:

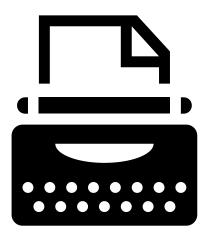
https://doi.org/xxxxx



Image source: Pixabay.com

OK...now what?!?!?!







Writing With Confidence



Writing Process

Pre-writing

- Planning
- Generating content
- Organizing

Drafting

- Fleshing out ideas
- Creating your first draft

Revision

- Re-conceiving
- Scrubbing
- · Creating new draft



One does not simply sit down to write a paper...

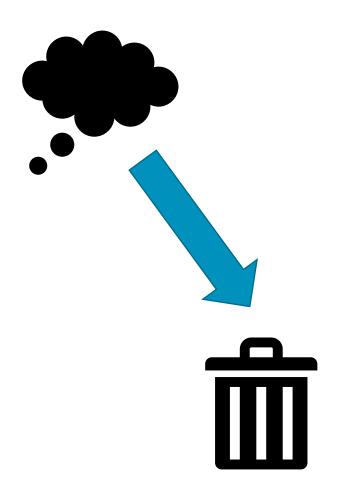
(with apologies to Boromir)

Tools



- Outlines
 - PPT
 - Post-it notes
- Drafts zero, spew, thought vomit





Example!



First Draft – Spew Draft	Second and Other Drafts	Final Version
 Section from APA EasyGuide book Section from APA checklist Section from a different presentation 	 Section on plagiarism and elevating writing Checklist section Writing tips Several slides were deleted, combined, and/or separated 	 Integrated Sources included Graphics added References complete Total of 5 drafts - minimum

Some things are best left to the end...







SUMMARIES AND CONCLUSIONS AND...

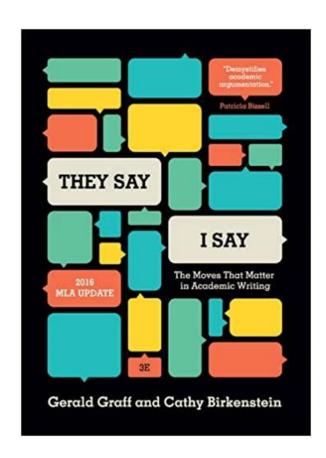
INTRODUCTIONS!

Writing With Confidence



- Writing Mechanics
 - Grammar
 - Rules
 - Voice





Contains templates!

Paraphrasing With Confidence



APA Paraphrasing Activity

- 1. Paraphrase a published sentence from a source you want to use. You do not need to reconstruct the sentence—instead, focus on what strikes you about the passage and what you want to convey from it.
- 2. Write a list entry for the item.
- Write an in-text citation for the item.

Example Sentence:

Leaders who lack emotional and social competence undoubtedly can become a liability to organizations, directly leading to employee disengagement, absenteeism, stress-disability claims, hostile-workplace lawsuits, and increased health care expenses.

My version:

Work settings can be stressful for employees, and leaders who lack emotional and social competence can negatively affect the work environment (Smith, 2019).

Paraphrasing With Confidence



Example Sentence:

Leaders who lack emotional and social competence undoubtedly can become a liability to organizations, directly leading to employee disengagement, absenteeism, stress-disability claims, hostile-workplace lawsuits, and increased health care expenses.

First version:

Work settings can be stressful for employees, and leaders **who lack emotional and social competence** can negatively affect the work environment (Smith, 2019).

Revised version:

Work settings can be stressful for employees, and leaders who can't sense when others are upset may negatively affect the work environment (Smith, 2019).

Paraphrasing Practice

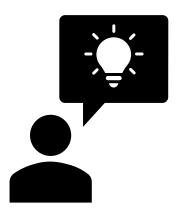


Try this!

- Read a passage or article
- Think about it
- Turn to your (imaginary) neighbor and discuss the main points you want to convey
- That's paraphrasing!
- It takes practice, so don't get discouraged if this is difficult when you first try it

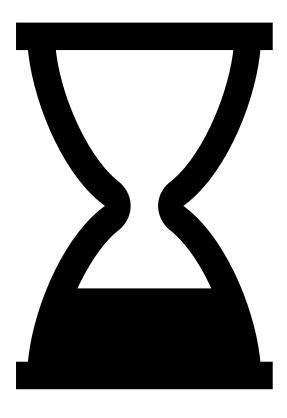
More practice here:

https://apastyle.apa.org/instructiona l-aids/paraphrasing-citationactivities.pdf



Making Time to Write





There's no simple method to determine how much time it takes to write a paper. A rough estimate of the time involved in writing a 5-page paper: 10-48 hours

Distractions



If only this, I could do that...

However, we are our own worse enemy!

- Silence your phone
- Shut off email
- Stay off social media
- If tasks pop into your head, make a list and stay on task



Those "P" Words



- Procrastination leads to...
- Anger which leads to...
- Anxiety which leads to...
- A shift in our attention and an increase in...
- Tension so we...
- AVOID



Image source: Pixabay.com

- Perfectionism
 - Imposter Syndrome
 - Past bad writing experiences
 - My work defines me
 - All lead to AVOIDANCE

Eat the toad!





Maintaining Motivation



- Another "P" word Perspective
 - Stress causes us to lose it everything is important, so nothing is important



- What can we do?
 - Exercise
 - Practice mindfulness
 - Talk to:
 - Trusted friend
 - Classmate
 - Instructor or advisor



The Last 5 Minutes



Make a list of your next steps

State your ideas for going forward

Stream-of consciousness writing – the purge All of these can help you avoid the 15- to 20minute warm-up during your next writing session

Writing Resources at Allen College





Turnitin

Checks for plagiarism issues Provides a similarity index Use to check for appropriate paraphrasing and citing



NetTutor

Writing tutoring
Synchronous or asynchronous
Use to ensure continuity, conciseness, clarity (AKA scholarly voice)



Grammarly

Automated grammar and punctuation tutor

Use to ensure strong mechanics are in place – grammar, spelling, punctuation, subject-verb agreement, active voice

Link: https://www.allencollege.edu/academic-resources.aspx#Allen%20College%20Resources

And, finally...





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