



Bahria University  
Islamabad- Pakistan

## CITING AND REFERENCING IN APA STYLE (6<sup>th</sup> Edition)

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### **Introduction:**

In the context of academic and research publishing one of the core issue is validity of research work. To connect and validate the current research, literature is reviewed; references are cited in the text at appropriate place. Plagiarism is not allowed in research work. To avoid plagiarism quotation and reference of someone else work, from whatever source you have used, should be clear to the reader. To have an idea of plagiarism term in context of academic writing please visit the website (<https://ilrb.cf.ac.uk/plagiarism/tutorial/index.html>, a courtesy of Cardiff University). Before starting your work please also makes sure that you can understand following terms;

### **Bibliography:**

According to Encyclopedia of Library and Information Science “systematic study of description of books is called bibliography”. This list of books or references to sources cited is for further reading, usually printed at the end of an article or in the back matter of a book, includes author name inverted, title, year, place of publication, publisher.

### **Citation and reference:**

The way you tell your readers that certain material in your work or key pieces of information about a work that make it possible to identify and locate it again came from another source. These both terms are inter related and can be differentiate by looking in your work, **a citation** is name of reference in the body of the manuscript/research work and its corresponding **full literature reference** either on the end of chapter or on the end of whole work. Normally this contains, title, author, its publishing details etc. However format is slightly changed with change of reference style e.g Harvard/Chicago/APA style etc. If a reference is cited more than one time then following terms are used

Op. Cited (for reference already given in list)

op. cited ref No 11, H.M Deitel

Ibid (for the same reference use)

## Footnote

Any note used to further explain a detail outside of the main text is called footnote. The term usually refers to notes at the bottom of a page.

## How to use APA Style 6<sup>th</sup> edition for your source text:

Bahria University Management Department is following APA (American Psychological Association). In 1929, the APA published a manual with instructions for authors on how to prepare manuscripts for publication in psychology journals. APA style which is now widely used in the social sciences. Latest edition is 6<sup>th</sup> published July 2009. In your research work you have to put author or source reference at an appropriate place with year as prescribed in APA style manual.

## How do I cite from Periodicals:

### 1. Journal article with DOI (digital object identifier)

Herbst-Damm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 225-229. doi:10.1037/0278-6133.24.2.225

### 2. Journal article with DOI, more than seven authors

Gilbert, D. G., McClernon, J. F., Rabinovich, N. E., Sugai, C., Plath, L. C., Asgaard, G., ... Botros, N. (2004). Effects of quitting smoking on EEG activation and attention last for more than 31 days and are more severe with stress, dependence, DRD2 A 1 allele, and depressive traits. *Nicotine and Tobacco Research*, 6, 249-267. doi:10.1080/14622200410001676305

### 3. Journal article without DOI

Sillick, T. J., & Schutte, N. S. (2006). Emotional intelligence and self-esteem mediate between perceived early parental love and adult happiness. *E-Journal of Applied Psychology*, 2(2), 38-48. Retrieved from <http://ojs.lib.swin.edu.au/index.php/ejap>

Light, M. A., & Light, I. H. (2008). The geographic expansion of Mexican immigration in the United States and its implications for local law enforcement. *Law Enforcement Executive Forum Journal*, 8(1), 73-82.

### 4. Journal article without DOI, title translated into English, print version

Guimard, P., & Florin, A. (2007). Les évaluations des enseignants en grande section de maternelle sont-elles prédictives des difficultés de lecture au cours préparatoire? [Are teacher ratings in kindergarten predictive of reading difficulties in first grade?]. *Approche Neuropsychologique des Apprentissages chez l'Enfant*, 19, 5-17.

### 5. Journal article with DOI, advance online publication

Von Ledebur, S. C. (2007). Optimizing knowledge transfer by new employees in companies. *Knowledge Management Research & Practice*. Advance online publication. doi: 10.1057/palgrave.kmrp.8500141

### 6. In-press article posted in a preprint archive

Briscoe, R. (in press). Egocentric spatial representation in action and perception. *Philosophy and Phenomenological Research*. Retrieved from <http://cogprints.org/5780/1/ECSRAP.F07.pdf>

## **7. Magazine article**

Chamberlin, J., Novotney, A., Packard, E., & Price, M. (2008, May). Enhancing worker well-being: Occupational health psychologists convene to share their research on work, stress, and health. *Monitor on Psychology*, 39(5). 26-29.

## **8. Online magazine article**

Clay, R. (2008, June). Science vs. ideology: Psychologists fight back about the misuse of research. *Monitor on Psychology*, 39(6). Retrieved from <http://www.apa.org/monitor/>

## **9. Newsletter article, no author**

Six sites meet for comprehensive anti-gang initiative conference. (2006, November/December). OJJDP News @ a Glance. Retrieved from [http://www.ncjrs.gov/html/ojjdp/news\\_acglance/216684/topstory.html](http://www.ncjrs.gov/html/ojjdp/news_acglance/216684/topstory.html)

## **10. Newspaper article**

Schwartz, J. (1993, September 30). Obesity affects economic, social status. *The Washington Post*, pp. A 1, A4.

## **11. Online newspaper article**

Brody, J. E. (2007, December 11). Mental reserves keep brain agile. *The New York Times*. Retrieved from <http://www.nytimes.com>

## **12. Special issue or section in a journal**

Haney, C., & Wiener, R. L (Eds.). (2004). Capital punishment in the United States [Special issue]. *Psychology, Public Policy, and Law*, 10(4).

Greenfield, P., & Yan, Z. (Eds.). (2006). Children, adolescents, and the Internet [Special section]. *Developmental Psychology*, 42, 391-458.

## **13. Monograph as part of journal issue**

Ganster, D. C .. Schaubroeck, J .. Sime. W. E .. & Mayes. B. T. (1991). The homological validity of the Type A personality among employed adults [Monograph]. *Journal of Applied Psychology*, 76, 143-168. doi:1 0.1 037/0021 -901 0.76.1.143

## **14. Editorial without signature**

Editorial: "What is a disaster" and why does this question matter? [Editorial].(2006). *Journal of Contingencies and Crisis Management*, 14, 1-2.

## **15. Online-only supplemental material in a periodical**

Marshall-Pescini, S., & Whiten, A. (2008). Social learning of nut-cracking behavior in East African sanctuary-living chimpanzees (*Pan troglodytes schweinfurthii*) [Supplemental material]. *Journal of Comparative Psychology*, 122, 186-194. doi: 1 0.1 037/0735-7036.122.2.186

## **16. Abstract as original source**

Wool!. N. J., Young, S. L., Fanselow, M. S., & Butcher, L. L. (1991). MAP-2 expression in cholinceptive pyramidal cells of rodent cortex and hippocampus is altered by Pavlovian conditioning [Abstract]. *Society for Neuroscience Abstracts*, 17, 480.

Lassen, S. R., Steele, M. M., & Sailor, W. (2006). The relationship of school-wide positive behavior support to academic achievement in an urban middle school. *Psychology in the Schools*, 43, 701-712. Abstract retrieved from <http://www.interscience.wiley.com>

## **17. Abstract as secondary source**

Hare, L. R., & O'Neill, K. (2000). Effectiveness and efficiency in small academic peer groups. *Small Group Research* 31, 24-53. Abstract retrieved from SOCiological Abstracts database. (Accession No. 200010185)

## **How do I cite from books, reference books, and book chapters:**

### **18. Entire book, print version**

Shotton, M. A (1989). *Computer addiction? A study of computer dependency*. London, England: Taylor & Francis.

### **19. Electronic version of print book**

Shotton, M. A (1989). *Computer addiction? A study of computer dependency* [DX Reader version]. Retrieved from <http://www.ebookstore.tandf.co.uk/html/index.asp>

Schiraldi, G. R. (2001). *The post-traumatic stress disorder sourcebook: A guide to healing, recovery, and growth* [Adobe Digital Editions version]. doi: 10.1036/0071393722

### **20. Electronic-only book**

O'Keefe, E. (n.d.). *Egoism & the costs in Western values*. Retrieved from <http://www.onlineoriginals.com/showitem.asp?itemID=135>

### **21. Electronic version of republished book**

Freud, S. (1953). *The method of interpreting dreams: An analysis of a specimen dream*. In J. Strachey (Ed. & Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 4, pp. 96-121). Retrieved from <http://books.google.com/books> (Original work published 1900)

### **22. Limited-circulation book or monograph, from electronic database**

Thomas, N. (Ed.). (2002). *Perspectives on the community college: A journey of discovery* [Monograph]. Retrieved from <http://eric.ed.gov/>

### **23. Several volumes in a multivolume work**

Koch, S. (Ed.). (1959-1963). *Psychology: A study of science* (Vols. 1-6). New York, NY: McGraw-Hill.

### **24. Electronic version of book chapter in a volume in a series**

Strong, E. K., Jr., & Uhrbrock, R. S. (1923). *Bibliography on job analysis*. In L. Outhwaite (Series Ed.), *Personnel Research Series: Vol. 1. Job analysis and the curriculum* (pp. 140-146). doi:10.1037/10762-000

### **25. Book chapter, print version**

Haybron, D. M. (2008). *Philosophy and the science of subjective well-being*. In M. Eid & R. J. Larsen (Eds.), *The science of subjective well-being* (pp. 17-43). New York, NY: Guilford Press.

### **26. Book chapter, English translation, reprinted from another source**

Piaget, J. (1988). *Extracts from Piaget's theory* (G. Gellerier & J. Langer, Trans.). In K. Richardson & S. Sheldon (Eds.), *Cognitive development to adolescence: A reader* (pp. 3-18). Hillsdale, NJ: Erlbaum. (Reprinted from *Manual of child psychology*, pp. 703-732, by P. H. Mussen, Ed., 1970, New York, NY: Wiley)

### **27. Reference book**

VandenBos, G. R. (Ed.). (2007). *APA dictionary of psychology*. Washington, DC: American Psychological Association.

### **28. Non-English reference book, title translated into English**

Real Academia Española. (2001). *Diccionario de la lengua española* [Dictionary of the Spanish language] (22nd ed.). Madrid, Spain: Author.

### **29. Entry in an online reference work**

Graham, G. (2005). Behaviorism. In E. N. Zalta (Ed.), *The Stanford encyclopedia of philosophy* (Fall 2007 ed.). Retrieved from <http://plato.stanford.edu/entries/behaviorism/>

**30. Entry in an online reference work, no author or editor**

Heuristic. (n.d.). In Merriam-Webster's online dictionary(11th ed.). Retrieved from <http://www.m-w.com/dictionary/heuristic>

**How do I cite from technical and research reports:**

**31. Corporate author, government report**

U.S. Department of Health and Human Services, National Institutes of Health. National Heart, Lung, and Blood Institute. (2003). *Managing asthma: A guide for schools* (NIH Publication No. 02-2650). Retrieved from [http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth\\_sch.pdf](http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.pdf)

**32. Corporate author, task force report filed on line**

American Psychological Association, Task Force on the Sexualization of Girls. (2007). *Report of the APA Task Force on the Sexualization of Girls*. Retrieved from <http://www.apa.org/pi/wpo/sexualization.html>

**33. Authored report, from nongovernmental organization**

Kessy, S. S. A., & Urio, F. M. (2006). *The contribution of microfinance institutions to poverty reduction in Tanzania* (Research Report No. 06.3). Retrieved from Research on Poverty Alleviation website: [http://www.repoa.or.tz/documents\\_storage/Publications/Reports/06.3\\_Kessy\\_and\\_Urio.pdf](http://www.repoa.or.tz/documents_storage/Publications/Reports/06.3_Kessy_and_Urio.pdf)

**34. Report from institutional archive**

McDaniel, J. E., & Miskel, C. G. (2002). *The effect of groups and individuals on national decisionmaking: Influence and domination in the reading policymaking environment* (CI ERA Report 3-025). Retrieved from University of Michigan, Center for Improvement of Early Reading Achievement website: <http://www.ciera.org/library/reports/inquiry-3/3-025/3-025.pdf>

**35. Issue brief**

Employee Benefit Research Institute. (1992, February). *Sources of health insurance and characteristics of the uninsured* (Issue Brief No. 123). Washington, DC: Author.

**How do I cite from meetings and symposia:**

**Symposium:**

Contributor, A. A., Contributor, B. B., Contributor, C. C., & Contributor, D. D. (Year, Month). *title of contribution*. In E. E. Chairperson (Chair), *Title of symposium*. Symposium conducted at the meeting of Organization Name, Location.

**Paper presentation or poster session:**

Presenter, A. A. (Year, Month). *Title of paper or poster*. Paper or poster session presented at the meeting of Organization Name, Location.

**36. Symposium contribution**

Muellbauer, J. (2007, September). Housing, credit, and consumer expenditure. In S. C. Ludvigson (Chair), Housing and consumer behavior. Symposium conducted at the meeting of the Federal Reserve Bank of Kansas City, Jackson Hole, WY.

**37. Conference paper abstract retrieved online**

liu, S. (2005, May). Defending against business crises with the help of intelligent agent based early warning solutions. Paper presented at the Seventh International Conference on Enterprise Information Systems, Miami, FL. Abstract retrieved from [http://www.iceis.org/iceis2005/abstracts\\_2005.htm](http://www.iceis.org/iceis2005/abstracts_2005.htm)

**38. Proceedings published regularly online**

Herculano-Houzel, S. Collins, C. E., Wong, P., Kaas, J. H., & Lent, R. (2008). The basic non-uniformity of the cerebral cortex. *Proceedings of the National Academy of Sciences* 705, 12593-12598. doi: 10.1073/pnas.0805417105

**39. Proceedings published in book form**

Katz, I., Gabayan, K., & Aghajan, H. (2007). A multi-touch surface using multiple cameras. In J. Blanc-Talon, W. Philips, D. Popescu, & P. Scheunders (Eds.), *Lecture Notes in Computer Science: Vol. 4678. Advanced Concepts for Intelligent Vision Systems* (pp. 97-108). Berlin, Germany: Springer-Verlag. doi: 10.1007/978-3-540-74607-2\_9

**How to cite for doctoral dissertations and master's theses:**

**For a doctoral dissertation or master's thesis available from a database service use the following reference template:**

Author, A. A. (2003). Title of doctoral dissertation or master's thesis (Doctoral dissertation or master's thesis). Retrieved from Name of database (Accession or Order No.)

**For an unpublished dissertation or thesis, use the following template:**

Author, A. A. (1978). Title of doctoral dissertation or master's thesis (Unpublished doctoral dissertation or master's thesis).

**40. Master's thesis, from a commercial database**

McNiel, D. S. (2006). Meaning through narrative: A personal narrative discussing growing up with an alcoholic mother (Master's thesis). Available from ProQuest Dissertations and Theses database. (UMI No. 1434728)

**41. Doctoral dissertation, from an institutional database**

Adams, R. J. (1973). Building a foundation for evaluation of instruction in higher education and continuing education (Doctoral dissertation). Retrieved from <http://www.ohiolink.edu/etd/>

**42. Doctoral dissertation, from the web**

Bruckman, A. (1997). MOOSE Crossing: Construction, community, and learning in a networked virtual world for kids (Doctoral dissertation, Massachusetts Institute of Technology). Retrieved from <http://www-static.cc.gatech.edu/~asb/thesis/>

**43. Doctoral dissertation, abstracted in OAI**

Appelbaum, L. G. (2005). Three studies of human information processing: Texture amplification, motion representation, and figure-ground segregation. *Dissertation Abstracts International: Section B. Sciences and Engineering*, 65(10). 5428.

**44. Doctoral thesis, from a university outside the United States**

Carlbohm, P. (2000). Carbody and passengers in rail vehicle dynamics (Doctoral thesis, Royal Institute of Technology, Stockholm, Sweden). Retrieved from <http://urn.kb.se/resolve?urn=urn:nbn:se:kth:diva-3029>

## **How to cite for reviews and peer commentary:**

### **45. Review of a book**

Schatz, B. R. (2000, November 17). Learning by text or context? [Review of the book *The social life of information*, by J. S. Brown & P. Duguid]. *Science*, 290, 1304. doi:10.1126/science.290.5495.1304

### **46. Review of a video**

Axelman, A., & Shapiro, J. L. (2007). Does the solution warrant the problem? [Review of the DVD *Brief therapy with adolescents*, produced by the American Psychological Association, 2007]. *PsycCRITIQUES*, 52(51). doi:10.1037/a0009036

### **47. Review of a video game, no author**

[Review of the video game *BioShock*, produced by 2K Games, 2007!. (n.d.). Retrieved from <http://www.whattheyplay.com/products/bioshock-for-xbox-360/?fm=3&ob=1&t=0#166>

### **48. Peer commentary on an article**

Wolf, K. S. (2005). The future for Deaf individuals is not that bleak [Peer commentary on the paper "Decrease of Deaf potential in a mainstreamed environment" by K. S. Wolf]. Retrieved from <http://www.personalityresearch.org/papers/hall.html#wolf>

## **How to cite for audiovisual media:**

### **For a motion picture, use the following format:**

Producer, A. A. (Producer). & Director, B. B. (Director). (Year) Title of motion picture [Motion picture]. Country of origin: Studio.

### **For a music recording, use the following format:**

Writer, A. (Copyright year). Title of song [Recorded by B. B. Artist if different from writer]. On Title of album [Medium of recording: CD, record, cassette, etc.] Location: Label. (Date of recording if different from song copyright date)

### **49. Video**

American Psychological Association. (Producer). (2000). Responding therapeutically to patient expressions of sexual attraction [DVD]. Available from <http://www.apa.org/videos/>

### **50. Podcast**

Van Nuys, D. (Producer). (2007, December 19). Shrink rap radio [Audio podcast]. Retrieved from <http://www.shrinkrapradio.com/>

### **51. Single episode from a television series .**

E D (Writer) & Alexander, J. (Director). (2005). Failure to communicate [Television series episode], In D. Shore (Executive producer), *House*. New York, NY: Fox Broadcasting.

### **52. Music recording**

Lang, K. D. (2008). *Shadow and the frame*. On *Watershed* [CD]. New York, NY: Nonesuch Records.

### **53. Map retrieved online**

Lewis County Geographic Information Services. (Cartographer). (2002). Population density, 2000 U.S. Census [Demographic map]. Retrieved from [http://www.co.lewis.wa.us/publicworks/maps/Demographics/census-pop-dens\\_2000.pdf](http://www.co.lewis.wa.us/publicworks/maps/Demographics/census-pop-dens_2000.pdf)

## **How to cite for data sets, software, measurement instruments, and apparatus:**

### **54. Data set**

Pew Hispanic Center. (2004). Changing channels and crisscrossing cultures: A survey of Latinos on the news media [Data file and code book]. Retrieved from <http://pewhispanic.org/datasets/>

### **55. Measurement instrument**

Friedlander, M. L., Escudero, V., & Heatherington, L. (2002). E-SOFTA: System for observing family therapy alliances [Software and training videos]. Unpublished instrument. Retrieved from <http://www.softa-soatif.com/>

### **56. Software**

Comprehensive Meta-Analysis (Version 2) [Computer software]. Englewood, NJ:Biostat.

### **57. Apparatus**

Eyelink 11 [Apparatus and software]. (2004). Mississauga, Canada: SR Research.

## **How to cite for unpublished and informally published works:**

### **58. Unpublished manuscript with a university cited**

Blackwell, E., & Con rod, P. J. (2003). A five-dimensional measure of drinking motives. Unpublished manuscript, Department of Psychology, University of British Columbia, Vancouver, Canada.

### **59. Manuscript in progress or submitted for publication**

Ting, J. Y., Florsheim, P., & Huang, W. (2008). Mental health help-seeking in ethnic minority populations: A theoretical perspective. Manuscript submitted for publication.

### **60. Unpublished raw data from study. untitled work**

Bordi, E., & LeDoux, J. E. (1993). [Auditory response latencies in rat auditory cortex]. Unpublished raw data.

### **61. Informally published or self-archived work**

Mitchell, S. D. (2000). The import of uncertainty. Retrieved from <http://philsci-archive.pitt.edu/archive/00000162/>

This work was later published in a journal and would now be referenced as follows:

Mitchell, S. D. (2007). The import of uncertainty. *The Pluralist* 2(1), 58-71.

### **62. Informally published or self-archived work. from ERIC**

Kubota, K. (2007). "Soaking" model for learning: Analyzing Japanese learning/teaching process from a socio-historical perspective. Retrieved from ERIC database. (ED498566)

## **How to cite for archival documents and collections:**

### **63. Letter from a repository**

Frank, L. K. (1935, February 4). [Letter to Robert M. Ogden]. Rockefeller Archive Center (GEB series 1.3, Box 371, Folder 3877), Tarry town, NY.

### **64. Letter from private collection**



Zacharius, G. P. (1953, August 15). [Letter to William Rickel (W Rickel, Trans.IJ. Copy in possession of Hendrika Vande Kemp.

**65. Collection of letters from an archive**

Allport, G. W (1930-1967). Correspondence. Gordon W Allport Papers (HUG 4118.10), Harvard University Archives, Cambridge, MA.

**In-text citations of specific letters:**

(Allport, G. W, 1930-1967, Allport to E. G. Boring, March 1, 1939) (Allport, G. W, 1930-1967, E. G. Boring to Allport, December 26, 1937)

**66. Unpublished papers, lectures from an archive or personal collection**

Berliner, A. (1959). Notes for a lecture on reminiscences of Wundt and Leipzig . Anna Berliner Memoirs (Box M50). Archives of the History of American Psychology, University of Akron, Akron, OH.

**67. Archival/historical source for which the author and/or date is known or is reasonably certain but not stated on the document**

[Allport, A. ?l. [ca. 1937]. Marion Taylor today-by the biographer. Unpublished manuscript, Marion Taylor Papers. Schlesinger Library, Radcliffe College, Cambridge, MA.

**68. Archival source with corporate author**

Subcommittee on Mental Hygiene Personnel in School Programs. (1949, November 5-6). Meeting of Subcommittee on Mental Hygiene Personnel in School Programs. David Shakow Papers (M1360). Archives of the History of American Psychology, University of Akron, Akron, OH.

**69. Interview recorded and available in an archive**

Smith, M. B. (1989, August 12). Interview by C. A. Kiesler [Tape recording]. President's Oral History Project, American Psychological Association. APA Archives, Washington, DC.

**70. Transcription of a recorded interview, no recording available**

Sparkman, C. F. (1973). An oral history with Or. Colley F Sparkman/Interviewer: Orley B. Caudill. Mississippi Oral History Program (Vol. 289), University of Southern Mississippi, Hattiesburg.

**71. Newspaper article, historical, in an archive or personal collection**

Psychoanalysis institute to open. (1948, September 18). [Clipping from an unidentified Dayton, Ohio newspaper. I Copy in possession of author.

**72. Historical publication of limited circulation**

Sci-Art Publishers. (1935). Sci-Art Publications [Brochure]. Cambridge, MA: Author. A. A. Roback Papers (HUGFP 104.50, Box 2, Folder "Miscellaneous Psychological Materials"), Harvard University Archives, Cambridge, MA.

**73. Photographs**

[Photographs of Robert M. Yerkes]. (ca. 1917-1954). Robert Mearns Yerkes Papers (Box 137, Folder 2292), Manuscripts and Archives, Yale University Library, New Haven, CT.

**How to cite for internet message boards, electronic mailing lists, and other online communities:**

**74. Message posted to a newsgroup, online forum, or discussion group**

Rampersad, T. (2005, June 8). Re: Traditional knowledge and traditional cultural expressions  
IO n t i n e f o r u m c o m m e n t l . Retrieved from

[http://www.wipo.int/roller/comments/ipisforum/Weblog/theme\\_eight\\_how\\_cultural#comments](http://www.wipo.int/roller/comments/ipisforum/Weblog/theme_eight_how_cultural#comments)

**75. Message posted to an electronic mailing list**

Smith, S. (2006, January 5). Re: Disputed estimates of IQ [Electronic mailing list message] Retrieved from <http://tech.groups.yahoo.com/group/ForensicNetwork/message/670>

**76. Blog post**

MiddleKid. (2007, January 22). Re: The unfortunate prerequisites and consequences of partitioning your mind IWeb log message. Retrieved from [http://scienceblogs.com/pharyngula/2007/01/the\\_unfortunate\\_prerequisites.php](http://scienceblogs.com/pharyngula/2007/01/the_unfortunate_prerequisites.php)

**77. Video blog post**

Norton, R. (2006, November 4). How to train a cat to operate a light switch [Video file]. Retrieved from <http://www.youtube.com/watch?v=Vja83KLQXZs>

**Reference:**

American Psychological Association. (2009). *Publication manual of the American Psychological Association*. Washington, DC: American Psychological Association.