

Integrating and Citing Sources Indirectly, APA Style

Sometimes a student reads an article written by a particular author. That author summarizes, critiques, comments on, or otherwise writes about research done by another author (or authors). The student then wants to use that material in a research paper. This is called quoting or paraphrasing indirectly. It's best to go to the original source, but sometimes doing so is impractical (time, availability, and so on). In this case, go ahead and cite the source indirectly.

Three Ways to Cite Indirectly

Below are three ways to include indirect, in-text citations in your essay. The paraphrase and quotations are taken from the following source.

<http://www.psychologytoday.com/blog/the-mindful-self-express/201104/the-secret-longevity-its-about-character-not-just-calisthenics>

- Direct Quotation: According to Friedman and Martin, "Conscientious people lived longer, had better jobs, better marriages, and expressed more satisfaction with what they had achieved in life" (as cited in Greenberg, 2011).
- Paraphrase: Friedman and Martin discovered that people who connected more with people and helped others lived longer than those who did not (as cited in Greenberg, 2011).
- Direct Quotation (Not Mentioning Original Authors): The researchers found that "married men lived longer than single men"; however, "married women did not necessarily live longer than single women, who were actively involved with friends and family" (as cited Greenberg, 2011).

Note that the article is **written** by Melanie Greenberg, but it reports information that was written in a book (The Longevity Project) written by Howard Friedman and Leslie Martin.

The Article Would Appear in Your References List as Shown Below.

Greenberg, Melanie. (April 8, 2011). The Secret to Longevity - It's About Character, Not Just

Calisthenics. Psychology Today, Blogs: The Mindful Self-Express. Retrieved from

<http://www.psychologytoday.com/blog/the-mindful-self-express/201104/the-secret-longevity-its-about-character-not-just-calisthenics>