APA Quick Guide (7th ed.)

A book by a single author:
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Example:

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Example:

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APA uses the author-date method of citing references within the text of the paper. See the APA manual or the Tutoring Center’s full handout for more information.

Example:  
Onega (2006) used old family photographs to engage elderly patients…

OR

In a recent study of elderly patients (Onega, 2006), old family photographs…