

INSTRUCTIONS FROM THE SCIENTIFIC EDITORS ON FINALIZING YOUR THESIS

Warm congratulations on reaching the final stages of your doctoral thesis and moving on to finalizing the summary section!

First and foremost, you are recommended to visit the University of Jyväskylä's Open Science Centre's website, where you'll find important information on the timetables and progress of the publication process.

<https://www.jyu.fi/en/research/publishing-at-the-university-of-jyvaskyla/publishing-dissertations-in-jyu-dissertations>

Before the publication process begins with the Open Science Centre's editorial team, you will work with the scientific editor at the Faculty of Sport and Health Sciences to prepare your doctoral thesis for publication.

THE PROGRESSION OF THE PUBLISHING PROCESS IN THE FACULTY OF SPORT AND HEALTH SCIENCES

Once you have received the preliminary examiners' reports and made any necessary amendments to your thesis, a summary of the changes made will be submitted to the Faculty Council for consideration. Following this, the Faculty Council will grant permission for your thesis to be printed. You may send your completed thesis to the faculty's scientific editor once you have received this print permission. However, **you should contact the scientific editor as soon as you receive the preliminary examiners' reports** (see Figure 1). This way, the scientific editor will be informed in advance of your upcoming defence. You also can plan together the process of finalizing your thesis for publication and the publication schedule so that everything runs as smoothly as possible.



Figure 1. Progress of the publication process.

Once your thesis, which includes all the required sections and has been prepared using the template (see the end of this document and the website mentioned above), is complete and you have carefully finalized it in accordance with the guidelines, please email it to the scientific editor as a Word file. After reviewing your manuscript, the scientific editor will send you comments by email and, if necessary, discuss them with you. Based on the comments received, you can then make any final revisions to your work.

Please remember that the role of the scientific editor is to check the formatting of your thesis. The editor scans the document but does not modify its content or

provide language editing. Nor will the scientific editor make any changes to the manuscript on your behalf; you must make these yourself in accordance with the editor's comments. Furthermore, it is your responsibility to carefully check that all sources cited in the text are included in the reference list and that all references are cited correctly.

Once the Faculty Council has granted permission for your public defence and the scientific editor has determined that your manuscript is ready for publication, the latter will submit the publication approval to the Open Science Centre's editorial office. You can then submit your thesis materials to the editorial office and complete the publication process in accordance with its instructions.

The following pages contain guidelines on the formatting of doctoral theses, compiled to assist you. Their purpose is to help you prepare your thesis for publication as smoothly as possible. Notes on the practices of the Faculty of Sport and Health Sciences have been added in **red font** to the editorial template. Before submitting your manuscript to the scientific editor, please ensure that your doctoral thesis complies with the formatting requirements and other guidelines set out in this guide.

Good luck with the final stretch!

With kind regards, the Scientific Editors of Liikunta

Harri Piitulainen, Biology of Physical Activity & Science of Sports Coaching, VIV228, tel: 040 5679225, harri.t.piitulainen@jyu.fi

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P.S. Have you checked your work against the Turnitin plagiarism detection system before submitting it? The check link can be found in the Moodle site of the Faculty of Sport and Health Sciences Doctoral Programme.

USING THE TEMPLATE

The doctoral candidate must use the dissertation template created for Microsoft Word, which includes the required formatting and complies with legal accessibility requirements. You can find the template and instructions on how to use it at:

<https://www.jyu.fi/en/research/publishing-at-the-university-of-jyvaskyla/publishing-dissertations-in-jyu-dissertations>
<https://www.jyu.fi/en/file-download/download/public/60324>

Please note that the guidelines issued by the Faculty of Sport and Health Sciences contain a few clarifications, which have been added to the template attached to this document **in red text**.

REFERENCING

You may choose to use an automated referencing system (e.g. Zotero, Mendeley, Refworks). All theses from the Faculty of Sport and Health Sciences will use the American Psychological Association (APA), 7th edition referencing style, choosing the language "English UK". According to the APA referencing style, citations are ordered in alphabetical order, and citations are separated by semi-colon.

More specific instructions regarding APA-style can be found from:

<https://apastyle.apa.org/style-grammar-guidelines/citations>
<https://apastyle.apa.org/style-grammar-guidelines/references>
<https://apastyle.apa.org/style-grammar-guidelines/references/examples>

An example of an APA style in-text citation:

....text text text (Mäkinen, 2019, p. 23). More text text text text (Jokinen & Virtanen, 2017; Järvinen et al., 2017; Nieminen et al., 2018).

And the same reference written in the reference list as follows:

Jokinen, A.M., & Virtanen, M.M. (2017). Esimerkki artikkeliviittauksesta. *Journal of Example*, vol(no), p-p. <http://doi.org/xxxxx>

Attention! Journal names should be written in full and in italics. Each word in the journal name should begin with a capital letter, but not for the words in the title.

According to APA style, all authors are acknowledged if there are 20 or less. In cases with more than 20 authors, the first 19 are named along with the final author. For further instructions see:

<https://apastyle.apa.org/blog/more-than-20-authors>

Järvinen, A., Jokinen, B., & Mäkinen, C. (2017). Esimerkki useamman kirjoittajan lähdeviittauksesta. *Journal of Example*, 20(5), 23-34. <https://doi.org/xxxxx>

Mäkinen, M. (2019). *Book of Example* (2nd ed.). Kustantaja.

Attention! Referencing a monograph should acknowledge the pages that have been used in the citation. The publisher's address is not acknowledged in APA style.

Nieminen, N., Mäkinen, M., Jokinen, B., & Järvinen, A. (2018). Esimerkkikappale toimitetussa teoksessa. In H. Helle & A. Halla (Eds.), *Book of examples* (3rd ed., pp. 23-34.). Kustantaja.

Attention! Referencing a(n) (edited) book should acknowledge the pages that have been used in the citation. The publisher's address is not acknowledged in APA style.

DOI or URL addresses should be acknowledged in the reference list wherever possible. Please see the example of a reference list above. For more specific instructions, see:

<https://apastyle.apa.org/style-grammar-guidelines/references/does-urls>

The end of this document also includes APA-specific citation conventions.

Please note that even though e.g. Zotero is used as an aid, such systems are not error-proof and you should not blindly trust the accuracy of such systems. All in-text citations and the reference list should be checked carefully and modified where necessary before sending the thesis to print.

PAGE NUMBERS

The template uses page numbers that should be made automatically. Page numbers are to be centered and at the bottom of the page. The publishers have recommended: "...do not worry about page numbers, the publisher will finalize the layout as part of the publishing process." Thus, in practice, the publisher will remove the page numbers from the first pages and from the original articles' pages. When you receive proof of your thesis, you should carefully check that the contents as well as figures/tables lists are correct.

FIGURES AND TABLES

The dissertation template includes instructions for inserting tables and figures; please see pages 20 and 21 of this document. Try to make figures and tables using the same style and as clear as possible. Figure and table legends in the template have font size 10.5. Both figures and tables should be understandable even when presented as independent of the text. Font sizes must not be smaller than 9 ppt. Refrain from using abbreviations in the figure/table legends or subheadings or at least explain the abbreviation in the text adjacent. Try to shape the figures and tables so that they fit on one page along with their legend. It is recommended to aim for figures and tables to be portrait as it is easier to read, however, if needed, you may make the page landscape to achieve this aim. You may obtain further information on figures and tables from Tuula Tutkija -guidelines.

It is recommended to refer to all Figures and Tables in the text, for example: Figure 1B shows...(use active language) or at the end of a sentence/paragraph like this ...(Fig. 1B) or like this... (Figure 1B). Remember also to refer to the original source of the Figure/Table in the legend, even if you have modified the Figure (e.g. Modified from...) or if it is from the original publication of your thesis. Remember to add alt-text to all figures and tables for screen reader users (see the accessibility guidelines later in this document).

NUMBERS

In general, use numbers to express numbers 10 and above and words to express numbers from zero to nine.

Always use numbers to express numbers in the following cases, including numbers from zero to nine:

Description	Example
Numbers preceding the unit of measurement	5-mg 3 cm
Statistical or mathematical functions	multiplied by 2
Fractions or decimals	1.5 2.27
Percentages (In Finnish, a space is added 50 %)	50% 75–80%
Ratios	4:1 ratio
Percentiles and quartiles	the 5th percentile, the 95th percentile the 3rd quartile
Times and dates (including approximate values of time)	30 s 10 min 3 hr 2 days approximately 4 months 2 years about 6 years ago 3 decades 12:30 a.m. 6 p.m. (or 6:00 p.m.)
Age	5 years old, 18 years old 5-year-olds, 18-year-olds 5-year-old children, 18-year-old adults
Scores and scores on a scale	scored 6 on a 7-point scale
Exact amounts of money	\$10 \$50 in U.S. dollars
Numbers in digits	the numeral 2 on the keyboard

Use numbers to write numbers that mark a specific place in a sequence of numbers when the number comes after a noun (e.g. Step 1). The noun preceding the number is also written with a capital letter. This instruction also applies to sections of books and tables (e.g. Chapter 1).

However, when the number comes before the noun, the usual guidelines for using the number apply, as in the following examples.

Number after a noun	Number before a noun
Year 5	the 5th year
Grade 5, Grade 11	the fifth grade, the 11th grade
Question 2, Question 25	the second question, the 25th question
Table 2, Figure 5	the second table, the fifth figure
Chapter 6, Chapter 14	the sixth chapter, the 14th chapter

FINALLY, ON DESIGN

Apart from general thesis layout and APA-reference style, there are no correct or incorrect ways to present your work. The main rule is that you standardize the style throughout the entire thesis.

ACCESSIBILITY

The doctoral researcher will ensure that the thesis is accessible. The University of Jyväskylä does not have specific guidelines on the accessibility of doctoral theses; instead, you can refer to the guidelines on the accessibility of theses:

<https://www.jyu.fi/en/for-students/instructions-for-bachelors-and-masters-students/thesis-guide/accessibility-of-theses-and-online-publications>

To ensure accessibility, it is important to use the Word-template that has been prepared specifically for doctoral theses. In addition to the text, the doctoral candidate is responsible for producing alternative text (so called alt-text) for figures and tables for the screen reader program. Instructions on how to add alt-text can be found in the end of this document and on the following website:

<https://www.jyu.fi/en/for-students/instructions-for-bachelors-and-masters-students/thesis-guide/accessibility-of-theses-and-online-publications#toc-accessibility-in-images-figures-and-tables>

In addition, if necessary, you can obtain further information and assistance regarding accessibility from the editorial team of the Open Science Centre.

USE OF GENERATIVE ARTIFICIAL INTELLIGENCE

The same guidelines regarding the responsible use of artificial intelligence apply to doctoral theses as to any research. A doctoral thesis is an academic thesis, and the author is therefore obliged to describe how artificial intelligence has been utilised at the various stages of the research process. The doctoral thesis template (see the following pages) contains guidance on this matter. You should report, in a separate chapter, how you have utilised generative AI applications in your thesis. If you have used generative AI applications, please state the following in your thesis:

1. Which application you used (include the software version or date of use).
2. In which part of the dissertation, how, and for what purpose the application was used.

By writing this statement, you take responsibility for ensuring that the use of AI applications has not compromised the originality, accuracy, reliability, transparency, or ethical integrity of your dissertation.

In the case of an article-based dissertation, it is sufficient to report how AI was used in the summarising report, provided that the use of generative AI and AI-assisted technologies has been appropriately declared in the individual publications. You do not need to report the use of AI applications that do not significantly affect the outcome, such as basic spell-checking tools. If you are unsure whether a particular application should be reported, report it to be safe. If you have used any AI application as part of the research design or execution (e.g., methods, analysis, conclusions), this must be described in detail in the relevant sections of your dissertation.

ADDING THE ORIGINAL ARTICLES AS PART OF YOUR THESIS

The original articles and the thesis itself are published using JYU's system for duplicate publication (<https://www.jyu.fi/en/research/publishing-at-the-university-of-jyvaskyla/self-archiving>). Articles are linked to the thesis from the JYX system during publishing. Should the articles not already be within the JYX system prior to publishing the thesis, submit the published articles along with any unpublished manuscripts to the publishing services staff member along with the thesis. The publisher will ensure that all necessary attachments for the thesis are made.

See further instructions from: <https://openscience.jyu.fi/en/open-access-publishing/jyu-as-a-publisher/publishing-in-jyu-dissertations/jyu-dissertations#autotoc-item-autotoc-3>

DISSERTATION TEMPLATE WITH FACULTY-SPECIFIC CLARIFICATIONS

Name of the dissertation

Name of the author

Date of public defense

Place of public defense

Add the required information above. In the title, use capital letters for each word except prepositions. The publisher will finalize these pages regarding other aspects.

Please mention here that you have permission from the Copyright holders and/or that the images etc. you use have an appropriate open-access (Creative Commons license) licence, and/or that you have properly referenced the original sources (including Modified from... cases).

The recommended format is:

"All original material presented in this thesis are under Open Access distributed under the terms of the Creative Commons Attribution License, or a permission was applied and granted from the copyright owner. All the original works were properly cited."

Blank page

ABSTRACT

Lastname, Firstname
Name of the publication

Text of the abstract.

The recommended length of the abstracts (EN/FI) at the beginning of the manuscript is about 2200 characters (including publication information and keywords).

Note that the Abstract MUST fit into one page!

Keywords: keyword1, keyword2, keyword3

You may be able to utilize existing databases to choose the keywords (e.g. MeSH/FinMeSH - Medical Subject Headings).

TIIVISTELMÄ (ABSTRACT IN FINNISH)

Lastname, Firstname

Name of the publication **in Finnish**

Text of the abstract in Finnish.

The recommended length of the abstracts (EN/FI) at the beginning of the manuscript is about 2200 characters (including publication information and keywords).

Note that the Abstract MUST fit into one page!

(This is mandatory even if the thesis is written in English and/or your first language is not Finnish. Deep translate or equivalent may assist you in translating your Abstract, but always have a native speaker inspect the text – as a minimum)

Avainsanat: avainsana1, avainsana2, avainsana3

You may be able to utilize existing databases to choose the keywords (e.g. MeSH/FinMeSH - Medical Subject Headings).

Author	<p>Elli Esimerkki, MSc Gerontology Research Center <i>(this can be added if the person is affiliated to a specific research center)</i> Faculty of Sport and Health Sciences University of Jyväskylä Finland elli.esimerkki@jyu.fi ORCID: <i>(if available)</i></p>
Supervisors	<p>Professor <i>(professional title)</i> XXX, PhD <i>(qualification)</i> Gerontology Research Center <i>(this can be added if the person is affiliated to a specific research center)</i> Faculty of Sport and Health Sciences University of Jyväskylä Finland</p> <p>Senior Lecturer XXX, PhD, Title of Docent Department of XXX <i>(if no Department then Faculty etc.)</i> University of XXX Country</p>
Preliminary Examiners	<p>Associate Professor XXX, MD Department of XXX University of XXX Country</p> <p>Professor XXX, PhD Department of XXX University of XXX Country</p>
Opponent	<p>Professor XXX, PhD Department of XXX University of XXX Country</p>

*If your supervisor/reviewer is not a professor or associate professor, but they have been granted docentship, use the description Title of Docent.
Additionally, respect the reviewers'/opponent's own method in reporting their affiliation; but also aim to maintain a systematic way of reporting affiliations.*

ACKNOWLEDGEMENTS

You may write the first paragraph here.

You may write the second paragraph here.

In this section, it is recommended to be respectful and systematic, e.g. using academic titles etc. Carefully consider the use of “overly friendly” remarks – particularly when the person is acting in an official manner (supervisor, reviewer). Do not refer to them by their nickname(s).

Jyväskylä 1.1.20xx

Author

ORIGINAL PUBLICATIONS AND AUTHOR CONTRIBUTION

List original publications included to your thesis and write a brief paragraph regarding your contribution to the thesis work and articles at the bottom of the page.

If the thesis is a monograph, then the title is simply "AUTHOR CONTRIBUTION"

Below is an example of how to provide this information.

This thesis is based on the following original publications, which will be referred to by their Roman numerals. The thesis also includes unpublished data.

- I Reference of the first article (use APA-style)
- II Reference of the second article (use APA-style)
- III Reference of the third article (use APA-style)
- IV Reference of the fourth article (use APA-style)

AUTHOR CONTRIBUTION

Please report here your contributions to original publications, see example below.

As the first author of the original publications, considering the comments from the co-authors, the author of the thesis drafted the study questions and designs for the publications, prepared the data for statistical analysis, performed statistical analysis with help from the statisticians and took main responsibility of writing the manuscripts. The author actively participated in the data collection in the "Example"-study and that data were used in studies I, II and III. In Study IV the author was privileged to use pre-existing data.

FIGURES

FIGURE 1 The title here22

FIGURE 2 This is an axample of a very very very very very very very
loooooooooooooooooooooooooooooong title22

TABLE

TABLE 1 The title here22

You should provide the page numbers for all figures and tables included in the thesis. If the titles are short and they can fit one one page, then you can use the example format above. If they do not fit to one page, then present the list of figures and tables on separate pages.

Titles for figures and tables are most easily inserted by using the settings of the thesis template.

ABBREVIATIONS

If you have used abbreviations in your work, please explain them here. Otherwise, this page may be deleted.

BMI	Body mass index
ITT	Intention to treat
OR	Odds ratio

If there are many abbreviations used in your thesis (more than 5), it is recommendable to provide a list of abbreviations. Try to avoid unnecessary abbreviations, because if there are too many of them, the readability of the text will suffer. Abbreviations should be used when the terms frequently repeat in the text. If the abbreviation only repeats a few times in the text, then it is not necessary to include them in this list, just rely on the initial entire definition upon first mention. All used abbreviations used in this list should fit onto one page (max. approx. 40 abbreviations).

STATEMENT ON USING GENERATIVE AI

Please report here how you have used generative AI (Artificial Intelligence) applications in your doctoral dissertation.

If you have not used generative AI applications, write:

"I have not used generative AI applications in my dissertation."

If you have used generative AI applications, provide the following information:

1. Which application you used (include the software version or date of use).
2. In which part of the dissertation, how, and for what purpose the application was used.

By writing this statement, you take responsibility for ensuring that the use of AI applications has not compromised the originality, accuracy, reliability, transparency, or ethical integrity of your dissertation.

In the case of an article-based dissertation, it is sufficient to report how AI was used in the summarising report, provided that the use of generative AI and AI-assisted technologies has been appropriately declared in the individual publications. You do not need to report the use of AI applications that do not significantly affect the outcome, such as basic spell-checking tools. If you are unsure whether a particular application should be reported, report it to be safe. If you have used any AI application as part of the research design or execution (e.g., methods, analysis, conclusions), this must be described in detail in the relevant sections of your dissertation.

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TIIVISTELMÄ (ABSTRACT IN FINNISH)

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If your thesis contains an appendix, you can enter them to the contents list as shown above.

ORIGINAL PUBLICATIONS

Check that the titles and page numbers in the contents match exactly what is in the text!

Insert a blank page here, if necessary, so that the main text of the dissertation (Chapter 1. Introduction) starts on an odd-numbered page.

1 HEADING 1

This is a template for dissertations which will be published in the research series JYU Dissertations. You can write directly into this template or import your existing text from another document and edit it using the styles in this template.

You can choose the styles on the Home tab. Mark the Headings of the chapters with the style Heading 1, the Subheadings of the next level with the style Heading 2, etc. Choose the Normal style for the rest of the text, the Normal text first chapter after the headings.

Please note that this template also includes instructions on how to ensure the accessibility of the file. Please read it through carefully.

1.1 Heading2

This is an example of the way to mark a citation:

 Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada libero, sit amet commodo magna eros quis urna. Nunc viverra imperdiet enim. Fusce est. Vivamus a tellus.¹

1.1.1 Heading3

Here are examples of the table and figure captions. If you use styles properly, these texts and titles can be updated automatically to contents. Place TABLE caption above the table and FIGURE caption below the figure. Use caption tool to add captions (References > Insert Caption).

¹ Lorem Ipsum, 2009

TABLE 1 Table definition here (Style: Table definition/Taulukon selite)

Use header rows in tables				

Place table here. To ensure accessibility, please use MS Word table editor (*Insert > Table*). Do not paste images made out of tables. Also, keep your tables simple. Mark the first row as a header row (Table tools > Layout > Repeat Header Rows).

Create an alternative description (alt text) for the table. Select the table, right-click, and choose **Table Properties** from the menu that appears. From the **Alt Text** tab, you can provide an alternative description for the table.

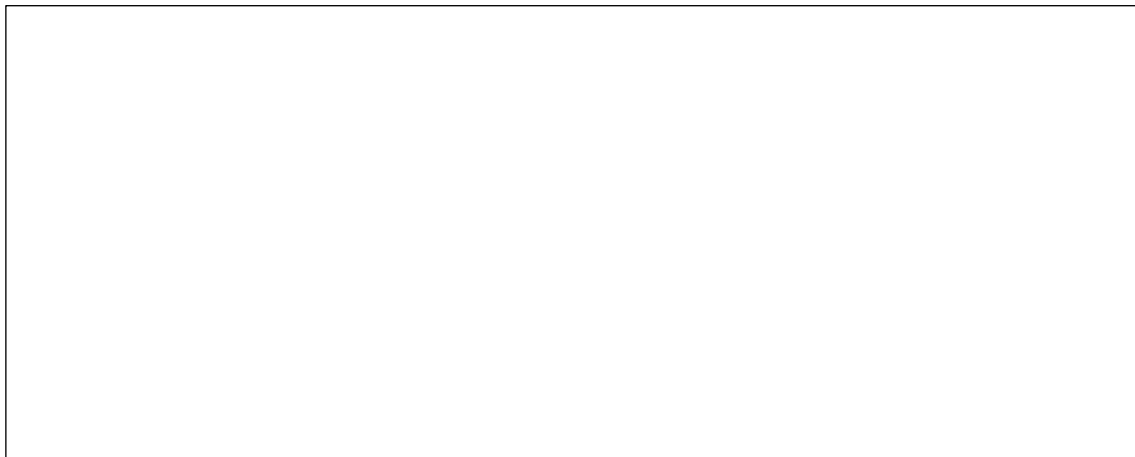


FIGURE 1 Figure definition here (Style: Figure definition/Kuvion selite)

At the same way, add images to the Word file using the **Insert>Pictures** function. Do not import them via the clipboard or by dragging. Suitable image file formats are jpg and png. When inserting a diagram created in, for example, PowerPoint or a drawing program into Word, you can use the SVG or EMF format.

Remember to add an alternative text for the picture, table, graph or figure. To add Alt text in MS Word, select the object to which you want to add the alternative text. Right-click the object. From the menu that appears, select “*Edit Alt Text*.”

1.1.1.1 **Heading 4**

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa.

1.1.1.1.1 **Heading 5**

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa.

YHTEENVETO (SUMMARY IN FINNISH)

In dissertations written in English the summary will be in Finnish.

The summary does not have a maximum length.

A summary may be included at the end of your text (typically approx. 2 pages). The summary is not mandatory but it is recommended. This is an opportunity for you to present your work to the wider (non-academic) Finnish audience.

REFERENCES

All theses from the Faculty of Sport and Health Sciences will use the American Psychological Association (APA), 7th edition referencing style, choosing the language "English UK".

If your reference has a digital object identifier (DOI), include it in your reference. A DOI will help your reader easily locate a document from your citation. Present DOIs as hyperlinks because a hyperlink leads readers directly to the content. Make sure that the link is underlined and preferably blue in colour.

The bibliography is produced following American Psychological Association (APA), 7th edition -style, using the language "English UK". If you use a referencing system (e.g. Zotero, Mendeley, Refworks) do not blindly trust that the citations in the text nor references in the bibliography will be written correctly. There are always issues and you should check and modify those that do not conform to the style.

Attention!

Journal names are written fully in the bibliography.

*Journal names use capital letters for each word (not prepositions), but **not** in article titles. According to APA-style, all authors are listed if there are 20 or fewer. If there are more than 20 authors, the first 19 and the last author are listed. See: <https://apastyle.apa.org/blog/more-than-20-authors>*

Note that there are no spaces between references in the bibliography.

Jokinen, A.M., & Virtanen, M.M. (2017). An example article title. *Journal of Example*, vol(no), p-p. <http://doi.org/xxxxx>
Järvinen, A., Jokinen, B., & Mäkinen, C. (2017). An example where there several authors. *Journal of Example*, 20(5), 23-34. <https://doi.org/xxxxx>
Mäkinen, M. (2019). *Book of Example* (2nd ed.). Publisher.
Nieminen, N., Mäkinen, M., Jokinen, B., & Järvinen, A. (2018). An example chapter or citation from a published book. In H. Helle & A. Halla (Eds.), *Book of examples* (3rd ed., pp. 23-34.). Publisher.

You can find more specific guidance about APA-style from:

[APA Style Common Reference Examples Guide, APA Style 7th Edition](#)
[APA Style Reference Guide for Journal Articles, Books, and Edited Book Chapters, APA Style 7th Edition](#)
<https://apastyle.apa.org/style-grammar-guidelines/references>
<https://apastyle.apa.org/style-grammar-guidelines/references/examples>

APPENDIXES

If your thesis contains an appendix, you can enter them here.

ORIGINAL PUBLICATIONS

I

THIS IS AN EXAMPLE OF AN ARTICLE TITLE PAGE

by

Jokinen, A., & Virtanen, M. (2025).
Journal of Example, vol(no), p-p.

<http://doi.org/xxxxx>

II

THIS IS AN EXAMPLE OF AN ARTICLE TITLE PAGE

by

Jokinen, A., & Mäkinen, M. (2026).
Journal of Example, vol(no), p-p.

(Submitted)

EXAMPLES ABOUT PECULARITIES IN APA7

s. 28

However, while impacts of such high intensity are very rare in older adults (Hannam, Deere, Hartley, Clark, et al., 2017; Tobias, 2014), it has been proposed that in older, compared to younger adults, lower intensity impacts are associated with bone density (Hannam, Deere, Hartley, Al-Sari, et al., 2017; Stiles et al., 2017).

The example shows a publication by the same authors from the same year. As many authors as necessary should be marked to distinguish which publication is concerned. Cf. See References:

Hannam, K., Deere, K., Hartley, A., Al-Sari, U., Clark, E., Fraser, W., & Tobias, J. (2017). Habitual levels of higher, but not medium or low, impact physical activity are positively related to lower limb bone strength in older women: Findings from a population-based study using accelerometers to classify impact magnitude. *Osteoporosis International*, 28(10), 2813–2822. <https://doi.org/10.1007/s00198-016-3863-5>

Hannam, K., Deere, K., Hartley, A., Clark, E., Coulson, J., Ireland, A., Moss, C., Edwards, M., Dennison, E., Gaysin, T., Cooper, R., Wong, A., McPhee, J., Cooper, C., Kuh, D., & Tobias, J. (2017). A novel accelerometer-based method to describe day-to-day exposure to potentially osteogenic vertical impacts in older adults: Findings from a multi-cohort study. *Osteoporosis International*, 28(3), 1001–1011. <https://doi.org/10.1007/s00198-016-3810-5>

NOTE: If the author(s) and year are the same, the different publications are separated by a lower-case letter, e.g.

(Blondaux & O'Hanrahan, 2018a)

Blondaux and O'Hanrahan (2018b)

And in the bibliography, the same principle is used, i.e. 2018a and 2018b.

s. 32

Global questionnaires are also feasible with large sample sizes or limited resources and when more complex methods would increase the participation burden (D. P. Gill et al., 2012).

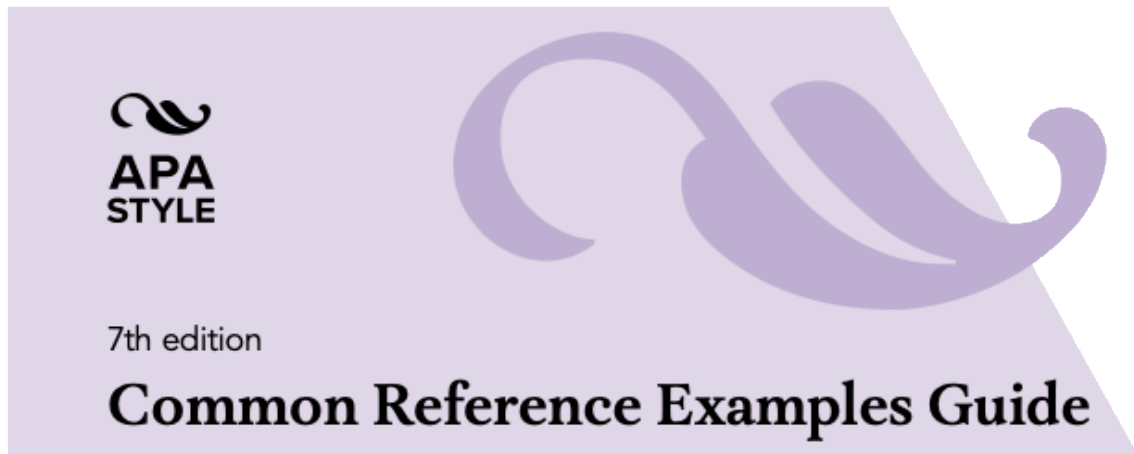
The example is about referring to two different people named Gill.

Gill, D. P., Jones, G. R., Zou, G., & Speechley, M. (2012). Using a single question to assess physical activity in older adults: A reliability and validity study. *BMC Medical Research Methodology*, 12, Article 20. <https://doi.org/10.1186/1471-2288-12-20>

Gill, J., Allum, J. H. J., Carpenter, M. G., Held-Ziolkowska, M., Adkin, A. L., Honegger, F., & Pierchala, K. (2001). Trunk sway measures of postural

stability during clinical balance tests: effects of age. *The Journals of Gerontology: Series A, Biological Sciences and Medical Sciences*, 56(7), M438–M447. <https://doi.org/10.1093/gerona/56.7.M438>

Below are some more brief examples of how references are done:



This guide contains examples of common types of APA Style references. Section numbers indicate where to find the examples in the *Publication Manual of the American Psychological Association* (7th ed.).

More information on references and reference examples are in Chapters 9 and 10 of the *Publication Manual* as well as the *Concise Guide to APA Style* (7th ed.). Also see the [Reference Examples](#) pages on the APA Style website.

Journal Article (Section 10.1)

Edwards, A. A., Steacy, L. M., Siegelman, N., Rigobon, V. M., Kearns, D. M., Rueckl, J. G., & Compton, D. L. (2022). Unpacking the unique relationship between set for variability and word reading development: Examining word- and child-level predictors of performance. *Journal of Educational Psychology*, 114(6), 1242–1256. <https://doi.org/10.1037/edu0000696>

Online Magazine Article (Section 10.1)

Thomson, J. (2022, September 8). Massive, strange white structures appear on Utah's Great Salt Lake. *Newsweek*. <https://www.newsweek.com/mysterious-mounds-great-salt-lake-utah-explained-mirabilite-1741151>

Print Magazine Article (Section 10.1)

Nicholl, K. (2020, May). A royal spark. *Vanity Fair*, 62(5), 56–65, 100.

Online Newspaper Article (Section 10.1)

Bernstein, J. (2024, June 3). The man who couldn't stop going to college. *The New York Times*. <https://www.nytimes.com/2024/06/03/magazine/benjamin-bolger-college-harvard-yale.html>

Print Newspaper Article (Section 10.1)

Reynolds, G. (2019, April 9). Different strokes for athletic hearts. *The New York Times*, D4.

Blog Post (Section 10.1)

Rutledge, P. (2024, April 23). Are tweens too young for digital literacy? *Dr. Pam: Living With Media*. <https://www.pamelarutledge.com/are-tweens-too-young-for-digital-literacy/>

Authored Book (Section 10.2)

Kaufman, K. A., Glass, C. R., & Pineau, T. R. (2018). *Mindful sport performance enhancement: Mental training for athletes and coaches*. American Psychological Association.
<https://doi.org/10.1037/0000048-000>

Edited Book Chapter (Section 10.3)

Zelege, W. A., Hughes, T. L., & Drozda, N. (2020). Home-school collaboration to promote mind-body health. In C. Maykel & M. A. Bray (Eds.), *Promoting mind-body health in schools: Interventions for mental health professionals* (pp. 11–26). American Psychological Association.
<https://doi.org/10.1037/0000157-002>

Online Dictionary Entry (Section 10.3)

American Psychological Association. (2018). Internet addiction. In *APA dictionary of psychology*. <https://dictionary.apa.org/internet-addiction>

Report by a Group Author (Section 10.4)

World Health Organization. (2014). *Comprehensive implementation plan on maternal, infant and young child nutrition*. https://apps.who.int/iris/bitstream/handle/10665/113048/WHO_NMH_NHD_14.1_eng.pdf?ua=1

Report by Individual Authors (Section 10.4)

Winthrop, R., Ziegler, L., Handa, R., & Fakoya, F. (2019). *How playful learning can help leapfrog progress in education*. Center for Universal Education at Brookings. https://www.brookings.edu/wp-content/uploads/2019/04/how_playful_learning_can_help_leapfrog_progress_in_education.pdf

Press Release (Section 10.4)

American Psychological Association. (2024, April 11). *People who use willpower alone to achieve goals, resist temptation, deemed more trustworthy* [Press release]. <https://www.apa.org/news/press/releases/2024/04/people-who-use-willpower>

Conference Session (Section 10.5)

Davidson, R. J. (2019, August 8–11). *Well-being is a skill* [Conference session]. APA 2019 Convention, Chicago, IL, United States. https://irp-cdn.multiscreensite.com/a5ea5d51/files/uploaded/APA2019_Program_190708.pdf

Dissertation From a Database (Section 10.6)

Horvath-Plyman, M. (2018). *Social media and the college student journey: An examination of how social media use impacts social capital and affects college choice, access, and transition* (Publication No. 10937367) [Doctoral dissertation, New York University]. ProQuest Dissertations and Theses Global.

Preprint Article (Section 10.8)

Latimier, A., Peyre, H., & Ramus, F. (2020). *A meta-analytic review of the benefit of spacing out retrieval practice episodes on retention*. PsyArXiv. <https://psyarxiv.com/kzy7u/>

Data Set (Section 10.9)

O'Donohue, W. (2017). *Content analysis of undergraduate psychology textbooks* (ICPSR 21600; Version V1) [Data set]. Inter-university Consortium for Political and Social Research. <https://doi.org/10.3886/ICPSR36966.v1>

Film or Video (Section 10.12)

Docter, P., & Del Carmen, R. (Directors). (2015). *Inside out* [Film]. Walt Disney Pictures; Pixar Animation Studios.

TV Series Episode (Section 10.12)

Dippold, K. (Writer), & Trim, M. (Director). (2011, April 14). *Fancy party* (Season 3, Episode 9) [TV series episode]. In G. Daniels, H. Klein, D. Miner, & M. Schur (Executive Producers), *Parks and recreation*. Deedle-Dee Productions; Fremulon; 3 Arts Entertainment; Universal Media Studios.

Webinar (Section 10.12)

Lee, C., McAdoo, T., & Denny, S. (2023). *APA Style seventh edition refresher for instructors* [Webinar]. American Psychological Association. <https://apastyle.apa.org/instructional-aids/tutorials-webinars>

YouTube Video (Section 10.12)

Above The Noise. (2017, October 18). *Can procrastination be a good thing?* [Video]. YouTube. <https://www.youtube.com/watch?v=FQMwmBNNOnQ>

Song or Track (Section 10.13)

Nirvana. (1991). *Smells like teen spirit* [Song]. On *Nevermind*. DGC.

Radio Broadcast (Section 10.13)

Hersher, R. (2020, March 19). *Spring starts today all over America, which is weird* [Radio broadcast]. NPR. <https://www.npr.org/2020/03/19/817237429/spring-starts-today-all-over-america-which-is-weird>

Podcast Episode (Section 10.13)

Santos, L. (Host). (n.d.) *Psychopaths and superheroes* (No. 1) [Audio podcast episode]. In *The happiness lab* with Dr. Laurie Santos. Pushkin Industries. <https://www.happineslab.fm/season-2-episodes/episode-1>

Infographic (Section 10.14)

American Psychological Association. (n.d.). *Data sharing* [Infographic]. <https://www.apa.org/pubs/journals/data-sharing-infographic.pdf>

PowerPoint From a Classroom Website (Section 10.14)

Mack, R., & Spake, G. (2018). *Citing open source images and formatting references for presentations* [PowerPoint slides]. Canvas@FNU. <https://fnu.onelogin.com/login>

X Post (Section 10.15)

Obama, B. [@BarackObama]. (2024, May 17). *Today marks 70 years since the Supreme Court handed down its landmark decision in Brown v. Board of Education, outlawing* [Post]. X. <https://x.com/BarackObama/status/1791540592238874953>

Open Educational Resource (Section 10.16)

Fagan, J. (2024, February 7). *Nursing clinical brain*. OER Commons. Retrieved June 2, 2024, from <https://www.oercommons.org/authoring/53029-nursing-clinical-brain/view>

Webpage (Section 10.16)

Taras, Z. (2024, May 30). *Situational irony can be funny, tragic or even terrifying*. howstuffworks. <https://entertainment.howstuffworks.com/arts/literature/situational-irony.htm>

Webpage on a News Website (Section 10.16)

Volpe, A. (2024, June 3). *How the self-care industry made us so lonely*. Vox. <https://www.vox.com/even-better/350424/self-care-isolation-loneliness-epidemic>

Webpage With a Retrieval Date (Section 10.16)

Worldometer. (n.d.). *Current world population*. Retrieved June 27, 2024, from <https://www.worldometers.info/world-population/>

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Last updated June 27, 2024

More information on APA Style can be found in the *Publication Manual of the American Psychological Association* (7th ed.) and the *Concise Guide to APA Style* (7th ed.).

CITE THIS HANDOUT:

American Psychological Association. (2024). *APA Style common reference examples guide*. <https://apastyle.apa.org/instructional-aids/reference-examples.pdf>

We thank Traci Giuliano, of Southwestern University, for providing the inspiration for this content.

HINT FOR ALT TEXTS

The most convenient way to add an alt-text to a table is to select the table and right-click on it and select "Table properties", and then the window below will open where you can add a short verbal description of the table's contents.

Taulukon ominaisuudet ? X

Taulukko Rivi Sarake Solu **Vaihtoehtoinen teksti**

Otsikko
Studies reporting correlates or determinants (covariates) for physical activity p

Kuvaus
Main findings and other basic information from three studies: Zook et al. (2014), Kwon et al. (2015b) and Kwon et al (2016).

Vaihtoehtoinen teksti
Otsikoissa ja kuvauksissa on vaihtoehtoisia tekstiselitteitä taulukoiden, kaavioiden, kuvien ja muiden objektien tiedoista. Vaihtoehtoisista tiedoista on hyötystä henkilöille, joilla on näkökykyyn liittyviä tai kognitiivisia rajoitteita ja jotka eivät ehkä näe tai hahmota jotakin kohtaa kokonaan.
Järjestelmä voi lukea otsikon tällaiselle käyttäjälle, joka sen perusteella voi päättää, haluaako hän kuulla kuvauksen sisällöstä.

OK Peruuta

Similarly for Figures: select the Figure, right-click and select "Show alternative text". And you can add text to it. e.g.

Vaihtoehtoinen t... v x

Miten kuvailisit tätä objektia ja sen kontekstia näkövammaiselle henkilölle?

- Aihe tai aiheet yksityiskohtaisesti kuvailtuna
- Ympäristö
- Toiminnot tai vuorovaikutus
- Muita olennaisia tietoja

(Suositus: 1–2 yksityiskohtaista lausetta)

A diagram showing the component of the thesis, i.e. the characteristics of the physical activity patterns and cardiometabolic health outcomes

Luo vaihtoehtoinen teksti puolestani

☐ Merkitse koristeelliseksi ⓘ

More info about alt-text from:

<https://www.jyu.fi/en/for-students/instructions-for-bachelors-and-masters-students/thesis-guide/thesis-accessibility>