**APA (2020) 7th edition Level of Headings**

**Centered, Bold, Title Case Heading [Level 1]**

**Flush Left, Bold, Title Case Heading [Level 2]**

***Flush Left, Bold Italic, Title Case Heading [Level 3]***

**Indented, Bold,** **Title Case Heading, Ending With a Period. [Level 4]**

***Indented, Bold Italic,******Title Case Heading, Ending With a Period [Level 5]***

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| **APA (2020) 7th edition**  **Level of Headings** | |
| * **NB the new 3rd level (italic)** * **NB that every Level of Heading is Bold** * **NB that every Main Word in every Level is Upper Case or Title Case Heading** | |
| Level 1 | **Centered, Bold, Title Case Heading**  Text begins as a new paragraph. |
| Level 2 | **Flush Left, Bold, Title Case Heading**  Text begins as a new paragraph. |
| Level 3 | ***Flush Left, Bold Italic, Title Case Heading* (New in 7th ed., APA, 2019).**  Text begins as a new paragraph. |
| Level 4 | **Indented, Bold,** **Title Case Heading, Ending With a Period.** Text begins on the same line and continues as a regular paragraph. |
| Level 5 | ***Indented, Bold Italic,******Title Case Heading, Ending With a Period.*** Text begins on the same line and continues as a regular paragraph. |
|  | (APA, 2020, p. 47–48). |

**APA (2010) Level of Headings**

**Page 62-63, APA 6th edition**

**Centered, Boldface, Upper Case and Lower Cased Heading \*(a) [Level 1] Flush left, Boldface, Upper & Lowercase Heading [Level 2]**

**Indented, boldface, lowercase paragraph heading ending with a period. \*(b)**

**[Level 3]**

***Indented, boldface, italicized lowercase paragraph heading ending with a period.***

**[Level 4]**

*Indented, italicized, lowercase paragraph heading ending with a period.*

**[Level 5]**

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| **Format for Five Levels of Headings in APA Journals**  **APA (2010), 6th ed.** | |
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| **Level of Heading** | **Format for Five Levels of Headings in APA Journals** |
|  |  |
| **Level 1** | **Centered, Boldface, Upper Case and Lower Cased Heading \*(a)** |
| **Level 2** | **Flush left, Boldface, Upper & Lowercase Heading** |
| **Level 3** | **Indented, boldface, lowercase paragraph heading ending with a period. \*(b)** Text starts right after the period on the same line. |
| **Level 4** | ***Indented, boldface, italicized lowercase paragraph heading ending with a period.*** Text starts right after the period on the same line. |
| **Level 5** | *Indented, italicized, lowercase paragraph heading ending with a period.* Text starts right after the period on the same line. |
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|  | 1. *This type of capitalization is also referred to as title case*   *\*b. In a lower case paragraph heading, the first letter of the first word is uppercase and the remaining words are lowercase.* |
|  | **See example manuscript Figure 2.1 (APA, 2010, p. 62-64).** |