Academic Support Center
Writing Center

APA Running Head

Resources: *The OWL at Purdue* website; the *Publication Manual of the American Psychological Association* (6th ed.); and *The LB Brief* Handbook by Jane Aaron, 5th edition

Include a page header, called the running head, at the top of every page.

Purpose:

The running head is a *shortened version* of the paper's full title, and it is used to help readers identify the titles for published articles. Even if the paper is not intended for publication, the paper should still have a running head.

Format:

The running head cannot exceed 50 characters, including spaces and punctuation. The running head's title is typed in all uppercase (capital letters) after typing, "Running head:" in lowercase letters. The running head is typed flush left, and page numbers should be inserted flush right.

Example:

Running head: ONLINE COMMUNICATION DEFINITIONS & RELATIONSHIPS   1

Note that on the title page, the page header should look like this:

Running head: TITLE OF YOUR PAPER

Pages after the title page should have a running head that looks like this:

TITLE OF YOUR PAPER

For establishing a running head, refer to the Writing Center's handout "APA Picture of Steps for Creating Header."