



## APA Sample Essay

As illustrated in the sample essay provided below, APA formatting is not quite as meticulous as it may seem. For the font and font sizing, APA has recommendations for sans serif (such as 11-point Calibri or 11-point Arial) and serif (12-point Times New Roman or 11-point Georgia). Another component of APA formatting is the title page, which will be explained below: note that each professor has different requirements for formatting. Make sure to check the syllabus and rubric to see what the professor requires.

Number each page.

1

Repeat the title of work, centered and bolded.

2

Title must be bold and centered.

**Oppositional Defiant Disorder (ODD)**

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PSYC 1101: Intro to General Psychology

Dr. Samuel Maddox

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For your heading you must: start with your name, then the department of the assignment you are completing, the course name and

Last name of author, followed by a comma, and year it was published.

**Oppositional Defiant Disorder (ODD)**

Oppositional Defiant Disorder (ODD), per the DSM-5 is a condition where children show symptoms such as but not limited to: irritability, disorderly conduct, wrath, and disobedience. It is often directed towards authority figures but differs from Conduct Disorder (CD), where these anti-social behaviors are not directed towards destroying objects, harming animals, stealing, lying, or deception.

Oppositional Defiant Disorder (ODD) was first mentioned in the DSM-III, which was the American Psychiatric Association in 1980. It was categorized in the "Disorders Usually First Evident in Infancy, Childhood, or Adolescence," (Garlie, 2000). The five behaviors that were originally associated with the disorder were: "(a) violation of minor rules; (b) temper tantrums; (c) argumentativeness; (d) provocative behavior; and (e) stubbornness," (Garlie, 2000). For a diagnosis to be insured the child would be required to have shown at least two of the behaviors listed. Since the time that the disorder was originally described the behaviors have increased and the behavior of stubbornness was removed. This was done for the diagnosis to be more distinguishable from children with normal behavior as opposed to children with ODD. Accordingly, the American Psychological Association added that the child must show frequent and repeated behaviors compared to children in the same age range. All these changes done over the years helped shape the diagnosis to become what we have now.

**Z**

Oppositional Defiant Disorder (ODD) is a disorder that causes the person with the disorder to be disobedient to authority figures. There are no clear causes for this disorder, but it is speculated that the “child's natural disposition or temperament and possibly neurobiological differences in the way nerves and the brain function” (Mayo Clinic, 2023) could be genetically inherited. Alternatively, the cause could be environmental, a bad childhood environment could cause a dislike for authority, due to the child not having an adequate mentor in their life. To go into more detail, “The child’s general attitude and how the family reacts to his or her behavior may play a role in it.” (Mayo Clinic, 2023).

Make sure that the authors are in alphabetical order. Each reference should be in the order of Author, date, title, and source. And all citations should be in sentence case.