

Italicize:

This article is straight and tall.
Chapters too, don't let it fall.
All else gets italicized
Books and journals, slant those guys

Capitalize:

No caps on words, Lieutenant Colonel Unless It's Research From a Journal.

*except: Proper Nouns (always capitalize)

Lamb Wiley, C. (2024). This article is straight and tall, chapters too, don't let it fall. *All else gets italicized, books and journals, slant those guys.* p. 42. https://cindilamb.com/apa7-help

Lamb Wiley, C. (2024). No caps on words, Lieutenant Colonel. Unless it's research From a Journal*. https://cindilamb.com/apa7-help

*For ALL articles and chapters and books and newspapers, etc: ONLY the first letter of the first word is capitalized (and so are proper nouns).

The exception: Journals: Capitalize all important words.