



# AMA Manual of Style Quick Reference Guide

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# AMA Manual of Style – Quick Reference Guide

## Overview

The reference style for assessments in the naturopathy program is the American Medical Association (AMA) reference style. Access to the full version of the *AMA Manual of Style* is available from the library webpage <https://www.ccnm.edu/library>

## In-Text Citations

AMA uses citation-sequence in-text references. Each reference is represented by a superscript Arabic number (i.e. <sup>1</sup>). The superscript Arabic numbers are used to refer to the reference list. References are numbered in the order they appear in the text. If a reference is used multiple times in the text, the same superscript Arabic number is used.

## Reference List

References are listed in consecutive order at the end of a document. The following are examples of how to reference commonly cited resources. This is not an exhaustive list.

You are to refer to the full version of the *AMA Manual of Style* when preparing in-text references and reference lists for all assessments.

## Note about recording author/authors' names

The name of the author/authors are recorded as surname followed by initials with no periods or space. If there are more than 6 authors, you record the first 3 followed by et al.

## Example

Yang WJ, Bai YM, Qin L, et al. The effectiveness of music therapy for postpartum depression: a systematic review and meta-analysis. *Complement Ther Clin Practi*. 2019; Nov(37):93-101. doi: 10.1016/j.ctcp.2019.09.002

## Print Resources

### Books

#### An Entire Authored Book:

Author/Authors. *Title of Book*. Edition number. Name of publisher; year of copyright.

#### Example

Solomonian L. *Textbook of Naturopathic and Integrative Pediatrics*. CCNM Press; 2019.

#### An Entire Edited Book:

Editor/Editors, ed(s). *Title of Book*. Edition number. Name of publisher; year of copyright.

#### Example

Hechtman L, ed. *Clinical Naturopathic Medicine*. 2<sup>nd</sup> ed. Elsevier; 2019.

#### A Chapter in a Print Book:

Author(s) of chapter. Title of chapter. In: Author(s)/Editor(s), ed(s). *Title of Book*. Name of publisher; year of copyright: page numbers.

#### Example

Sinclair J, Hechtman L. Herbal medicine. In: Hechtman L, ed. *Clinical Naturopathic Medicine*. 2nd ed. Elsevier; 2019:236-283.

## Electronic Resources

For a list of abbreviated journal titles see <https://www-ncbi-nlm-nih.gov.ccnm.idm.oclc.org/nlmcatalog/journals>

### Journal Articles

#### Journal Articles with a Digital Object Identifier (DOI):

Author(s). Title of article. *Abbreviated Title of Journal*. Publication date; volume(issue): page numbers. DOI

#### Example

Asadi S, Gholami MS, Siassi F, Qorbani M, Khamoshian K, Sotoudeh G. Nano curcumin supplementation reduced the severity of diabetic sensorimotor polyneuropathy in patients with type 2 diabetes mellitus: a randomized double-blind-placebo-controlled clinical trial. *Complement Ther Med*. 2019; Apr(43):253-260. doi: 10.1016/j.ctim.2019.02.014

### Journal Articles where no DOI is available:

Author(s). Title of article. *Abbreviated Title of Journal*. Year of publication; volume(issue): page numbers. Accessed date. URL

#### Example

Birch L, Savage SJ, Ventura A. Influences on the development of children's eating behaviors: from infancy to adolescence. *Can J Diet Pract Res*. 2007;68(10):s1-s56. Accessed October 20, 2020.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2678872/>

### Electronic Books

#### An Entire Authored Electronic Book:

Author(s). *Title of Book*. Name of publisher; year of copyright. Accessed date. URL.

#### Example

Kimmerer RW. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*. Milkweed Editions; 2013. Accessed August 1, 2023.

<https://search-ebshost-com.ccnm.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=683745&site=ehost-live>

#### An Entire Edited Electronic Book:

Editor(s), ed(s). *Title of Book*. Name of publisher; year of copyright. Accessed date. URL

#### Example

Greenwood M, de Leeuw S, Lindsay NM. *Determinants of Indigenous Peoples' Health: Beyond the Social*. Canadian Scholars; 2018. Accessed August 2, 2023.

<https://ccnm.idm.oclc.org/login?url=https://ebookcentral.proquest.com/lib/ccnm/detail.action?docID=6282034>

#### A Chapter in an Electronic Book:

Author(s) of chapter. Title of chapter. In: Author/Editor, ed. *Title of Book*. Name of publisher; year of copyright: chap #. Accessed date. URL

#### Example

Sadler TW. The gut tube and the body cavities. In: Sadler TW. *Langman's Medical Embryology*, 5<sup>th</sup> ed. Wolters Kluwer; 2023: chap 7. Accessed Aug 1, 2023.

<https://meded-lwwhealthlibrary->

[com.ccnm.idm.oclc.org/content.aspx?bookId=3221&sectionId=253321578&resultClick=1](https://com.ccnm.idm.oclc.org/content.aspx?bookId=3221&sectionId=253321578&resultClick=1)

## Websites

Author(s)/Editor(s), ed(s). Title. Name of website. Date published. Updated date. Accessed date. URL

### Example

10 tips on how to de-stress at work. Canadian Mental Health Association. March 12, 2018. Accessed August 1, 2023. <https://cmha.ca/news/10-tips-on-how-to-de-stress-at-work/>

## Databases

Author/Editor, ed. Title of the specific item cited. Database Title. Publisher or Database owner/host. Publication Date. Updated date. Accessed date. URL

### Example

Nexium: full monograph. CPS. Canadian Pharmacists Association. Updated September 16, 2021. Accessed August 1, 2023. <https://www.e-therapeutics-ca.ccnm.idm.oclc.org/>

## Example Text: Putting It all Together

Stress can create many disruptions in the body with irreparable consequences, including heart disease and permanent nerve damage<sup>1</sup>. According to Hoffmann, select herbs, such as valerian root and chamomile, are essential in maintaining and stabilizing anxiety levels throughout the day<sup>2</sup>. The CMHA suggests work can be one of the main reasons for high stress levels<sup>3</sup>.

References:

1. Davis, M, Eshelman ER, McKay M. *The Relaxation and Stress Reduction Workbook*. New Harbinger Publications, Inc.; 2008.
2. Hoffman D. *An Herbal Guide to Stress Relief*. Healing Arts Press; 1991.
3. 10 tips on how to de-stress at work. Canadian Mental Health Association. March 12, 2018. Accessed August 1, 2023. <https://cmha.ca/news/10-tips-on-how-to-de-stress-at-work/>