

## AMA Manual of Style Quick Reference Guide

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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.cnm.edu/library>.

This quick reference guide is intended as a brief orientation to the AMA style. 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.

### 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 list for all assessments.

### Note about recording author/authors' names

The name of 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

### Journal Articles

Author. Title of Article. *Abbreviated Title of Journal*. Year of publication; 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. *Complement Ther Med*. 2019; Apr(43):253-260. doi: 10.1016/j.ctim.2019.02.014

If no Digital Object Identifier (DOI) is available

Author. 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. Accessed October 20, 2020. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2678872/>

The data an electronic resource was accessed is recorded as Accessed month, day, year.

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

**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 edited book:

Editor/Editors, ed. *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 an edited book:

Author/Authors of chapter. Title of chapter. In: Author/Editor, ed. *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*. 2<sup>nd</sup> ed. Elsevier; 2019:236-283.

An electronic book:

Author/Editor, ed. *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 October 20, 2020.  
<https://ccnm.idm.oclc.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=683745>

#### Database

Nexium: full monograph. CPS. Canadian Pharmacists Association. Updated June 3, 2019. Accessed October 19, 2020. <https://www-e-therapeutics-ca.ccnm.idm.oclc.org/>

#### Example

Stress can create many disruptions in the body of irreparable consequences including heart disease and permanent nerve damage<sup>1</sup>. According to Hoffmann only through select herbs can we help maintain and stabilize anxiety levels throughout the day such as valerian root and chamomile<sup>2</sup>. The CMHA suggests that work can be one of the main reasons for such 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. Updated March 12, 2018. Accessed September 11, 2020. <https://cmha.ca/blogs/10-tips-on-how-to-de-stress-at-work>.