

**APA Heading Examples:**

APA has five levels of headings, but typically nursing papers will use two (or at most, three) levels.

Level of Heading	Format
1	Centered, Boldface, Uppercase and Lowercase Heading
2	Flush Left, Boldface, Uppercase and Lowercase Heading
3	Indented, boldface, lowercase paragraph heading beginning with a capital letter and ending with a period. Text continues.

**Paper with two levels:**

Use Levels 1 and 2. Example:

<b>Study of Cancer Therapies</b> (Level 1)
<b>Methods</b> (Level 2)
<b>Results</b> (Level 2)
<b>Discussion</b> (Level 2)
<b>New Therapies Under Study</b> (Level 1)
<b>Pharmacological Interventions</b> (Level 2)
<b>Genetic Engineering Interventions</b> (Level 2)

**Paper with three levels:**

Use Levels 1, 2, and 3. Example:

<b>Method</b> (Level 1)
<b>Measures</b> (Level 2)
<b>Perceived control.</b> Text continues here. (Level 3)
<b>Autonomy.</b> Text continues here. (Level 3)
<b>Behavior and emotions.</b> Text continues here. (Level 3)
<b>Results</b> (Level 1)
<b>Discussion</b> (Level 1)