

Table 3.1 Format for Five Levels of Heading in APA Journals

Level of heading	Format
1	Centered, Boldface, Uppercase and Lowercase Heading^a
2	Flush Left, Boldface, Uppercase and Lowercase Heading
3	Indented, boldface, lowercase paragraph heading ending with a period.^b
4	<i>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</i>
5	<i>Indented, italicized, lowercase paragraph heading ending with a period.</i>

^aThis type of capitalization is also referred to as *title case*. ^b In a *lowercase paragraph heading*, the first letter of the first word is uppercase and the remaining words are lowercase.