APA Table Examples
Seven Tables in APA 7 Style

Seven tables for a quantitative results chapter, each formatted the way APA 7th edition asks, from the borders to the notes. Every value comes from one simulated study, worked through in statistics software and checked in a second package, so the tables agree with each other. A short note beside each table explains what goes in it and the rules that trip people up.

Table 2

Descriptive Statistics and Correlations for Study Variables

Variable	*M*	*SD*	1	2	3	4	5
1. Workload	3.81	0.69	—				
2. Autonomy	3.00	0.75	−.18**	—			
3. Supervisor support	3.38	0.76	−.08	.28***	—		
4. Burnout	3.23	0.75	.52***	−.42***	−.32***	—	
5. Intention to leave	2.96	0.80	.34***	−.28***	−.37***	.56***	—

Note. $N = 240$. All variables are scale means on a 1 to 5 response scale; higher scores mean more of the construct.

**$p < .01$. ***$p < .001$.

INSIDE

- Participant characteristics
- Descriptives and correlations
- Internal consistency
- Independent-samples t test
- One-way ANOVA
- Chi-square
- Multiple regression
- The APA rules you'll use most

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Template note: the APA rules you'll use most. Table number in bold; the title one double-spaced line below it, in italic title case. Column headings centered, in sentence case; the first (stub) column left-aligned.
Horizontal lines only: at the top and bottom of the table, under the column headings, and under any heading that spans several columns. No vertical lines, and no box around each cell.
No zero before the decimal point when a value can't exceed 1 (*p*, *r*, α, R^2, η^2, proportions). Keep the zero when it can (*M*, *SD*, *t*, *F*, *b*, *d*, and the standardized β).
Exact *p* values to two or three decimals ($p = .008$); below .001, write <.001. Statistical symbols are italic (*M*, *SD*, *t*, *F*, *p*, *n*); Greek letters are not (α, β, η^2, χ^2).
Notes go below the table in this order: a general note (starting with the word *Note* in italics), specific notes (marked a, b, c), then probability notes for the asterisks.
Sources: APA Style, "Table Setup," "Sample Tables," and the Numbers and Statistics Guide (2024), apastyle.apa.org.

Template note: participant characteristics. Use this table to describe your sample. Report counts (*n*) and percentages for each category, and give continuous characteristics such as age as a mean and *SD* in the note if they aren't in the table. Indent the categories under each characteristic with the paragraph indent, not spaces. If percentages don't add to 100 because of rounding, say so in the note.

Table 1

Participant Characteristics

Characteristic	*n*	%
Gender		
Woman	137	57
Man	90	38
Non-binary or self-described	13	5
Age (years)		
25 or under	69	29
26 to 30	118	49
31 to 35	53	22
Sector		
Education	93	39
Healthcare	79	33
Social care	68	28
Years in role		
First year	85	35
Second year	86	36
Third year	69	29
Contract		
Full-time	173	72
Part-time	67	28

Note. $N = 240$.

Template note: descriptive statistics and correlations. The most common table in a quantitative results chapter. List each variable once, with its mean and *SD*, then the correlations below the diagonal; a dash marks each variable's correlation with itself. Correlations have no leading zero. List in the probability note only the levels your table uses. If you test many correlations, say so in your text and consider whether a correction for multiple comparisons is needed.

Table 2

Descriptive Statistics and Correlations for Study Variables

Variable	*M*	*SD*	1	2	3	4	5
1. Workload	3.81	0.69	—				
2. Autonomy	3.00	0.75	−.18**	—			
3. Supervisor support	3.38	0.76	−.08	.28***	—		
4. Burnout	3.23	0.75	.52***	−.42***	−.32***	—	
5. Intention to leave	2.96	0.80	.34***	−.28***	−.37***	.56***	—

Note. $N = 240$. All variables are scale means on a 1 to 5 response scale; higher scores mean more of the construct.

**$p < .01$. ***$p < .001$.

Template note: internal consistency (reliability). Report the number of items and Cronbach's alpha for each multi-item scale you used. Alpha has no leading zero, and as a Greek-letter statistic it needs no definition in the note. A common rule of thumb treats .70 as acceptable, but it is a convention, not a cutoff, and alpha rises with the number of items. If your program prefers McDonald's omega, add a column for it.

Table 3

Internal Consistency of Study Scales

Scale	Items	*M*	*SD*	Cronbach's α
Workload	5	3.81	0.69	.85
Autonomy	4	3.00	0.75	.79
Supervisor support	4	3.38	0.76	.85
Burnout	6	3.23	0.75	.89
Intention to leave	3	2.96	0.80	.81

Note. $N = 240$. Items were rated on a 5-point scale (1 = *strongly disagree*, 5 = *strongly agree*).

Template note: independent-samples *t* test. Use this layout to compare two groups on one or more outcomes. Give each group's mean and *SD* under a heading for the group, then *t*, degrees of freedom, the exact *p* value and an effect size (Cohen's *d* keeps its leading zero, because it can exceed 1). These are Welch's *t* tests, which don't assume equal variances, so the degrees of freedom are decimals; say which test you used in the note.

Table 4

Differences Between Full-Time and Part-Time Employees

	Full-time		Part-time					
Variable	*M*	*SD*	*M*	*SD*	*t*	*df*	*p*	Cohen's *d*
Workload	3.89	0.66	3.61	0.75	2.70	107.0	.008	0.41
Burnout	3.29	0.77	3.07	0.67	2.21	138.0	.029	0.30
Intention to leave	2.97	0.85	2.94	0.66	0.32	153.1	.753	0.04

Note. $N = 240$ (full-time $n = 173$; part-time $n = 67$). Welch's *t* tests, which do not assume equal variances. Cohen's *d* uses the pooled standard deviation.

Template note: one-way ANOVA. Use this layout to compare three or more groups. Give each group's mean and *SD*, then *F* with both degrees of freedom in the column heading, the exact *p* value and eta squared (no leading zero). A significant *F* says only that the groups differ somewhere; report which pairs differ (a post hoc test) in a note or in your text.

Table 5

Workload and Burnout by Sector

	Education		Healthcare		Social care				
Variable	*M*	*SD*	*M*	*SD*	*M*	*SD*	*F*(2, 237)	*p*	η^2
Workload	3.85	0.62	4.00	0.64	3.52	0.76	9.67	<.001	.08
Burnout	3.22	0.75	3.35	0.74	3.10	0.76	2.10	.125	.02

Note. $N = 240$ (education $n = 93$; healthcare $n = 79$; social care $n = 68$). Tukey post hoc comparisons showed higher workload in education than in social care ($p = .006$) and in healthcare than in social care ($p < .001$); the other pair did not differ significantly.

Template note: chi-square test of independence. Use this layout when both variables are categories. Show the count and the row percentage in each cell, so readers can compare groups of different sizes, and give the test in a note: chi-square with its degrees of freedom and *N*, the exact *p* value, and Cramér's *V* as the effect size (no leading zero). This result is not significant, and a non-significant test is reported in exactly the same way.

Table 6

Employees Considering Leaving Within a Year, by Sector

	Considering leaving			
Sector	Yes (*n*)	%	No (*n*)	%
Education	26	28	67	72
Healthcare	35	44	44	56
Social care	23	34	45	66
Total	84	35	156	65

Note. Percentages are within each sector. $\chi^2(2, N = 240) = 5.07$, $p = .079$, Cramér's $V = .15$.

Template note: multiple regression. Use this layout for a linear regression. Give the unstandardized coefficient (*b*) with its standard error, the standardized coefficient (β), *t*, the exact *p* value and the 95% confidence interval for *b*, then the model's fit in a note. R^2 has no leading zero. Keep the zero on *b* and β, because both can exceed 1 (many published papers drop it on β; whichever you choose, be consistent). If your residuals showed heteroscedasticity, report robust (for example, HC3) standard errors and say so in the note: see gradcoach.com/linear-regression-assumptions.

Table 7

Regression of Burnout on Workload, Autonomy, and Supervisor Support

						95% CI	
Predictor	*b*	*SE*	β	*t*	*p*	*LL*	*UL*
Intercept	2.90	0.31		9.23	<.001	2.28	3.52
Workload	0.49	0.05	0.45	8.86	<.001	0.38	0.59
Autonomy	−0.28	0.05	−0.28	−5.35	<.001	−0.38	−0.18
Supervisor support	−0.20	0.05	−0.20	−3.89	<.001	−0.30	−0.10

Note. $N = 240$. $R^2 = .42$, adjusted $R^2 = .41$, $F(3, 236) = 55.82$, $p < .001$. CI = confidence interval; *LL* = lower limit; *UL* = upper limit.

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