In APA style the author’s last name, date, and page numbers are required for in-text citations if available.

Direct Quote:
According to Howard (2007), “…children who regularly drink soda have an increased likelihood of being overweight and obesity” (p. 74).

Paraphrase:
Obesity in children has been linked to soda consumption (Howard, 2007, p. 74).

Other Rules:
- No page numbers? Direct quotation: use paragraph number., Paraphrase: option to leave them out or use encouraged to use paragraph number
- No author? Use the title of the source in quotes:
  - (“Getting the Message,” 2010)
- 2 authors? List them all:
  - (Smith & Jones, 2011, p. 5)
- 3 to 5 authors? Cite all authors the first time, and only the first author and et al. all following times:
  - (Kessler, Kane, & Haas, 2015, p. 76)
  - (Kessler et al., 2015, p. 76)