MLA - In-text Citation Examples

1. Database article - No author – Signal phrase used

   In a study, Relapse Prevention Program for Anorexia Nervosa Patients, researchers discovered that implementing a relapse prevention plan at the end of treatment has a positive impact on patients suffering from anorexia with only 11% of study patients suffering a full relapse (1).

2. eBook with author

   Another proposed cause of anorexia, Mimetic Theory is the need to mimic or imitate an admired individual. Environment or social pressure is the basis of this theory which places much of the blame on the media and the depiction of the perfect woman as being thin (Girard 5).

3. Database article - Two authors

   Anorexia has often been associated with low self-esteem. As one sufferer described, “Well, I feel I have nothing to give right now. And being thin is acceptable. If I’m fat, I’m just taking up space” (Dolhanty and Greenberg 371).

4. Website - No page number

   The belief that anorexia is caused by psychological issues is widely held. According to Mayo Clinic Staff, food is not the main issue in the disorder, but a way for the individual to gain control in an untenable situation (“Anorexia Nervosa: Overview”).

5. Two works by same author

   Other theorists conclude that anorexia is an innate way for some to deal with a prehistoric response to famine. As Guisinger states, “…individuals with abilities to ignore hunger, move energetically, and deny starvation could flee local depletion…” (“Competing Paradigms” 199). As further support, proponents of this concept indicate that theories based on psychopathology cannot explain the incidence of anorexia in other animals (Guisinger, “Adapted” 757).

6. Video from Films on Demand - long quote

   Some anorexics see the disorder as an entity that is trying to conquer them:

   It feels like this demonic torturous thing that is out to make you miserable and it’s really tiring feeling anxious all the time and arguing with your head and not being able to do the thing that everybody else can do, like this one basic thing, which is to eat, really. But I want it more than anything in the whole world. (“Anorexia Nervosa” 00:11:22-49)

7. YouTube video

   Although many anorexics may recognize that they have a problem, they often remain in denial. In one case study, a patient claimed to “see food as an enemy,” but felt that her condition was “a lifestyle and not a disease” (“Anorexia Nervosa: Being” 00:06-07).