APA has a plethora of rules that govern figures or words are used to express numbers. Although these rules may seem picky and overwhelming, they are aimed at saving space and conveying technical information in an easily understood format. This page covers just the most common applications. See the Numbers section (pp. 122-130) of the APA manual for more.

**APA Numbers in an Nutshell**

<table>
<thead>
<tr>
<th><strong>Use Arabic figures</strong></th>
<th><strong>Spell out numbers</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>for numbers ≥ 10</td>
<td>one thru nine when not used with units of measurement or used in comparisons with numbers 10 or greater</td>
</tr>
<tr>
<td>any number used with a precise unit of measurement</td>
<td>one or zero</td>
</tr>
<tr>
<td>for statistical or mathematical functions, proportions, ratios, percentages (use %)</td>
<td>common fractions</td>
</tr>
<tr>
<td>for measures of time, ages, dates, exact sums of money</td>
<td>common expressions</td>
</tr>
<tr>
<td>to describe a sample size, specific number of participants</td>
<td>used to begin a sentence</td>
</tr>
<tr>
<td>to denote a specific place in a numbered series, parts of book, tables</td>
<td></td>
</tr>
<tr>
<td><strong>ALL</strong> numbers in an abstract of a paper</td>
<td></td>
</tr>
</tbody>
</table>

**Use a combination of words and numerals**

- for large sums (787 trillion dollars, 1.5 million dollars, 3 million people)
- when numbers appear back-to-back (ten 5-point Likert scales, 30 four-year-olds)

**Examples of when to express numbers in words:**

- numbers <10 **not** used with units of measurement OR grouped in comparison with numbers < 10.
  - eight pages, three stages, six chapters, two-tailed t test, **but** five items using a 7-point Likert scale (because a point on a scale is a precise unit of measurement)
  - our test was repeated **test** two times (in this case, two times is not a proportion)
  - seven lists of nine words each; during the third of the five sessions
- numbers zero and **one** when words aid comprehension OR when not in context with numbers ≥10
  - zero-tolerance policy
  - only one response was valid; **but** 1 of 15 responses was valid
- for common fractions
  - one half of the text; increased by three fourths; a two-thirds majority (In this last example, two thirds is hyphenated because the fraction functions as a compound adjective modifying “majority.” Otherwise, common fractions are not hyphenated.)
- common expressions (**twenty-first century**, the Fourth of July)
Examples of when to use Arabic numerals

- numbers less than 10 grouped for comparison with numbers ≥10 and within the same paragraph:
  - ...included students in the 3rd and 12th grades but not the 4th-grade students
  - 7 of the 33 memory prompts; pages 9 through 33; pack 10 pairs of socks, 5 shirts, 3 pairs of shorts, and 1 bandana; the 1st and 9th items in all 15 lists
  - But four checklists, each containing 15 child behavior characteristics (in this case, the checklists are not compared to the behavior characteristics)

- when a number is used with a precise unit of measurement
  - 6 megabyte disk, 7 feet, 9 miles, 5-gallon bucket, 5-point scale

- numbers that represent statistical or mathematical functions, proportions, ratios, percentages, percentiles, decimal quantities
  - 3 times as many dropouts, 9 of the 18 programs (proportion)
  - divided by 3 and multiplied by 9
  - deposits were matched at a ratio of 7:1
  - those in the upper 5th percentile
  - 5% of students, between 20% and 30% of the population, 0.5% improvement

[APA uses the % sign with numerals (e.g., 5%, not 5 percent). If you must begin a sentence with a percentage, write out the word percent such as, “Forty-five percent.”]

- numbers that represent measures of time, ages, dates, exact sums of money
  - 9 seconds, 8 minutes, 4 hours, 3 days, 1 week, 3 months, 2 years,
  - 9 to 18 year-old participants
  - between the 1st and 15th of each month
  - 12:30 p.m. on May 1, 2009

- when reporting scores on a numbered scale,
  - an average rating of 3 on a 10-point scale

- when describing a sample or subsample size, giving specific numbers of participants
  - the responses of 9 participants reviewed by two raters
  - randomly selected 6 of the 9 participants

- numbers that denote a specific place in a numbered series, parts of books, tables
  - see chapter 7 for more discussion; turn to page 3; see Table 1

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