

## Psychology: Annotated Bibliography Example

### Citation (APA):

Bandura, A. (1991). Social cognitive theory of self-regulation. *Organizational Behavior and Human Decision Processes*, 50(2), 248–287. [https://doi.org/10.1016/0749-5978\(91\)90022-L](https://doi.org/10.1016/0749-5978(91)90022-L)

### Annotation:

This article introduces social cognitive theory and explains how self-regulation influences human behavior. Bandura discusses the role of personal goals, feedback, and motivation in shaping decision-making. The source is valuable for psychology research because it provides a foundational theory supported by empirical studies. It is particularly useful for exploring topics related to motivation, learning behavior, and self-efficacy.



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