APA numbers style

The rules for APA whether to spell out number or use numerals are complex. Here's a general guide.

One through nine are usually spelled out when not used as in a statistically comparison:

Example: Two people were interviewed.

Numbers at the beginning of sentences are always spelled out:

Example: Twenty-eight students replied.

When numbers are used for statistical comparison, use numerals.

Example: On the survey, 5 of the 25 people stated they were in favor of the legislation.