

Behavioural and Cognitive Psychotherapy

Submission to Behavioural and Cognitive Psychotherapy

Articles written in English and not submitted for publications elsewhere should be sent to:

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Manuscript preparation

A Word document of the manuscript must be submitted electronically at

<http://mc.manuscriptcentral.com/babcp> and original figures can be supplied as attachments.

Articles must be typed double-spaced throughout allowing wide margins all round. Where unpublished material e.g. behaviour rating scales, therapy manuals etc., is referred to in an article, copies should be submitted as an additional document to facilitate review.

Submissions will be sent out for review exactly as submitted. Authors who want a blind review should indicate this at the point of submission of their article, omitting details of authorship and other identifying information. Submission for blind review is encouraged.

Abbreviations where used must be standard. The Systeme International (SI) should be used for all units: where metric units are used the SI equivalent must also be given. Probability values and power statistics should be given with statistical values and degrees of freedom (e.g. $F(1,34) = 123.07, p < .001$), but such information may be included in tables rather than in the main text. *Spelling* must be consistent within an article, either using British usage (*The Shorter Oxford English Dictionary*), or American usage (*Webster's new collegiate dictionary*). However, spelling in the list of references must be literal to each publication.

Details of style not specified here may be determined by reference to the *Publication Manual of the American Psychological Association* or the style manual of the British Psychological Society.

Articles should conform to the following scheme:

- a. *Title page*. The title should phrase concisely the major issues. Author(s) to be given with departmental affiliations and addresses, grouped appropriately. A running head of no more than 40 characters should be indicated.
- b. *Abstract*. The abstract should be structured under the headings: Background, Aims, Method, Results, Conclusions. It should include up to six key words that could be used to describe the article. This should summarize the article in no more than 250 words.
- c. *Text*. This should begin with an introduction, succinctly introducing the point of the paper to those interested in the general area of the journal. *Attention should be paid to the Editorial Statement that is accessed online*. References within the text should be given in the form of Jones and Smith (1973) or (Jones and Smith, 1973). When there are three or up to and including five authors the first citation should include all authors; subsequent citations should be given as Williams et al. (1973). Authors with the same

surname should be distinguished by their initials. The appropriate positions of tables and figures should be indicated in the text. Footnotes should be avoided where possible.

- d. *Reference note(s)*. A list of all cited unpublished or limited circulation material, numbered in order of appearance in the text, giving as much information as possible about extant manuscripts.
- e. *References*. All citations in the text should be listed in strict alphabetical order according to surnames. Multiple references to the same author (s) should be listed chronologically, using a, b, etc., for entries within the same year. Formats for journal articles, books and chapters should follow these examples:

Kaltenthaler, E., Parry, G. and Beverley, C. (2004). Computerised cognitive behaviour therapy: a systematic review. *Behavioural and Cognitive Psychotherapy*, 32, 31–55. doi:10.1017/S135246580400102X.

Tharp, R.G. and Wetzel, R.J. (1969). *Behaviour Modification in the natural environment*, New York: Academic Press.

Roskies, E. and Lazarus, R.S. (1980). Coping theory and the teaching of coping skills. In P.O. Davidson and S.M. Davidson (Eds), *Behavioural medicine: changing health lifestyles*. New York: Brunner/Mazel.

- f. *Footnotes*. The first, and preferably only, footnote will appear at the foot of the first page of each article, and subsequently may acknowledge previous unpublished presentation (e.g. dissertation, meeting paper), financial support, scholarly or technical assistance, or a change in affiliation. A concluding (or only) paragraph must be the name and full mailing address of the author to whom reprint requests or other enquires should be sent.
- g. *Tables*. Tables should be numbered and given explanatory titles.
- h. *Figure captions*. Numbered captions should be typed on a separate page.
- i. *Figures*. Original drawings or prints must be submitted for each line or half-tone illustration. Figures should be clearly labelled and be camera-ready wherever possible.

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EDITORIAL STATEMENT

Behavioural and Cognitive Psychotherapy is an international multidisciplinary journal for the publication of original research, of an experimental or clinical nature, that contributes to the theory, practice and evaluation of behaviour therapy. As such, the scope of the journal is very broad and articles relevant to most areas of human behaviour and human experience, which would be of interest to members of the helping and teaching professions, will be considered for publication.

As an applied science, the concepts, methodology and techniques of behavioural psychotherapy continue to change. The journal seeks both to reflect and to influence those changes.

While the emphasis is placed on empirical research, articles concerned with important theoretical and methodological issues as well as evaluative reviews of the behavioural literature are also published. In addition, given the emphasis of behaviour therapy on the experimental investigation of the single case, the journal from time to time publishes case studies using single case experimental designs. For the majority of designs this should include a baseline period with repeated measures; in all instances the nature of the quantitative data and the intervention must be clearly specified. Other types of case report can be submitted for the Brief Clinical Reports section.

The following types of articles are suitable for Behavioural and Cognitive Psychotherapy:

- Reports of original research employing experimental or correlational methods and using within or between subject designs.
- Review or discussion articles that are based on empirical data and that have important new theoretical, conceptual or applied implications.
- Brief reports and systematic investigations in single case employing innovative techniques and/or approaches.

Articles should concern original material that is neither published nor under consideration for publication elsewhere. This applies to articles in languages other than English.

Special Sections of the Journal

Accelerated Publication

The accelerated publication section is intended to accommodate a small number of important papers. Such papers will include major new findings for which rapid dissemination would be of considerable benefit and impact. For example: reports of the results of important new clinical trials; innovative experimental results with major implications for theory or practice; other work of unusually high calibre.

Empirically Grounded Clinical Interventions

This section is intended for reviews of the present status of treatment approaches for specific psychological problems. It is intended that such articles will draw upon a combination of treatment trials, experimental evidence and other research, and be firmly founded in phenomenology. It should take account of, but also go beyond, treatment outcome data.

Brief Clinical Reports

Material suitable for this section includes unusual case reports, accounts of potentially important techniques, phenomena or observations; for example, descriptions of previously unreported techniques, outlines of available treatment manuals, descriptions of innovative variations of

existing procedures, details of self-help or training packages, accounts of the application of existing techniques in novel settings and so on. The brief clinical reports section is intended to extend the scope of the clinical section. Submissions for this section should be *no longer than five typescript, double spaced pages (1500-1800 words), and should include no more than six references, one table or figure and an extended report that contains fuller details*. There are no restrictions on the size or format of this backup document. This may, for instance, be a treatment manual or a fully detailed case report, therapy transcript and so on. If a submission is accepted for publication as a Brief Clinical Report, the author/s must be prepared to send the fuller document to those requesting it, free of charge or at a price agreed with the editor to reflect the cost of materials involved. The extended document will also be mounted on the journal's website (<http://journals.cambridge.org/BCP>) and therefore we require an electronic version in Word or PDF format (this material will not be copyedited).

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