



TABLE OF CONTENTS

●	Description	p.1
●	Impact Factor	p.1
●	Editorial Board	p.1
●	Guide for Authors	p.4



ISSN: 0005-7894

DESCRIPTION

Behavior Therapy, published six times a year, is an international journal devoted to the application of the **behavioral** and **cognitive sciences** to the conceptualization, assessment, and treatment of psychopathology and related clinical problems. It is intended for mental health professionals and students from all related disciplines who wish to remain current in these areas and provides a vehicle for scientist-practitioners and clinical scientists to report the results of their original empirical research. Although the major emphasis is placed upon empirical research, methodological and theoretical papers as well as evaluative reviews of the literature will also be published. Controlled single-case designs and clinical replication series are welcome.

Benefits to authors

We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our [author services](#).

Please see our [Guide for Authors](#) for information on article submission. If you require any further information or help, please visit our support pages: <http://support.elsevier.com>

IMPACT FACTOR

2013: 3.099 © Thomson Reuters Journal Citation Reports 2014

EDITORIAL BOARD

Editor

Michelle Newman, Dept. of Psychology, Pennsylvania State University, Moore Building, University Park, PA 16802-3106, Pennsylvania, USA

Associate Editors

- E. Behar**, University of Illinois at Chicago, Chicago, Illinois, USA
- B. McLeod**, Virginia Commonwealth University (VCU), Richmond, Virginia, USA
- R.D.V. Nixon**, Flinders University, Adelaide, South Australia, Australia
- T. Ritz**, Southern Methodist University, Dallas, Texas, USA
- D. Sloan**, Boston University School of Medicine, Boston, Massachusetts, USA

Editorial Board

Scott Anderson

Michael Armye, Brown University, Providence, Rhode Island, USA
Andrew Baillie, Macquarie University, Sydney, Australia
Aaron Baker, University of La Verne, La Verne, California, USA
David Barlow, Boston University, Boston, Massachusetts, USA
Donald Baucom Ph.D., University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, USA
Gayle Beck Ph.D., University of Memphis, Memphis, Tennessee, USA
Amit Bernstein, University of Haifa, Haifa, Israel
James Boswell, University at Albany, Albany, New York, USA
Timothy Brown Psy.D., Boston University, Boston, Massachusetts, USA
Julia Buckner, Louisiana State University, Baton Rouge, Louisiana, USA
Vicente Caballo, Universidad de Granada, Granada, Spain
Alex Chapman, Simon Fraser University, Burnaby, British Columbia, Canada
Michael Chmielewski, Southern Methodist University, Dallas, Texas, USA
Jeffrey Ciesla, Kent State University, Kent, Ohio, USA
John Curry, Duke University Medical Center, Durham, North Carolina, USA
Thompson E. Davis III, Louisiana State University, Baton Rouge, Louisiana, USA
Peter De Jong, University of Groningen, Groningen, Netherlands
Andres De Los Reves, University of Maryland, College Park, Maryland, USA
Andres De Los Reyes, University of Maryland, College Park, Maryland, USA
Deborah Drabick, Temple University, Philadelphia, Pennsylvania, USA
Thomas Ehring, Westfälische Wilhelms-Universität Münster, Münster, Germany
Thane Erickson, Seattle Pacific University, Seattle, Washington, USA
Gregory Fabiano, University at Buffalo, State University of New York, Buffalo, NY, USA
Sarah Fischer, George Mason University, Fairfax, Virginia, USA
Aaron Fisher, University of California at Berkeley, Berkeley, California, USA
Nicholas Forand, Ohio State University, Columbus, Ohio, USA
Rex L Forehand Ph.D., University of Vermont, Burlington, Vermont, USA
David M Fresco Ph.D., Kent State University, Kent, Ohio, USA
Alexander Gerlach, University of Cologne, Cologne, Germany
DeMond M. Grant, Oklahoma State University, Stillwater, Oklahoma, USA
Kim W. Halford, University of Queensland, Brisbane, Queensland, Australia
Gordon Hall, University of Oregon, Eugene, Oregon, USA
Alfons Hamm, Greifswald University, Greifswald, Germany
Richard G Heimberg Ph.D., Temple University, Philadelphia, Pennsylvania, USA
Michael Himle, The University of Utah, Salt Lake City, Utah, USA
Amanda Jenson-Doss, University of Miami, Coral Gables, Florida, USA
Heather Jones, Virginia Commonwealth University, Richmond, Virginia, USA
Willem Kuyken, University of Exeter, Exeter, UK
Joshua Langberg, Virginia Commonwealth University, Richmond, Virginia, USA
David Langer, Boston University, Boston, Massachusetts, USA
Matthew Lerner, Stony Brook University, New York, New York, USA
Gabrielle Liverant, VA Boston Healthcare System, Brockton, Massachusetts, USA
Sandra Llera, Towson University, USA
Amy Marshall, The Pennsylvania State University, University Park, Pennsylvania, USA
Kathryn McHugh, Harvard Medical School, Belmont, Massachusetts, USA
Dean McKay, Fordham University, Bronx, New York, USA
Alicia Meuret, Southern Methodist University, Dallas, Texas, USA
Peter Molenaar, Penn State University, University Park, Pennsylvania, USA
Ewa Mortberg, Stockholms Universitet, Stockholm, Sweden
David Moscovitch, University of Waterloo, Waterloo, Ontario, Canada
Jason Moser, Michigan State University, East Lansing, Michigan, USA
Peter Muris, Maastricht University, Maastricht, Netherlands
Brad Nakamura, University of Hawaii at Mānoa, Honolulu, Hawaii, USA
Melissa Norberg, Macquarie University, Sydney, New South Wales, Australia
Daniel OLeary, Stony Brook University, New York, New York, USA
Bunmi Olatunji, Vanderbilt University, Nashville, Tennessee, USA
Thomas Ollendick, Virginia Polytechnic Institute & State University, Blacksburg, Virginia, USA
Amy Przeworski, Case Western Reserve University, Cleveland, Ohio, USA
Christine Purdon, University of Waterloo, Waterloo, Ontario, Canada
Eshkol Rafaeli, Bar-Ilan University, Ramat-Gan, Israel
Keith D. Renshaw, George Mason University, Fairfax, Virginia, USA
David Rosenfield, Southern Methodist University, Dallas, Texas, USA
Barbara O Rothbaum, Emory University, Atlanta, Georgia, USA
Brad Schmidt, Florida State University, Tallahassee, Florida, USA
Ralph E. Schmidt, University of Geneva, Geneva, Switzerland
Nick Sibrava, Brown University, Providence, Rhode Island, USA
Jedidah Siev, Nova Southeastern University (NSU), Ft. Lauderdale, USA

Daniel Strunk, Ohio State University, Columbus, Ohio, USA
Michael Suvak, Suffolk University, Boston, Massachusetts, USA
Cynthia Suveg, University of Georgia, Athens, Georgia, USA
Michael Twohig, Utah State University, Logan, Utah, USA
Ilt Van Dies, University of Leuven, Leuven, Netherlands
Patrick Vogel, Norwegian University of Science & Technology NTNU, Trondheim, Norway
Lauren Weinstock, Brown University, Providence, Rhode Island, USA
Sabine Wilhelm, Harvard Medical School, Boston, Massachusetts, USA
Blair Wisco, University of North Carolina at Greensboro, Greensboro, North Carolina, USA
Erika Wolf, VA Boston Healthcare System, Boston, Massachusetts, USA
Iftah Yovel, Hebrew University of Jerusalem, Jerusalem, Israel

Managing Editor

S. Schwartz, Association for Behavioural and Cognitive Therapies, New York, New York, USA

Past Editors

Cyril M. Franks
David Barlow
Edward B. Blanchard
W. Edward Craighead
Lizette Peterson
Gayle Beck Ph.D.
Richard G Heimberg Ph.D.
Thomas Ollendick

GUIDE FOR AUTHORS

Introduction

Behavior Therapy, published six times a year, is an international journal devoted to the application of the behavioral and cognitive sciences to the conceptualization, assessment, and treatment of psychopathology and related clinical problems. It is intended for mental health professionals and students from all related disciplines who wish to remain current in these areas and provides a vehicle for scientist-practitioners and clinical scientists to report the results of their original empirical research. Although the major emphasis is placed upon empirical research, methodological and theoretical papers as well as evaluative reviews of the literature will also be published. Controlled single-case designs and clinical replication series are welcome.

Contact details

Questions about a possible manuscript for *Behavior Therapy* may be discussed with the editor:

Michelle G. Newman, Ph.D.

Professor of Psychology and Psychiatry, Associate Editor and Editor-Elect of *Behavior Therapy*, Director of the Center for the Treatment of Anxiety and Depression

Department of Psychology

The Pennsylvania State University

University Park, PA 16802-3103

USA

Phone: +1 814-863-1148

Fax: +1 814-863-7002

Email: mgn1@psu.edu

BEFORE YOU BEGIN

Ethics in publishing

For information on Ethics in publishing and Ethical guidelines for journal publication see <http://www.elsevier.com/publishingethics> and <http://www.elsevier.com/journal-authors/ethics>.

Policy and ethics

All manuscripts should be prepared in conformity with the format described in the Publication Manual of the American Psychological Association, Sixth Edition, (2009), and it is the responsibility of the author that manuscripts adhere to the format and other requirements of Behavior Therapy. Medical Journals, manuscripts should follow the guidelines of the Publication Manual of the American Psychological Society as opposed to the Uniform Requirements for Manuscripts Submitted to Medical Journals.

The Council of Science Editors (CSE) has produced "Editorial Policy Statements" that cover the responsibilities and rights of editors of peer-reviewed journals. Publishers who would like to incorporate these Statements into their review and publication process are encouraged to link to: http://www.councilscienceeditors.org/services/draft_approved.cfm

Conflict of interest

All authors are requested to disclose any actual or potential conflict of interest including any financial, personal or other relationships with other people or organizations within three years of beginning the submitted work that could inappropriately influence, or be perceived to influence, their work. See also <http://www.elsevier.com/conflictsofinterest>. Further information and an example of a Conflict of Interest form can be found at: http://help.elsevier.com/app/answers/detail/a_id/286/p/7923.

Submission declaration

Submission of an article implies that the work described has not been published previously (except in the form of an abstract or as part of a published lecture or academic thesis or as an electronic preprint, see <http://www.elsevier.com/sharingpolicy>), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere including electronically in the same form, in English or in any other language, without the written consent of the copyright-holder.

Authorship

Authorship should be limited to those who have made a significant contribution to the conception, design, execution, or interpretation of the reported study. All those who have made significant contributions should be listed as co-authors. Where there are others who have participated in certain substantive aspects of the research project, they should be acknowledged or listed as contributors.

Changes to authorship

This policy concerns the addition, deletion, or rearrangement of author names in the authorship of accepted manuscripts:

Before the accepted manuscript is published in an online issue: Requests to add or remove an author, or to rearrange the author names, must be sent to the Journal Manager from the corresponding author of the accepted manuscript and must include: (a) the reason the name should be added or removed, or the author names rearranged and (b) written confirmation (e-mail, fax, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed. Requests that are not sent by the corresponding author will be forwarded by the Journal Manager to the corresponding author, who must follow the procedure as described above. Note that: (1) Journal Managers will inform the Journal Editors of any such requests and (2) publication of the accepted manuscript in an online issue is suspended until authorship has been agreed.

After the accepted manuscript is published in an online issue: Any requests to add, delete, or rearrange author names in an article published in an online issue will follow the same policies as noted above and result in a corrigendum.

Copyright

Upon acceptance of an article, authors will be asked to transfer copyright to ABCT. This transfer will ensure the widest possible dissemination of information. A letter will be sent to the corresponding author confirming receipt of the manuscript. A form facilitating transfer of copyright will be provided. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has forms for use by authors in these cases available at <http://www.elsevier.com/locate/permissions> phone: (+44) 1865 843830, fax: (+44) 1865 853333, e-mail: permissions@elsevier.com

Copyright

Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (for more information on this and copyright, see <http://www.elsevier.com/copyright>). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations (please consult <http://www.elsevier.com/permissions>). If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases: please consult <http://www.elsevier.com/permissions>.

For open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (for more information see <http://www.elsevier.com/OAauthoragreement>). Permitted third party reuse of open access articles is determined by the author's choice of user license (see <http://www.elsevier.com/openaccesslicenses>).

Author rights

As an author you (or your employer or institution) have certain rights to reuse your work. For more information see <http://www.elsevier.com/copyright>.

Role of the funding source

You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

Funding body agreements and policies

Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder's open access policies. Some authors may also be reimbursed for associated publication fees. To learn more about existing agreements please visit <http://www.elsevier.com/fundingbodies>.

Language (usage and editing services)

Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's WebShop (<http://webshop.elsevier.com/languageediting/>) or visit our customer support site (<http://support.elsevier.com>) for more information.

Upon request Elsevier will direct authors to an agent who can check and improve the English of their paper (before submission). Please visit our customer support site at <http://support.elsevier.com> for more information.

Submission

Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Submit your article

Please submit your article via <http://www.ees.elsevier.com/bt>

Additional information

Manuscript Length: Manuscripts should not exceed 35 pages total (including cover page, abstract, text, references, tables, and figures), with margins of at least 1 in. on all sides and a standard font (e.g., Times New Roman) of 12 points (no smaller). The entire paper (text, references, tables, etc.) must be double spaced. For papers that exceed 35 pages, authors must justify the length in their cover letter (e.g., reporting of multiple studies), and in no case shall a paper exceed 40 pages total. Papers that do not conform to these guidelines will be returned to the authors without review.

NOTE: This statement should be inserted as a separate paragraph in the section on "Manuscript Requirements". It can be inserted as the third paragraph in this section - before the paragraph that begins "Authors are strongly encouraged to submit online...."

Reporting Standards: **For randomized clinical trials**, *Behavior Therapy* requires use of the CONSORT (Consolidated Standards of Reporting Trials) Guidelines. CONSORT Guidelines offer a standard way to improve the quality of such reports, and to ensure readers have the information they need to evaluate the quality of clinical trials. The CONSORT Checklist and Flowchart can be viewed at <http://www.consort-statement.org>

All manuscripts that report randomized clinical trials must include the Flowchart depicting the flow of participants through the various phases of the trial. The Flowchart is required for all such studies and should be included as a figure in the submitted study. The checklist should be submitted as an appendix to the manuscript - it will not be published but is used to guide reviewers with respect to the CONSORT requirements. If a study is not fully consistent with the CONSORT guidelines, limitations should be acknowledged and commented upon in the Discussion section of the manuscript.

For follow-up studies of previously published clinical trials, authors should submit a flow diagram of the progress through the phases of the trial and follow-up. A CONSORT checklist should also be provided, with special reference to the Results and Discussion sections of the manuscript.

For nonrandomized clinical trials, *Behavior Therapy* encourages the use of the most recent version of the TREND guidelines (Transparent Reporting of Evaluations with Non-randomized Designs). These criteria can be found at <http://www.cdc.gov/trendstatement/>. These criteria are intended to provide readers with the information they need to evaluate such studies.

Masked Reviews

The journal uses a masked reviewing system for all submissions. You will be asked to provide two separate manuscript versions. The first version should be a complete manuscript which includes all author information. The second version should omit the authors' names and affiliations but should include the title of the manuscript and the date it is submitted. Footnotes containing information pertaining to the authors' identity of affiliations should not be included in the second version of the manuscript, and every effort should be made to see that the manuscript itself contains no clues to the authors' identity.

Data Access and Retention

Authors may be asked to provide the raw data in connection with a paper for editorial review, and should be prepared to provide public access to such data (consistent with the Hazards and Human or Animal Subjects ALPSP-STM Statement on Data and Databases), if practicable, and should in any event be prepared to retain such data for a reasonable time after publication.

Hazards and Human or Animal Subjects

If the work involves chemicals, procedures, or equipment that have any unusual hazards inherent in their use, the author must clearly identify these in the manuscript. If the work involves the use of animal or human subjects, the author should ensure that the manuscript contains a statement that all procedures were performed in compliance with relevant laws and institutional guidelines and that the appropriate institutional committee(s) have approved them and whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional and national) and with the Helsinki Declaration of 1975, as revised in 2000. Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of humans must always be observed. Participants who are the subject of case descriptions will read the article and agree to its use in print, on the internet, etc. Authors must include a statement in the article saying they obtained informed consent and they they disclosed any conflicts of interests with study participants.

PREPARATION

Formatting requirements

There are no strict formatting requirements but all manuscripts must contain the essential elements needed to convey your manuscript, for example Abstract, Keywords, Introduction, Materials and Methods, Results, Conclusions, Artwork and Tables with Captions.

If your article includes any Videos and/or other Supplementary material, this should be included in your initial submission for peer review purposes.

Divide the article into clearly defined sections.

Please ensure the text of your paper is double-spaced- this is an essential peer review requirement.

Figures and tables embedded in text

Please ensure the figures and the tables included in the single file are placed next to the relevant text in the manuscript, rather than at the bottom or the top of the file.

REVISED SUBMISSIONS

Use of word processing software

Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier: <http://www.elsevier.com/guidepublication>). See also the section on Electronic artwork.

To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

Article structure

Subdivision - unnumbered sections

Divide your article into clearly defined sections. Each subsection is given a brief heading. Each heading should appear on its own separate line. Subsections should be used as much as possible when cross-referencing text: refer to the subsection by heading as opposed to simply 'the text'.

Introduction

State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

Material and methods

Provide sufficient detail to allow the work to be reproduced. Methods already published should be indicated by a reference: only relevant modifications should be described.

Theory/calculation

A Theory section should extend, not repeat, the background to the article already dealt with in the Introduction and lay the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

Results

Results should be clear and concise.

Discussion

This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.

Conclusions

The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

Glossary

Please supply, as a separate list, the definitions of field-specific terms used in your article.

Appendices

If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

Essential title page information

- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
- **Author names and affiliations.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.
- **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. **Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.**
- **Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

Abstract

A concise and factual abstract is required. The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

Graphical abstract

Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. See <http://www.elsevier.com/graphicalabstracts> for examples.

Authors can make use of Elsevier's Illustration and Enhancement service to ensure the best presentation of their images and in accordance with all technical requirements: [Illustration Service](#).

Highlights

Highlights are mandatory for this journal. They consist of a short collection of bullet points that convey the core findings of the article and should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point). See <http://www.elsevier.com/highlights> for examples.

Keywords

Immediately after the abstract, provide 3-5 keywords, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, "and", "of"). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

Abbreviations

Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

Acknowledgements

For reasons of assisting with double-blind review, collate acknowledgements in a separate section on the title page beneath the author information. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

Units

Follow internationally accepted rules and conventions: use the international system of units (SI). If other units are mentioned, please give their equivalent in SI.

Math formulae

Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).

Footnotes

Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors build footnotes into the text, and this feature may be used. Should this not be the case, indicate the position of footnotes in the text and present the footnotes themselves separately at the end of the article.

Artwork

Electronic artwork

General points

- Make sure you use uniform lettering and sizing of your original artwork.
- Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Indicate per figure if it is a single, 1.5 or 2-column fitting image.
- For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage.
- Please note that individual figure files larger than 10 MB must be provided in separate source files. A detailed guide on electronic artwork is available on our website:

<http://www.elsevier.com/artworkinstructions>.

You are urged to visit this site; some excerpts from the detailed information are given here.

Formats

Regardless of the application used, when your electronic artwork is finalized, please 'save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):

EPS (or PDF): Vector drawings. Embed the font or save the text as 'graphics'.

TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.

TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi.

TIFF (or JPG): Combinations bitmapped line/half-tone (color or grayscale): a minimum of 500 dpi is required.

Please do not:

- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); the resolution is too low.
- Supply files that are too low in resolution.
- Submit graphics that are disproportionately large for the content.

Color artwork

Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. **For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article.** Please indicate your preference for color: in print or online only. For further information on the preparation of electronic artwork, please see <http://www.elsevier.com/artworkinstructions>.

Please note: Because of technical complications that can arise by converting color figures to 'gray scale' (for the printed version should you not opt for color in print) please submit in addition usable black and white versions of all the color illustrations.

Figure captions

Ensure that each illustration has a caption. A caption should comprise a brief title (**not** on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

Text graphics

Text graphics may be embedded in the text at the appropriate position. If you are working with LaTeX and have such features embedded in the text, these can be left. See further under Electronic artwork.

Tables

Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules.

References*Citation in text*

Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication.

Web references

As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

References in a special issue

Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Reference management software

This journal has standard templates available in key reference management packages EndNote (<http://www.endnote.com/support/enstyles.asp>) and Reference Manager (<http://refman.com/support/rmstyles.asp>). Using plug-ins to wordprocessing packages, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style which is described below.

Reference formatting

There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the pagination

must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct. If you do wish to format the references yourself they should be arranged according to the following examples:

Reference style

Text: Citations in the text should follow the referencing style used by the American Psychological Association. You are referred to the Publication Manual of the American Psychological Association, Sixth Edition, ISBN 978-1-4338-0561-5, copies of which may be ordered from <http://books.apa.org/books.cfm?id=4200067> or APA Order Dept., P.O.B. 2710, Hyattsville, MD 20784, USA or APA, 3 Henrietta Street, London, WC3E 8LU, UK.

List: references should be arranged first alphabetically and then further sorted chronologically if necessary. More than one reference from the same author(s) in the same year must be identified by the letters 'a', 'b', 'c', etc., placed after the year of publication.

Examples:

Reference to a journal publication:

Van der Geer, J., Hanraads, J. A. J., & Lupton, R. A. (2010). The art of writing a scientific article. *Journal of Scientific Communications*, 163, 51–59.

Reference to a book:

Strunk, W., Jr., & White, E. B. (2000). *The elements of style*. (4th ed.). New York: Longman, (Chapter 4).

Reference to a chapter in an edited book:

Mettam, G. R., & Adams, L. B. (2009). How to prepare an electronic version of your article. In B. S. Jones, & R. Z. Smith (Eds.), *Introduction to the electronic age* (pp. 281–304). New York: E-Publishing Inc.

Journal abbreviations source

Journal names should be abbreviated according to the List of Title Word Abbreviations: <http://www.issn.org/services/online-services/access-to-the-ltwa/>.

Video data

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 50 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect: <http://www.sciencedirect.com>. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages at <http://www.elsevier.com/artworkinstructions>. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

AudioSlides

The journal encourages authors to create an AudioSlides presentation with their published article. AudioSlides are brief, webinar-style presentations that are shown next to the online article on ScienceDirect. This gives authors the opportunity to summarize their research in their own words and to help readers understand what the paper is about. More information and examples are available at <http://www.elsevier.com/audioslides>. Authors of this journal will automatically receive an invitation e-mail to create an AudioSlides presentation after acceptance of their paper.

Supplementary data

Elsevier accepts electronic supplementary material to support and enhance your scientific research. Supplementary files offer the author additional possibilities to publish supporting applications, high-resolution images, background datasets, sound clips and more. Supplementary files supplied will be published online alongside the electronic version of your article in Elsevier Web products, including ScienceDirect: <http://www.sciencedirect.com>. In order to ensure that your submitted material is directly usable, please provide the data in one of our recommended file formats. Authors should

submit the material in electronic format together with the article and supply a concise and descriptive caption for each file. For more detailed instructions please visit our artwork instruction pages at <http://www.elsevier.com/artworkinstructions>.

Submission checklist

The following list will be useful during the final checking of an article prior to sending it to the journal for review. Please consult this Guide for Authors for further details of any item.

Ensure that the following items are present:

One author has been designated as the corresponding author with contact details:

- E-mail address
- Full postal address

All necessary files have been uploaded, and contain:

- Keywords
- All figure captions
- All tables (including title, description, footnotes)

Further considerations

- Manuscript has been 'spell-checked' and 'grammar-checked'
- All references mentioned in the Reference list are cited in the text, and vice versa
- Permission has been obtained for use of copyrighted material from other sources (including the Internet)

Printed version of figures (if applicable) in color or black-and-white

- Indicate clearly whether or not color or black-and-white in print is required.
- For reproduction in black-and-white, please supply black-and-white versions of the figures for printing purposes.

For any further information please visit our customer support site at <http://support.elsevier.com>.

AFTER ACCEPTANCE

Use of the Digital Object Identifier

The Digital Object Identifier (DOI) may be used to cite and link to electronic documents. The DOI consists of a unique alpha-numeric character string which is assigned to a document by the publisher upon the initial electronic publication. The assigned DOI never changes. Therefore, it is an ideal medium for citing a document, particularly 'Articles in press' because they have not yet received their full bibliographic information. Example of a correctly given DOI (in URL format; here an article in the journal *Physics Letters B*):

<http://dx.doi.org/10.1016/j.physletb.2010.09.059>

When you use a DOI to create links to documents on the web, the DOIs are guaranteed never to change.

Proofs

One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author (if we do not have an e-mail address then paper proofs will be sent by post) or, a link will be provided in the e-mail so that authors can download the files themselves. Elsevier now provides authors with PDF proofs which can be annotated; for this you will need to download Adobe Reader version 9 (or higher) available free from <http://get.adobe.com/reader>. Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site: <http://www.adobe.com/products/reader/tech-specs.html>.

If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to Elsevier in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and return by fax, or scan the pages and e-mail, or by post. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. We will do everything possible to get your article published quickly and accurately. It is important to ensure that all corrections are sent back to us in one communication: please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

Offprints

The corresponding author, at no cost, will be provided with a personalized link providing 50 days free access to the final published version of the article on [ScienceDirect](http://www.sciencedirect.com). This link can also be used for sharing via email and social networks. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's WebShop (<http://webshop.elsevier.com/myarticleservices/offprints>). Authors requiring printed copies of multiple articles may use Elsevier WebShop's 'Create Your Own Book' service to collate multiple articles within a single cover (<http://webshop.elsevier.com/myarticleservices/booklets>).

Additional information

Advertising Policy

For advertisers in ABCT periodicals, the following is the procedure:

Staff will include ABCT's nondiscrimination policy in advertising rate sheets. Staff will provide advertisers with the nondiscrimination policy and require statements from them on how they differ from our policy. This will apply to some, but not all, advertisers. It applies only to those who are advertising job or training opportunities (so booksellers and publishers, unless they're looking for someone to sell books or help with redaction, are exempt, as long as they're advertising books, journals, conferences, and the like). The following statement will appear on the advertising rate sheet: *It is the policy of the Board of Directors of ABCT that all advertisers for jobs or training positions review the ABCT nondiscrimination policy. **The Association for Behavioral and Cognitive Therapies is committed to a policy of equal opportunity in all of its activities, including employment. ABCT does not discriminate on the basis of race, color, creed, religion, national or ethnic origin, sex, sexual orientation, gender identity or expression, age, disability, or veteran status.** If the advertiser's own policy differs from the ABCT policy, then that must be stated in the ad. We recommend that wording similar to the following be used: "Please note the nondiscrimination policy of xxx differs from the ABCT policy in that it does not include age, sexual orientation, or gender identity and expression". This wording appears ONLY if your non-discrimination policy differs from ABCT's. For those advertisers who are not offering jobs or training opportunities (for instance, book sellers or VR distributors), this does not apply.*

Following is our accepted advertising Policy in ABCT's policy and procedure manual.

Policies Regarding Advertising

Advertisements must meet all relevant legal, professional and ethical guidelines. ABCT publications are published for, and on behalf of, the membership and the cognitive and behavioral therapies community.

The Association reserves the right to unilaterally reject, omit, or cancel advertising which, by its tone, content, or appearance, is not in keeping with the essentially scientific, scholarly, and professional nature of its publications or the goals of the organization. The Association reserves the right to refuse ads that, because of omissions or inaccuracies, provide misleading or incorrect information. The Director of Communications, acting on behalf of the Editor, has the full and final authority for approving advertisements and enforcing advertising policy for those ads submitted to the Association. Ads submitted to Elsevier running in multiple journals fall under the purview of Elsevier's publisher or its representative.

Publication of any advertisement by ABCT is neither an endorsement of the advertiser nor of the products or services advertised. ABCT is not responsible for any claims made in an advertisement. Advertisers and advertising agencies assume liability for all content (including text representation and illustrations) of advertisements printed, and also assume responsibility for any claims arising therefrom made against the Publisher. The Publisher's liability for any error will not exceed the charge for the advertisement in question.

Correspondence

Readers may submit comments or criticisms about published articles to our sister publication, the Behavior Therapist. The authors of articles discussed in correspondence will be given an opportunity to respond, preferably in the same issue in which the original correspondence appears.

AUTHOR INQUIRIES

You can track your submitted article at http://help.elsevier.com/app/answers/detail/a_id/89/p/8045/. You can track your accepted article at <http://www.elsevier.com/trackarticle>. You are also welcome to contact Customer Support via <http://support.elsevier.com>.

© Copyright 2014 Elsevier | <http://www.elsevier.com>