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 Center.

IMPACT FACTOR

2016: 3.434 © Clarivate Analytics Journal Citation Reports 2017

ABSTRACTING AND INDEXING

BIOSIS Previews
Current Contents/Social & Behavioral Sciences
EBSCO
Google Scholar
MEDLINE®
PsycINFO
Scopus
EDITORIAL BOARD

Editor
Denise M. Sloan, National Center for PTSD, Div. of Behavioral Science, Boston University School of Medicine, Boston, Massachusetts, USA

Associate Editors
Jonathan S. Comer, Florida International University, Miami, Florida, USA
Trevor A. Hart, Ryerson University, Toronto, Ontario, Canada
R. Kathryn McHugh, Harvard Medical School, Belmont, Massachusetts, USA
Dean McKay, Fordham University, Bronx, New York, USA
Rory O’Connor, University of Glasgow, Glasgow, UK

Editorial Board
Dean Acheson, University of California at San Diego (UCSD), La Jolla, California, USA
W. Stewart Agras, Stanford University School of Medicine, Stanford, California, USA
Anne Marie Albano, Columbia University, New York, New York, USA
Scott Anderson, Geisinger Health System, Scranton, Pennsylvania, USA
David H. Barlow, Boston University, Boston, Massachusetts, USA
Donald Baucom, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, USA
J. Gayle Beck, University of Memphis, Memphis, Tennessee, USA
Riad Beidas, University of Pennsylvania, Philadelphia, Pennsylvania, USA
Christina L. Boisseau, Brown Medical School, Providence, Rhode Island, USA
James F. Boswell, University at Albany, SUNY, Albany, New York, USA
Timothy A. Brown, Boston University, Boston, Massachusetts, USA
Julia D. Buckner, Louisiana State University, Baton Rouge, Louisiana, USA
Vincente E. Caballo, University of Granada, Granada, Spain
Alex Chapman, Simon Fraser University, Burnaby, British Columbia, Canada
Gregory S. Chasson, Illinois Institute of Technology, Chicago, Illinois, USA
Denise A. Chavira, University of California at Los Angeles (UCLA), Los Angeles, California, USA
Brian C. Chu, Rutgers University, Piscataway, New Jersey, USA
Jeffrey A. Ciesla, Kent State University, Kent, Ohio, USA
Joshua D. Clapp, University of Wyoming, Laramie, Wyoming, USA
Erika K. Coles, Florida International University, Miami, Florida, USA
Jesse Cougle, Florida State University, Tallahassee, Florida, USA
John Curry, Duke University Medical Center, Durham, North Carolina, USA
Theodore E. Davison III, Louisiana State University, Baton Rouge, Louisiana, USA
Peter J. De Jong, University of Groningen, Groningen, Netherlands
Andrés de Los Reyes, University of Maryland, College Park, Maryland, USA
Keith Dobson, University of Calgary, Calgary, Alberta, Canada
Brian Doss, University of Miami, Coral Gables, Florida, USA
Deborah Drabick, Temple University, Philadelphia, Pennsylvania, USA
Thomas Ehring, University of Munich, München, Germany
Thane M. Erickson, Seattle Pacific University, Seattle, Washington, USA
Norah Feeny, Case Western Reserve University, Cleveland, Ohio, USA
John M. Ferron, University of South Florida, Tampa, Florida, USA
Sarah E. Fischer, George Mason University, Fairfax, Virginia, USA
Nicholas Forand, The Ohio State University, Columbus, Ohio, USA
Sarah E. Francis, University of Toledo, Toledo, Ohio, USA
David M. Fresco, Kent State University, Kent, Ohio, USA
Matthew W. Gallagher, University of Houston, Houston, Texas, USA
Alexander L. Gerlach, University of Cologne, Cologne, Germany
DeMond M. Grant, Oklahoma State University, Stillwater, Oklahoma, USA
Cassidy Gutner, VA Boston Healthcare System, Boston, Massachusetts, USA
David A. F. Haaga, The American University, Washington, District of Columbia, USA
Gordon C. N. Hall, University of Oregon, Eugene, Oregon, USA
T. Mark Harwood, Center for Cognitive-Behavioral and Prescriptive Psychotherapy, Ltd, West Chicago, Illinois, USA
Richard G. Heimberg, Temple University, Philadelphia, Pennsylvania, USA
Michael Hinkle, The University of Utah, Salt Lake City, Utah, USA
Stefan G. Hofmann, Boston University, Boston, Massachusetts, USA
Kristin N. Javoras, McLean Hospital, Belmont, Massachusetts, USA
Joshua Langberg, Emory University, Atlanta, Georgia, USA
David Langer, Boston University, Boston, Massachusetts, USA
Jennifer Ledford, Vanderbilt University, Nashville, Tennessee, USA
Matthew Lerner, Stony Brook University, Stony Brook, New York, USA
Sandra J. Llera, Towson University, Towson, Maryland, USA
Amy Marshall, Pennsylvania State University, University Park, Pennsylvania, USA
Bryce D. McLeod, Virginia Commonwealth University (VCU), Richmond, Virginia, USA
Dana McMakin, Florida International University, Miami, Florida, USA
Alicia E. Meuret, Southern Methodist University, Dallas, Texas, USA
Peter Molenaar, Penn State University, University Park, Pennsylvania, USA
Chris Molnar, Mindful Exposure Therapy for Anxiety (META) & Psychological Wellness Center, Abington, Pennsylvania, USA
Ewa Mortberg, Stockholm University, Stockholm, Sweden
David Moscovitch, University of Waterloo, Waterloo, Ontario, Canada
Peter Muris, Maastricht University, Maastricht, Netherlands
Brad Nakamura, University of Hawaii at Mānoa, Honolulu, Hawaii, USA
Amie R. Newins, University of Central Florida, Orlando, Florida, USA
Michelle G. Newman, Pennsylvania State University, University Park, Pennsylvania, USA
Reginald D. V. Nixon, Flinders University, Adelaide, South Australia, Australia
Melissa Norberg, Macquarie University, Sydney, New South Wales, Australia
Daniel K. O’Leary, Stony Brook University, Stony Brook, New York, USA
Bunmi Olatunji, Vanderbilt University, Nashville, Tennessee, USA
Thomas H. 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
Sheila A. M. Rauch, Emory University, Atlanta, Georgia, USA
David Reitman, Nova Southeastern University (NSU), Fort Lauderdale, Florida, USA
Thomas Ritz, Southern Methodist University, Dallas, Texas, USA
Barbara O. Rothbaum, Emory University, Atlanta, Georgia, USA
Norman B. 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, Swarthmore College, Swarthmore, Pennsylvania, USA
Jasper A. Smits, University of Texas at Austin, Austin, Texas, USA
Paul R. Stasiewicz, University at Buffalo, Buffalo, New York, USA
Michael Suvak, Suffolk University, Boston, Massachusetts, USA
Cynthia Suveg, University of Georgia, Athens, Georgia, USA
Robyn J. Sysko, Icahn School of Medicine at Mount Sinai, New York, New York, USA
David F. Tolin, Hartford Hospital, Hartford, Connecticut, USA
Lisa A. Uebelacker, Brown University, Providence, Rhode Island, USA
Kristin M. von Ranson, University of Calgary, Calgary, Alberta, Canada
Lauren Weinstock, Brown University, Providence, Rhode Island, USA
Sabine Wilhelm, Harvard Medical School, Boston, Massachusetts, USA
Shannon Wittey Stirmen, Stanford University, Menlo Park, California, USA
Blair E. Wisco, University of North Carolina at Greensboro, Greensboro, North Carolina, USA
Iftah Yovel, Hebrew University of Jerusalem, Jerusalem, Israel

Managing Editor
Stephanie Schwartz, Association for Behavioural and Cognitive Therapies, New York, New York, USA

Past Editors
Cyril M. Franks
Alan E. Kazdin
David H. Barlow
Edward B. Blanchard
Edward Craighead
Lizette Peterson
Frank Andrasik
J. Gayle Beck
David A. F. Haaga
Richard G Heimberg
Thomas E. Ollendick
Michelle G. Newman
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-elect:

Denise M. Sloan, Ph.D.
Associate Director, Behavioral Science Division, National Center for PTSD
Professor of Psychiatry, Boston University School of Medicine

Phone: +1 857 364 6333
Email: Denise.Sloan@va.gov

Submission checklist
You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

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:

Manuscript:
• Include keywords
• All figures (include relevant captions)
• All tables (including titles, description, footnotes)
• Ensure all figure and table citations in the text match the files provided
• Indicate clearly if color should be used for any figures in print

Graphical Abstracts / Highlights files (where applicable)

Supplemental files (where applicable)

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)
• A competing interests statement is provided, even if the authors have no competing interests to declare
• Journal policies detailed in this guide have been reviewed
• Referee suggestions and contact details provided, based on journal requirements

For further information, visit our Support Center.

BEFORE YOU BEGIN

Ethics in publishing
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.
Human and animal rights

If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans; Uniform Requirements for manuscripts submitted to Biomedical journals. Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

All animal experiments should comply with the ARRIVE guidelines and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care and use of Laboratory animals (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed.

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

Declaration of interest

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal’s official records. It is important for potential interests to be declared in both places and that the information matches. More information.

Submission declaration and verification

Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see ‘Multiple, redundant or concurrent publication’ for more information), 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 in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service Crossref Similarity Check.

Preprints
Please note that preprints can be shared anywhere at any time, in line with Elsevier's sharing policy. Sharing your preprints e.g. on a preprint server will not count as prior publication (see 'Multiple, redundant or concurrent publication' for more information).

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
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, 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. Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will 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 authors(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 or e-mail: permissions@elsevier.com.

Elsevier supports responsible sharing
Find out how you can share your research published in Elsevier journals.

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 funding bodies will reimburse the author for the gold open access publication fee. Details of existing agreements are available online.

Open access
This journal offers authors a choice in publishing their research:

Subscription
• Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs.
• No open access publication fee payable by authors.
• The Author is entitled to post the accepted manuscript in their institution’s repository and make this public after an embargo period (known as green Open Access). The published journal article cannot be shared publicly, for example on ResearchGate or Academia.edu, to ensure the sustainability of peer-reviewed research in journal publications. The embargo period for this journal can be found below.

Gold open access
• Articles are freely available to both subscribers and the wider public with permitted reuse.
• A gold open access publication fee is payable by authors or on their behalf, e.g. by their research funder or institution.

Regardless of how you choose to publish your article, the journal will apply the same peer review criteria and acceptance standards.

For gold open access articles, permitted third party (re)use is defined by the following Creative Commons user licenses:
Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)
For non-commercial purposes, let others distribute and copy the article, and to include in a collective
work (such as an anthology), as long as they credit the author(s) and provided they do not alter or
modify the article.

The gold open access publication fee for this journal is USD 3000, excluding taxes. Learn more about
Elsevier's pricing policy.

Green open access
Authors can share their research in a variety of different ways and Elsevier has a number of
green open access options available. We recommend authors see our green open access page for
further information. Authors can also self-archive their manuscripts immediately and enable public
access from their institution's repository after an embargo period. This is the version that has been
accepted for publication and which typically includes author-incorporated changes suggested during
submission, peer review and in editor-author communications. Embargo period: For subscription
articles, an appropriate amount of time is needed for journals to deliver value to subscribing customers
before an article becomes freely available to the public. This is the embargo period and it begins from
the date the article is formally published online in its final and fully citable form. Find out more.

This journal has an embargo period of 24 months.

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.

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://service.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/](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 disclosed any conflicts of interests with study participants.

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

**Peer review**
This journal operates a double blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. [More information on types of peer review.](#)

**Double-blind review**
This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa. [More information](#) is available on our website. To facilitate this, please include the following separately:

*Title page (with author details):* This should include the title, authors' names, affiliations, acknowledgements and any Declaration of Interest statement, and a complete address for the corresponding author including an e-mail address.

*Blinded manuscript (no author details):* The main body of the paper (including the references, figures, tables and any acknowledgements) should not include any identifying information, such as the authors' names or affiliations.
Use of word processing software
It is important that the file be saved in the native format of the word processor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. 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 details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized, and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also 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. You can add your name between parentheses in your own script behind the English transliteration. 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. This responsibility includes answering any future queries about Methodology and Materials. **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. You can view [Example Graphical Abstracts](#) on our information site.

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

**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). You can view [example Highlights](#) on our information site.

**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.).

**Formatting of funding sources**
List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:
This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

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 can build footnotes into the text, and this feature may be used. Otherwise, please indicate the position of footnotes in the text and list the footnotes themselves separately at the end of the article. Do not include footnotes in the Reference list.

Artwork
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. Further information on the preparation of electronic artwork.

Figure captions
Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. 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 and shading in table cells.

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.
Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

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
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley and Zotero, as well as EndNote. Using the word processor plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide. If you use reference management software, please ensure that you remove all field codes before submitting the electronic manuscript. More information on how to remove field codes.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
http://open.mendeley.com/use-citation-style/behavior-therapy

When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

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 online 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:
Reference to a book:
Reference to a chapter in an edited book:
Reference to a website:
Reference to a dataset:
Reference to a conference paper or poster presentation:

Journal abbreviations source
Journal names should be abbreviated according to the List of Title Word Abbreviations.
Video
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 file in one of our recommended file formats with a preferred maximum size of 150 MB per file, 1 GB in total. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. 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. 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. Authors of this journal will automatically receive an invitation e-mail to create an AudioSlides presentation after acceptance of their paper.

Data visualization
Include interactive data visualizations in your publication and let your readers interact and engage more closely with your research. Follow the instructions here to find out about available data visualization options and how to include them with your article.

Supplementary material
Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

AFTER ACCEPTANCE

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 the free Adobe Reader, version 9 (or higher). Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site. 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 scan the pages and return via e-mail. 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 will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. 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. Corresponding authors who have published their article gold open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

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
Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch.
You can also check the status of your submitted article or find out when your accepted article will be published.