



TABLE OF CONTENTS

●	Description	p.1
●	Audience	p.1
●	Impact Factor	p.1
●	Abstracting and Indexing	p.2
●	Editorial Board	p.2
●	Guide for Authors	p.5



ISSN: 0005-7967

DESCRIPTION

An International Multi-Disciplinary Journal

The major focus of *Behaviour Research and Therapy* is an experimental psychopathology approach to understanding emotional and behavioral disorders and their prevention and treatment, using cognitive, behavioral, and psychophysiological (including neural) methods and models. This includes laboratory-based experimental studies with healthy, at risk and subclinical individuals that inform clinical application as well as studies with clinically severe samples. The following types of submissions are encouraged: theoretical reviews of mechanisms that contribute to psychopathology and that offer new treatment targets; tests of novel, mechanistically focused psychological interventions, especially ones that include theory-driven or experimentally-derived predictors, moderators and mediators; and innovations in dissemination and implementation of evidence-based practices into clinical practice in psychology and associated fields, especially those that target underlying mechanisms or focus on novel approaches to treatment delivery. In addition to traditional psychological disorders, the scope of the journal includes behavioural medicine (e.g., chronic pain). The journal will not consider manuscripts dealing primarily with measurement, psychometric analyses, and personality assessment. The [Editor and Associate Editors](#) will make an initial determination of whether or not [submissions](#) fall within the scope of the journal and/or are of sufficient merit and importance to warrant full review.

AUDIENCE

For clinical psychologists, psychiatrists, psychotherapists, psychoanalysts, social workers, counsellors, medical psychologists, and other mental health workers.

IMPACT FACTOR

2016: 4.064 © Clarivate Analytics Journal Citation Reports 2017

ABSTRACTING AND INDEXING

BIOSIS
Elsevier BIOBASE
Current Contents/Social & Behavioral Sciences
EMBASE
MEDLINE®
LLBA
PASCAL/CNRS
PsycINFO
Scopus
Google Scholar

EDITORIAL BOARD

Editor

Michelle. G. Craske, Dept. of Psychology, University of California at Los Angeles (UCLA), 405 Hilgard Avenue, Los Angeles, CA 90095-1563, California, USA

Associate Editors

Emily A. Holmes, Karolinska Institutet, Stockholm, Sweden
Anita Jansen, Maastricht University, Maastricht, Netherlands
Allison M. Waters, Griffith University, Mt Gravatt, Queensland, Australia
Ed R. Watkins, University of Exeter, Exeter, UK
Michael J. Zvolensky, University of Houston, Houston, Texas, USA

Founding Editor

H. J. Eysenck

Statistical Review Board

T. A. Brown, Boston University, Boston, Massachusetts, USA
A. P. Field, University of Sussex, East Sussex, UK
T. B. Hildebrandt, Mount Sinai School of Medicine, New York, New York, USA
J. L. Krull, UCLA, Los Angeles, California, USA
J. M. Prenoveau, Loyola University Maryland, Baltimore, Maryland, USA
D. Rosenfield, Southern Methodist University, Dallas, Texas, USA
E. Stice, Oregon Research Institute, Eugene, Oregon, USA

Editorial Board

Jonathan S. Abramowitz, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, USA
Gerhard Andersson, Linköping Universitet, Linköping, Sweden
Martin Antony, Ryerson University, Toronto, Ontario, Canada
Joanna Arch, University of Colorado Boulder, Boulder, Colorado, USA
Arnoud R. Arntz, Universiteit van Amsterdam, Amsterdam, Netherlands
Albert Bandura, Stanford University, Stanford, California, USA
David H. Barlow, Boston University, Boston, Massachusetts, USA
J. Gayle Beck, University of Memphis, Memphis, Tennessee, USA
Carolyn B. Becker, Trinity University, San Antonio, Texas, USA
Tom Beckers, KU Leuven, Leuven, Belgium
Erin Berenz, University of Virginia, Charlottesville, Virginia, USA
Simon E. Blackwell, Ruhr-Universität Bochum, Bochum, Germany
Per Carlbring, Stockholms Universitet, Stockholm, Sweden
Brian C. Chu, Rutgers University, Piscataway, New Jersey, USA
David M. Clark, University of Oxford, Oxford, UK
Meredith E. Coles, State University of New York (SUNY), Syracuse, New York, USA
Jesse Cogle, Florida State University, Tallahassee, Florida, USA
Cathy Creswell, University of Reading, Reading, UK
Pim Cuijpers, Vrije Universiteit Amsterdam, Amsterdam, Netherlands
Rudi De Raedt, Universiteit Gent, Gent, Belgium
Brett J. Deacon, Illawarra Anxiety Clinic, Mount Pleasant, New South Wales, Australia
Sona Dimidjian, University of Colorado, Boulder, Colorado, USA
Anke Ehlers, University of Oxford, Oxford, UK
Thalia Eley, King's College London, London, UK
Pia Enebrink, Karolinska Institutet, Stockholm, Sweden
Iris M. Engelhard, Utrecht University, Utrecht, Netherlands

Colin A. Espie, University of Oxford, Oxford, UK
Jay Fournier, University of Pittsburgh School of Medicine, Pittsburgh, Pennsylvania, USA
Randy O. Frost, Smith College, Northampton, Massachusetts, USA
Philippa A. Garety, King's College London, London, UK
Ata Ghaderi, Karolinska Institutet, Stockholm, Sweden
Bronwyn M. Graham, UNSW Australia, Sydney, New South Wales, Australia
Carlos Grilo, Yale University, New Haven, Connecticut, USA
Allison G. Harvey, University of California at Berkeley, Berkeley, California, USA
Steven C. Hayes, University of Nevada, Reno, Nevada, USA
Richard G. Heimberg, Temple University, Philadelphia, Pennsylvania, USA
Stefan G. Hofmann, Boston University, Boston, Massachusetts, USA
Derek R. Hopko, University of Tennessee-Knoxville, Knoxville, Tennessee, USA
Jennifer L. Hudson, Macquarie University, Sydney, New South Wales, Australia
Marcus J. H. Huibers, Vrije Universiteit Amsterdam, Amsterdam, Netherlands
Maria Kangas, Macquarie University, Sydney, New South Wales, Australia
Eva Kemps, Flinders University, Adelaide, South Australia, Australia
Merel Kindt, Universiteit van Amsterdam, Amsterdam, Netherlands
Ernst H. W. Koster, Universiteit Gent, Gent, Belgium
Willem Kuyken, University of Oxford, Oxford, UK
Ariel J. Lang, University of California at San Diego (UCSD), San Diego, California, USA
Janet D. Latner, University of Hawaii at Mānoa, Manoa, Hawaii, USA
Katharine L. Loeb, Fairleigh Dickinson University, Teaneck, New Jersey, USA
Danielle E. McCarthy, Rutgers, The State University of New Jersey, New Brunswick, New Jersey, USA
Dean McKay, Fordham University, Bronx, New York, USA
Robert J. McMahon, Simon Fraser University, Vancouver, British Columbia, Canada
Richard J. McNally, Harvard University, Cambridge, Massachusetts, USA
Sally N. Merry, University of Auckland, Auckland, New Zealand
Alicia E. Meuret, Southern Methodist University, Dallas, Texas, USA
Jeanne Miranda, UCLA, Los Angeles, California, USA
Alina Morawska, University of Queensland, Brisbane, Queensland, Australia
Michelle L. Moulds, University of New South Wales, Sydney, New South Wales, Australia
R. O. Nelson-Gray, University of North Carolina at Greensboro, Greensboro, North Carolina, USA
Melissa Norberg, Macquarie University, Sydney, New South Wales, Australia
Lars-Göran Ost, Stockholms Universitet, Stockholm, Sweden
Michael L. Perlis, University of Pennsylvania, Philadelphia, Pennsylvania, USA
Jacqueline B. Persons, Cognitive Behavior Therapy and Science Center, Oakland, California, USA
Mark B. Powers, University of Texas at Austin, Austin, Texas, USA
Adam S. Radomsky, Concordia University, Montréal, Quebec, Canada
Filip Raes, KU Leuven, Leuven, Belgium
Ronald M. Rapee, Macquarie University, Sydney, New South Wales, Australia
Eric G. C. Rassin, Erasmus University Rotterdam, Rotterdam, Netherlands
Clare Rees, Curtin University, Perth, Western Australia, Australia
Andrea Reinecke, University of Oxford, Oxford, UK
Babette Renneberg, Freie Universität Berlin, Berlin, Germany
Fritz Renner, Medical Research Council (MRC), Cambridge, UK
Katherine A. Rimes, King's College London, London, UK
Anne Roefs, Maastricht University, Maastricht, Netherlands
Lizabeth Roemer, University of Massachusetts Boston, Boston, Massachusetts, USA
Josef I. Ruzek, VA Palo Alto Health Care System, Menlo Park, California, USA
Yuji Sakano, Health Sciences University of Hokkaido, Hokkaido, Japan
Ulrike H. Schmidt, King's College London, London, UK
Carolyn Schniering, Macquarie University, Sydney, New South Wales, Australia
Louise Sharpe, The University of Sydney, Sydney, New South Wales, Australia
Denise M. Sloan, Boston University School of Medicine, Boston, Massachusetts, USA
Jasper A. Smits, University of Texas at Austin, Austin, Texas, USA
Linda C. Sobell, Nova Southeastern University (NSU), Ft. Lauderdale, Florida, USA
Susan H. Spence, Griffith University, Nathan, Queensland, Australia
Philip Spinhoven, Universiteit Leiden, Leiden, Netherlands
Gail Steketee, Boston University, Boston, Massachusetts, USA
Daniel J. Taylor, University of North Texas, Denton, Texas, USA
Marcel A. van den Hout, Utrecht University, Utrecht, Netherlands
Glenn Waller, University of Sheffield, Sheffield, UK
Maureen L. Whittal, University of British Columbia, Vancouver, Canada
Alishia D. Williams, Utrecht University, Utrecht, Netherlands
Kate B. Wolitzky-Taylor, University of California at Los Angeles, Los Angeles, California, USA
Stephen A. Wonderlich, University of North Dakota, Fargo, North Dakota, USA
William Yule, King's College London, London, UK

Associate Editorial Board

Andrea R. Ashbaugh, University of Ottawa, Ottawa, Ontario, Canada
Tom J. Barry, The University of Hong Kong, Hong Kong, Hong Kong
Jessica Bomyea, University of California, San Diego, Los Angeles, California, USA
James F. Boswell, University at Albany, SUNY, Albany, New York, USA
Joshua D. Clapp, University of Wyoming, Laramie, Wyoming, USA
Anna E. Coughtrey, University College London (UCL), London, England, UK
Blake F. Dear, Macquarie University, Sydney, New South Wales, Australia
Helen F. Dodd, University of Reading, Reading, England, UK
Matthew W. Gallagher, University of Houston, Houston, Texas, USA
Ashleigh Haynes, University of Liverpool, Liverpool, UK
Erik Hedman, Karolinska Institutet, Stockholm, Sweden
Alexandre Heeren, Harvard University, Cambridge, Massachusetts, USA
Hugo Hesser, Linköping Universitet, Linköping, Sweden
Kean J. Hsu, University of California at Los Angeles (UCLA), Los Angeles, California, USA
Katharina Kircanski, National Institute of Mental Health (NIMH), Bethesda, Maryland, USA
Naomi Koerner, Ryerson University, Toronto, Ontario, Canada
Janice R. Kuo, Ryerson University, Toronto, Ontario, Canada
Richard T. LeBeau, University of California, San Diego, Los Angeles, California, USA
Brjann Ljotssons, Karolinska Institutet, Stockholm, Sweden
Kristin Naragon-Gainey, University at Buffalo, Buffalo, New York, USA
Jill M. Newby, UNSW Australia, Darlinghurst, New South Wales, Australia
Allison J. Ouimet, University of Ottawa, Ottawa, Ontario, Canada
Jessica R. Peters, Warren Alpert Medical School at Brown University, Providence, Rhode Island, USA
Andre Pittig, Technische Universität Dresden, Dresden, Germany
Donald J. Robinaugh, Massachusetts General Hospital, Boston, Massachusetts, USA
Anthony J. Rosellini, Boston University, Boston, Massachusetts, USA
Shannon Sauer-Zavala, Boston University, Boston, Massachusetts, USA
Charles T. Taylor, University of California, San Diego, La Jolla, California, USA
Kiara R. Timpano, University of Miami, Miami, Florida, USA
Michael Treanor, UCLA, Los Angeles, California, USA
Anka A. Vujanovic, University of Houston, Houston, Texas, USA
Monika A. Waszczuk, Stony Brook University, Stony Brook, New York, USA
Blair E. Wisco, University of North Carolina at Greensboro, Greensboro, North Carolina, USA
Quincy J. J. Wong, Macquarie University, Sydney, New South Wales, Australia
Katherine S. Young, University of California at Los Angeles (UCLA), Los Angeles, California, USA

GUIDE FOR AUTHORS

INTRODUCTION

The major focus of *Behaviour Research and Therapy* is an experimental psychopathology approach to understanding emotional and behavioral disorders and their prevention and treatment, using cognitive, behavioral, and psychophysiological (including neural) methods and models. This includes laboratory-based experimental studies with healthy, at risk and subclinical individuals that inform clinical application as well as studies with clinically severe samples. The following types of submissions are encouraged: theoretical reviews of mechanisms that contribute to psychopathology and that offer new treatment targets; tests of novel, mechanistically focused psychological interventions, especially ones that include theory-driven or experimentally-derived predictors, moderators and mediators; and innovations in dissemination and implementation of evidence-based practices into clinical practice in psychology and associated fields, especially those that target underlying mechanisms or focus on novel approaches to treatment delivery. In addition to traditional psychological disorders, the scope of the journal includes behavioural medicine (e.g., chronic pain). The journal will not consider manuscripts dealing primarily with measurement, psychometric analyses, and personality assessment.

The Editor and Associate Editors will make an initial determination of whether or not submissions fall within the scope of the journal and/or are of sufficient merit and importance to warrant full review.

Early Career Investigator Award

This award is open to papers where the first author on the accepted papers is within 7 years of their PhD. By endorsing candidature for the annual Early Career Investigator Award, your manuscript will be reviewed by the Associate Editors/Editor-in-Chief for an annual award for the most highly rated paper. The winner will be announced in print, and will have the option of being spotlighted (photo and short bio).

The CONSORT guidelines (<http://www.consort-statement.org/>) need to be followed for protocol papers for trials; authors should present a flow diagramme and attach with their cover letter the CONSORT checklist. For meta-analysis, the PRISMA (<http://www.prisma-statement.org/>) guidelines should be followed; authors should present a flow diagramme and attach with their cover letter the PRISMA checklist. For systematic reviews it is recommended that the PRISMA guidelines are followed, although it is not compulsory.

Contact details

Any questions regarding your submission should be addressed to the Editor in Chief:
Professor Michelle G. Craske
Department of Psychology
310 825-8403
Email: brat@psych.ucla.edu

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.

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>. The Conflict of Interest form can be found at: <http://ees.elsevier.com/brat/img/COI.pdf>. And for further information, please view the following link: http://service.elsevier.com/app/answers/detail/a_id/286/supporthub/publishing.

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 or as part of a published lecture or academic thesis or as an electronic preprint, see '[Multiple, redundant or concurrent publication](#)' section of our ethics policy 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](#).

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.

Registration of clinical trials

Registration in a public trials registry is a condition for publication of clinical trials in this journal in accordance with [International Committee of Medical Journal Editors](#) recommendations. Trials must register at or before the onset of patient enrolment. The clinical trial registration number should be included at the end of the abstract of the article. A clinical trial is defined as any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects of health outcomes. Health-related interventions include any intervention used to modify a biomedical or health-related outcome (for example drugs, surgical procedures, devices, behavioural treatments, dietary interventions, and process-of-care changes). Health outcomes include any biomedical or health-related measures obtained in patients or participants, including pharmacokinetic measures and adverse events. Purely observational studies (those in which the assignment of the medical intervention is not at the discretion of the investigator) will not require registration.

As of October 2016, registration in a public trials registry is a condition for publication of clinical trials in this Journal. In the event that patient enrollment began in a trial that was not pre-registered prior to September 2016, authors may still submit their manuscript to this Journal but will be asked to retrospectively register (i.e., registration after patient enrolment begins) their study in a public trials registry. This exception to pre-registration will cease in October 2019.

Article transfer service

This journal is part of our Article Transfer Service. This means that if the Editor feels your article is more suitable in one of our other participating journals, then you may be asked to consider transferring the article to one of those. If you agree, your article will be transferred automatically on your behalf with no need to reformat. Please note that your article will be reviewed again by the new journal. [More information.](#)

Copyright

Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see [more information](#) on this). 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. 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.

For open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' ([more information](#)). Permitted third party reuse of open access articles is determined by the author's choice of [user license](#).

Author rights

As an author you (or your employer or institution) have certain rights to reuse your work. [More information.](#)

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 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.

Open access

- Articles are freely available to both subscribers and the wider public with permitted reuse.
- An 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 open access articles, permitted third party (re)use is defined by the following [Creative Commons user licenses](#):

Creative Commons Attribution (CC BY)

Lets others distribute and copy the article, create extracts, abstracts, and other revised versions, adaptations or derivative works of or from an article (such as a translation), include in a collective work (such as an anthology), text or data mine the article, even for commercial purposes, as long as they credit the author(s), do not represent the author as endorsing their adaptation of the article, and do not modify the article in such a way as to damage the author's honor or reputation.

Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)

For non-commercial purposes, lets 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 open access publication fee for this journal is **USD 3400**, excluding taxes. Learn more about Elsevier's pricing policy: <https://www.elsevier.com/openaccesspricing>.

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.

Elsevier Researcher Academy

[Researcher Academy](#) is a free e-learning platform designed to support early and mid-career researchers throughout their research journey. The "Learn" environment at Researcher Academy offers several interactive modules, webinars, downloadable guides and resources to guide you through the process of writing for research and going through peer review. Feel free to use these free resources to improve your submission and navigate the publication process with ease.

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.

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://ees.elsevier.com/brat/>

PREPARATION

Peer review

This journal operates a single 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.](#)

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'.

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 with a maximum length of 200 words. 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 a maximum of 6 keywords, to be chosen from the APA list of index descriptors. 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

Collate acknowledgements in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title or otherwise. 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.

Shorter communications

This option is designed to allow publication of research reports that are not suitable for publication as regular articles. Shorter Communications are appropriate for articles with a specialized focus or of particular didactic value. Manuscripts should be between 3000-5000 words, and must not exceed the upper word limit. This limit includes the abstract, text, and references, but not the title page, tables and figures.

Artwork

Electronic artwork

General points

- Make sure you use uniform lettering and sizing of your original artwork.
- Embed the used fonts if the application provides that option.
- Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Provide captions to illustrations separately.
- Size the illustrations close to the desired dimensions of the published version.
- Submit each illustration as a separate file.

A detailed [guide on electronic artwork](#) is available.

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

Formats

If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format.

Regardless of the application used other than Microsoft Office, 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 all used fonts.

TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.

TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.

TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.

Please do not:

- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors;
- Supply files that are too low in resolution;
- Submit graphics that are disproportionately large for the content.

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.

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.

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/behaviour-research-and-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:

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.

Reference to a website:

Cancer Research UK. Cancer statistics reports for the UK. (2003). <http://www.cancerresearchuk.org/aboutcancer/statistics/cancerstatsreport/> Accessed 13 March 2003.

Reference to a dataset:

[dataset] Oguro, M., Imahiro, S., Saito, S., Nakashizuka, T. (2015). *Mortality data for Japanese oak wilt disease and surrounding forest compositions*. Mendeley Data, v1. <https://doi.org/10.17632/xwj98nb39r.1>.

Reference to a conference paper or poster presentation:

Engle, E.K., Cash, T.F., & Jarry, J.L. (2009, November). The Body Image Behaviours Inventory-3: Development and validation of the Body Image Compulsive Actions and Body Image Avoidance Scales. Poster session presentation at the meeting of the Association for Behavioural and Cognitive Therapies, New York, NY.

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.

Research data

This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods and other useful materials related to the project.

Below are a number of ways in which you can associate data with your article or make a statement about the availability of your data when submitting your manuscript. If you are sharing data in one of these ways, you are encouraged to cite the data in your manuscript and reference list. Please refer to the "References" section for more information about data citation. For more information on depositing, sharing and using research data and other relevant research materials, visit the [research data](#) page.

Data linking

If you have made your research data available in a data repository, you can link your article directly to the dataset. Elsevier collaborates with a number of repositories to link articles on ScienceDirect with relevant repositories, giving readers access to underlying data that gives them a better understanding of the research described.

There are different ways to link your datasets to your article. When available, you can directly link your dataset to your article by providing the relevant information in the submission system. For more information, visit the [database linking page](#).

For [supported data repositories](#) a repository banner will automatically appear next to your published article on ScienceDirect.

In addition, you can link to relevant data or entities through identifiers within the text of your manuscript, using the following format: Database: xxxx (e.g., TAIR: AT1G01020; CCDC: 734053; PDB: 1XFN).

Mendeley Data

This journal supports Mendeley Data, enabling you to deposit any research data (including raw and processed data, video, code, software, algorithms, protocols, and methods) associated with your manuscript in a free-to-use, open access repository. Before submitting your article, you can deposit the relevant datasets to *Mendeley Data*. Please include the DOI of the deposited dataset(s) in your main manuscript file. The datasets will be listed and directly accessible to readers next to your published article online.

For more information, visit the [Mendeley Data for journals page](#).

Data statement

To foster transparency, we encourage you to state the availability of your data in your submission. This may be a requirement of your funding body or institution. If your data is unavailable to access or unsuitable to post, you will have the opportunity to indicate why during the submission process, for example by stating that the research data is confidential. The statement will appear with your published article on ScienceDirect. For more information, visit the [Data Statement page](#).

AFTER ACCEPTANCE

Online proof correction

Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors.

If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF.

We will do everything possible to get your article published quickly and accurately. 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. 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 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.

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](#).

© Copyright 2018 Elsevier | <https://www.elsevier.com>