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### DESCRIPTION

*Cognitive and Behavioral Practice* is a quarterly international journal with the primary mission of clinical dissemination: to bridge the gap between published clinical research and the actual clinical practice of **cognitive** and **behavioral therapies**. *Cognitive and Behavioral Practice* publishes clinically rich accounts of innovative assessment and therapeutic procedures that are clearly grounded in evidence-based practice. The primary focus is on application and implementation of procedures. Accordingly, topics are selected to address current challenges facing practitioners, both in terms of technique, process, and the content of treatment. To meet this goal, articles may include rich descriptions of clinical interventions, examples of client-therapist dialog, embedded video clips readers can view on line, and/or significant case descriptions. In addition to regular articles, the journal includes special series, case conferences, clinical commentaries, clinical reviews, and book reviews. Special series contain multiple manuscripts that center on a particular diagnostic category, population or therapeutic strategy. Case series contain a case description with authors responding to various aspects of the treatment approach. Clinical commentaries are brief articles (solicited and unsolicited) in which experts in the field comment on the most up-to-date clinical topics, controversies, or discoveries within their expertise. Clinical reviews are regular length review articles that focus specifically on clinical strategy and existing evidence base for that strategy. This journal is for the practicing mental health clinician, instructors, and researchers with an interest in the clinical dissemination of their findings. Continuing education examinations are included in each issue.

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### *Introduction*

*Cognitive and Behavioral Practice* is a quarterly international journal with the primary mission of clinical dissemination: to bridge the gap between published clinical research and the actual clinical practice of cognitive and behavioral therapies. *Cognitive and Behavioral Practice* publishes clinically rich accounts of innovative assessment and therapeutic procedures that are clearly grounded in evidence-based practice. The primary focus is on application and implementation of procedures. Accordingly, topics are selected to address current challenges facing practitioners, both in terms of technique, process, and the content of treatment. To meet this goal, articles may include rich descriptions of clinical interventions, examples of client-therapist dialog, embedded video clips readers can view on line, and/or significant case descriptions. This journal is for the practicing mental health clinician, instructors, and researchers with an interest in the clinical dissemination of their findings. Continuing education examinations are included in each issue.

### *Types of contributions*

**Teaching Clinical Strategies:** These papers focus on educating the readership about how to conduct assessments and/or treatments with particular populations within an empirically supported framework. They must include case illustrations and preferably will include transcript material or video demonstrations. **Teaching about other aspects of Clinical Practice:** These papers might deal with supervision, legal and ethical issues, managed care issues, or giving legal testimony, for instance. There is no limit on the topics as long as they are relevant to clinical practice. **Research Reports:** These are papers that present clinically relevant research results. They may present new data on assessment, treatment or psychopathology. If they are short articles, the authors need only to point out briefly the clinical utility of the findings. Longer papers must include detailed case illustrations and, hopefully, transcript material to make the research findings clinically realistic and immediate. **Treatment Development Reports:** These papers might describe the theoretical foundation and iterative process used to develop a novel intervention or describe how an established treatment is adapted to a novel population or clinical setting. These papers might highlight issues of acceptability, feasibility, and initial outcomes, but competitive papers will highlight detailed description of the structure, strategies, and techniques the treatment employs. Case examples and/or video clips of interventions are encouraged that highlight how the treatment is implemented and how barriers/challenges are addressed. **Special Series:** These are collections of papers focusing on a special clinical topic. There is a Series Editor who develops the theme and then invites other clinicians and scientists to write topical papers that fit into the theme. **Case Conferences:** Like special series, case conferences are a collection of papers that focus upon a theme; in this instance, it is how to assess and treat a particular patient. The Case Conference Organizer writes up a detailed description of a case and selects four to eight Case Conference Respondents. The Case Conference Respondents write 6- to 20-page papers describing how they would assess and treat the patient. Also, the Respondents attend to special issues involved with treatment. Typically, the Organizer writes up a summary of the similarities and differences among the approaches taken by the Respondents. **Expert Clinical Commentaries:** These are brief articles (solicited and unsolicited) in which experts in the field comment on the most up-to-date clinical topics, controversies, or discoveries within their expertise, and/or comment on an agenda for clinical research. These are roughly 3,000 words in length and are structured as a launching point for clinical practice and/or future clinical research. **Clinical Reviews.** These are regular length review articles that focus specifically on clinical strategy and existing evidence base for that strategy.

### *Contact details*

Questions about the appropriateness of a manuscript for *Cognitive and Behavioral Practice* should be directed (prior to submission) to the Editorial Office, at [bonnieb@bu.edu](mailto:bonnieb@bu.edu) (Bonnie Brown, Editorial Assistant, *Cognitive and Behavioral Practice*, Center for Anxiety, Boston University, 648 Beacon Street, 6th Floor, Boston, MA 02215).

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### *Clinical trial results*

Randomized Clinical Trials: Use of CONSORT Reporting Standards



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Introduction  
Method  
Results  
Discussion

However, as contributions to this journal take various forms (including empirical research, review articles, methodological papers, and case studies), authors are urged to organize their manuscripts in ways that make sense to their particular article type.

A detailed description of all possible sections is shown below.

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This should explore the significance of the results of the work, not repeat them. Avoid extensive citations and discussion of published literature.

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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.

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