Appendix B.
Author guidelines from included journals$^a$

1. Addictive Behaviors 1
2. Behavior Research and Therapy 15
3. Behavior Therapy 26
4. British Journal of Clinical Psychology 39
5. British Journal of Health Psychology 43
6. Clinical Psychology & Psychotherapy 48
7. Depression and Anxiety 56
8. European Eating Disorders Review 63
9. Health Psychology 70
10. International Journal of Behavioral Medicine 73
11. International Journal of Clinical and Health Psychology 83
12. International Journal of Eating Disorders 93
13. International Psychogeriatrics 104
14. Journal of Behavior Therapy and Experimental Psychiatry 113
15. Journal of Behavioral Medicine 126
17. Journal of Clinical Psychiatry 143
18. Journal of Consulting and Clinical Psychology 155
19. Journal of Family Psychology 158
20. Journal of Health Psychology 162
21. Journal of positive behavior interventions 171
22. Journal of substance abuse treatment 172
23. Journal of Traumatic Stress 184
24. Psychological Assessment 189
25. Psychological Medicine 193

Note.
$^a$ Please note that the page numbers refer to the document herein, and not to page numbers listed on the downloaded author guidelines.
ADDICTIVE BEHAVIORS
An International Journal

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.4

DESCRIPTION

Addictive Behaviors is an international peer-reviewed journal publishing high quality human research on addictive behaviors and disorders since 1976. The journal accepts submissions of full-length papers and short communications on substance-related addictions such as the abuse of alcohol, drugs and nicotine and behavioral addictions such as compulsive gambling and internet excesses. We primarily publish behavioral and psychosocial research but our articles span the fields of psychology, sociology, psychiatry, epidemiology, social policy, medicine, pharmacology and neuroscience. While theoretical orientations are diverse, the emphasis of the journal is primarily empirical. That is, sound experimental design combined with valid, reliable assessment and evaluation procedures are a requisite for acceptance. However, innovative and empirically oriented case studies that might encourage new lines of inquiry are accepted as well. Studies that clearly contribute to current knowledge of etiology, prevention, social policy or treatment are given priority. Scholarly commentaries on topical issues, systematic reviews, and mini reviews are encouraged. We especially welcome multimedia papers that incorporate video or audio components to better display methodology or findings.

Related Product

Eating Behaviors An International Journal

Benefits to authors

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

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

AUDIENCE

Psychiatrists, psychologists, pharmacologists, sociologists, social workers.

IMPACT FACTOR

2014: 2.764 © Thomson Reuters Journal Citation Reports 2015
ABSTRACTING AND INDEXING

BIOSIS
Behavioral Medicine Abstracts
Elsevier BIOBASE
Current Contents
Current Contents/Social & Behavioral Sciences
MEDLINE®
EMBASE
Health and Safety Science Abstracts
Higher Education Abstracts
Nutrition Abstracts
PASCAL/CNRS
Pollution Abstracts
PsycINFO Psychological Abstracts
Psych Per Con
Research Alert
Safety Science Abstracts
Social Sciences Citation Index
Toxicology Abstracts
TOXIBASE
Scopus

EDITORIAL BOARD

Editor
Peter Miller, Addiction Sciences Division, Medical University of South Carolina (MUSC), P.O. Box 250861/67 President Street, Charleston, SC 29425, South Carolina, USA

Associate Editors
Arthur Blume, Dept. of Psychology VCLS 208L, Washington State University, 14204 NE Salmon Creek Avenue, Vancouver, WA 98686, Washington, USA
Theodore Cooper, Dept. of Psychology, University of Texas at El Paso, University of Texas at El Paso, El Paso, 79968, Texas, USA

Marcantonio Spada, School of Applied Sciences, London South Bank University, 103 Borough Road, London, SE1 0AA, UK

Editorial Board
S. Bail, Yale University, New Haven, CT; CASAColumbia, New York, NY
A. Bellack, University of Maryland, Baltimore, Maryland, USA
M. Bonn-Miller, VA Palo Alto Health Care System, Menlo Park, California, USA
M. Bradizza, The State University of New York at Buffalo, Buffalo, New York, USA
K. Carey, Brown University, Providence, Rhode Island, USA
H. Chabrol, Université de Toulouse-Le Mirail, Toulouse, France
J. Connor, University of Queensland, Brisbane, Queensland, Australia
W. Corbin, Arizona State University, Tempe, Arizona, USA
M. Cremonete, Universidad Nacional de Mar del Plata, Mar del Plata, Argentina
M. Crone, Leiden University Medical Centre, Leiden, Netherlands
A. Dijkstra, Rijksuniversiteit Groningen, Groningen, Netherlands
B. Fernie, King’s College London, London, UK
S. Font-Mayolas, Universitat de Girona, Girona, Catalonia, Spain
K. Gotestam, Trondheim Universitet, Trondheim, Norway
D. Haaga Ph.D., The American University, Washington, District of Columbia, USA
M. Hesse, Aarhus University, Copenhagen, Denmark
A. Kelly, University of Queensland, Brisbane, Queensland, Australia
H. Kleber, Columbia University, New York, New York, USA
R. Klesges, Memphis State University, Memphis, Tennessee, USA
E.M. Krupitsky, St Petersburg State Pavlov Medical University, St. Petersburg, Russian Federation
D.J. Kuper, University of Pittsburgh, Pittsburgh, Pennsylvania, USA
J. LaBrie, Loyola Marymount University, Los Angeles, California, USA
J. Lau
G. Ma, Temple University, Philadelphia, Pennsylvania, USA
C.S. Madruga, Universidade Federal de São Paulo, Sao Paulo, Brazil
C. Neighbors, University of Houston, Houston, Texas, USA
N. Noel, University of North Carolina at Wilmington (UNCW), Wilmington, North Carolina, USA
O. Pomerleau, University of Michigan, Ann Arbor, Michigan, USA
S.J. Rachman, University of British Columbia, Vancouver, British Columbia, Canada
S. Schinke, Columbia University, New York, New York, USA
L. Sobell, Nova Southeastern University (NSU), Ft. Lauderdale, USA
M. Sobell, Nova Southeastern University (NSU), Ft. Lauderdale, USA
C. Storr, University of Maryland, College Park, Maryland, USA
H. Sumnall, Liverpool John Moores University (LJMU), Liverpool, UK
R.E. Tarter, University of Pittsburgh School of Pharmacy, Pittsburgh, Pennsylvania, USA
M.J. Zvolensky, University of Houston, Houston, Texas, USA
GUIDE FOR AUTHORS

Your Paper Your Way
We now differentiate between the requirements for new and revised submissions. You may choose to submit your manuscript as a single Word or PDF file to be used in the refereeing process. Only when your paper is at the revision stage, will you be requested to put your paper in to a 'correct format' for acceptance and provide the items required for the publication of your article.
To find out more, please visit the Preparation section below.

INTRODUCTION
Types of Paper
The word length requirements for the following types of papers exclude title page, references, tables and figures.

• Full-length papers of original research should be no longer than 3500 words with a 250 word abstract.

• Short Communications of original research or pilot studies should be no longer than 2000 words with a 250 word abstract. The total number of figures/tables combined should not exceed two.

• Editorials are invited only and should not exceed 1000 words. Editorials express opinions about special topics of interest and are meant to stimulate debate or new lines of research. Authors wishing to respond to editorials should email the Editor-in-Chief first.

• Scholarly Commentaries express points of view on scientific matters and should not exceed 800 words. Authors should email the Editor-in-Chief prior to submitting this type of paper.

• Case studies or a series of case studies should not exceed 2500 words. Authors should clearly describe why the case or cases are innovative and why they add significant information to the extant literature. These case studies should be empirically oriented. Patient information should be presented anonymously although it should be clear that patient consent was obtained.

• Systematic reviews should provide a critical review and analysis of a field of research and should include detailed information on search criteria and methods. Conclusions should be useful to both clinicians and researchers. These reviews should not exceed 4000 words.

• Mini-reviews are more limited reviews of developing fields of research and are not necessarily systematic in nature. They should provide current knowledge and point the way toward future research needs. These reviews should not exceed 2500 words.

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

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/conflictofinterest. Further information and an example of a Conflict of Interest form can be found at: http://help.elsevier.com/app/answers/detail/a_id/286/p/7923.

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

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

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

Author Disclosure
Authors must provide three mandatory and one optional author disclosure statements. These statements should be submitted as one separate document and not included as part of the manuscript. Author disclosures will be automatically incorporated into the PDF builder of the online submission system. They will appear in the journal article if the manuscript is accepted.

The four statements of the author disclosure document are described below. Statements should not be numbered. Headings (i.e., Role of Funding Sources, Contributors, Conflict of Interest, Acknowledgements) should be in bold with no white space between the heading and the text. Font size should be the same as that used for references.

Statement 1: Role of Funding Sources
Authors must identify who provided financial support for the conduct of the research and/or preparation of the manuscript and to briefly describe the role (if any) of the funding sponsor in study design, collection, analysis, or interpretation of data, writing the manuscript, and the decision to submit the manuscript for publication. If the funding source had no such involvement, the authors should so state.

Example: Funding for this study was provided by NIAAA Grant R01-AA123456. NIAAA had no role in the study design, collection, analysis or interpretation of the data, writing the manuscript, or the decision to submit the paper for publication.

Statement 2: Contributors
Authors must declare their individual contributions to the manuscript. All authors must have materially participated in the research and/or the manuscript preparation. Roles for each author should be described. The disclosure must also clearly state and verify that all authors have approved the final manuscript.

Example: Authors A and B designed the study and wrote the protocol. Author C conducted literature searches and provided summaries of previous research studies. Author D conducted the statistical analysis. Author B wrote the first draft of the manuscript and all authors contributed to and have approved the final manuscript.

Statement 3: Conflict of Interest
All authors must disclose any actual or potential conflict of interest. Conflict of interest is defined as any financial or personal relationships with individuals or organizations, occurring within three (3) years of beginning the submitted work, which could inappropriately influence, or be perceived to have influenced the submitted research manuscript. Potential conflict of interest would include employment, consultancies, stock ownership (except personal investments equal to the lesser of one percent (1%) of total personal investments or USD$5000), honoraria, paid expert testimony, patent applications, registrations, and grants. If there are no conflicts of interest by any author, it should state that there are none.
Example: Author B is a paid consultant for XYZ pharmaceutical company. All other authors declare that they have no conflicts of interest.

**Statement 4: Acknowledgements (optional)**
Authors may provide Acknowledgements which will be published in a separate section along with the manuscript. If there are no Acknowledgements, there should be no heading or acknowledgement statement.

Example: The authors wish to thank Ms. A who assisted in the proof-reading of the manuscript.

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

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. For more information on author rights please see [http://www.elsevier.com/copyright](http://www.elsevier.com/copyright).

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

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

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

**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

**Subscription**
- Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs ([http://www.elsevier.com/access](http://www.elsevier.com/access)).
- No open access publication fee payable by authors.

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)**
Let's 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, let's 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 1950**, excluding taxes. Learn more about Elsevier's pricing policy: [http://www.elsevier.com/openaccesspricing](http://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 ([http://elsevier.com/greenopenaccess](http://elsevier.com/greenopenaccess)). 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 begins from the publication date of the issue your article appears in.

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 ([http://webshop.elsevier.com/languageediting/](http://webshop.elsevier.com/languageediting/)) or visit our customer support site ([http://support.elsevier.com](http://support.elsevier.com)) for more information.

**Informed consent and patient details**
Studies on patients or volunteers require ethics committee approval and informed consent, which should be obtained in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author and copies of the consents or evidence that such consents have been obtained must be provided to Elsevier on request. For more information, please review the **Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals**, [http://www.elsevier.com/patient-consent-policy](http://www.elsevier.com/patient-consent-policy). Unless you have written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

**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.

**PREPARATION**

**NEW SUBMISSIONS**
Submission to this journal proceeds totally online and you will be guided stepwise through the creation and uploading of your files. The system automatically converts your files to a single PDF file, which is used in the peer-review process.
As part of the Your Paper Your Way service, you may choose to submit your manuscript as a single file to be used in the refereeing process. This can be a PDF file or a Word document, in any format or layout that can be used by referees to evaluate your manuscript. It should contain high enough quality figures for refereeing. If you prefer to do so, you may still provide all or some of the source files at the initial submission. Please note that individual figure files larger than 10 MB must be uploaded separately.

**References**
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the pagination must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct.
**Formatting requirements**
There are no strict formatting requirements but all manuscripts must contain the essential elements needed to convey your manuscript, for example Abstract, Keywords, Introduction, Materials and Methods, Results, Conclusions, Artwork and Tables with Captions.
If your article includes any Videos and/or other Supplementary material, this should be included in your initial submission for peer review purposes.
Divide the article into clearly defined sections.

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

**REVISED SUBMISSIONS**

**Use of word processing software**
Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier: http://www.elsevier.com/guidepublication). See also the section on Electronic artwork.
To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

**Article structure**

**Subdivision - numbered sections**
Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

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

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

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

**Results**
Results should be clear and concise.

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

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

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

**Essential title page information**
- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
- **Author names and affiliations.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. Present the authors’ affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-
case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.

- **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.

- **Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

**Abstract**

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

**Graphical abstract**

Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 x 1328 pixels (h x w) or proportionally more. The image should be readable at a size of 5 x 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. See [http://www.elsevier.com/graphicalabstracts](http://www.elsevier.com/graphicalabstracts) for examples. Authors can make use of Elsevier's Illustration and Enhancement service to ensure the best presentation of their images and in accordance with all technical requirements: Illustration Service.

**Highlights**

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

**Keywords**

Immediately after the abstract, provide a maximum of 6 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**

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.).

**Math formulae**

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

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

**Artwork**

*Electronic artwork*

**General points**

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

A detailed guide on electronic artwork is available on our website: [http://www.elsevier.com/artworkinstructions](http://www.elsevier.com/artworkinstructions).

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

**Formats**

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

- EPS (or PDF): Vector drawings. Embed the font or save the text as 'graphics'.
- TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.
- TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi.
- TIFF (or JPG): Combinations bitmapped line/half-tone (color or grayscale): a minimum of 500 dpi is required.

**Please do not:**

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

**Color artwork**

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

**Figure captions**

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

**Tables**

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

**References**

*Citation in text*

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

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

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

Reference management software
Most Elsevier journals have a standard template available in key reference management packages. This covers packages using the Citation Style Language, such as Mendeley (http://www.mendeley.com/features/reference-manager) and also others like EndNote (http://www.endnote.com/support/ensyles.asp) and Reference Manager (http://refman.com/downloads/styles). Using plug-ins to word processing packages which are available from the above sites, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style as described in this Guide. The process of including templates in these packages is constantly ongoing. If the journal you are looking for does not have a template available yet, please see the list of sample references and citations provided in this Guide to help you format these according to the journal style.

If you manage your research with Mendeley Desktop, you can easily install the reference style for this journal by clicking the link below:
http://open.mendeley.com/use-citation-style/addictive-behaviors

When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice. For more information about the Citation Style Language, visit http://citationstyles.org.

Reference formatting
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, volume number/book chapter, year of publication and the pagination must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct. If you do wish to format the references yourself they should be arranged according to the following examples:

Reference style
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:
Journal abbreviations source
Journal names should be abbreviated according to the List of Title Word Abbreviations: http://www.issn.org/services/online-services/access-to-the-itwa/.

Video data
Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages at http://www.elsevier.com/artworkinstructions. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

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

Supplementary material
Elsevier accepts electronic supplementary material to support and enhance your scientific research. Supplementary files offer the author additional possibilities to publish supporting applications, high-resolution images, background datasets, sound clips and more. Supplementary files supplied will be published online alongside the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. In order to ensure that your submitted material is directly usable, please provide the data in one of our recommended file formats. Authors should submit the material in electronic format together with the article and supply a concise and descriptive caption for each file. For more detailed instructions please visit our artwork instruction pages at http://www.elsevier.com/artworkinstructions.

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

Ensure that the following items are present:
One author has been designated as the corresponding author with contact details:
• E-mail address
• Full postal address
All necessary files have been uploaded, and contain:
• Keywords
• All figure captions
• All tables (including title, description, footnotes)
Further considerations
• Manuscript has been 'spell-checked' and 'grammar-checked'
• All references mentioned in the Reference list are cited in the text, and vice versa
• Permission has been obtained for use of copyrighted material from other sources (including the Internet)
Printed version of figures (if applicable) in color or black-and-white
• Indicate clearly whether or not color or black-and-white in print is required.
For any further information please visit our customer support site at http://support.elsevier.com.

AFTER ACCEPTANCE
**Use of the Digital Object Identifier**
The Digital Object Identifier (DOI) may be used to cite and link to electronic documents. The DOI consists of a unique alpha-numeric character string which is assigned to a document by the publisher upon the initial electronic publication. The assigned DOI never changes. Therefore, it is an ideal medium for citing a document, particularly 'Articles in press' because they have not yet received their full bibliographic information. Example of a correctly given DOI (in URL format; here an article in the journal *Physics Letters B*):
http://dx.doi.org/10.1016/j.physletb.2010.09.059
When you use a DOI to create links to documents on the web, the DOIs are guaranteed never to change.

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

**NIH voluntary posting policy**
Elsevier facilitates author response to the US National Institutes of Health (NIH) voluntary posting request (referred to as the NIH "Public Access Policy", see http://www.nih.gov/about/publicaccess/index.htm) by posting the peer-reviewed author's manuscript directly to PubMed Central on request from the author, 12 months after formal publication. Upon notification from Elsevier of acceptance, we will ask you to confirm via e-mail (by e-mailing us at NIHauthorrequest@elsevier.com) that your work has received NIH funding and that you intend to respond to the NIH policy request, along with your NIH award number to facilitate processing. Upon such confirmation, Elsevier will submit to PubMed Central on your behalf a version of your manuscript that will include peer-review comments, for posting 12 months after formal publication. This will ensure that you will have responded fully to the NIH request policy. There will be no need for you to post your manuscript directly with PubMed Central, and any such posting is prohibited.

**AUTHOR INQUIRIES**
You can track your submitted article at http://www.elsevier.com(track-submission). You can track your accepted article at http://www.elsevier.com(trackarticle). You are also welcome to contact Customer Support via http://support.elsevier.com.

© Copyright 2014 Elsevier | http://www.elsevier.com
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.4

DESCRIPTION

Behaviour Research and Therapy encompasses all of what is commonly referred to as cognitive behaviour therapy (CBT). The focus is on the following: theoretical and experimental analyses of psychopathological processes with direct implications for prevention and treatment; the development and evaluation of empirically-supported interventions; predictors, moderators and mechanisms of behaviour change; and dissemination and implementation of evidence-based treatments to general clinical practice. In addition to traditional clinical disorders, the scope of the journal also includes behavioural medicine. 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.

Benefits to authors
We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our author services.

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

AUDIENCE

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

IMPACT FACTOR

2014: 3.395 © Thomson Reuters Journal Citation Reports 2015
ABSTRACTING AND INDEXING

BIOSIS
Elsevier BIOBASE
Current Contents/Social & Behavioral Sciences
MEDLINE®
LLBA
EMBASE
PASCAL/CNRS
PsycINFO Psychological Abstracts
PsycLIT
PsycSCAN
Psychology Abstracts
Social Sciences Citation Index
Social Work Research & Abstracts
Scopus

EDITORIAL BOARD

Editor
G.T. Wilson, Graduate School of Applied and Professional Psychology, Rutgers University, 152 Frelinghuysen Road, New Brunswick, NJ 08854-8085, New Jersey, USA

Associate Editors
J. Abramowitz Ph.D., University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, USA
C. Black Becker, Trinity University, San Antonio, Texas, USA
M. Craske, University of California at Los Angeles, Los Angeles, California, USA
R. Rapee, Macquarie University, Sydney, Australia
R. Shafran, UCL Institute of Child Health, London, England, UK

Consulting Editor
S.J. Rachman, University of British Columbia, Vancouver, British Columbia, Canada

Founding Editor
H.J. Eysenck †

Editorial Board
G. Andersson, Linköping University, Linköping, Sweden
M. Antony, Ryerson University, Toronto, Canada
J. Arch, University of Colorado Boulder, Boulder, Colorado, USA
A. Arntz, Universiteit van Amsterdam, Amsterdam, Netherlands
R. Baer, University of Kentucky, Lexington, Kentucky, USA
A. Bandura, Stanford University, Stanford, California, USA
D. Barlow, Boston University, Boston, Massachusetts, USA
G. Beck Ph.D., University of Memphis, Memphis, Tennessee, USA
C. Brewin, University College London (UCL), London, UK
B. Chu, Rutgers University, Piscataway, New Jersey, USA
D. Clark Ph.D., University of Oxford, Oxford, UK
M. Coles Ph.D., State University of New York (SUNY), Syracuse, New York, USA
J. Cottraux, Hospital Neurologique, BRON CEDEX, France
P. Cuijpers, VU University, Amsterdam, Netherlands
B. Deacon, University of Wollongong, Wollongong, New South Wales, Australia
S. Dimidjian, University of Colorado, Boulder, Colorado, USA
A. Ehlers, University of Oxford, Oxford, UK
C. Espie, University of Glasgow, Glasgow, Scotland, UK
J. Fournier, University of Pittsburgh School of Medicine, Pittsburgh, Pennsylvania, USA
R. Frost, Smith College, Northampton, Massachusetts, USA
P. Garety, King’s College London, London, England, UK
A. Ghaderi, Uppsala Universitet, Uppsala, Sweden
C. Grilo, Yale University, New Haven, Connecticut, USA
A. Harvey Ph.D., University of California at Berkeley, Berkeley, California, USA
S. Hayes, University of Nevada, Reno, Nevada, USA
R. Heimberg Ph.D., Temple University, Philadelphia, Pennsylvania, USA
T. Hildebrandt, Mount Sinai School of Medicine, New York, New York, USA
S. Hofmann, Boston University, Boston, Massachusetts, USA
E. Holmes, University of Cambridge, Cambridge, UK
D. Hopko, University of Tennessee, Knoxville, Tennessee, USA
J. Hudson, Macquarie University, Sydney, Australia
E. Koster, Universiteit Gent, Gent, Belgium
W. Kuyken, University of Exeter, Exeter, UK
A.J. Lang, University of California at San Diego (UCSD), San Diego, USA
J. Latner, University of Hawaii at Mānoa, Manoa, Hawaii, USA
K.L. Loeb, Fairleigh Dickinson University, Teaneck, New Jersey, USA
D. McCarthy, Rutgers University, New Brunswick, New Jersey, USA
D. McKay, Fordham University, Bronx, New York, USA
R. McMahon, Simon Fraser University, Vancouver, British Columbia, Canada
R. McNally, Harvard University, Cambridge, Massachusetts, USA
M.L. Moulds, University of New South Wales, Sydney, New South Wales, Australia
R. Nelson-Gray, University of North Carolina at Greensboro, Greensboro, North Carolina, USA
L. Ost, Stockholms Universitetet, Stockholm, Sweden
M. Perlis, University of Pennsylvania, Philadelphia, Pennsylvania, USA
J. Persons, Center for Cognitive Therapy, Oakland, California, USA
M.B. Powers, Southern Methodist University, Dallas, Texas, USA
A.S. Radomsky, Concordia University, Montréal, Quebec, Canada
E. Rassin, Erasmus Universiteit, Rotterdam, Netherlands
B. Renneberg, Freie Universität Berlin, Berlin, Germany
K. Rimes, King's College London, London, UK
L. Roemer, University of Massachusetts Boston, Boston, Massachusetts, USA
J. Ruzek, VA Palo Alto Health Care System, Menlo Park, California, USA
Y. Sakano, Waseda University, Tokorozawa-Shi, Japan
M. Seligman, University of Pennsylvania, Philadelphia, Pennsylvania, USA
D. Sloan, Boston University School of Medicine, Boston, Massachusetts, USA
J. Smits, University of Texas at Austin, Austin, Texas, USA
L. Sobell, Nova Southeastern University (NSU), Ft. Lauderdale, USA
S. Spence, Griffith University, Nathan, Queensland, Australia
P. Spinthoven, Universiteit Leiden, Leiden, Netherlands
G. Steketee, Boston University, Boston, Massachusetts, USA
D.J. Taylor, University of North Texas, Denton, Texas, USA
M. van den Hout, Utrecht University, Utrecht, Netherlands
G. Waller, University of London, London, UK
E. Watkins, University of Exeter, Exeter, UK
M. Whittal, University of British Columbia, Vancouver, British Columbia, Canada
S. Wonderlich, University of North Dakota, Fargo, North Dakota, USA
W. Yule, King's College London, London, UK
M.J. Zvolensky, University of Houston, Houston, Texas, USA
GUIDE FOR AUTHORS

INTRODUCTION

Behaviour Research and Therapy encompasses all of what is commonly referred to as cognitive behaviour therapy (CBT). The focus is on the following: theoretical and experimental analyses of psychopathological processes with direct implications for prevention and treatment; the development and evaluation of empirically-supported interventions; predictors, moderators and mechanisms of behaviour change; and dissemination and implementation of evidence-based treatments to general clinical practice. In addition to traditional clinical disorders, the scope of the journal also includes behaviourial medicine. 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.

Contact details
Any questions regarding your submission should be addressed to the Editor in Chief:
Professor G. T. Wilson
Psychological Clinic at Gordon Road
Rutgers
The State University of New Jersey
41C Gordon Road
Piscataway
New Jersey
08854-8067
USA
Email: brat@rci.rutgers.edu

BEFORE YOU BEGIN

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

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://help.elsevier.com/app/answers/detail/a_id/286/p/7923.

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

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

**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 about this can be found here: [http://www.elsevier.com/authors/article-transfer-service](http://www.elsevier.com/authors/article-transfer-service).

**Copyright**

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

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

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

**Author rights**

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

**Role of the funding source**

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

**Funding body agreements and policies**

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

**Open access**

This journal offers authors a choice in publishing their research:

**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

**Subscription**

- Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs ([http://www.elsevier.com/access](http://www.elsevier.com/access)).
- No open access publication fee payable by authors.
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)**
Let's 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, let's 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 3250**, excluding taxes. Learn more about Elsevier's pricing policy: [http://www.elsevier.com/openaccesspricing](http://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 ([http://elsevier.com/greenopenaccess](http://elsevier.com/greenopenaccess)). 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 begins from the publication date of the issue your article appears in.

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 ([http://webshop.elsevier.com/languageditoring/](http://webshop.elsevier.com/languageditoring/)) or visit our customer support site ([http://support.elsevier.com](http://support.elsevier.com)) for more information.

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

**Submit your article**
Please submit your article via [http://ees.elsevier.com/brat/](http://ees.elsevier.com/brat/)

**PREPARATION**

**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. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.

- **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. **Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.**

- **Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

**Abstract**

A concise and factual abstract is required 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. See [http://www.elsevier.com/graphicalabstracts](http://www.elsevier.com/graphicalabstracts) for examples. Authors can make use of Elsevier's Illustration and Enhancement service to ensure the best presentation of their images and in accordance with all technical requirements: Illustration Service.

**Highlights**

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

**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.).
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 on our website: http://www.elsevier.com/artworkinstructions.

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

Formats
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.

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.
**Reference management software**

Most Elsevier journals have a standard template available in key reference management packages. This covers packages using the Citation Style Language, such as Mendeley (http://www.mendeley.com/features/reference-manager) and also others like EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/downloads/styles). Using plug-ins to word processing packages which are available from the above sites, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style as described in this Guide. The process of including templates in these packages is constantly ongoing. If the journal you are looking for does not have a template available yet, please see the list of sample references and citations provided in this Guide to help you format these according to the journal style.

If you manage your research with Mendeley Desktop, you can easily install the reference style for this journal by clicking the link below:

http://open.mendeley.com/use-citation-style/behaeraviour-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. For more information about the Citation Style Language, visit http://citationstyles.org.

**Reference style**

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

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

**Examples:**

Reference to a journal publication:

Reference to a book:

Reference to a chapter in an edited book:

**Video data**

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages at http://www.elsevier.com/artworkinstructions. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

**AudioSlides**

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

**Supplementary material**

Elsevier accepts electronic supplementary material to support and enhance your scientific research. Supplementary files offer the author additional possibilities to publish supporting applications, high-resolution images, background datasets, sound clips and more. Supplementary files supplied will be published online alongside the electronic version of your article in Elsevier Web products, including ScienceDirect: [http://www.sciencedirect.com](http://www.sciencedirect.com). In order to ensure that your submitted material is directly usable, please provide the data in one of our recommended file formats. Authors should submit the material in electronic format together with the article and supply a concise and descriptive caption for each file. For more detailed instructions please visit our artwork instruction pages at [http://www.elsevier.com/artworkinstructions](http://www.elsevier.com/artworkinstructions).

**Submission checklist**

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

**Ensure that the following items are present:**

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

- E-mail address
- Full postal address

All necessary files have been uploaded, and contain:

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

Further considerations:

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

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

Indicate clearly whether or not color or black-and-white in print is required.

For any further information please visit our customer support site at [http://support.elsevier.com](http://support.elsevier.com).

**AFTER ACCEPTANCE**

**Use of the Digital Object Identifier**

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

[http://dx.doi.org/10.1016/j.physletb.2010.09.059](http://dx.doi.org/10.1016/j.physletb.2010.09.059)

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

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

**Elsevier NIH Policy Statement**
As a service to our authors, Elsevier will deposit to PubMed Central (PMC) author manuscripts on behalf of Elsevier authors reporting NIH funded research. This service is a continuation of Elsevier's 2005 agreement with the NIH when the NIH introduced their voluntary 'Public Access Policy'. Please see the full details at: http://www.elsevier.com/wps/find/authorsview.authors/nihauthorrequest (this site also includes details on all other funding body agreements).

Elsevier facilitates author response to the NIH voluntary posting request (referred to as the NIH "Public Access Policy", see http://www.nih.gov/about/publicaccess/index.htm) by posting the peer-reviewed author's manuscript directly to PubMed Central on request from the author, 12 months after formal publication. Upon notification from Elsevier of acceptance, we will ask you to confirm via e-mail (by e-mailing us at NIHauthorrequest@elsevier.com) that your work has received NIH funding and that you intend to respond to the NIH policy request, along with your NIH award number to facilitate processing. Upon such confirmation, Elsevier will submit to PubMed Central on your behalf a version of your manuscript that will include peer-review comments, for posting 12 months after formal publication. This will ensure that you will have responded fully to the NIH request policy. There will be no need for you to post your manuscript directly with PubMed Central, and any such posting is prohibited.

**AUTHOR INQUIRIES**
You can track your submitted article at http://www.elsevier.com/track-submission. You can track your accepted article at http://www.elsevier.com/trackarticle. You are also welcome to contact Customer Support via http://support.elsevier.com.

© Copyright 2014 Elsevier | http://www.elsevier.com
TABLE OF CONTENTS

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

DESCRIPTION

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

Benefits to authors
We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our author services.

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

IMPACT FACTOR

2014: 3.694 © Thomson Reuters Journal Citation Reports 2015

EDITORIAL BOARD

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

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

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

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

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

Introduction

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

Contact details

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

Michelle G. Newman, Ph.D.
Professor of Psychology and Psychiatry, Associate Editor and Editor-Elect of Behavior Therapy, Director of the Center for the Treatment of Anxiety and Depression
Department of Psychology
The Pennsylvania State University
University Park, PA 16802-3103
USA

Phone: +1 814-863-1148
Fax: +1 814-863-7002
Email: mgn1@psu.edu

BEFORE YOU BEGIN

Ethics in publishing

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

Policy and ethics

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

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

Conflict of interest

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

Submission declaration

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

28
**Authorship**
Authorship should be limited to those who have made a significant contribution to the conception, design, execution, or interpretation of the reported study. All those who have made significant contributions should be listed as co-authors. Where there are others who have participated in certain substantive aspects of the research project, they should be acknowledged or listed as contributors.

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

**Copyright**
Upon acceptance of an article, authors will be asked to transfer copyright to ABCT. This transfer will ensure the widest possible dissemination of information. A letter will be sent to the corresponding author confirming receipt of the manuscript. A form facilitating transfer of copyright will be provided. If excerpts from other copyrighted works are included, the 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](http://www.elsevier.com/locate/permissions) phone: (+44) 1865 843830, fax: (+44) 1865 853333, e-mail: permissions@elsevier.com

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

**Funding body agreements and policies**
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder’s open access policies. Some authors may also be reimbursed for associated publication fees. To learn more about existing agreements please visit [http://www.elsevier.com/fundingbodies](http://www.elsevier.com/fundingbodies).

**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 ([http://elsevier.com/greenopenaccess](http://elsevier.com/greenopenaccess)). 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 begins from the publication date of the issue your article appears in.
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 (http://webshop.elsevier.com/languageediting/) or visit our customer support site (http://support.elsevier.com) for more information.

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

**Submission**

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

Submit your article

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

Additional information

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

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

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

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

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

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

**Masked Reviews**

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

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

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

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

**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: [http://www.elsevier.com/guidepublication](http://www.elsevier.com/guidepublication)). 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 detail to allow the work to be reproduced. Methods already published should be indicated by a reference: only relevant modifications should be described.

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

**Results**
Results should be clear and concise.

**Discussion**
This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.
Conclusions
The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

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

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

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

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

Graphical abstract
Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. See [http://www.elsevier.com/graphicalabstracts](http://www.elsevier.com/graphicalabstracts) for examples.
Authors can make use of Elsevier's Illustration and Enhancement service to ensure the best presentation of their images and in accordance with all technical requirements: Illustration Service.

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

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

Abbreviations
Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.
Acknowledgements
For reasons of assisting with double-blind review, collate acknowledgements in a separate section on the title page beneath the author information. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

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

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

Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors 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. For further information on the preparation of electronic artwork, please see http://www.elsevier.com/artworkinstructions.

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.

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

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.
References in a special issue
Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Reference management software
Most Elsevier journals have a standard template available in key reference management packages. This covers packages using the Citation Style Language, such as Mendeley (http://www.mendeley.com/features/reference-manager) and also others like EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/downloads/styles). Using plug-ins to word processing packages which are available from the above sites, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style as described in this Guide. The process of including templates in these packages is constantly ongoing. If the journal you are looking for does not have a template available yet, please see the list of sample references and citations provided in this Guide to help you format these according to the journal style.

If you manage your research with Mendeley Desktop, you can easily install the reference style for this journal by clicking the link below:
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. For more information about the Citation Style Language, visit

Reference style
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:

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

Video data
Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages at
http://www.elsevier.com/artworkinstructions. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

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

**Supplementary material**
Elsevier accepts electronic supplementary material to support and enhance your scientific research. Supplementary files offer the author additional possibilities to publish supporting applications, high-resolution images, background datasets, sound clips and more. Supplementary files supplied will be published online alongside the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. In order to ensure that your submitted material is directly usable, please provide the data in one of our recommended file formats. Authors should submit the material in electronic format together with the article and supply a concise and descriptive caption for each file. For more detailed instructions please visit our artwork instruction pages at http://www.elsevier.com/artworkinstructions.

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

**Ensure that the following items are present:**
One author has been designated as the corresponding author with contact details:
- E-mail address
- Full postal address
All necessary files have been uploaded, and contain:
- Keywords
- All figure captions
- All tables (including title, description, footnotes)
Further considerations
- Manuscript has been 'spell-checked' and 'grammar-checked'
- References are in the correct format for this journal
- All references mentioned in the Reference list are cited in the text, and vice versa
- Permission has been obtained for use of copyrighted material from other sources (including the Internet)
Printed version of figures (if applicable) in color or black-and-white
- Indicate clearly whether or not color or black-and-white in print is required.
For any further information please visit our customer support site at http://support.elsevier.com.

**AFTER ACCEPTANCE**

**Use of the Digital Object Identifier**
The Digital Object Identifier (DOI) may be used to cite and link to electronic documents. The DOI consists of a unique alpha-numeric character string which is assigned to a document by the publisher upon the initial electronic publication. The assigned DOI never changes. Therefore, it is an ideal medium for citing a document, particularly 'Articles in press' because they have not yet received their full bibliographic information. Example of a correctly given DOI (in URL format; here an article in the journal *Physics Letters B*):
http://dx.doi.org/10.1016/j.physletb.2010.09.059
When you use a DOI to create links to documents on the web, the DOIs are guaranteed never to change.

**Proofs**
One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author (if we do not have an e-mail address then paper proofs will be sent by post) or, a link will be provided in the e-mail so that authors can download the files themselves. Elsevier now provides authors with PDF proofs which can be annotated; for this you will need to download Adobe Reader version 9 (or
higher) available free from http://get.adobe.com/reader. Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site: http://www.adobe.com/products/reader/tech-specs.html.
If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to Elsevier in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and return by fax, or scan the pages and e-mail, or by post. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. We will do everything possible to get your article published quickly and accurately. It is important to ensure that all corrections are sent back to us in one communication: please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

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

**Additional information**

**Advertising Policy**

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

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

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

**Policies Regarding Advertising**

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

The Association reserves the right to unilaterally reject, omit, or cancel advertising which, by its tone, content, or appearance, is not in keeping with the essentially scientific, scholarly, and professional nature of its publications or the goals of the organization. The Association reserves the right to refuse ads that, because of omissions or inaccuracies, provide misleading or incorrect information. The Director of Communications, acting on behalf of the Editor, has the full and final authority for

36
approving advertisements and enforcing advertising policy for those ads submitted to the Association. Ads submitted to Elsevier running in multiple journals fall under the purview of Elsevier’s publisher or its representative.

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

**Correspondence**

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

**AUTHOR INQUIRIES**

You can track your submitted article at [http://www.elsevier.com/track-submission](http://www.elsevier.com/track-submission). You can track your accepted article at [http://www.elsevier.com/trackarticle](http://www.elsevier.com/trackarticle). You are also welcome to contact Customer Support via [http://support.elsevier.com](http://support.elsevier.com).

© Copyright 2014 Elsevier | [http://www.elsevier.com](http://www.elsevier.com)
Author Guidelines

The British Journal of Clinical Psychology publishes original contributions to scientific knowledge in clinical psychology. This includes descriptive comparisons, as well as studies of the assessment, aetiology and treatment of people with a wide range of psychological problems in all age groups and settings. The level of analysis of studies ranges from biological influences on individual behaviour through to studies of psychological interventions and treatments on individuals, dyads, families and groups, to investigations of the relationships between explicitly social and psychological levels of analysis.

The following types of paper are invited:

- Papers reporting original empirical investigations
- Theoretical papers, provided that these are sufficiently related to the empirical data
- Review articles which need not be exhaustive but which should give an interpretation of the state of the research in a given field and, where appropriate, identify its clinical implications
- Brief reports and comments

1. Circulation

The circulation of the Journal is worldwide. Papers are invited and encouraged from authors throughout the world.
2. Length

The word limit for papers submitted for consideration to BJCP is 5000 words and any papers that are over this word limit will be returned to the authors. The word limit does not include the abstract, reference list, figures, or tables. Appendices however are included in the word limit. The Editors retain discretion to publish papers beyond this length in cases where the clear and concise expression of the scientific content requires greater length. In such a case, the authors should contact the Editors before submission of the paper.

3. Submission and reviewing

All manuscripts must be submitted via http://www.editorialmanager.com/bjcp/ (http://www.editorialmanager.com/bjcp/). The Journal operates a policy of anonymous peer review. Before submitting, please read the terms and conditions of submission (BPS Journals Terms and Conditions of Submission.doc) and the declaration of competing interests (BPS Journals Declaration of Competing Interests.doc).

4. Manuscript requirements

• Contributions must be typed in double spacing with wide margins. All sheets must be numbered.

• Manuscripts should be preceded by a title page which includes a full list of authors and their affiliations, as well as the corresponding author's contact details. A template can be downloaded from here (Sample Manuscript Title Page.doc).

• The main document must be anonymous. Please do not mention the authors’ names or affiliations (including in the Method section) and refer to any previous work in the third person.

• Tables should be typed in double spacing, each on a separate page with a self-explanatory title. Tables should be comprehensible without reference to the text. They should be placed at the end of the manuscript but they must be mentioned in the text.

• Figures can be included at the end of the document or attached as separate files, carefully labelled in initial capital/lower case lettering with symbols in a form consistent with text use. Unnecessary background patterns, lines and shading should be avoided. Captions should be listed on a separate sheet. The resolution of digital images must be at least 300 dpi. All figures must be mentioned in the text.

• All papers must include a structured abstract of up to 250 words under the headings: Objectives, Methods, Results, Conclusions. Articles which report original scientific research should also include a heading 'Design' before 'Methods'. The 'Methods' section for systematic reviews and theoretical papers should include, as a minimum, a description of the methods the author(s) used to access the literature they drew upon. That is, the abstract should summarize the databases that were consulted and the search terms that were used.

• All Articles must include Practitioner Points – these are 2–4 bullet points to detail the positive clinical implications of the work, with a further 2–4 bullet points outlining cautions or limitations of the study. They should be placed below the abstract, with the heading 'Practitioner Points'.

• For reference citations, please use APA style. Particular care should be taken to ensure that references are accurate and complete. Give all journal titles in full and provide DOI numbers where possible for journal articles.

• SI units must be used for all measurements, rounded off to practical values if appropriate, with the imperial equivalent in parentheses.

• In normal circumstances, effect size should be incorporated.

• Authors are requested to avoid the use of sexist language.

• Authors are responsible for acquiring written permission to publish lengthy quotations, illustrations, etc. for which they do not own copyright. For guidelines on editorial style, please consult the APA Publication Manual (http://www.amazon.co.uk/gp/product/1433805618?ie=UTF8&tag=thebritishpsy-
5. Brief reports and comments

These allow publication of research studies and theoretical, critical or review comments with an essential contribution to make. They should be limited to 2000 words, including references. The abstract should not exceed 120 words and should be structured under these headings: Objective, Method, Results, Conclusions. There should be no more than one table or figure, which should only be included if it conveys information more efficiently than the text. Title, author name and address are not included in the word limit.

6. Supporting Information

BJC is happy to accept articles with supporting information supplied for online only publication. This may include appendices, supplementary figures, sound files, videoclips etc. These will be posted on Wiley Online Library with the article. The print version will have a note indicating that extra material is available online. Please indicate clearly on submission which material is for online only publication. Please note that extra online only material is published as supplied by the author in the same file format and is not copyedited or typeset. Further information about this service can be found at http://authorservices.wiley.com/bauthor/suppmat.asp (http://authorservices.wiley.com/bauthor /suppmat.asp)

7. Copyright and licenses

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services, where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.

For authors signing the copyright transfer agreement

If the OnlineOpen option is not selected the corresponding author will be presented with the copyright transfer agreement (CTA) to sign. The terms and conditions of the CTA can be previewed in the samples associated with the Copyright FAQS (http://authorservices.wiley.com/bauthor/faqs_copyright.asp).

For authors choosing OnlineOpen

If the OnlineOpen option is selected the corresponding author will have a choice of the following Creative Commons License Open Access Agreements (OAA):

- Creative Commons Attribution Non-Commercial License OAA

- Creative Commons Attribution Non-Commercial -NoDerivs License OAA

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs (http://authorservices.wiley.com/bauthor/faqs_copyright.asp) and you may also like to visit the Wiley Open Access Copyright and Licence (http://www.wileyopenaccess.com/details/content/12f25db4c87 /Copyright–License.html) page.

If you select the OnlineOpen option and your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) or the Austrian Science Fund (FWF) you will be given the opportunity to publish your article under a CC-BY license supporting you in complying with your Funder requirements. For more information on this policy and the Journal’s compliant self-archiving policy please visit our Funder Policy (http://www.wiley.com/go/funderstatement) page.

8. Colour illustrations

Colour illustrations can be accepted for publication online. These would be reproduced in greyscale in the print version. If authors would like these figures to be reproduced in colour in print at their expense they should request this by completing a Colour Work Agreement form upon acceptance of the paper. A copy of the Colour Work Agreement form can be downloaded here (BJC_SN_Sub2000_F_CoW.pdf).

9. Pre-submission English-language editing
Authors for whom English is a second language may choose to have their manuscript professionally edited before submission to improve the English. A list of independent suppliers of editing services can be found at http://authorservices.wiley.com/bauthor/english_language.asp. All services are paid for and arranged by the author, and use of one of these services does not guarantee acceptance or preference for publication.

10. Author Services

Author Services enables authors to track their article – once it has been accepted – through the production process to publication online and in print. Authors can check the status of their articles online and choose to receive automated e-mails at key stages of production. The author will receive an e-mail with a unique link that enables them to register and have their article automatically added to the system. Please ensure that a complete e-mail address is provided when submitting the manuscript. Visit http://authorservices.wiley.com/bauthor/ for more details on online production tracking and for a wealth of resources including FAQs and tips on article preparation, submission and more.

11. The Later Stages

The corresponding author will receive an email alert containing a link to a web site. A working e-mail address must therefore be provided for the corresponding author. The proof can be downloaded as a PDF (portable document format) file from this site. Acrobat Reader will be required in order to read this file. This software can be downloaded (free of charge) from the following web site: http://www.adobe.com/products/acrobat/readstep2.html.

This will enable the file to be opened, read on screen and annotated direct in the PDF. Corrections can also be supplied by hard copy if preferred. Further instructions will be sent with the proof. Excessive changes made by the author in the proofs, excluding typesetting errors, will be charged separately.

12. Early View

British Journal of Clinical Psychology is covered by the Early View service on Wiley Online Library. Early View articles are complete full-text articles published online in advance of their publication in a printed issue. Articles are therefore available as soon as they are ready, rather than having to wait for the next scheduled print issue. Early View articles are complete and final. They have been fully reviewed, revised and edited for publication, and the authors’ final corrections have been incorporated. Because they are in final form, no changes can be made after online publication. The nature of Early View articles means that they do not yet have volume, issue or page numbers, so they cannot be cited in the traditional way. They are cited using their Digital Object Identifier (DOI) with no volume and issue or pagination information. E.g., Jones, A.B. (2010). Human rights issues. *Human Rights Journal*. Advance online publication. doi:10.1111/j.1467-9299.2010.00300.x

Further information about the process of peer review and production can be found in this document: What happens to my paper? [http://onlinelibrary.wiley.com/store/10.1111/(ISSN)2044-8295/asset/homepages/What_Happens_to_My_Paper.pdf?v=1&s=c77109ea36e8cfc16344d763454bc917e5147cec]
British Journal of Health Psychology

© The British Psychological Society

Edited By: Alison Wearden and David French

Impact Factor: 2.776

ISI Journal Citation Reports © Ranking: 2014: 24/119 (Psychology Clinical)

Online ISSN: 2044-8287

Author Guidelines

The aim of the British Journal of Health Psychology is to provide a forum for high quality research relating to health and illness. The scope of the journal includes all areas of health psychology as outlined in the Journal Overview [http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2044-8287/homepage/ProductInformation.html].

The types of paper invited are:

- papers reporting original empirical investigations, using either quantitative or qualitative methods;

- theoretical papers which may be analyses or commentaries on established theories in health psychology, or presentations of theoretical innovations;

- review papers, which should aim to provide systematic overviews, evaluations and interpretations of research in a given field of health psychology; and

- methodological papers dealing with methodological issues of particular relevance to health psychology.

1. Circulation

The circulation of the Journal is worldwide. Papers are invited and encouraged from authors throughout the world.
2. Length

Papers should normally be no more than 5000 words (excluding the abstract, reference list, tables and figures), although the Editor retains discretion to publish papers beyond this length in cases where the clear and concise expression of the scientific content requires greater length.

3. Editorial policy

The Journal receives a large volume of papers to review each year, and in order to make the process as efficient as possible for authors and editors alike, all papers are initially examined by the Editors to ascertain whether the article is suitable for full peer review. In order to qualify for full review, papers must meet the following criteria:

- the content of the paper falls within the scope of the Journal
- the methods and/or sample size are appropriate for the questions being addressed
- research with student populations is appropriately justified
- the word count is within the stated limit for the Journal (i.e. 5000 words)

4. Submission and reviewing

All manuscripts must be submitted via Editorial Manager (http://www.editorialmanager.com/bjhp). You may like to use the Submission Checklist (BJHP Submission Checklist.doc) to help you prepare your manuscript. The Journal operates a policy of anonymous peer review. Authors must suggest three reviewers when submitting their manuscript, who may or may not be approached by the Associate Editor dealing with the paper. Before submitting, please read the terms and conditions of submission (BPS Journals Terms and Conditions of Submission.doc) and the declaration of competing interests (BPS Journals Declaration of Competing Interests.doc).

5. Manuscript requirements

- Contributions must be typed in double spacing with wide margins. All sheets must be numbered.
- Manuscripts should be preceded by a title page which includes a full list of authors and their affiliations, as well as the corresponding author’s contact details. A template can be downloaded from here (Sample Manuscript Title Page.doc).
- For articles containing original scientific research, a structured abstract of up to 250 words should be included with the headings: Objectives, Design, Methods, Results, Conclusions. Review articles should use these headings: Purpose, Methods, Results, Conclusions.
- Statement of Contribution: All authors are required to provide a clear summary of ‘what is already known on this subject?’ and ‘what does this study add?’. Authors should identify existing research knowledge relating to the specific research question and give a summary of the new knowledge added by your study. Under each of these headings, please provide 2-3 (maximum) clear outcome statements (not process statements of what the paper does); the statements for ‘what does this study add?’ should be presented as bullet points of no more than 100 characters each. The Statement of Contribution should be a separate file.
- The main document must be anonymous. Please do not mention the authors’ names or affiliations (including in the Method section) and always refer to any previous work in the third person.
- Tables should be typed in double spacing, each on a separate page with a self-explanatory title. Tables should be comprehensible without reference to the text. They should be placed at the end of the manuscript but they must be mentioned in the text.
- Figures can be included at the end of the document or attached as separate files, carefully labelled in
initial capital/lower case lettering with symbols in a form consistent with text use. Unnecessary background patterns, lines and shading should be avoided. Captions should be listed on a separate sheet. The resolution of digital images must be at least 300 dpi. All figures must be mentioned in the text.

- For reference citations, please use APA style. Particular care should be taken to ensure that references are accurate and complete. Give all journal titles in full and provide doi numbers where possible for journal articles. For example:


- SI units must be used for all measurements, rounded off to practical values if appropriate, with the imperial equivalent in parentheses.

- In normal circumstances, effect size should be incorporated.

- Authors are requested to avoid the use of sexist language.

- Authors are responsible for acquiring written permission to publish lengthy quotations, illustrations, etc. for which they do not own copyright. For guidelines on editorial style, please consult the APA Publication Manual [http://www.amazon.co.uk/gp/product/1433805618?ie=UTF8&tag=thebritishpsy-21&linkCode=xm2&camp=1634&creativeASIN=1433805618] published by the American Psychological Association.

- Manuscripts describing clinical trials are encouraged to submit in accordance with the CONSORT statement [http://www.consort-statement.org] on reporting randomised controlled trials.

6. Supporting information

Supporting Information can be a useful way for an author to include important but ancillary information with the online version of an article. Examples of Supporting Information include appendices, additional tables, data sets, figures, movie files, audio clips, and other related nonessential multimedia files. Supporting Information should be cited within the article text, and a descriptive legend should be included. Please indicate clearly on submission which material is for online only publication. It is published as supplied by the author, and a proof is not made available prior to publication; for these reasons, authors should provide any Supporting Information in the desired final format.

For further information on recommended file types and requirements for submission, please visit the Supporting Information page [http://authorservices.wiley.com/bauthor/supinfo.asp] on Author Services.

7. OnlineOpen

OnlineOpen is available to authors of primary research articles who wish to make their article available to non-subscribers on publication, or whose funding agency requires grantees to archive the final version of their article. With OnlineOpen, the author, the author's funding agency, or the author's institution pays a fee to ensure that the article is made available to non-subscribers upon publication via Wiley Online Library, as well as deposited in the funding agency's preferred archive. A full list of terms and conditions [http://wileyonlinelibrary.com/onlineopen#OnlineOpen_Terms] is available on Wiley Online Library.

Any authors wishing to send their paper OnlineOpen will be required to complete the payment form [https://onlinelibrary.wiley.com/onlineOpenOrder].

Prior to acceptance there is no requirement to inform an Editorial Office that you intend to publish your paper OnlineOpen if you do not wish to. All OnlineOpen articles are treated in the same way as any other article. They go through the journal's standard peer-review process and will be accepted or rejected based on their own merit.
8. Author Services

Author Services enables authors to track their article – once it has been accepted – through the production process to publication online and in print. Authors can check the status of their articles online and choose to receive automated e-mails at key stages of production. The author will receive an e-mail with a unique link that enables them to register and have their article automatically added to the system. You can then access Kudos (http://exchanges.wiley.com/blog/2015/06/04/4-simple-steps-to-growing-usage-for-your-article-a-guide-to-kudos/) through Author Services, which will help you to increase the impact of your research. Visit Author Services (http://authorservices.wiley.com/bauthor/) for more details on online production tracking and for a wealth of resources including FAQs and tips on article preparation, submission and more.

9. Copyright and licences

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services, where via the Wiley Author Licensing Service (WALS) they will be able to complete the licence agreement on behalf of all authors on the paper.

For authors signing the copyright transfer agreement

If the OnlineOpen option is not selected the corresponding author will be presented with the copyright transfer agreement (CTA) to sign. The terms and conditions of the CTA can be previewed in the samples associated with the Copyright FAQs (http://authorservices.wiley.com/bauthor/faqs_copyright.asp).

For authors choosing OnlineOpen

If the OnlineOpen option is selected the corresponding author will have a choice of the following Creative Commons Licence Open Access Agreements (OAA):

- Creative Commons Attribution Non-Commercial Licence (CC-BY-NC)
- Creative Commons Attribution Non-Commercial -NoDervs Licence (CC-BY-NC-ND)

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs (http://authorservices.wiley.com/bauthor/faqs_copyright.asp) and you may also like to visit the Wiley Open Access Copyright and Licence (http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright--License.html) page.

If you select the OnlineOpen option and your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) or the Austrian Science Fund (FWF) you will be given the opportunity to publish your article under a CC-BY licence supporting you in complying with your Funder requirements. For more information on this policy and the Journal’s compliant self-archiving policy please visit our Funder Policy (http://www.wiley.com/go/funderstatement) page.

10. Colour illustrations

Colour illustrations can be accepted for publication online. These would be reproduced in greyscale in the print version. If authors would like these figures to be reproduced in colour in print at their expense they should request this by completing a Colour Work Agreement (BJHP_SN_Sub2000_X_CoW_BJHP.pdf) form upon acceptance of the paper.

11. Pre-submission English-language editing

Authors for whom English is a second language may choose to have their manuscript professionally edited before submission to improve the English. A list of independent suppliers of editing services can be found in Author Services (http://authorservices.wiley.com/bauthor/english_language.asp). All services are paid for and arranged by the author, and use of one of these services does not guarantee acceptance or preference for publication.
12. The Later Stages

The corresponding author will receive an email alert containing a link to a web site. The proof can be downloaded as a PDF (portable document format) file from this site. Acrobat Reader will be required in order to read this file. This software can be downloaded (free of charge) from Adobe's web site (http://www.adobe.com/products/acrobat/readstep2.html). This will enable the file to be opened, read on screen and annotated direct in the PDF. Corrections can also be supplied by hard copy if preferred. Further instructions will be sent with the proof. Excessive changes made by the author in the proofs, excluding typesetting errors, will be charged separately.

13. Early View

British Journal of Health Psychology is covered by the Early View service on Wiley Online Library. Early View articles are complete full-text articles published online in advance of their publication in a printed issue. Articles are therefore available as soon as they are ready, rather than having to wait for the next scheduled print issue. Early View articles are complete and final. They have been fully reviewed, revised and edited for publication, and the authors’ final corrections have been incorporated. Because they are in final form, no changes can be made after online publication. The nature of Early View articles means that they do not yet have volume, issue or page numbers, so they cannot be cited in the traditional way. They are cited using their Digital Object Identifier (DOI) with no volume and issue or pagination information. Eg Jones, A.B. (2010). Human rights Issues. Journal of Human Rights. Advance online publication. doi:10.1111/j.1467-9299.2010.00300.x

Further information about the process of peer review and production can be found in this document. What happens to my paper? (http://onlinelibrary.wiley.com/store/10.1111/(ISSN)2044-8295/asset/homepages/What_Happens_to_My_Paper.pdf?v=1&s=c77109ea36e8cfc16344d763454bc917e5147cec)
Clinical Psychology & Psychotherapy

© John Wiley & Sons Ltd

Edited By: Paul Emmelkamp and Mick Power

Impact Factor: 2.632

ISI Journal Citation Reports © Ranking: 2014: 29/119 (Psychology Clinical)

Online ISSN: 1099-0879

Author Guidelines

For additional tools visit Author Resources (http://olabout.wiley.com/WileyCDA/Section/id-404516.html) - an enhanced suite of online tools for Wiley Online Library journal authors, featuring Article Tracking, E-mail Publication Alerts and Customized Research Tools.

Author Guidelines

- Manuscript Submission
- Manuscript Style
- Reference Style
- Post Acceptance
- Copyright and Permissions

MANUSCRIPT SUBMISSION

Clinical Psychology & Psychotherapy operates an online submission and peer review system that allows authors to submit articles online and track their progress.
via a web interface. Please read the remainder of these instructions to authors and then visit http://mc.manuscriptcentral.com/cpp (http://mc.manuscriptcentral.com/cpp) and navigate to the Clinical Psychology & Psychotherapy online submission site.

IMPORTANT: Please check whether you already have an account in the system before trying to create a new one. If you have reviewed or authored for the journal in the past year it is likely that you will have had an account created.

Pre-submission English-language editing

Authors for whom English is a second language may choose to have their manuscript professionally edited before submission to improve the English. A list of independent suppliers of editing services can be found at http://wileyeditingservices.com/en/ (http://wileyeditingservices.com/en/). All services are paid for and arranged by the author, and use of one of these services does not guarantee acceptance or preference for publication.

All papers must be submitted via the online system.

File types. Preferred formats for the text and tables of your manuscript are .doc, .docx, .rtf, .ppt, .xls. LaTeX files may be submitted provided that an .eps or .pdf file is provided in addition to the source files. Figures may be provided in .tiff or .eps format.

New Manuscript

- Non-LaTeX users. Upload your manuscript files. At this stage, further source files do not need to be uploaded.

- LaTeX users. For reviewing purposes you should upload a single .pdf that you have generated from your source files. You must use the File Designation "Main Document" from the dropdown box.

Revised Manuscript

- Non-LaTeX users. Editable source files must be uploaded at this stage. Tables must be on separate pages after the reference list, and not be incorporated into the main text. Figures should be uploaded as separate figure files.

- LaTeX users. When submitting your revision you must still upload a single .pdf that you have generated from your revised source files. You must use the File Designation "Main Document" from the dropdown box. In addition you must upload your TeX source files. For all your source files you must use the File Designation "Supplemental Material not for review". Previous versions of uploaded documents must be deleted. If your manuscript is accepted for publication we will use the files you upload to typeset your article within a totally digital workflow.

MANUSCRIPT STYLE

The language of the journal is English. 12-point type in one of the standard fonts:
Times, Helvetica, or Courier is preferred. It is not necessary to double-line space your manuscript. Tables must be on separate pages after the reference list, and not be incorporated into the main text. Figures should be uploaded as separate figure files.

- During the submission process you must enter the full title, short title of up to 70 characters and names and affiliations of all authors. Give the full address, including email, telephone and fax, of the author who is to check the proofs.
- Include the name(s) of any sponsor(s) of the research contained in the paper, along with grant number(s).
- Enter an abstract of up to 250 words for all articles [except book reviews]. An abstract is a concise summary of the whole paper, not just the conclusions, and is understandable without reference to the rest of the paper. It should contain no citation to other published work.
- All articles should include a Key Practitioner Message — 3-5 bullet points summarizing the relevance of the article to practice.
- Include up to six keywords that describe your paper for indexing purposes.

Types of Articles

- **Research Articles**: Substantial articles making a significant theoretical or empirical contribution.
- **Reviews**: Articles providing comprehensive reviews or meta-analyses with an emphasis on clinically relevant studies.
- **Assessments**: Articles reporting useful information and data about new or existing measures.
- **Practitioner Reports**: Shorter articles (a maximum of 1200 words) that typically contain interesting clinical material. These should use (validated) quantitative measures and add substantially to the literature (i.e. be innovative).

**Title and Abstract Optimisation Information.** As more research is read online, the electronic version of articles becomes ever more important. In a move to improve search engine rankings for individual articles and increase readership and future citations to Clinical Psychology & Psychotherapy at the same time please visit Optimizing Your Abstract for Search Engines (http://www.blackwellpublishing.com/bauthor/seo.asp) for guidelines on the preparation of keywords and descriptive titles.

**Illustrations.** Upload each figure as a separate file in either .tiff or .eps format, the figure number and the top of the figure indicated. Compound figures e.g. 1a, b, c should be uploaded as one figure. Grey shading and tints are not acceptable. Lettering must be of a reasonable size that would still be clearly legible upon reduction, and consistent within each figure and set of figures. Where a key to symbols is required, please include this in the artwork itself, not in the figure legend. All illustrations must be supplied at the correct resolution:
• Black and white and colour photos - 300 dpi
• Graphs, drawings, etc - 800 dpi preferred; 600 dpi minimum
• Combinations of photos and drawings (black and white and colour) - 500 dpi

The cost of printing colour illustrations in the journal will be charged to the author. The cost is approximately £700 per page. If colour illustrations are supplied electronically in either TIFF or EPS format, they may be used in the PDF of the article at no cost to the author, even if this illustration was printed in black and white in the journal. The PDF will appear on the Wiley Online Library site.

REFERENCE STYLE

In-text Citations
The APA system of citing sources indicates the author's last name and the date, in parentheses, within the text of the paper. Cite as follows:

1. A typical citation of an entire work consists of the author's name and the year of publication.
   Example: Charlotte and Emily Bronte were polar opposites, not only in their personalities but in their sources of inspiration for writing (Taylor, 1990). Use the last name only in both first and subsequent citations, except when there is more than one author with the same last name. In that case, use the last name and the first initial.

2. If the author is named in the text, only the year is cited.
   Example: According to Irene Taylor (1990), the personalities of Charlotte.

3. If both the name of the author and the date are used in the text, parenthetical reference is not necessary.
   Example: In a 1989 article, Gould explains Darwin's most successful.

4. Specific citations of pages or chapters follow the year.
   Example: Emily Bronte "expressed increasing hostility for the world of human relationships, whether sexual or social" (Taylor, 1988, p. 11).

5. When the reference is to a work by two authors, cite both names each time the reference appears.
   Example: Sexual-selection theory often has been used to explore patters of various insect matings (Alcock & Thornhill, 1983) . . . Alcock and Thornhill (1983) also demonstrate.

6. When the reference is to a work by three to five authors, cite all the authors the first time the reference appears. In a subsequent reference, use the first author's last name followed by et al. (meaning "and others").
   Example: Patterns of byzantine intrigue have long plagued the internal politics of community college administration in Texas (Douglas et al., 1997) When the reference is to a work by six or more authors, use only the first author's name followed by et al. in the first and all subsequent references. The only exceptions to this rule are when some confusion might result because of similar names or the same author being cited. In that case, cite enough authors.
so that the distinction is clear.

7. **When the reference is to a work by a corporate author, use the name of the organization as the author.**
   Example: Retired officers retain access to all of the university's educational and recreational facilities (Columbia University, 1987, p. 54).

8. **Personal letters, telephone calls, and other material that cannot be retrieved are not listed in References but are cited in the text.**
   Example: Jesse Moore (telephone conversation, April 17, 1989) confirmed that the ideas.

9. **Parenthetical references may mention more than one work, particularly when ideas have been summarized after drawing from several sources. Multiple citations should be arranged as follows.**
   Examples:
   - List two or more works by the same author in order of the date of publication: (Gould, 1987, 1989)
   - Differentiate works by the same author and with the same publication date by adding an identifying letter to each date: (Bloom, 1987a, 1987b)
   - List works by different authors in alphabetical order by last name, and use semicolons to separate the references: (Gould, 1989; Smith, 1983; Tutwiler, 1989).

**Reference List**

All references must be complete and accurate. Where possible the DOI (http://wileyonlinelibrary.com/doiinfo.html) for the reference should be included at the end of the reference. Online citations should include date of access. If necessary, cite unpublished or personal work in the text but do not include it in the reference list References should be listed in the following style:

1. **Journal Article**

2. **Book**

3. **Book with More than One Author**
   The abbreviation *et al.* is not used in the reference list, regardless of the number of authors, although it can be used in the text citation of material with three to five authors (after the initial citation, when all are listed) and in all parenthetical citations of material with six or more authors.

4. **Web Document on University Program or Department Web Site**
5. **Stand-alone Web Document (no date)**

6. **Journal Article from Database**

7. **Abstract from Secondary Database**

8. **Article or Chapter in an Edited Book**

*The Digital Object Identifier (DOI) is an identification system for intellectual property in the digital environment. Developed by the International DOI Foundation on behalf of the publishing industry, its goals are to provide a framework for managing intellectual content, link customers with publishers, facilitate electronic commerce, and enable automated copyright management.

**POST ACCEPTANCE**

**Further information.** For accepted manuscripts the publisher will supply proofs to the corresponding author prior to publication. This stage is to be used only to correct errors that may have been introduced during the production process. Prompt return of the corrected proofs, preferably within two days of receipt, will minimise the risk of the paper being held over to a later issue. Once your article is published online no further amendments can be made. Free access to the final PDF offprint or your article will be available via author services only. Please therefore sign up for author services if you would like to access your article PDF offprint and enjoy the many other benefits the service offers.

**Author Resources.** Manuscript now accepted for publication?

If so, visit out our suite of tools and services for authors (http://www.wiley.com/trackthrough?urlcode=456294) and sign up for:

- Article Tracking
- E-mail Publication Alerts
- Personalization Tools

**Cite EarlyView articles.** To link to an article from the author’s homepage, take
the DOI (digital object identifier) and append it to "http://dx.doi.org/" as per following example: DOI 10.1002/hep.20941, becomes http://dx.doi.org/10.1002/hep.20941.

COPYRIGHT AND PERMISSIONS

Copyright Transfer Agreement

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services; where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.

For authors signing the copyright transfer agreement

If the OnlineOpen option is not selected the corresponding author will be presented with the copyright transfer agreement (CTA) to sign. The terms and conditions of the CTA can be previewed in the samples associated with the Copyright FAQs below:

CTA Terms and Conditions (http://authorservices.wiley.com/bauthor/faqs_copyright.asp)

For authors choosing OnlineOpen

If the OnlineOpen option is selected the corresponding author will have a choice of the following Creative Commons License Open Access Agreements (OAA):

- Creative Commons Attribution License OAA
- Creative Commons Attribution Non-Commercial License OAA
- Creative Commons Attribution Non-Commercial -NoDerivs License OAA

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs hosted on Wiley Author Services (http://authorservices.wiley.com/bauthor/faqs_copyright.asp) and visit http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright--License.html (http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright--License.html).

If you select the OnlineOpen option and your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) you will be given the opportunity to publish your article under a CC-BY license supporting you in complying with Wellcome Trust and Research Councils UK requirements. For more information on this policy and the Journal’s compliant self-archiving policy please visit: http://www.wiley.com/go/funderstatement (http://www.wiley.com/go/funderstatement).

Permission grants - if the manuscript contains extracts, including illustrations, from other copyright works (including material from on-line or intranet sources) it is the author's responsibility to obtain written permission from the owners of the
publishing rights to reproduce such extracts using the Wiley Permission Request Form (http://onlinelibrarystatic.wiley.com/central/prf/UKsprf.pdf).

Submission of a manuscript will be held to imply that it contains original unpublished work and is not being submitted for publication elsewhere at the same time.
Conflict of Interest Disclosure: *Depression and Anxiety* now requires that all authors fill out the ICMJE Form for Potential Conflicts of Interest upon initial submission of their manuscript and upload the completed forms as “Supplementary Material for Review”. In addition, any information disclosed on the form should be summarized as a statement on the manuscript title page. Authors may download the disclosure form by visiting [http://www.icmje.org/coi_disclosure.pdf](http://www.icmje.org/coi_disclosure.pdf).

Manuscript Submission

Manuscripts must be submitted electronically. For complete instructions on how to do so, go to [http://mc.manuscriptcentral.com/da](http://mc.manuscriptcentral.com/da) and follow the instructions for creating an account and submitting a manuscript.

*Depression and Anxiety* is using ScholarOne Manuscripts, which allows for online submission and review. Files uploaded to this system are ultimately used in the final production through a paperless system.

When submitting your article to ScholarOne Manuscripts, upload as many files as needed for your manuscript. These files will be combined into a single PDF document for the peer review process.

Microsoft Word Format is preferred for manuscript submission. Electronic versions in ASCII or PDF are not acceptable. Each figure must be uploaded separately as an image file using TIFF or EPS formatting. Each image file must include all subparts (A, B, C, etc.) to the figure. Subparts should not be uploaded individually. Figures saved as PDF or prepared in Word, Excel, Microsoft Publisher, Lotus 123, PowerPoint and Corel Draw are not acceptable files. Tables should appear at the end of the manuscript text in the main document and should not be uploaded as separate image files. A figure legend/list of captions should appear at the end of the manuscript text as well. All submissions should have a complete title page and abstract in the main document file.

General correspondence concerning a *Depression and Anxiety* submission may be directed to:

Peter Roy-Byrne, M.D.
Editor-in-Chief, *Depression and Anxiety*
c/o Corrie Williams-Klamborowski
Wiley-Blackwell
111 River St., Mail Stop 8-01
Hoboken, NJ 07030
Email: dajrnl@wiley.com (mailto:dajrnl@wiley.com)

Manuscripts for consideration by *Depression and Anxiety* must be submitted solely
to this journal, and may not have been published in another publication of any type, professional or lay. Manuscripts will be peer-reviewed. The journal will not be responsible for loss of manuscripts at any time. Upon acceptance of a manuscript for publication, the corresponding author will be required to sign an agreement transferring copyright to the Publisher. All such manuscripts become the property of the Publisher, and no material published in Depression and Anxiety may be reproduced or published elsewhere without written permission from the Publisher, who reserves copyright.

Disclosure of conflict of interest and financial support is required at the time of submission and must be updated by the authors prior to the time of publication. All potential conflicts of interest and financial support, including direct or indirect financial or personal relationships, interests, and affiliations relevant to the subject matter of the manuscript that have occurred over the past three years, or that are expected in the foreseeable future, must be disclosed. This includes, but is not limited to, grants or funding, employment, affiliations, patents, inventions, honoraria, consultancies, royalties, stock options/ownership, or expert testimony.

Research performed on human subjects must be accompanied by a statement of compliance with the Code of Ethics of the World Medical Association (Declaration of Helsinki) and the standards established by the author’s Institutional Review Board and granting agency. The manuscript should state, if applicable, that informed consent was obtained for subjects after the nature of the procedures was explained. Photographs of recognizable subjects must be accompanied by signed consent of the subject of publication. Experiments on animals should be carried out in accordance with the guidelines published in the European Communities Council Directive of November 24, 1986 (86/609/EEC).

All statements in, or omissions from, published manuscripts are the responsibility of the authors, who will be asked to review proofs prior to publication. Reprint order forms will be sent with the page proofs. No page charges will be levied against authors or their institutions for publication in the journal.

All submissions must be accompanied by the names of four potential reviewers with their e-mail contact information.

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services; where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.

**COPYRIGHT/LICENSING**

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services; where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.

**For authors signing the copyright transfer agreement:**

If the OnlineOpen option is not selected the corresponding author will be presented with the copyright transfer agreement (CTA) to sign. The terms and conditions of the CTA can be previewed in the samples associated with the
Copyright FAQs below:
CTA Terms and Conditions http://authorservices.wiley.com/bauthor/faqs_copyright.asp

For authors choosing OnlineOpen:
If the OnlineOpen option is selected the corresponding author will have a choice of the following Creative Commons License Open Access Agreements (OAA):
Creative Commons Attribution License OAA
Creative Commons Attribution Non-Commercial License OAA
Creative Commons Attribution Non-Commercial -NoDerivs License OAA
To preview the terms and conditions of these open access agreements please visit the Copyright FAQs hosted on Wiley Author Services http://authorservices.wiley.com/bauthor/faqs_copyright.asp and visit http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright-License.html

If you select the OnlineOpen option and your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) you will be given the opportunity to publish your article under a CC-BY license supporting you in complying with Wellcome Trust and Research Councils UK requirements. For more information on this policy and the Journal’s compliant self-archiving policy please visit: http://www.wiley.com/go/funderstatement.

Referrals to the Journal "Brain and Behavior"
This journal works together with Wiley’s Open Access Journal, Brain and Behavior (www.brain-behavior.com), to enable rapid publication of good quality research that is unable to be accepted for publication by our journal. Authors will be offered the option of having the paper, along with any related peer reviews, automatically transferred for consideration by the Editor of Brain and Behavior. Authors will not need to reformat or rewrite their manuscript at this stage, and publication decisions will be made a short time after the transfer takes place. The Editor of Brain and Behavior will accept submissions that report well-conducted research which reaches the standard acceptable for publication. Accepted papers can be published rapidly: typically within 15 days of acceptance. Brain and Behavior is a Wiley Open Access journal and article publication fees apply. For more information please go to www.brain-behavior.com (www.brain-behavior.com).

Format of Manuscript Elements
Manuscripts must be in English with wide (1 inch) margins, typed and double-spaced throughout. Number pages consecutively and include the corresponding author's name on each page. Manuscripts should contain each of the following elements in sequence: 1) Title page 2) Abstract 3) Text 4) Acknowledgments 5) References 6) Tables 7) Figure legends. Start each subdivision on a new page. Define unusual abbreviations at the first mention in the text. Please refer to the Council of Biology Editors Style Manual for standard abbreviations (fifth edition available from the Council of Biology Editors, Inc., One Illinois Center, Suite 200, 111 East Wacker Drive, Chicago, IL 60601-4298). Webster's Third International Dictionary is the accepted source for spelling and capitalization. Use generic drug
names in the text; use of brand names is optional, and these should be specified in parentheses. The text should be written in a uniform style, and its contents as submitted for consideration should be deemed final by the author and suitable for publication as follows:

**Title Page.** The title page should contain the complete title of the manuscript, names and affiliations of all authors, institution(s) at which the work was performed, and name, address, telephone and fax numbers, and E-mail address of the author responsible for correspondence. Authors should also provide a short title of not more than 45 characters (including spaces), and five to ten key words, not in the title but taken from *Index Medicus*, that will highlight the subject matter of the article.

**Abstract.** Abstracts must be 250 words or less, and should be intelligible without reference to the text. Abstracts must be organized into four sections: Background, Methods, Results, Conclusions. Purpose of the study should be included in Background and sample sizes must be included in Methods.

**Research Articles.** Research articles must be 3500 words or fewer, exclusive of tables, figures, and references, and include Introduction, Materials and Methods, Results, Discussion, and Conclusion sections conforming to standard scientific reporting style. The introduction should include a succinct summary of the known literature in the area and a rationale for and justification of the purpose of the study and why the experimental question and hypothesis are important or novel. Whenever possible, information on why the study is important for the practicing clinician should be provided. Detailed information on statistics should be provided such as name of statistical test, whether tests were one- or two-tailed, test used for each set of data, *and* correction factors, if any, for multiple comparisons. Data and figures should present or reflect standard deviations rather than standard error of means. All significant and relevant non-significant results must include test values, degree(s) of freedom, and probability. A clear exposition of the clinical and scientific importance of the study should be included. Articles should strive to highlight the clinical meaning of the constructs and results as opposed to their methodological and mechanistic implications.

**Review/Theoretical Articles.** Review and theoretical articles are usually invited, but submitted reviews or theory-oriented articles will be considered. Review or Theoretical Articles must be a maximum of 4500 words, exclusive of tables, figures and references. An abstract is required but need not be organized into four section (i.e., Background, Methods, Results, Conclusions). The text should flow smoothly, and subdivisions (e.g. Introduction, Methods, Results) within the manuscript are not necessary. Proposals for papers of this nature should be directed to the appropriate Editor-in-Chief, who will consult with the author before manuscript submission. The scientific rationale for, and clinical importance of, the review should be clearly articulated.

**Reviewers:** The author should provide the names and e-mails of five reviewers with expertise in the area who might be appropriately selected to review the manuscript.

**References.**
Authors are responsible for the accuracy and completeness of references. In the text, cite references consecutively as numerals in superscript; all references must be cited in either text or tables. Unpublished data, and personal communications should not be listed as references. References to papers accepted but not yet published either online or in print may be listed in the references as “in press.” Avoid using abstracts presented at symposia as references.

Arrange the references in numerical order, and include the names of all authors up to four in number. If the authors number more than four, list the first three followed by "et al." The complete title of the article cited and inclusive page numbers follow. Abbreviate journal names according to Index Medicus. In the following examples notice the punctuation and order of information: do not use all capitals, do not underline titles.

**Journal articles:**


**Books:**


**Articles in Book :**


**Tables.** Each table must have a title and should be self-explanatory. Avoid duplicating information in the text. Number tables with Arabic numerals in order of appearance in the text.

**Illustrations.**

To ensure the highest quality production, your figures must be submitted in TIFF format according to the following minimum resolutions:

- 1200 dpi (dots per inch) for black and white line art (simple bar graphs, charts, etc.)

- 300 dpi for halftones (black and white photographs)

- 600 dpi for combination halftones (photographs that also contain line art such as labeling or thin lines)

Vector-based figures (usually created in Adobe Illustrator) should be submitted as EPS. Do not submit figures in the following formats: JPEG, GIF, Word, Excel, Lotus 1-2-3, PowerPoint, PDF. Graphs must show an appropriate grid scale. Each axis must be labeled with both the quantity measured and the unit of measurement. Color figures must be submitted in a RGB colorspace. All color figures will be reproduced in full color in the online the journal at no cost to authors. Authors are encouraged to submit color illustrations that highlight the text and convey essential scientific information. For best reproduction, bright, clear colors should be used.

**Peer Review Scorecard Pilot**

Depression and Anxiety is participating in Wiley's pilot of transferable peer review.
in which reviewers complete a standard scorecard in addition to their usual review. Authors of original research articles rejected with completed scorecards will be invited to transfer the manuscript, reviews, and scorecard to any of the other journals participating in the pilot. Authors will have the opportunity to revise their manuscript according to the review comments prior to transfer if they wish to do so. A list of participating journals and more information about the pilot can be found here (http://olabout.wiley.com/WileyCDA/Section/id-819217.html). We believe that this system of preserving original peer review for the next journal's use will decrease repetitious review, save authors, reviewers and editors valuable time and significantly increase the speed to publication for many papers.
Author Guidelines

Manuscript Submission

European Eating Disorders Review has now adopted ScholarOne Manuscripts, for online manuscript submission and peer review. The new system brings with it a whole host of benefits including:

- Quick and easy submission
- Administration centralised and reduced
- Significant decrease in peer review times

From now on all submissions to the journal must be submitted online at http://mc.manuscriptcentral.com/erv (http://mc.manuscriptcentral.com/erv). Full instructions and support are available on the site and a user ID and password can be obtained on the first visit. If you require assistance then click the Get Help Now link which appears at the top right of every ScholarOne Manuscripts page. If you cannot submit online, please contact Maurine Balansag in the Editorial Office.
Illustrations must be submitted in electronic format. Save each figure as a separate file, in TIFF or EPS format preferably, and include the source file. We favour dedicated illustration packages over tools such as Excel or Powerpoint. Grey shading (tints) are not acceptable. Lettering must be of a reasonable size that would still be clearly legible upon reduction, and consistent within each figure and set of figures. Supply artwork at the intended size for printing. The artwork must be sized to the text width of 7 cm (single column) or 15 cm (double column).

Manuscript style. All submissions, including book reviews, should be double-spaced and clearly legible.

The first page should contain the title of the paper, full names of all authors, the address where the work was carried out, and the full postal address including telephone, fax number and email to whom correspondence and proofs should be sent. The name(s) of any sponsor(s) of the research contained in the paper, along with grant number(s) should also be included.

The second sheet should contain an abstract of up to 150 words. An abstract is a concise summary of the whole paper, not just the conclusions, and is understandable without reference to the rest of the paper. It should contain no citation to other published work. Include up to five keywords that describe your paper for indexing purposes.

- **Research articles** reporting new research of relevance as set out in the aims and scope should not normally exceed 6000 words with no more than five tables or illustrations. They should conform to the conventional layout: title page, summary, introduction, materials and methods, results, discussion, acknowledgements and references. Each of these elements should start on a new page. Authors may not find it necessary to use all of these subdivisions, and they are listed here only as a guide.

- **Review articles** should offer a synthesis of current knowledge in a field where rapid or significant progress has been made. The text should ideally not exceed 7000 words, 50 references and 5 figures or tables.

- **Brief reports** should concisely present the essential findings of the author's work and be compromised of the following sections: Abstract, Introduction and Aims, Method, Results, Discussion, and References. Tables and/or figures should be kept to a minimum, in number and size, and only deal with key findings. In some cases authors may be asked to prepare a version of the manuscript with extra material to be included in the online version of the review (as supplementary files). Submissions in this category should not normally exceed 2500 words in length.

Brief reports bring with them a whole host of benefits including: quick and easy submission, administration centralised and reduced and significant decrease in peer review times, first publication priority (this type of manuscript will be published in the next available issue of the journal).

- **Case Reports** The journal does not accept case reports for publication. Authors of case reports are encouraged to submit to the Wiley Open Access
Reference style. The APA system of citing sources indicates the author's last name and the date, in parentheses, within the text of the paper.

A. A typical citation of an entire work consists of the author's name and the year of publication.

Example: Charlotte and Emily Bronte were polar opposites, not only in their personalities but in their sources of inspiration for writing (Taylor, 1990). Use the last name only in both first and subsequent citations, except when there is more than one author with the same last name. In that case, use the last name and the first initial.

B. If the author is named in the text, only the year is cited.

Example: According to Irene Taylor (1990), the personalities of Charlotte.

C. If both the name of the author and the date are used in the text, parenthetical reference is not necessary.

Example: In a 1989 article, Gould explains Darwin's most successful.

D. Specific citations of pages or chapters follow the year.

Example: Emily Bronte "expressed increasing hostility for the world of human relationships, whether sexual or social" (Taylor, 1988, p. 11).

E. When the reference is to a work by two authors, cite both names each time the reference appears.

Example: Sexual-selection theory often has been used to explore patterns of various insect matings (Alcock & Thornhill, 1983). Alcock and Thornhill (1983) also demonstrate.

F. When the reference is to a work by three to five authors, cite all the authors the first time the reference appears. In a subsequent reference, use the first author's last name followed by et al. (meaning "and others").

Example: Patterns of byzantine intrigue have long plagued the internal politics of community college administration in Texas (Douglas et al., 1997) When the reference is to a work by six or more authors, use only the first author's name followed by et al. in the first and all subsequent references. The only exceptions to this rule are when some confusion might result because of similar names or the same author being cited. In that case, cite enough authors so that the distinction is clear.

G. When the reference is to a work by a corporate author, use the name of the organization as the author.
Example: Retired officers retain access to all of the university's educational and recreational facilities (Columbia University, 1987, p. 54).

H. Personal letters, telephone calls, and other material that cannot be retrieved are not listed in References but are cited in the text.

Example: Jesse Moore (telephone conversation, April 17, 1989) confirmed that the ideas...

I. Parenthetical references may mention more than one work, particularly when ideas have been summarized after drawing from several sources. Multiple citations should be arranged as follows.

Examples:

- List two or more works by the same author in order of the date of publication: (Gould, 1987, 1989)
- Differentiate works by the same author and with the same publication date by adding an identifying letter to each date: (Bloom, 1987a, 1987b)
- List works by different authors in alphabetical order by last name, and use semicolons to separate the references: (Gould, 1989; Smith, 1983; Tutwiler, 1989).

All references must be complete and accurate. Where possible the DOI (http://wileyonelibrary.com/doiinfo.html) for the reference should be included at the end of the reference. Online citations should include date of access. If necessary, cite unpublished or personal work in the text but do not include it in the reference list. References should be listed in the following style:

**Journal Article**


**Book**


**Book with More than One Author**


The abbreviation *et al.* is not used in the reference list, regardless of the number of authors, although it can be used in the text citation of material with three to five authors (after the initial citation, when all are listed) and in all parenthetical
citations of material with six or more authors.

**Web Document on University Program or Department Web Site**


**Stand-alone Web Document (no date)**


**Journal Article from Database**


**Abstract from Secondary Database**


**Article or Chapter in an Edited Book**


The cost of printing **colour** illustrations will be charged to the author. If colour illustrations are supplied electronically in either **TIFF** or **EPS** format, they **may** be used in the PDF of the article at no cost to the author, even if this illustration was printed in black and white in the journal. The PDF will appear on the **Wiley Online Library** site.

**Supporting Information (online only)**

Additional material such as video clips, lengthy Appendices (e.g. extensive reference lists or mathematical formulae/calculations), etc, that are relevant to a particular article but not suitable or essential for the print edition of the Journal, may also be considered for publication. Please refer to all supporting information in the manuscript using Table S1, Figure S1, etc, and supply such information as separate files (i.e. not embedded within the main manuscript). Further information on suitable file formats etc may be found [here](http://authorservices.wiley.com/bauthor/suppinfo.asp).

**Copyright**

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services; where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.
For authors signing the copyright transfer agreement

If the OnlineOpen option is not selected the corresponding author will be presented with the copyright transfer agreement (CTA) to sign. The terms and conditions of the CTA can be previewed in the samples associated with the Copyright FAQs below:

CTA Terms and Conditions http://authorservices.wiley.com/bauthor/faqs_copyright.asp

For authors choosing OnlineOpen

If the OnlineOpen option is selected the corresponding author will have a choice of the following Creative Commons License Open Access Agreements (OAA):

Creative Commons Attribution License OAA

Creative Commons Attribution Non-Commercial License OAA

Creative Commons Attribution Non-Commercial -NoDerivs License OAA

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs hosted on Wiley Author Services http://authorservices.wiley.com/bauthor/faqs_copyright.asp and visit http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright--License.html.

If you select the OnlineOpen option and your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) you will be given the opportunity to publish your article under a CC-BY license supporting you in complying with Wellcome Trust and Research Councils UK requirements. For more information on this policy and the Journal’s compliant self-archiving policy please visit: http://www.wiley.com/go/funderstatement.

Note to NIH Grantees. Pursuant to NIH mandate, Wiley Blackwell will post the accepted version of contributions authored by NIH grant-holders to PubMed Central upon acceptance. This accepted version will be made publicly available 12 months after publication. For further information, see www.wiley.com/go/nihmandate.

Further information . PDF Proofs will be emailed to the author for checking. This stage is to be used only to correct errors that may have been introduced during the production process. Prompt return of the corrected proofs, preferably within two days of receipt, will minimise the risk of the paper being held over to a later issue. Free access to the final PDF offprint of your article will be available via Author Services only. Please therefore sign up for Author Services if you would like to access your article PDF offprint and enjoy the many other benefits the service offers. Additional copies of the journal may be ordered. There is no page
charge to authors.
Manuscript Submission

Abstracting & Indexing

Description

About APA

The full mailing address, telephone, fax, and email address for the corresponding author should be included in the cover letter and title page, along with the names and title page, along with the names and title of the research. This information will be masked to ensure a blind peer review process.

In recognition of the reality that institutional spam filters may capture files from the APA and the Journals Back Office, please take the following steps to facilitate communication with our editorial office:

- Keep a copy of the manuscript to guard against loss. Do not submit manuscripts via mail or email.
- Provide an alternative email address which we can use to contact you in the event of technical difficulties with email communication using your primary address.
- Add “ap” to your list of “safe” addresses and consider asking your IT administrators to add it to their “white list.”

Contact Lindsay McManus (lindsay.mcmanus@apa.org) if you do not receive confirmation of your submission within three business days or an editorial decision letter within three months.

General correspondence may be directed to the Editor’s Office (health.psy.apa@gmail.com)

Information About Submissions

The page limit for research manuscripts is 25-30 pages. The page limit is inclusive of all parts of the manuscript, including the cover page, abstract, text, references, tables, and figures.

Authors may request consideration of longer papers, in advance of submission, when there is clear justification for additional length (e.g., the paper reports on two or more studies or has an unusual or complex methodology).

Scholarly reviews and meta-analyses should not exceed 25 pages, but tables and references may be outside this page limit.

Brief reports should be designated as such and should not exceed a total of 12 pages, inclusive of all parts of the manuscript, including the cover page, abstract, text, references, tables, and figures.

All manuscripts should be double-spaced, with margins of at least 1 inch on all sides and a standard font (e.g., Times New Roman) of 12 points (no smaller).

In the submission portal you will be asked to select a word processing word processor to submit your paper. These people must have published peer reviewed research in a relevant field. They must be familiar with your text, references, tables, and figures.

Health Psychology considers letters concerning previously published articles. Letters should be no more than 500 words and have a maximum of five references. Authors also have the option of placing supplemental materials online.

Submissions that exceed the page limits will be returned to the author for shortening prior to the initiation of peer review.

Submission Letter

The cover letter should indicate that the authors have read and followed the Health Psychology Instructions for Authors. It should also include a statement indicating that the paper has been reviewed and approved by all authors. The cover letter should describe how the paper advances research in health psychology, referring to the journal mission to ensure that the submission fits within the scope of the journal.

The full mailing address, telephone, fax, and email address for the corresponding author should be included in the cover letter and title page, along with the names and affiliations of all authors.

The cover letter must confirm that the manuscript has not been published, is not currently submitted elsewhere, and that it does not contain data that is currently submitted or published elsewhere.

When a manuscript contains data that is part of a larger study, authors should describe the larger study and provide references for other studies. Authors must be prepared to provide copies of related manuscripts when requested as part of the editorial review process. Authors should clarify the relationship between their paper, including detailed specification of the overlap in participants, measures, and analysis, and others from the study. The value-added scientific contribution of their study must be clearly stated in the cover letter.

Authors of brief reports should indicate in the cover letter that the full report is not under consideration for publication elsewhere and similarly address potential overlap with other papers.

Manuscripts

The manuscript title should be accurate, fully explanatory, and no longer than 12 words. The title should reflect the content and population studied. If the paper reports a randomized clinical trial, this should be indicated in the title. The title page should start with the words “Brief Report.”

The title page should include the names of all authors and their affiliations at the time the research was done. This information will be masked to ensure a blind peer review process by the editorial office. Authors should make sure that all other identifying information in the text of the paper is masked/madened prior to submission.

All manuscripts must include a structured abstract containing a maximum of 250 words with the following sections:

- Objective (brief statement of the purpose of the study)
- Methods (summary of the participants, design, measures, procedure)
- Results (primary findings)
- Conclusions (specific statement of the implications of the study)

Please supply up to five keywords or brief phrases after the abstract. The introduction should not exceed 3–4 pages in length. The paper should be referenced appropriately.
but excessive citations should be avoided. All research involving human participants must describe oversight of the research process by the relevant Institutional Review Boards and should describe consent and assent procedures briefly in the Methods section. All statistical tests should include effect size wherever possible.

First person language ("I," "we") should be avoided. Terminology should be sensitive to the individual who has a disease or disability. The journal endorses the concept of "people with disability" rather than "person with disability" (e.g., people with diabetes, persons with HIV infection, families of people with cancer) rather than the condition as an adjective (e.g., diabetic children, HIV patients, cancer families). Familiar language should be used.

It is important to highlight the significance and novel contribution of the work. The translation of research into practice must be evidenced in all manuscripts. Authors should incorporate a meaningful discussion of the clinical or policy implications of their work throughout the manuscript, rather than simply providing a separate section for this material.

Health Psychology publishes a broad array of types of papers. Authors of qualitative and measure development papers should read the guidelines for these types of papers, noted below.

## Qualitative Research

Research papers that utilize qualitative methods should follow the general instructions to authors for style and format. We ask that authors of qualitative papers review the additional guidance below to ensure that papers meet the following criteria utilized by Health Psychology.

The introduction should make a compelling case for the significance of the study and clearly identify if the study is a stand-alone study or if it fits into a larger study. For example, qualitative manuscripts may inform the development of a survey, use smallincident samples, or establish feasibility. The specific qualitative paradigm should be specified (e.g., grounded theory, qualitative descriptive approach, interpretive phenomenology) with a rationale as to why it was selected to address the research question.

The specific qualitative paradigm should be specified by the authors. Authors are encouraged to voice their methodological rationale and cite appropriate references for the methodologies. Displaying your sampling frame clearly and how the sample was selected, justifying the type and size of your sample using appropriate language for qualitative studies.

While many qualitative studies may not use a conceptual model, if you have done so, explain how the model may have shaped the design, data collection, analysis and interpretation. Explain carefully how you strengthened and ensured rigour in your study e.g., data analysis protocols (including how codes were trained), audit procedures, and demonstration of data saturation. Describe the data analysis and how it relates to your original approach or paradigm. Present rich and compelling results with data that have been analyzed and interpreted appropriately for your method (e.g., discourse analytic results would be presented differently than those of a grounded theory).

The paper should convey how the research fills an important gap in the science and promises to change the way we approach future studies.

## Scale Development

Empirical papers related to the development of new instruments related to health psychology should follow the general guidelines for style and format of this journal. Authors should make a convincing case for the need and rationale for the new instrument, particularly with respect to new and innovative constructs. Included in this rationale should be the theoretical foundation on which the new instrument rests along with presentation of other, related scales (currently in use).

It is important that the research have a degree of generalisability across populations and settings. Instruments that are more narrow in scope or of limited clinical utility may be better suited for subspeciality journals.

Authors should clearly outline the specifics of the study design and the analytical techniques used. There should be strong consistency among the purpose statements, methods, and the manner in which findings are presented.

An increasing number of studies are incorporating multiple-methods designs in their research. The specifics of these designs should be equally well-detailed without being excessive. Attention should be given to the nature of the items, the basis for their creation, and the rationale for the response options.

The underlying theoretical structure of the scale should be evident, for example, whether one is premising their study on classical or modern theory (IRT), factors to be evaluated in the future may be just described the nature of the scale. For instance, large, normally-normed tests may have a much different make-up than that of small, more narrowly-defined measures. Research involving both types of instruments will be considered.

Finally, all instrument development papers should convey how the literature base will be strengthened with the addition of the particular instrument along with a clear and convincing case for the clinical relevance of the information that it provides.

## Letters to the Editor

Health Psychology will, at the discretion of the Editor-in-Chief, publish Letters to the Editor on the journal website. Letters to the Editor should outline changes to the published manuscript or provide a response to the published manuscript. Letters should be prepared in direct response to articles published in the journal, should include references to the published paper in the letter, and should be sent to the Editorial Manuscript Coordinator, Lindsey MedKury (lindsey.medkury@aps.org) within 60 days of the date when the relevant article is published in hard copy.

The text of the letter, excluding the title, references and author(s) name, address, and email, should not exceed 400 words.

In a separate cover letter, the author should indicate that the submission is a Letter to the Editor for consideration of posting on the journal website.

Note: Letters will be for ongoing dialogue.

## Masked Review Policy

Masked reviews will be conducted. Biases include author information (addresses, phone numbers, electronic mail addresses, and fax numbers) in the manuscript. Please ensure that the final version for production includes a phone and full author name for typing.

## Use of CONSORT Reporting Standards

All randomized controlled trials must include a diagram indicating participant flow into the study and a completed CONSORT checklist. CONSORT diagrams (and adoption) should be included wherever possible to clarify the flow of participants through a study.

## Manuscript Preparation

Prep manuscript according to the Publication Manual of the American Psychological Association (6th edition) /pubs/books/10646.aspx. Manuscripts may be compiled for laser-then-language (see Chapter 3 of the Publication Manual).

Review APA's Checklist for Manuscript Submission /pubs/authors/manuscript-check.aspx before submitting your article.

Double-space all copy. Other formatting instructions, as well as instructions on preparing tables, figures, references, metrics, and abstracts, appear in the Manual.

Below are additional instructions regarding the preparation of display equations, computer code, and tables.

### Display Equations

We strongly encourage you to use MathType (third-party software) or Equation Editor 3.0 (built into pre-2007 versions of Word) to construct your equations, rather than the equation support that is built into Word 2007 and Word 2010. Equations composed with the built-in Word 2007/Word 2010 equation support are converted to low-resolution graphics when they enter the production process and must be rekeyed by the typesetter, which may introduce errors.

To construct your equations with MathType or Equation Editor 3.0:

1. Go to the Text section of the Insert tab and select Object.
2. Select MathType or Equation Editor 3.0 in the drop-down menu.
3. If you have an equation that has already been produced using Microsoft Word 2007 or 2010 and you have access to the full version of MathType 6 or later, you can convert this equation to MathType by clicking on Equation Editor. Copy the equation from Microsoft Word and paste it into MathType 6. Verify that your equation is correct, click File, and then click Update. Your equation has now been inserted into your Word file as a MathType Equation.

### Computer Code

Because altering computer code in any way (e.g., indenting, line spacing, the breake page breaks) during the typing process could alter its meaning, we treat computer code differently from the rest of your article in our production process. To that end, we request separate files for computer code.

In Online Supplemental Material

We request that executable source code be included as supplemental material to the article. For more information, visit Supplementing Your Article With Online Material /pubs/authors/online-material.aspx.

In the Text of the Article

If you would like to include code in the text of your published manuscript, please submit a separate file with your code exactly as you want it to appear, using Courier New font with a font size of 10. Submitting your code in this format makes an image of each segment of code in your article that exceeds 50 characters in length. Shorter snippets of code that appear in text will be typeset as Courier New and run in with the rest of the text. If an appendix contains a mix of code and explanatory text, please submit a file that contains the entire appendix, with the code specified in Exhibit Courier New.

### Tables

Use Word's Insert Table function when you create tables. Use spaces or tabs in your table will create problems when the table is typeset and may result in errors.

## Submitting Supplemental Materials

APA can place supplemental materials online, available via the published article in the PsycARTICLES database. Please see Supplementing Your Article With Online Material /pubs/authors/online-material.aspx for more detail.

## References

List references in alphabetical order. Each listed reference should be cited in text, and each text citation should be listed in the References section.

Examples of basic reference formats:
Special Issues

For authors who prefer their figures to be published in color both in print and online, original color figures can be printed in color at the editor's and publisher's discretion provided the author agrees to pay:

$600 for one figure
An additional $680 for the second figure
An additional $450 for each subsequent figure

Permissions

Authors of accepted papers must obtain and provide to the editor on final acceptance all necessary permissions to reproduce in print and electronic form any copyrighted work, including text materials (or portions thereof), photographs, and other graphic images (including those used as stimuli in experiments).

Do so at your own risk. APA may decline to publish any image whose copyright status is unknown.

Download Permissions Asset Form (PDF, 13KB) (via author/permissions-asset.pdf)

Publication Policies

APA policy prohibits an author from submitting the same manuscript for concurrent consideration by two or more publications.

See also APA journals® Internet Posting Guidelines (via author/internet-posting-guidelines.aspx) .

APA requires authors to reveal any possible conflict of interest in the conduct and reporting of research (e.g., financial interests in a test or procedure, funding by pharmaceutical companies for drug research).

Download Declaration of Interests Form (PDF, 38KB) (via author/declaration-of-interests.pdf)

Authors of accepted manuscripts are required to transfer the copyright to APA.

For manuscripts not funded by the Wellcome Trust or the Research Councils UK Publication Rights (Copyright Transfer) Form (PDF, 83KB) (via author/publication-rights-form.pdf)

For manuscripts funded by the Wellcome Trust or the Research Councils UK Wellcome Trust or Research Councils UK Publication Rights Form (PDF, 94KB) (via author/publication-rights-form-wellcome-rcuk.pdf)

Ethical Principles

It is a violation of APA Ethical Principles to publish “new original data, ideas that have been previously published” (Standard 8.13).

In addition, APA Ethical Principles specify that “after research results are published, psychologists do not withhold the data on which their conclusions are based from other competent professionals who seek to verify the substantive claims through secondary analysis” (Standard 8.14).

APA requires authors to submit manuscripts in English for consideration, but researchers may publish in both English and another language. Authors are encouraged to submit their work in both languages.

To ensure the confidentiality of the participants, APA requires that all identifying information be removed from the final manuscript. Authors are responsible for ensuring that all identifying information is removed from the final manuscript. Authors are also required to state in writing that they have complied with APA ethical standards in the treatment of their sample, human or animal, or to describe the details of treatment.

Download Certification of Compliance With APA Ethical Principles Form (PDF, 26KB) (via author/compliance-certification.pdf)


Other Information

Applets Process for Manuscript Submissions (via author/applets-process.aspx)
Preparing Auxiliary Files for Production (via author/approving-vol.files.aspx)

Document Deposit Procedures for APA Journals (via author/document-deposit.aspx)

Special Issues

share this page:

FACEBOOK

TWITTER

LINKEDIN

GOOGLE+

EMAIL

Copyright & Permissions

Sign Up for E-mail Alerts

Subscription Claims

Authors and Reviewers Resource Center

Here you’ll find guidelines for submitting proposals, calls for papers, tips for preparing manuscripts, APA policies, and more

Journal Contacts

© 2015 American Psychological Association
750 First St. NE, Washington, DC 20002-4242
Telephone: (202) 336-5500 or (800) 374-2721
Fax: (202) 336-5508
TDD/TTY: (202) 336-6123
Telephone: (800) 374-2721; (202) 336-5500
750 First St. NE, Washington, DC 20002-4242
© 2015 American Psychological Association
Instructions for Authors

MANUSCRIPT SUBMISSION

Manuscript Submission

Submission of a manuscript implies: that the work described has not been published before; that it is not under consideration for publication anywhere else; that its publication has been approved by all co-authors, if any, as well as by the responsible authorities – tacitly or explicitly – at the institute where the work has been carried out. The publisher will not be held legally responsible should there be any claims for compensation.

Permissions

Authors wishing to include figures, tables, or text passages that have already been published elsewhere are required to obtain permission from the copyright owner(s) for both the print and online format and to include evidence that such permission has been granted when submitting their papers. Any material received without such evidence will be assumed to originate from the authors.

Online Submission

Please follow the hyperlink “Submit online” on the right and upload all of your manuscript files following the instructions given on the screen.

ADDITIONAL INFORMATION

Strong preference is given to manuscripts of 4000 words or less (excluding references, tables, and figures). In addition to full-length manuscripts, IJBM accepts “Short Communications” on original research that can be communicated in less space than full-length manuscripts. The
Short Communication has a maximum of 2500 words, 2 tables or figures, and a limited number of references.

TITLE PAGE

Title Page
The title page should include:

- The name(s) of the author(s)
- A concise and informative title
- The affiliation(s) and address(es) of the author(s)
- The e-mail address, telephone and fax numbers of the corresponding author

Abstract
Please provide a structured abstract of 150 to 250 words which should be divided into the following sections:

- Purpose (stating the main purposes and research question)
- Methods
- Results
- Conclusions

Keywords
Please provide 4 to 6 keywords which can be used for indexing purposes.

TEXT

Text Formatting
Manuscripts should be submitted in Word.

- Use a normal, plain font (e.g., 10-point Times Roman) for text.
- Use italics for emphasis.
- Use the automatic page numbering function to number the pages.
- Do not use field functions.
- Use tab stops or other commands for indents, not the space bar.
- Use the table function, not spreadsheets, to make tables.
- Use the equation editor or MathType for equations.
- Save your file in docx format (Word 2007 or higher) or doc format (older Word versions).

Manuscripts with mathematical content can also be submitted in LaTeX.

LaTeX macro package (zip, 182 kB)

Headings
Please use no more than three levels of displayed headings.

Abbreviations
Abbreviations should be defined at first mention and used consistently thereafter.

Footnotes
Footnotes can be used to give additional information, which may include the citation of a reference included in the reference list. They should not consist solely of a reference citation,
and they should never include the bibliographic details of a reference. They should also not contain any figures or tables.

Footnotes to the text are numbered consecutively; those to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data). Footnotes to the title or the authors of the article are not given reference symbols.

Always use footnotes instead of endnotes.

Acknowledgments

Acknowledgments of people, grants, funds, etc. should be placed in a separate section on the title page. The names of funding organizations should be written in full.

REFERENCES

Citation

Reference citations in the text should be identified by numbers in square brackets. Some examples:

1. Negotiation research spans many disciplines [3].
2. This result was later contradicted by Becker and Seligman [5].
3. This effect has been widely studied [1-3, 7].

Reference list

The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text. Do not use footnotes or endnotes as a substitute for a reference list.

The entries in the list should be numbered consecutively.

- Journal article

- Article by DOI

- Book

- Book chapter

- Online document

Always use the standard abbreviation of a journal’s name according to the ISSN List of Title Word Abbreviations, see ISSN.org LTWA

If you are unsure, please use the full journal title.

For authors using EndNote, Springer provides an output style that supports the formatting of
in-text citations and reference list.

EndNote style (zip, 3 kB)

TABLES

- All tables are to be numbered using Arabic numerals.
- Tables should always be cited in text in consecutive numerical order.
- For each table, please supply a table caption (title) explaining the components of the table.
- Identify any previously published material by giving the original source in the form of a reference at the end of the table caption.
- Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the table body.

ETHICAL RESPONSIBILITIES OF AUTHORS

This journal is committed to upholding the integrity of the scientific record. As a member of the Committee on Publication Ethics (COPE) the journal will follow the COPE guidelines on how to deal with potential acts of misconduct.

Authors should refrain from misrepresenting research results which could damage the trust in the journal, the professionalism of scientific authorship, and ultimately the entire scientific endeavour. Maintaining integrity of the research and its presentation can be achieved by following the rules of good scientific practice, which include:

- The manuscript has not been submitted to more than one journal for simultaneous consideration.
- The manuscript has not been published previously (partly or in full), unless the new work concerns an expansion of previous work (please provide transparency on the re-use of material to avoid the hint of text-recycling (“self-plagiarism”)).
- A single study is not split up into several parts to increase the quantity of submissions and submitted to various journals or to one journal over time (e.g. “salami-publishing”).
- No data have been fabricated or manipulated (including images) to support your conclusions
- No data, text, or theories by others are presented as if they were the author’s own (“plagiarism”). Proper acknowledgements to other works must be given (this includes material that is closely copied (near verbatim), summarized and/or paraphrased), quotation marks are used for verbatim copying of material, and permissions are secured for material that is copyrighted.

**Important note:** the journal may use software to screen for plagiarism.

- Consent to submit has been received explicitly from all co-authors, as well as from the responsible authorities - tacitly or explicitly - at the institute/organization where the work has been carried out, **before** the work is submitted.
- Authors whose names appear on the submission have contributed sufficiently to the scientific work and therefore share collective responsibility and accountability for the results.

In addition:

Changes of authorship or in the order of authors are not accepted **after** acceptance of a manuscript.
Requesting to add or delete authors at revision stage, proof stage, or after
publication is a serious matter and may be considered when justifiably warranted. Justification for changes in authorship must be compelling and may be considered only after receipt of written approval from all authors and a convincing, detailed explanation about the role/deletion of the new/deleted author. In case of changes at revision stage, a letter must accompany the revised manuscript. In case of changes after acceptance or publication, the request and documentation must be sent via the Publisher to the Editor-in-Chief. In all cases, further documentation may be required to support your request. The decision on accepting the change rests with the Editor-in-Chief of the journal and may be turned down. Therefore authors are strongly advised to ensure the correct author group, corresponding author, and order of authors at submission.

Upon request authors should be prepared to send relevant documentation or data in order to verify the validity of the results. This could be in the form of raw data, samples, records, etc.

If there is a suspicion of misconduct, the journal will carry out an investigation following the COPE guidelines. If, after investigation, the allegation seems to raise valid concerns, the accused author will be contacted and given an opportunity to address the issue. If misconduct has been established beyond reasonable doubt, this may result in the Editor-in-Chief's implementation of the following measures, including, but not limited to:

- If the article is still under consideration, it may be rejected and returned to the author.
- If the article has already been published online, depending on the nature and severity of the infraction, either an erratum will be placed with the article or in severe cases complete retraction of the article will occur. The reason must be given in the published erratum or retraction note.
- The author's institution may be informed.

COMPLIANCE WITH ETHICAL STANDARDS

To ensure objectivity and transparency in research and to ensure that accepted principles of ethical and professional conduct have been followed, authors should include information regarding sources of funding, potential conflicts of interest (financial or non-financial), informed consent if the research involved human participants, and a statement on welfare of animals if the research involved animals.

Authors should include the following statements (if applicable) in a separate section entitled “Compliance with Ethical Standards” when submitting a paper:

- Disclosure of potential conflicts of interest
- Research involving Human Participants and/or Animals
- Informed consent

Please note that standards could vary slightly per journal dependent on their peer review policies (i.e. single or double blind peer review) as well as per journal subject discipline. Before submitting your article check the instructions following this section carefully.

The corresponding author should be prepared to collect documentation of compliance with ethical standards and send if requested during peer review or after publication.

The Editors reserve the right to reject manuscripts that do not comply with the above-mentioned guidelines. The author will be held responsible for false statements or failure to fulfill the above-mentioned guidelines.

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

Authors must disclose all relationships or interests that could have direct or potential influence or impart bias on the work. Although an author may not feel there is any conflict, disclosure of relationships and interests provides a more complete and transparent process, leading to an accurate and objective assessment of the work. Awareness of a real or perceived conflicts of...
interest is a perspective to which the readers are entitled. This is not meant to imply that a financial relationship with an organization that sponsored the research or compensation received for consultancy work is inappropriate. Examples of potential conflicts of interests that are directly or indirectly related to the research may include but are not limited to the following:

- Research grants from funding agencies (please give the research funder and the grant number)
- Honoraria for speaking at symposia
- Financial support for attending symposia
- Financial support for educational programs
- Employment or consultation
- Support from a project sponsor
- Position on advisory board or board of directors or other type of management relationships
- Multiple affiliations
- Financial relationships, for example equity ownership or investment interest
- Intellectual property rights (e.g. patents, copyrights and royalties from such rights)
- Holdings of spouse and/or children that may have financial interest in the work

In addition, interests that go beyond financial interests and compensation (non-financial interests) that may be important to readers should be disclosed. These may include but are not limited to personal relationships or competing interests directly or indirectly tied to this research, or professional interests or personal beliefs that may influence your research.

The corresponding author collects the conflict of interest disclosure forms from all authors. In author collaborations where formal agreements for representation allow it, it is sufficient for the corresponding author to sign the disclosure form on behalf of all authors. Examples of forms can be found here:

The corresponding author will include a summary statement in the text of the manuscript in a separate section before the reference list, that reflects what is recorded in the potential conflict of interest disclosure form(s).

See below examples of disclosures:

Funding: This study was funded by X (grant number X).

Conflict of Interest: Author A has received research grants from Company A. Author B has received a speaker honorarium from Company X and owns stock in Company Y. Author C is a member of committee Z.

If no conflict exists, the authors should state:
Conflict of Interest: The authors declare that they have no conflict of interest.

RESEARCH INVOLVING HUMAN PARTICIPANTS AND/OR ANIMALS

1) Statement of human rights

When reporting studies that involve human participants, authors should include a statement that the studies have been approved by the appropriate institutional and/or national research ethics committee and have been performed in accordance with the ethical standards as laid down in the 1964 Declaration of Helsinki and its later amendments or comparable ethical standards.

If doubt exists whether the research was conducted in accordance with the 1964 Helsinki Declaration or comparable standards, the authors must explain the reasons for their approach,
and demonstrate that the independent ethics committee or institutional review board explicitly approved the doubtful aspects of the study.

The following statements should be included in the text before the References section:

**Ethical approval:** “All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.”

For retrospective studies, please add the following sentence:

“For this type of study formal consent is not required.”

2) **Statement on the welfare of animals**

The welfare of animals used for research must be respected. When reporting experiments on animals, authors should indicate whether the international, national, and/or institutional guidelines for the care and use of animals have been followed, and that the studies have been approved by a research ethics committee at the institution or practice at which the studies were conducted (where such a committee exists).

For studies with animals, the following statement should be included in the text before the References section:

**Ethical approval:** “All applicable international, national, and/or institutional guidelines for the care and use of animals were followed.”

If applicable (where such a committee exists): “All procedures performed in studies involving animals were in accordance with the ethical standards of the institution or practice at which the studies were conducted.”

If articles do not contain studies with human participants or animals by any of the authors, please select one of the following statements:

“This article does not contain any studies with human participants performed by any of the authors.”

“This article does not contain any studies with animals performed by any of the authors.”

“This article does not contain any studies with human participants or animals performed by any of the authors.”

**INFORMED CONSENT**

All individuals have individual rights that are not to be infringed. Individual participants in studies have, for example, the right to decide what happens to the (identifiable) personal data gathered, to what they have said during a study or an interview, as well as to any photograph that was taken. Hence it is important that all participants gave their informed consent in writing prior to inclusion in the study. Identifying details (names, dates of birth, identity numbers and other information) of the participants that were studied should not be published in written descriptions, photographs, and genetic profiles unless the information is essential for scientific purposes and the participant (or parent or guardian if the participant is incapable) gave written informed consent for publication. Complete anonymity is difficult to achieve in some cases, and informed consent should be obtained if there is any doubt. For example, masking the eye region in photographs of participants is inadequate protection of anonymity. If identifying characteristics are altered to protect anonymity, such as in genetic profiles, authors should provide assurance that alterations do not distort scientific meaning.

The following statement should be included:

**Informed consent:** “Informed consent was obtained from all individual participants included in the study.”

If identifying information about participants is available in the article, the following statement should be included:
“Additional informed consent was obtained from all individual participants for whom identifying information is included in this article.”

DOES SPRINGER PROVIDE ENGLISH LANGUAGE SUPPORT?

Manuscripts that are accepted for publication will be checked by our copyeditors for spelling and formal style. This may not be sufficient if English is not your native language and substantial editing would be required. In that case, you may want to have your manuscript edited by a native speaker prior to submission. A clear and concise language will help editors and reviewers concentrate on the scientific content of your paper and thus smooth the peer review process.

The following editing service provides language editing for scientific articles in all areas Springer publishes in:

Edanz English editing for scientists

Use of an editing service is neither a requirement nor a guarantee of acceptance for publication. Please contact the editing service directly to make arrangements for editing and payment.

For Authors from China

文章投稿前进行语言润色对作者的投稿进程有所帮助。作者可自愿选择使用Springer推荐的编辑服务，使用与否并不作为判断文章是否被录用的依据。提高文章的语言质量将有助于审稿人理解文章的内容，通过对学术内容的判断来决定文章的取舍，而不会因为语言问题导致直接退稿。作者需自行联系Springer推荐的编辑服务公司，协商事宜。

理文编辑

For Authors from Japan

ジャーナルに論文を投稿する前に、ネイティブ・スピーカーによる英文校閲を希望されている方には、Edanz社をご紹介しています。サービス内容、料金および申込方法など、日本語による詳しい説明はエダンズグループジャパン株式会社の下記サイトをご覧ください。

エダンズグループジャパン

For Authors from Korea

영어 논문 투고에 앞서 원어민에게 영문 교정을 받고자 하시는 분들에게 Edanz 회사를 소개해 드립니다. 서비스 내용, 가격 및 신청 방법 등에 대한 자세한 사항은 저희 Edanz Editing Global 웹사이트를 참조해 주시면 감사하겠습니다。

Edanz Editing Global

AFTER ACCEPTANCE

Upon acceptance of your article you will receive a link to the special Author Query Application at Springer’s web page where you can sign the Copyright Transfer Statement online and indicate whether you wish to order OpenChoice, offprints, or printing of figures in color.

Once the Author Query Application has been completed, your article will be processed and you will receive the proofs.

Open Choice

In addition to the normal publication process (whereby an article is submitted to the journal and access to that article is granted to customers who have purchased a subscription), Springer provides an alternative publishing option: Springer Open Choice. A Springer Open Choice
article receives all the benefits of a regular subscription-based article, but in addition is made available publicly through Springer’s online platform SpringerLink.

**Springer Open Choice**

**Copyright transfer**

Authors will be asked to transfer copyright of the article to the Publisher (or grant the Publisher exclusive publication and dissemination rights). This will ensure the widest possible protection and dissemination of information under copyright laws.

Open Choice articles do not require transfer of copyright as the copyright remains with the author. In opting for open access, the author(s) agree to publish the article under the Creative Commons Attribution License.

**Offprints**

Offprints can be ordered by the corresponding author.

**Color illustrations**

Online publication of color illustrations is free of charge. For color in the print version, authors will be expected to make a contribution towards the extra costs.

**Proof reading**

The purpose of the proof is to check for typesetting or conversion errors and the completeness and accuracy of the text, tables and figures. Substantial changes in content, e.g., new results, corrected values, title and authorship, are not allowed without the approval of the Editor.

After online publication, further changes can only be made in the form of an Erratum, which will be hyperlinked to the article.

**Online First**

The article will be published online after receipt of the corrected proofs. This is the official first publication citable with the DOI. After release of the printed version, the paper can also be cited by issue and page numbers.
SERVICES FOR THE JOURNAL

Contacts
Download Product Flyer
Shipping dates

JOURNAL ALERTS

Get the table of contents of every new issue published in *International Journal of Behavioral Medicine*.

Your E-Mail Address

Please send me information on new Springer publications in *Medicine (general)*.

ADDITIONAL INFORMATION

13th International Congress of Behavioral... Introduction by the EiC: Heralding the N...

RELATED BOOKS - SERIES - JOURNALS

Journal

**Advances in Simulation**

Editor» Editor-in-Chief: Debra Nestel
TABLE OF CONTENTS

- Description p.1
- Impact Factor p.1
- Abstracting and Indexing p.1
- Editorial Board p.1
- Guide for Authors p.4

DESCRIPTION

The *International Journal of Clinical Health Psychology* is a quarterly publication produced by the Asociación Española de Psicología Conductual since 2001. Our Journal publishes experimental, theoretical and applied articles that contribute to the advancement in any of the areas of clinical and health psychology. Manuscripts are published in English. Original articles, review articles, case reports and reviews of books are published in the *International Journal of Clinical Health Psychology*.

*International Journal of Clinical Health Psychology* es una revista cuatrimestral editada por la Asociación Española de Psicología Conductual desde el año 2001. Publica trabajos en inglés, de carácter aplicado, tanto teóricos como experimentales, que contribuyen al avance de cualquier ámbito de la Psicología Clínica y de la Salud. Se publican Artículos originales (investigaciones), Artículos de revisión, Informes breves, Casos clínicos y Revisiones de libros. De forma excepcional se publican trabajos sobre la evaluación de la ciencia.

IMPACT FACTOR

2014: 2.850 © Thomson Reuters Journal Citation Reports 2015

ABSTRACTING AND INDEXING

ScienceDirect
Scopus
Research4Life (Hinari)

EDITORIAL BOARD

*Director / Editor*
Juan Carlos Sierra

*Directores Asociados / Associate Editors*
Stephan N. Haynes
Michael W. Eysenck
Gualberto Buela-Casal
Mark Zimmerman, Rhode Island Hospital, USA
Izabela Zych, Universidad de Córdoba, Spain
GUIDE FOR AUTHORS

International Journal of Clinical and Health Psychology publishes manuscripts with a basic and applied emphasis, involving both theoretical and experimental areas contributing to the advancement of Clinical and Health Psychology. The Journal publishes Original Articles (empirical studies), Review Articles, Brief Reports and Case Reports. On exception the Journal publishes articles on science evaluation.

The manuscripts submitted to International Journal of Clinical and Health Psychology should not have been previously published, and should not be under consideration for publication elsewhere. All signing authors must agree on the submitted version of the manuscript. By submitting their manuscript the authors agree to relinquish their copyrights to the Journal for the duration of the editorial process. Copyrights will be transferred permanently to International Journal of Clinical and Health Psychology if the manuscript is accepted for publication.

BEFORE YOU BEGIN

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

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

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

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

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

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

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

Author rights
As an author you (or your employer or institution) have certain rights to reuse your work. For more information on author rights please see http://www.elsevier.com/copyright.
**Role of the funding source**  
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

**Funding body agreements and policies**  
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder’s open access policies. Some authors may also be reimbursed for associated publication fees. To learn more about existing agreements please visit [http://www.elsevier.com/fundingbodies](http://www.elsevier.com/fundingbodies).  

After acceptance, open access papers will be published under a noncommercial license. For authors requiring a commercial CC BY license, you can apply after your manuscript is accepted for publication.

**Open access**  
This journal is fully open access; all articles will be immediately and permanently free for everyone to read and download. Permitted reuse is defined by the following Creative Commons user license:

**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.

If you need to comply with your funding body policy you can apply for a CC-BY license after your manuscript is accepted for publication.

To provide Open Access, this journal has a publication fee which needs to be met by the authors or their research funders.

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

The manuscripts can be submitted in English or Spanish, double spaced, and printed one-sided with 3 cm margins with page numbers on the right at the top of each page. Manuscripts are published in English in printed version, and English and Spanish in online version, so when the articles is accepted, the authors should submit the final version in both languages.

**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/ijchp](http://ees.elsevier.com/ijchp).

International Journal of Clinical and Health Psychology will notify the author(s) when the manuscript is received and inform them whether the paper is accepted within 60 days. At least two members of the Editorial Board (peer reviewers), with special competence in the represented area, will review each submitted manuscript and will send a report to the Journal suggesting or denying the manuscript's publication. The authors should make all the changes solicited by the reviewers within 30 days. The positive evaluation of a manuscript by the reviewers will not guarantee its publication as the decision will be made by the editor as a function of the editorial priorities of the moment. A copy of the article in PDF format as well as a copy of the issue in which it appears will be sent to the correspondence author.
Some of the associated production cost will be paid by the authors, which will depend on the length of the article: € 400 for articles with 5,000 to 6,000 words, € 300 for articles with 4,000 to 5,000 words, and € 200 for articles with less than 4,000 words.

PREPARATION

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 similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier: http://www.elsevier.com/guidepublication). 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

Original Articles and Review Articles should not exceed 6,000 words (including title, abstract, references, figures, tables, and appendices). Brief Reports and Case Reports should not exceed 2,000 words. The first page of the manuscript should include the title in both English and Spanish, complete name(s) of all the authors (in the case include the two surnames, they must be linked with a hyphen), institutional affiliation, and a complete mailing address to send any correspondence. Any acknowledgements will be added in a separate paragraph at the bottom of the first page. The second page should include the title, an abstract (150-200 words in a single paragraph without sections) and the keywords (4-5), in both Spanish and English. The last keyword should identify the type of research methodology according to the classification by Montero and León (2007): theoretical study, observational descriptive study, descriptive survey study, experiment, quasi-experiment, ex post facto study, single case experimental study, instrumental study, and qualitative study (Montero, I., & León, O.G. [2007]. A guide for naming research studies in Psychology. International Journal of Clinical and Health Psychology, 7, 847-862; this article is available at http://www.aepc.es/ijchp/Montero07_en.pdf). The third page should begin with the manuscript title followed by the introduction. Figures and tables should appear on separate pages and be numbered consecutively at the end of the text, indicating their approximate location in the text.

Original Articles: should use the following headings: introduction, method (participants, instruments, procedure...), results, discussion/conclusions, and references. The writing style should follow the recommendations made by Bobenrieth Astete (2002) and Ramos-Alvarez, Moreno-Fernández, Valdés-Conroy, and Catena (2008), and Hartley (2012).


Instrumental studies: should follow the guidelines established by Carretero-Dios and Pérez (2005, 2007): justification of the study, conceptual definition of the construct to be assessed, process of item construction and qualitative assessment, item analysis, internal structure of the test, reliability, and validity.


Meta-analyses: should follow the recommendations made by Botella and Gambaro (2006).

**Review articles**: should follow the guidelines provided by Fernández-Ríos and Buela-Casal (2009), and Perestelo-Pérez (2013).

**Program evaluations**: should follow the structure established by Chacón Moscoso, Sanduvete Chaves, Portell Vidal, and Anguera Argilaga (2013).

**Clinical cases**: should follow the structure established by Buela-Casal and Sierra (2002), and Virués-Ortega and Moreno-Rodríguez (2008).

**Neuropsychological assessments**: should follow the structure established by Jurado and Pueyo (2012).

**Essential Title Page Information**
• **Title.** Concise (maximum 15 words) and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
• **Author names and affiliations.** Where the family name may be ambiguous (e.g., a double name), please indicate this clearly. 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.
• **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. Ensure that phone numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address. Contact details must be 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.
• **Collate acknowledgements.** List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

**Abstract**
A concise and factual abstract is required (a single paragraph without sections). 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.

**Keywords**
Immediately after the abstract, provide a maximum of 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.

Define abbreviations that are not standard in this field. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there. Ensure consistency of abbreviations throughout the article.
**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.

**Tables**

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

**References**

For all other style concerns not specified here, the authors are refereed to the forth edition of the Publication Manual of the American Psychological Association (APA) (1994). Manuscripts not strictly following the current guide to authors and the APA publication manual will not be entered into the review process. Authors will be prompted to make the necessary changes. If the revised manuscript still does not comply with these standards, the article will be rejected and will not be reconsidered. Non-compliance with APA or the journal standards may prompt the rejection of the article at any stage of the editorial process.

To enter the review process, the article should be updated including at least 40% of references from the last four years.

**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 and a copy of the title page of the relevant article must be submitted.

Citations within the text include the author’s name and the year of publication, appearing both within parenthesis. When the author’s name forms part of the text, only the year of publication appears within parenthesis. Two or more continuous references should be arranged alphabetically by authors’ names. When there are more than two or less than six authors, all authors should be listed in the first citation. In subsequent citations, the name of the first author should be followed by et al. For six or more authors, the first author should always appear, followed by et al. If there are more than one article for the same author(s) during the same year, each year should be followed by the letters a, b, c, ...

**Reference links**

Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is encouraged.

**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.

**Reference management software**

Most Elsevier journals have a standard template available in key reference management packages. This covers packages using the Citation Style Language, such as Mendeley (http://www.mendeley.com/features/reference-manager) and also others like EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/downloads/styles). Using plug-ins to word processing packages which are available from the above sites, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style as described in this Guide. The process of including templates in these packages.
is constantly ongoing. If the journal you are looking for does not have a template available yet, please see the list of sample references and citations provided in this Guide to help you format these according to the journal style.

If you manage your research with Mendeley Desktop, you can easily install the reference style for this journal by clicking the link below:
http://open.mendeley.com/use-citation-style/international-journal-of-clinical-and-health-psychology
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice. For more information about the Citation Style Language, visit http://citationstyles.org.

Reference style
The list of references should appear in alphabetical order and should include all the cited publications in the text, including all the authors (independently of their number).
This list should have the following format: Books: author (last name followed by a comma and the initials followed each by a period; various authors are separated by a comma and a comma is placed before the “&”); year (within parenthesis) followed by a period; full title in italics followed by a period; city and edition followed by a colon; publisher.
• Chapter of a book: author (last name, a comma and the given and middle name initials, a period; if there are various authors, they should be separated by a comma with an “&” preceding the last author); year (within parentheses) and a period; title of the chapter; “In”; name of the compilers of the book, using the author’s initials and last name; the abbreviation “Ed.”(s) in parentheses followed by a comma; title of the book in italics; the first and last page of the chapter within parenthesis, preceded by the abbreviation “pp.” and a period; city where the book was published followed by a colon; publishing house and a period.
• Journals: author (last name, a comma and initials of the first and middle names and a period; if there are various authors, they should be separated by commas with an “&” preceding the last author); year (within parentheses) and a period; title of the article followed by a period; the journal’s complete name in italics and followed by a comma; volume number in italics (without appearing the expression “volume” or “vol.”) followed by a comma; first and last page of the article and a period; doi in those articles that have it and a period.
For electronic documents: author (last name, a comma and the initials of the name and a period; if there are various authors, they should be separated by commas with an “&” preceding the last author); year (within parentheses) and a period; the title of the document and a period; the date of retrieving preceded by “retrieved” and a comma; the website preceded by “from” and a period. In the case of any existing doubt(s), consult the APA publication manual (1994).

Submission checklist
The following list will be useful during the final checking of an article prior to sending it to the journal for review. Please consult this Guide for Authors for further details of any item.
Ensure that the following items are present:
One author has been designated as the corresponding author with contact details:
• E-mail address
• Full postal address
• Phone numbers
All necessary files have been uploaded, and contain:
• Keywords
• All figure captions
• All tables (including title, description, footnotes)
Authors must complete the checklist document to certify that they have met all the formal criteria required to submit the manuscript:
• The title is 15 words or less
• The article does not exceed 6,000 words
• The Abstract and the Resumen (both) have 150-200 words each
• The Abstract / Resumen is written in a single paragraph without sections
• 4-5 keywords have been provided, the last one being the type of study
• Original Articles include the relevant sections: Introduction, Method (Participants, Instruments and Procedure), Results, Discussion / Conclusions and References.
• References in the text are cited according to APA standards
• The statistical symbols are set in italic type
• At least 40% of the references are from the last 4 years
• The reference list has been provided following the APA style rules 4th edition (the references include all authors, regardless of their number)
• References include the DOI in those articles that have it
• The tables conform to APA standards.

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

AFTER ACCEPTANCE

Use of the Digital Object Identifier
The Digital Object Identifier (DOI) may be used to cite and link to electronic documents. The DOI consists of a unique alpha-numeric character string which is assigned to a document by the publisher upon the initial electronic publication. The assigned DOI never changes. Therefore, it is an ideal medium for citing a document, particularly 'Articles in press' because they have not yet received their full bibliographic information. Example of a correctly given DOI (in URL format; here an article in the journal Physics Letters B):
http://dx.doi.org/10.1016/j.physletb.2010.09.059
When you use a DOI to create links to documents on the web, the DOIs are guaranteed never to change.

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.

AUTHOR INQUIRIES
You can track your submitted article at http://www.elsevier.com/tracking-submission. You can track your accepted article at http://www.elsevier.com/trackingarticle. You are also welcome to contact Customer Support via http://support.elsevier.com.

© Copyright 2014 Elsevier | http://www.elsevier.com
International Journal of Eating Disorders

© Wiley Periodicals, Inc.

Edited By: Ruth Striegel Weissman

Impact Factor: 3.126

ISI Journal Citation Reports © Ranking: 2014: 19/119 (Psychology Clinical); 20/76 (Psychology); 24/77 (Nutrition & Dietetics); 32/133 (Psychiatry (Social Science)); 48/140 (Psychiatry)

Online ISSN: 1098-108X

Author Guidelines

Originality

Content Types
- Original Articles
- Brief Research Reports
- Critical Analysis and Synthesis/Reviews
- Commentaries
- Clinical Case Reports
- An Idea Worth Researching

Preparation of Manuscript
- (1) Title page
- (2) Abstract
- (3) Text
- (4) References
- (5) Appendices
- (6) Footnotes
- (7) Tables
- (8) Figure captions
- (9) Acknowledgement/Disclosure of Conflicts
ORIGINAlITY

The journal accepts for review manuscripts that have not been published or are not currently elsewhere under review.

CONTENT TYPES

Manuscripts published by IJED include: (1) Original Articles; (2) Brief Reports; (3) Critical analysis and Synthesis (systematic reviews and meta-analyses); (4) Commentaries; (5) Clinical Case Reports; (6) and “An Idea Worth Researching”. All word limits relate to the body of the text (i.e., not including abstract, references, tables or figures). These are maximum lengths, and authors are encouraged to keep their reports as short as possible while communicating clearly. The review criteria will include appropriateness of length.

When uploading their manuscripts, authors will be asked to complete a brief checklist indicating that the authors have followed the author guidelines pertaining to the article type.

To summarize, the article types are:

(1) Original Articles reporting substantive research that is novel, definitive or complex enough to require a longer communication. Note that only a subset of research papers are expected to warrant full length format.
   - Word Limit: 7,000 words, excluding abstract, references, tables and figures
   - Abstract: 250 words
   - References: 40 are recommended; more are permissible, for cause
   - Figures/Tables: a maximum of 8 essential tables/figures, overall

The methods section should include a statement about sample selection, response rate, and other factors that would impact selection or response bias and, in turn, representativeness of the sample. Inclusion of small samples requires justification and authors should be mindful of the recommendations concerning minimal sample sizes in subfields (e.g., genetic research, instrument development, etc., where adequate samples may number in the hundreds). If the study involves qualitative data, authors need to include a statement about sample size in relation to theme saturation. Authors also are asked to provide information about reliability and validity of study measures. If the work involves cross-cultural assessment or assessment in a new language or study population, authors should provide information about local literacy in the language of assessment, the validity of (or
process for validating) a translation of an assessment, and for inclusion of regional samples, a statement about the representativeness of the regional sample (or distinction from) the national sample. If statistical analyses are employed, effect size estimates should be reported in the results section.

(2) Brief Research Reports. This manuscript format is intended for manuscripts describing studies with straightforward research designs, pilot or “proof of concept” studies, and replications.

- Word Limit: 1,500 words, excluding abstract, references, tables and figures
- Abstract: 200 words
- References: 20 are recommended; more are permissible, for cause
- Figures/Tables: a maximum of 2 essential tables/figures, overall

The methods section should include a statement about sample selection, response rate, and other factors that would impact selection or response bias and, in turn, representativeness of the sample. Inclusion of small samples requires justification and authors should be mindful of recommendations concerning minimal sample sizes in subfields (e.g., genetic research, instrument development, etc., where adequate samples may number in the hundreds). If the study involves qualitative data, authors need to include a statement about sample size in relation to theme saturation. Authors also are asked to provide information about reliability and validity of study measures. If the work involves cross-cultural assessment or assessment in a new language or study population, authors should provide information about local literacy in the language of assessment, the validity of (or process for validating) a translation of an assessment, and for inclusion of regional samples, a statement about the representativeness of the regional sample (or distinction from) the national sample. If statistical analyses are employed, effect size estimates should be reported in the results section.

(3) Critical Analysis and Synthesis/Review articles critically review the status of a given research area and propose new directions for research and/or practice. Both systematic and meta-analytic review papers are welcomed if they review a literature that is advanced and/or developed to the point of warranting a review and synthesis of existing studies. Reviews of topics with a limited number of studies are unlikely to be deemed as substantive enough for a Critical Review paper. Moreover, the journal is not interested in papers that merely describe or compile a list of previous studies without a critical synthesis of the literature that moves the field the forward.

- Word Limit: 7,000 words, excluding abstract, references, tables and figures
- Abstract: 250 words
- References: 100
- Figures/Tables: no maximum, but should be appropriate to the material covered

All review papers must follow the PRISMA guidelines (see Moher et al. (2009) below), and authors who choose this paper type must complete the Critical Analysis and Synthesis/Review Checklist upon submission of the paper. An example of the checklist can be found here (http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1098-108X/homepage/custom_copy.htm). This link is for informational purposes only. Authors will be prompted to complete the checklist directly in ScholarOne during manuscript submission. The rationale for any unchecked items on the Checklist must be explicitly described in the manuscript.
Cover Letter.


**Please note that this paper can be downloaded for free in both English and Spanish.**

(4) **Commentaries** are written only at the invitation of the Editors, when multiple perspectives on or critical appraisal of an article would assist in placing that article in context.

- Word Limit: 800 - 1,500 words, excluding abstract, references, tables and figures
- Abstract: no abstract
- References: 5, using the footnote format rather than the journal’s standard format
- Figures/Tables: none

(5) **Clinical Case Reports** detail key elements of cases where there is novelty in the presentation, pathology or treatment, and where that novelty will inform clinicians and researchers about rare presentations or novel ideas. This category will often be appropriate to rare biological or psychological presentations. Every effort should be taken to ensure the anonymity of the patient concerned, and any clinicians not involved as authors. If there is any potentially identifiable information, then it is the responsibility of the authors to seek and obtain approval from the local Institutional Review Board (IRB) (or equivalent) for the case to be reported, and a copy of that approval should be made available to the Editor on request.

- Word Limit: 3,000 words, excluding abstract, references, tables and figures
- Abstract: 150 words
- References: 20
- Figures/Tables: a maximum of 2 essential tables/figures, overall

(6) **“An idea Worth Researching”** is a format where authors propose an idea that may not yet have adequate empirical support or be ready for full empirical testing, but holds great promise for advancing our understanding of eating disorders. Authors are encouraged to write a piece that is bold, forward looking, and suggestive of new and exciting avenues for research and/or practice in the field.

- Word Limit: 1,500 words maximum, excluding abstract, references, tables and figures
- Abstract: no abstract
- References: 5 maximum, in footnote format
- Figures/Tables: a maximum of 2 essential tables/figures, overall

**PREPARATION OF MANUSCRIPT & MANUSCRIPT FORMAT**

General Format
Manuscripts must be typed in English and double-spaced throughout, with margins of at least one inch at the top, bottom, and both sides of each page. All manuscripts are subject to copyediting; however, it is the primary responsibility of the authors to proofread thoroughly and ensure correct spelling and punctuation, completeness and accuracy of references, clarity of expression, thoughtful construction of sentences, and legible appearance prior to the manuscript's submission. Preferred spelling follows Webster's New Collegiate Dictionary or Webster's Third New International Dictionary. The manuscript should conform to accepted English usage and syntax. Use headings to indicate the manuscript's general organization. Do not use a heading for the introduction. In general, manuscripts will contain one of several levels of headings. Centered upper case headings are reserved for Methods, Results, and Discussion sections of the manuscript. Subordinate headings (e.g., the Participants or Procedure subsection of Methods) are typed flush left, underlined, in upper case and lower case letters. The text begins a new paragraph. Number all pages of the manuscript except the figures (including title page and abstract) consecutively. Manuscripts that do not conform to the author guidelines stated here will be unsubmitted.

Number all pages of the manuscript except the figures (including title page and abstract) consecutively. Parts of the manuscripts should be arranged in the following sequence:

(1) **Title page.** (numbered 1) Titles should be short and specific, conveying the main point of the article. The title page should include the full names, titles, and affiliations of all authors, and an abbreviated title (Running Head) that should not exceed 50 characters, counting letters, spacing, and punctuation. The Running Head should be typed in upper case letters centered at the bottom of the title page. Each page of the manuscript (excluding figures) should be identified by typing the first two or three words of the full title in the upper right-hand corner above the page number. No running head is required for letters to the editor. Indicate the word count for the abstract and the word count for the manuscript (excluding figures, tables, and references).

(2) **Abstract.** (word maximum varies by article type) For article types requiring an abstract, the abstract should be typed as a single paragraph on a separate page, numbered 2. Type the word "Abstract" in upper and lower case letters, centered at the top of page 2. Provide the following information in the form of a structured abstract, using these headings: **Objective:** briefly indicate the primary purpose of the article, or major question addressed in the study. **Method:** indicate the sources of data, give brief overview of methodology, or, if review article, how the literature was searched and articles selected for discussion. For research based articles, this section should briefly note study design, how participants were selected, and major study measures. **Results:** summarize the key findings. **Discussion:** indicate main clinical, theoretical, or research applications/implications. The Journal requires structured abstracts with one exception: the Journal will continue to use unstructured abstracts for case reports.

(3) **Text.** Begin the text on page 3 and be sure to identify each page with the short title typed in the upper right-hand corner above the page number. Type the full title of the manuscript centered at the top, and then begin the text. The full title appears on page 3 only. Indent all paragraphs. The maximum length for article submissions is specified for each manuscript type. Authors are advised that content be
conveyed as concisely as possible.

(4) **References.** Begin on separate page, with the word "References" typed in upper and lower case letters, centered at the top of the page. References must be double spaced.

(5) **Appendices.** Type each appendix on a separate page labeled "Appendix A, B", etc., in the order in which they are mentioned in the text.

(6) **Footnotes.** Start on separate page.

(7) **Tables.** Tables should be double-spaced, including all headings, and should have a descriptive title. If a table extends to another page, so should all titles and headings. Each table should be numbered sequentially in Arabic numerals and begin on a new page. Be sure to explain abbreviations in tables even if they have already been explained in-text. Consider the tables and figures to be self-contained and independent of the text. They should be interpretable as stand-alone entities.

(8) **Figure captions.** Start on separate page. Each figure caption should have a brief title that describes the entire figure without citing specific panels, followed by a description of each panel. Figure captions should be included in the submitted manuscript as a separate section. Be sure to explain abbreviations in figures even if they have already been explained in-text. Consider the tables and figures to be self-contained and independent of the text. They should be interpretable as stand-alone entities. Axes for figures must be labeled with appropriate units of measurement and description.

(9) **Acknowledgements/Disclosure of Conflicts.** Start on a separate page. Any possible conflict of interest, financial or otherwise, related to the submitted work must be clearly indicated in the manuscript. Acknowledge significant contributions that do not warrant authorship; list sources of support (e.g., federal, industry, or other funding).

**Informed Consent**

The Methods section should include a statement that the research was reviewed and approved by an institutional review board, and that participation involved informed consent.

Every effort should be taken to ensure the anonymity of the patient concerned, and any clinicians not involved as authors. If there is any potentially identifiable information, then it is the responsibility of the authors to seek and obtain approval from the local Institutional Review Board (IRB) (or equivalent) for the case to be reported, and a copy of that approval should be made available to the Editor on request.

**Presenting Statistical Data in Text**

For additional detail regarding statistical requirements for the manuscript see [IJED Statistical Formatting Requirements](IJED_Statistical.Formatting.Requirements.V5.pdf). For more detailed
background information on statistical analyses and their rationale authors are referred to IJED Statistical Reporting Guidelines (IJED_Statistical_Reporting_Guidelines_revisedFINAL.pdf).

References
Wiley's Journal Styles Are Now in EndNote (Wiley's Journal Styles and EndNote) (http://wileyonlinelibrary.com/jendnotes). EndNote is a software product that we recommend to our journal authors to help simplify and streamline the research process. Using EndNote's bibliographic management tools, you can search bibliographic databases, build and organize your reference collection, and then instantly output your bibliography in any Wiley journal style. If you already use EndNote, you can download the reference style (http://wileyonlinelibrary.com/jendnotes) for this journal. To learn more about EndNote, or to purchase your own copy, click here (http://wileyonlinelibrary.com/jendnotes). If you need assistance using EndNote, contact endnote@isiresearchsoft.com (MAITO:endnote@isiresearchsoft.com), or visit www.endnote.com/support (http://www.endnote.com/support).

Except as noted for Commentaries, “Ideas Worth Researching” and Letters to the Editor, referencing follows the Vancouver method of reference citation. In this system, references are numbered consecutively in the order in which they are first mentioned in the text. Identify each reference in text, tables, and legends by Arabic numbers. All references cited should be listed numerically at the end of the paper. Prepare citations according to the style used in Index Medicus and the International list of periodical title word abbreviations (ISO 833).

All reference citations in the text should appear in the reference list. When there are less than seven authors, each must be listed in the citation. When seven or more authors, list the first six followed by et al. after the name of the sixth author. Representative examples are as follows:


Preparation of figures. To ensure the highest quality print production, your figures must be submitted in TIFF format according to the following minimum resolutions:

- 1200 dpi (dots per inch) for black and white line art (simple bar graphs, charts, etc.)
- 300 dpi for halftones (black and white photographs)
- 600 dpi for combination halftones (photographs that also contain line art such
Vector-based figures (usually created in Adobe Illustrator) should be submitted as EPS. Do not submit figures in the following formats: JPEG, GIF, Word, Excel, Lotus 1-2-3, PowerPoint, PDF.

Graphs must show an appropriate grid scale. Each axis must be labeled with both the quantity measured and the unit of measurement. Color figures must be submitted in a CMYK colorspace. Do not submit files as RGB. All color figures will be reproduced in full color in the online edition of the journal at no cost to authors. Authors are requested to pay the cost of reproducing color figures in print. Authors are encouraged to submit color illustrations that highlight the text and convey essential scientific information. For best reproduction, bright, clear colors should be used.

**Supplementary materials.** Supplementary materials will be made available to readers as a link to the corresponding articles on the journal's website.

**ADDITIONAL GUIDELINES FOR COPYEDITING OF MANUSCRIPTS FOR INTERNATIONAL JOURNAL OF EATING DISORDERS**

1. Some authors use terms such as “anorexics” or “bulimics” as personal pronouns, referring to groups of individuals by their common diagnosis. Language of this type should be replaced with such terms as “individuals with anorexia nervosa”, “people with bulimia nervosa”, or “participants with eating disorders”.

2. The term “participants” should be used thought the article instead of “subjects”.

3. Standard rules will continue to govern the use of capitalization in Headings and Subheadings. However, when a minor word in a Heading or Subheading actually has special or unique meaning, the rule should be overridden.

4. When referring to gender, “males” and “females” should be used in cases where the study samples include both children (below age 18) and adults; when the participants comprise adults only, the terms “men” and “women” should be used. In articles that refer to children (i.e., below the age of 13), “boys” and “girls” should be used.

5. In articles that refer to genetic material, the names of genes should be spelled out in full the first time they appear in the text, after which an italicized abbreviation can be substituted.

6. The word “data” is plural; therefore, text should follow accordingly (for example, “The data show…the data are … the data were…”).

7. For information on how to present p values and other standard measurements see [IJED Statistical Formatting Requirements](IJED_Statistical_Formatting_Requirements_V5.pdf)
SUBMISSION

Prepare your manuscript and illustrations in appropriate format, according to the instructions given here.

If you have not already done so, create an account for yourself in the system at the submission site, http://mc.manuscriptcentral.com/ijed/ (http://mc.manuscriptcentral.com/ijed/) by clicking on the "Create an Account" button. To monitor the progress of your manuscript throughout the review process, just log in periodically and check your Author Center.

Please be sure to study the Instructions and Forms given at the site carefully, and then let the system guide you through the submission process. Online help is available to you at all times during the process. You are also able to exit/re-enter at any stage before finally "submitting" your work. All submissions are kept strictly confidential. If you have any questions, do not hesitate to contact us at support@scholarone.com (support@scholarone.com).

REVIEW

Rigorous evaluation of submitted material by expert reviewers is essential to ensuring that the journal achieves its mission. To facilitate timely feedback to authors and to avoid burdening expert reviewers unduly, the journal utilizes a two-tiered review process for all contributions (whether invited or unsolicited). The first tier involves an initial editorial preview to be implemented within days of receipt of an article. If the article is considered to have potential for publication in the journal, the second tier involves peer review, typically by two to three experts. The Editor-in-Chief, at times, may delegate final decision making authority to one of the Associate Editors.

Editorial Pre-Screen. The Editor-in-Chief will pre-screen all submissions to determine articles’ suitability based on fit with the journal’s scope and scholarly merit. Articles deemed to fall outside of the journal’s scope or to be of limited merit (e.g., because of substantial methodological flaws or insufficiently novel contribution to the field) will not be sent out for peer review. Pre-screening of articles does not involve detailed evaluation.

Peer Review. Submissions that, based on editorial pre-screening, are considered of potential suitability for the journal are forwarded to members of the editorial board (and, on occasion, outside experts) for detailed evaluation and feedback. Expert reviewers are asked to evaluate the merit of an article based on the quality of methods applied, presentation, and overall contribution to the field. Reviewers are instructed to offer a thorough, constructive, and timely evaluation of all aspects of the article and to enumerate strengths and weaknesses. Authors are invited to recommend expert reviewers.

Exceptions to the peer-review procedures described above are made in the case of a) Letters to the Editor which, rather than being forwarded for additional peer review, are evaluated only by the Editor and one Associate Editor, and b)
Commentaries, which are evaluated only by the action editor and one additional reviewer.

Accepted manuscripts become the permanent property of The International Journal of Eating Disorders and cannot be printed elsewhere without prior permission of the publisher.

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services; where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.

**For authors signing the copyright transfer agreement**

If the OnlineOpen option is not selected the corresponding author will be presented with the copyright transfer agreement (CTA) to sign. The terms and conditions of the CTA can be previewed in the samples associated with the Copyright FAQs below:

CTA Terms and Conditions http://authorservices.wiley.com/bauthor/faqs_copyright.asp

**For authors choosing OnlineOpen**

If the OnlineOpen option is selected the corresponding author will have a choice of the following Creative Commons License Open Access Agreements (OAA):

Creative Commons Attribution License OAA

Creative Commons Attribution Non-Commercial License OAA

Creative Commons Attribution Non-Commercial -NoDerivs License OAA

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs hosted on Wiley Author Services http://authorservices.wiley.com/bauthor/faqs_copyright.asp and visit http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright-License.html.

If you select the OnlineOpen option and your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) you will be given the opportunity to publish your article under a CC-BY license supporting you in complying with Wellcome Trust and Research Councils UK requirements. For more information on this policy and the Journal’s compliant self-archiving policy please visit: http://www.wiley.com/go/funderstatement.
NIH PUBLIC ACCESS MANDATE

For those interested in the Wiley-Blackwell policy on the NIH Public Access Mandate, please visit our policy statement (http://www.wiley.com/go/nihmandate).

For additional tools visit Author Resources (http://olabout.wiley.com/WileyCDA/Section/id-404516.html) - an enhanced suite of online tools for Wiley journal authors, featuring Article Tracking, E-mail Publication Alerts and Customized Research Tools.

- Permission Request Form (http://onlinelibrarystatic.wiley.com/central/prf/USsprf.pdf) (or request permission online via RightsLink (http://www.copyright.com/content/cc3/en/toolbar/getPermission.html))

PROOFS

Authors will be supplied with proofs to check the accuracy of typesetting. Authors may be charged for any alterations to the proofs beyond those needed to correct typesetting errors. Proofs must be checked and returned within 48 hours of receipt.

Reprints may be purchased at https://caesar.sheridan.com/reprints/redir.php?pub=10089&acro=eat

?? Production Questions ??
Production Editor
E-mail: jrnprodEAT@cadmus.com
International Psychogeriatrics

Please read these instructions carefully before submitting articles. Articles which are not prepared in accordance with these guidelines will be returned to authors unreviewed.

Scope and contributions

International Psychogeriatrics is written by and for those doing clinical, teaching, and research work with elderly people. It is the official journal of the International Psychogeriatric Association (IPA) and is published by Cambridge University Press, Cambridge, UK. Although it is concerned primarily with psychogeriatrics, the journal welcomes contributions from all concerned with the field of mental health and aging. Original research papers are particularly sought.

Contributions include original research articles, reviews of the literature, “for debate” articles, case reports, letters to the editor, book reviews and editorials. Apart from editorials, “for debate” articles and book reviews, which are commissioned, contributions to International Psychogeriatrics are spontaneously written and submitted by authors. Papers are reviewed by at least two expert reviewers selected by the Editor-in-Chief. At present about half of the papers submitted are accepted for publication in this journal which is published twelve times per annum. The journal’s Science Citation Index Impact Factor (2013) is 1.892. Submission of a paper implies that it is neither under consideration for publication elsewhere, nor previously published in English.

Manuscripts must be formatted double-spaced with ample margins on all sides and the pages should be numbered. Please leave a spare line between paragraphs to enable typesetters to identify paragraph breaks without ambiguity. International Psychogeriatrics uses the spelling of American English. Manuscripts written by those whose primary language is not English should be edited carefully for language prior to submission. International Psychogeriatrics has a Language Advisory Panel of English speakers willing to check manuscripts for style prior to submission. Details can be found at both the journal website (http://journals.cambridge.org/ipg) under the related links icon and the IPA website (http://www.ipa-online.org/).

Submission of manuscripts

Manuscripts should be submitted online via our manuscript submission and tracking site, http://mc.manuscriptcentral.com/ipg. Full instructions for electronic submission are available directly from this site. If you are unsure of the suitability of your manuscript, please e-mail the abstract to the Journal Office before submitting online: ipaj-ed@unimelb.edu.au

To facilitate rapid reviewing, communications for peer review will be electronic and authors will need to supply a current e-mail address when registering to use the system.

When submitting your manuscript you will need to supply:

A cover letter, the manuscript with the text file in MS Word format, and all figures in TIFF or JPEG format. If the paper reports the results of a randomized controlled trial please ensure that it conforms to our requirements listed below under the heading ‘Submission of randomized clinical trials’ on page 2. If the research was paid for by a funding organization, the cover letter must contain the following three statements (this information does not have to be included in the manuscript itself but only in the cover letter). If the research was not paid for by a funding organization only the third statement is required:

1. That the authors have not entered into an agreement with the funding organization that has limited their ability to complete the research as planned and publish the results.

2. That the authors have had full control of all the primary data.
3. That the authors are willing to allow the journal to review their data if requested.

Submission of a manuscript will be taken to imply that all listed authors have seen the final version and approved it.

All papers will be assessed by two reviewers. If their opinions are too disparate to permit the Editor-in-Chief to make a decision on publication or the reviewers are unable to make clear recommendations, the paper will be assessed by a third reviewer. The Editor-in-Chief's decision to accept, reject or request revision of the paper for publication will be final. The abstract and author details will be seen by prospective reviewers of the manuscript. Authors can suggest the names and contact information of experts qualified to review the work, but the Editor-in-Chief is not obliged to follow these suggestions. Papers must bear the authors' names, titles (e.g., Dr, Professor, etc.), affiliation(s), and address(es). This information will be seen by reviewers. Reviewers' names will not be supplied to authors unless a reviewer asks to be so identified. Authors will be provided with a copyright transfer form to sign after acceptance of the manuscript, consenting to publication of the paper in *International Psychogeriatrics*.

The receipt of all submitted papers will be acknowledged. Authors who do not receive an acknowledgement of receipt of their paper within three weeks of submission should assume that their paper has not been received and should contact ipaj-ed@unimelb.edu.au, Professor Nicola Lautenschlager. Normanby House, St George's Hospital, 283 Cotham Road, Kew, Victoria, 3101, Australia, Tel: +61 3 9816 0485, Fax: + 61 3 9816 0477. Most authors can expect to receive an initial decision on the fate of their paper together with referees' reports within no more than 100 days of submission. Authors who have received no further communication 120 days after acknowledgment of receipt of their article should contact ipaj-ed@unimelb.edu.au.

**Submission of papers reporting randomized controlled trials**

In order to ensure the public availability of the results of randomized controlled trials, the International Committee of Medical Journal Editors has suggested that all such trials should be registered. In common with many leading medical journals *International Psychogeriatrics* has decided to follow this policy. Since 31 December 2006 we will not review any paper submitted to us reporting a randomized clinical trial unless the trial was registered in a public trial registry from the date it commenced recruitment or, if recruitment started before 30 November 2006, we require that the trial was registered no later than 30 November 2006. For further details on the reasons for this policy see the June 2006 editorial, Ames, D. (2006). Registration of Clinical Trials submitted for publication in *International Psychogeriatrics*. *International Psychogeriatrics*, 18, 191-193.

All manuscripts reporting randomized controlled trials should have the following sent with them or they will be returned to the authors.

- **a.** A check list and flow chart in accordance with the CONSORT guidelines which can be found at [http://www.consort-statement.org](http://www.consort-statement.org). Please send in the checklist as a supplementary file and include the flow chart as Figure 1 in the manuscript.

- **b.** The trial protocol is to be submitted as a supplementary file. This will not be published but it is needed to appraise and peer review the paper.

- **c.** The registration number of the trial and the name of the trial registry in which it was registered. Please add these to the last line of the paper's structured abstract. Trials that began enrolment of patients after 31 December 2006 must have been registered in a public trials registry at or before the onset of enrolment to be considered for publication in *International Psychogeriatrics*. Trials that began enrolment prior to 30 November 2006 must have been registered no later than that date. Our criteria for a suitable public trial registry are: free to access; searchable; identification of trials by unique number; free or minimal cost for registration; validation of registered information; inclusion of details to identify the trial and the investigator within the registered entry (including the status of the trial); research question, methodology; intervention; and funding and sponsorship disclosed.
Organization and style of research articles

Title page and corresponding author: Each article must have a title page with the title of the article, a list of all authors and their titles, affiliations and addresses. Each author must select only ONE country as their location. Author qualifications should not be listed as these are not published in the journal. The title page should explicitly identify the author to whom correspondence about the study should be addressed and that author’s email address, telephone number, fax number and postal address must be clearly stated.

Abstract: Abstracts for original research and reviews should be structured and incorporate 4 sub-headings: background, method(s), results, conclusion(s). Abstracts for protocol only papers should omit the third sub-heading (Results). Abstracts for case reports should have no sub-headings. Abstracts should communicate the primary findings and significance of the research. They should not exceed 250 words in length.

Key words: Under this heading and beneath the abstract, please list up to 8 words for the purpose of indexing.

Running title: This should contain no more than 50 characters including spaces.

Introduction: Briefly state the relevant background to the study to provide the necessary information and context to enable non-specialists to appreciate the objectives and significance of the paper. Most introductions to articles received for review are too long.

Methods: Materials and procedures should be described in sufficient detail to enable replication. Any statistical procedures used should be outlined and their use should be justified here. Results should not be included in the Method(s) section. If statistical procedures are used, they should be described here in adequate detail. Choice of statistical technique should be justified including some indication of the appropriateness of the data for the technique chosen. Adequacy of the sample size for the statistical technique(s) used must be addressed. If appropriate, a description of the statistical power of the study should be provided. If multiple univariate significant tests are used, probability values (p-values) should be adjusted for multiple comparisons, or alternatively a multivariate test should be considered.

Further advice about statistics and International Psychogeriatrics can be found in the following article: Chibnall, J. (2000) Some basic issues for clinicians concerning things statistical. International Psychogeriatrics, 12, 3-7. The following article may also be of assistance to intending contributors: Chibnall J.T. (2004). Statistical audit of original research articles in International Psychogeriatrics for the year 2003. International Psychogeriatrics 16, 389-396. Both of these are available at the International Psychogeriatrics website by following the link to Statistical Advice for intending contributors. This is also located under the related links icon at the journal homepage (http://journals.cambridge.org/ipg).

Results: This section may contain subheadings. Authors should avoid mixing discussion with the results. Sample sizes should be delineated clearly for all analyses. Some indicator of variability or sampling error should be incorporated into the reporting of statistical results (e.g. standard deviation, standard error of the mean). Wherever possible an indicator of effect size (e.g. Cohens d, r², Cramers V, 95% confidence interval) should be reported in addition to p values. If multiple univariate statistical tests are used p values should be adjusted for multiple comparisons or alternatively a multivariate test should be used. Obtained statistical values for tests should be reported with degrees of freedom (e.g. t, F, $\chi^2$).

Discussion: Interpretation of the results with respect to the hypothesis(es) and their significance to the field should be discussed here. Results should be interpreted in the light of the size of the effect found and the power of the study to detect differences. Any methodological weaknesses of the study should be outlined, including limitations imposed by sample size. Careful consideration of the conclusion(s) for accuracy and alternative interpretation, and possible conflicts or resolution of conflicts in the field is encouraged. Limited speculation and directions for future research can be included.

Conflict of interest declaration: This section must be completed. This should follow the discussion and precede the references. Where there is no conflict of interest perceived to be
present the heading Conflict of Interest should be included with the single word “none” underneath it. For full details see below.

Description of authors’ roles: This section must be completed if the paper has 2 or more authors. It should contain a very brief description of the contribution of each author to the research. Their roles in formulating the research question(s), designing the study, carrying it out, analysing the data and writing the article should be made plain. For example: H. Crun designed the study, supervised the data collection and wrote the paper. M. Bannister collected the data and assisted with writing the article. N. Seagoon was responsible for the statistical design of the study and for carrying out the statistical analysis.

Acknowledgements: Any acknowledgements other than conflict of interest declarations in regard to sponsorship should be listed briefly here.

References: No more than 30 articles that have been published or are in press should be cited. If authors believe that more than 30 references are essential this must be justified in the cover letter. Unpublished data, personal communications, and manuscripts submitted for publication should be cited in the text and the supporting material submitted with the manuscript. International Psychogeriatrics uses the Harvard referencing system. Within the text of each paper journal articles should be cited in the style (Smith and Jones, 1999). Where an article quoted in the body of the text has more than two authors the term “et al.” should be employed, i.e., (Smith et al., 1999). Text citations of multiple articles should be separated by semicolons, i.e., (Smith and Jones, 1999; Smith et al., 1999). At the end of each paper, all cited references should be listed alphabetically in the style indicated below. If the Digital Object Identifier (doi) is known, it should be added to the reference.


Where an article or book chapter has more than six authors only the first author’s name should be given followed by the words “et al.”.

For further examples of reference style see papers in recent issues of International Psychogeriatrics.

Figures/Tables: The manuscript should contain no more than five figures or tables. The copies submitted with the manuscript must be of sufficient quality to enable reviewers to evaluate the data. Ther journal has a small budget to permit some colour to be printed in come issues but authors wishing to publish figures requiring colour to communicate the data may be required to pay some or all the additional cost.

Figure/Table legends: Each caption should begin with a brief description of the conclusion or observation provided in the figure. These should be submitted as a separate section after the References.

Supplementary material: More detail about the submission of supplementary material is available below – see “Supplementary Material for online only publication” and “Instructions for contributors – Supplementary Material” in subsequent pages of this document.

Word limits: At present International Psychogeriatrics does not have a fixed word limit for articles, but because of limited space, short articles have a higher chance of acceptance than longer ones of an equivalent standard.
Conflict of interest

Conflict of interest occurs when authors have interests that might influence their judgement inappropriately, regardless of whether that judgement is influenced inappropriately or not. *International Psychogeriatrics* aims to conform to the policies of the World Association of Medical Editors in regard to conflict of interest. For full details please see the website [http://www.wame.org/wamestmt.htm#fundres](http://www.wame.org/wamestmt.htm#fundres). To this end all authors must disclose potential conflicts of interest so that others may be aware of their possible effects. Specifically, under the heading conflict of interest, all articles must detail:

The source(s) of financial support for the research (if none, write “none”).

A description of any sponsor’s role(s) in the research (e.g., formulation of research question(s), choice of study design, data collection, data analysis and decision to publish).

Information about any financial relationship between any author and any organization with a vested interest in the conduct and reporting of the study. For example, in a study on the effects of a drug made by Bigpharma which directly competes with another drug made by Megadrug a declaration might say “Jane Smith has received research support and speaker’s honoraria from Bigpharma and has received financial assistance from Megadrug to enable her to attend conferences.”

Reviews of the Literature

*International Psychogeriatrics* will publish at least 1 literature review in each issue. Authors intending to submit a literature review should check recent issues of *International Psychogeriatrics* to ensure that no review of the topic they propose to discuss has been published in the journal in recent times. Review articles may have up to 50 relevant references. Authors contemplating the submission of a literature review article are welcome to contact the editor to discuss the appropriateness of the topic prior to submission ([ipaj-ed@unimelb.edu](mailto:ipaj-ed@unimelb.edu)). Literature reviews should have an abstract.

“For Debate” Articles

From time to time *International Psychogeriatrics* will publish “For debate” articles on topics of a controversial nature. “For debate” articles will be commissioned by the editor, but readers are welcome to suggest possible topics for debate by contacting the editor at [ipaj-ed@unimelb.edu.au](mailto:ipaj-ed@unimelb.edu.au). To view recently published debates see journal issues 19(6), 20(2), and 21(2).

Case Reports

Case reports will be accepted for review and considered for publication. They should be of 1200 words or less and should have no more than 10 references. An unstructured abstract of 100 words or less is required. When submitting case reports authors must enclose a letter of consent to publication from each of the patient(s) described or, if the patient(s) is/are deceased or not competent to consent the authors must indicate that they have obtained such consent from the patient's legal guardian(s). These letters will be kept confidential.

Study protocol articles

Any author contemplating submission of a protocol only paper is advised to contact the editor of IPG via [ipaj-ed@unimelb.edu.au](mailto:ipaj-ed@unimelb.edu.au) to discuss the paper’s suitability for submission prior to submitting it.

Qualitative research articles

Authors of qualitative research articles are advised to contact the editor of IPG via [ipaj-ed@unimelb.edu.au](mailto:ipaj-ed@unimelb.edu.au) to discuss the paper’s suitability for the journal before submitting online.

Letters to the Editor

Reader's letters will be considered for publication. Letters should be no longer than 1,000 words and should have no more than 5 references. No abstract is required. Usually tables will not be published in the Letters section of the journal, but may be accepted for online publication as supplementary material at the journal website.

Supplementary Material for online only publication

*International Psychogeriatrics* has the facility to publish unedited figures, tables, appendices, any non-English sections, and other material which is not suitable for inclusion in papers published in
the paper copy of the journal as supplementary online material attached to the electronic version of individual papers at http://journals.cambridge.org/ipg. This renders such supplementary material accessible without clogging the journal with materials that will be of interest to only a small minority of readers. If submitting such supplementary material please follow the instructions below. If referring to supplementary material in a paper the following form of words should be used “see table S1/figure S1/appendix A1 published as supplementary material online attached to the electronic version of this paper at http://journals.cambridge.org/ipg”.

Instructions for contributors – Supplementary Material

There will normally be one of the following reasons for you to be supplying supplementary material to accompany the online version of your article:

1. You wish to link to additional information which due to its nature does not lend itself to print media (examples- full data sets, movie or sounds files etc…)

2. The Editor of the Journal has requested that you extract certain information from the original article in order to allow for space constraints of the print version.

3. You have requested additional material to be available to accompany an article that does not normally allow such material to be included (examples – sections not written in the English language, tables to accompany a correspondence article).

N.B. Please note that no copyediting or quality assurance measures will be undertaken on supplementary material (other than to ensure that the file is intact). The authors therefore warrant that the supplementary material that they submit is in a suitable format for publication in this manner. The material shall be published online in exactly the form that it is supplied.

Submission

Please follow the following instructions to supply supplementary material to accompany the online version of your article:

1. Each supplementary file must be supplied as a separate file. Do not supply this material as part of the file destined for publication in the print journal.

2. Each supplementary file must have a clear title (for example, Supplementary Figure 1).

3. Provide a text summary for each file of no more than 50 words. The summary should describe the contents of the file. Descriptions of individual figures or tables should be provided if these items are submitted as separate files. If a group of figures is submitted together in one file, the description should indicate how many figures are contained within the file and provide a general description of what the figures collectively show.

4. The file type and file size in parentheses.

5. Ensure that each piece of supplementary material is clearly referred to at least once in the print version of the paper at an appropriate point in the text, and is also listed at the end of the paper before the reference section.

Format and file size

- File sizes should be as small as possible in order to ensure that users can download them quickly.

- Images should be a maximum size of 640 x 480 pixels at a resolution of 72 pixels per inch.

- Authors should limit the number of files to under ten, with a total size not normally exceeding 3 MB. Sound/movie files may be up to 10 MB per file; colour PDFs/PowerPoint may be up to 5 MB per file; all other general file types may be up to 2 MB per file but most files should be much smaller.
We accept files in any of the following formats (if in doubt please enquire first):

MS Word document (.doc), Adobe Acrobat (.pdf), Plain ASCII text (.txt), Rich Text Format (.rtf), WordPerfect document (.wpd), HTML document (.htm), MS Excel spreadsheet (.xls), GIF image (.gif), JPEG image (.jpg), TIFF image (.tif), MS PowerPoint slide (.ppt), QuickTime movie (.mov), Audio file (.wav), Audio file (.mp3), MPEG/MPG animation (.mpg)

If your file sizes exceed these limits or if you cannot submit in these formats, please seek advice from the editor handling your manuscript.

Supply of author-generated artwork

Monochrome line subject illustrations supplied as hard copy only
These should have the author's name and figure number clearly marked on the back of each piece of artwork. The figures will be scanned at 1200 dpi and compressed using LZW. The scanning process can result in problems with some fine ornaments and with any grey tints used (e.g. tints can fill in; a Moiré interference pattern can be produced; or poor quality, patchy tints result). Illustrations of this kind may be acceptable in a desktop publishing format, but they do not proceed satisfactorily through the several stages before printing. Plain black/white is acceptable, but all other shades/tints should be replaced with distinct PostScript fills or custom fills.

Monochrome line subject illustrations supplied in digital form
Macromedia Freehand, Adobe Illustrator and Adobe Photoshop are the preferred graphics packages. Before submitting your artwork, please do the following:

- Where possible, please supply illustrations as TIFF or EPS files (300 dpi). When submitting EPS files you must convert your text within the file to artwork/outlines. If your EPS file contains a scanned image, you must ensure that you supply a full EPS, i.e. binary data. Do not supply PostScript files. PostScript files cannot be included within our integrated page make-up system, or worked on in any way. For best results please save your files as TIFF or EPS files. If files cannot be supplied in this way other formats can be handled (although we do not guarantee to use them).

- Draw or scan line artwork to finished size with appropriate line weights and typefaces.

- Indicate the file format (e.g. TIFF or EPS), the graphics software that you have used in originating the artwork files (e.g. Freehand 7.0, Illustrator 8.0, etc.) and the computer operating system used (e.g. Mac OS 8.6, Windows NT).

- Supply a laser print of all figures. List the name and version of the artwork package used and the names and libraries of fonts used in the artwork or EPS files.

Pattern fills and tints
Artwork packages do not always generate pattern fills for output on image/platesetters. Imagesetters will interpret them differently from your Mac or PC and the result often looks pixellated or blocked. Where possible, use PostScript fills, custom fills and conventional tints. PostScript fills frequently do not display well on screen but they do print out correctly. It is best to avoid the use of complex or very detailed tints, patterns and symbols. These seldom reproduce satisfactorily when reduced to fit the page and when used in a caption or legend may be completely illegible when represented on a screen (for example during page make-up, or on the Web) or when output on low-quality CUP artwork instructions.doc 2 laser printers. Supplying as TIFF or EPS files (see above) alleviates this problem.

Please therefore:

- Use only the tints, patterns and symbols shown here.

- Use conventional fills: solids, tints, lines or cross-hatching.

- Use a PostScript fill if possible.
• Do not use a screen value above 133 lpi. Generally, 100 lpi is better (even when scanned at high resolution finer tints do not reproduce satisfactorily when reduced).

• If possible, use just one kind of screen (line angle or dot shape) and one screen value throughout the document.

• Do not use pattern fills from a graphics program, as these are usually bitmap patterns, which do not output adequately to plate/image setters.

• Do not use colour tints, even if the figure is intended for monochrome printing; use black/white/greyscale.

• Do not use .hairline. line widths in graphics packages.

**Monochrome halftone subjects**

Figures composed of (hard copy) photographs should be unscreened glossy prints presented at publication scale; each component part should be named with a lower-case letter. Photographic artwork is numbered as part of the sequence of figures, not as separate plates. If supplying these in digital form, your repro house should follow these instructions:

• Scanning: Scan at a resolution that is around twice the intended screen value; for example scan at 300 dpi for 133 or 150 screen.

• Dot range (halftones only): This is the term we use to describe the highlight/white area and shadow/black areas within a printed image. To prevent the heavy or dark areas of your halftones from filling in or the light areas being washed out we specify a dot range that allows for gains or losses during the process to lithographic printing. Pre-set the dot range at 1% highlight to 96% shadow where possible, we will check your files before outputting as a safeguard.

• Data files: Supply data as TIFF files; if you wish to compress them, use lossless compression software such as the LZW compression package.

• Laser proofs: Supply a good quality laser proof of all figures. List the name and version of the artwork package used and the names and libraries of fonts used in the artwork. If we are unable to use your electronic file, we can scan in the laser proof as an alternative until a revised file can be supplied.

• Line & tone combination: Files scanned as line & tone combination should be scanned at a higher resolution than a standard halftone to ensure better type/line quality, for example, 600 dpi.

**Colour halftone or line subjects**

• Do not submit line subject drawings with coloured tints unless the figure is required as a colour plate; use only black/white/greyscale.

• If supplying colour subjects in digital form, submit as TIFF or EPS files and choose CMYK colour mode when saving your scans. If you supply files as RGB we need to convert them to the CMYK printing process before we can print, this usually results in a slight change of the colour values; therefore all colour correction must be carried out in CMYK mode on your machine.

**Checklists**

• Always supply a printed directory of file names, laser proofs of all the figures, and a list of fonts/typefaces used in labelling artwork.

• Transfer media

• You can supply artwork files in any of the following media:
  
  Apple Mac/PC:
  • disks at 3.5 inch
  • 100/250 Mb Floppy ZIP drive
  • CD-ROM
**Virus check**
Before dispatching your disks please run them through a virus checker program. If possible, also check Word and Excel files for viruses.

**General notes**
Following acceptance of a manuscript the contact author should receive proofs within 1-12 weeks. They also will be required to complete and forward a copyright form and authors’ checklist both of which will be forwarded to the corresponding author by email when the article is accepted. The average time from an article being accepted to being e-published ahead of print as a First View article is 35 days, provided authors return proofs promptly. E-publication generates a doi number and counts as full publication for citation purposes.

Editorials, “For Debate” articles and book reviews are commissioned by the editor.

Reviewers who reviewed papers in the previous calendar year will be acknowledged in the journal each year. *International Psychogeriatrics* no longer publishes an annual index as modern computerised search techniques have rendered annual hard copy indices obsolete.

Contributors should refer to recent issues of the journal for examples of formatting (abstracts, headings, references, tables, etc.).

**Author Language Services**
Cambridge recommends that authors have their manuscripts checked by an English language native speaker before submission; this will ensure that submissions are judged at peer review exclusively on academic merit. We list a number of third-party services specialising in language editing and / or translation, and suggest that authors contact as appropriate. Use of any of these services is voluntary, and at the author’s own expense.

**Office of the Editor-in-Chief**

Professor Nicola Lautenschlager  
Professor of Psychiatry of Old Age  
Editor-in-Chief, *International Psychogeriatrics*,  
RMH Royal Park Campus  
34-54 Poplar Road,  
Parkville, Victoria 3052  
Australia  
Email: ipai-ed@unimelb.edu.au

**For book review submissions:**

Professor David Ames  
Normanby House  
St George’s Hospital  
283 Cotham Road  
Kew, Victoria 3101  
Australia  
Email: dames@unimelb.edu.au  
Tel: +61 419378455  
Fax: +61 3 9816 0477

**For business matters:**

Susan M. Oster  
Managing Editor, *International Psychogeriatrics*  
International Psychogeriatric Association  
550 Frontage Road  
Suite 3759  
Northfield, IL 60093  
USA  
Email: ipa@ipa-online.org  
Tel: +1 847 501 3310  
Fax: +1 847 501 3317  
Web: www.ipa-online.org

(Revised 23/09/2015)
TABLE OF CONTENTS

- Description p.1
- Audience p.2
- Impact Factor p.2
- Abstracting and Indexing p.2
- Editorial Board p.2
- Guide for Authors p.4

DESCRIPTION

The Journal welcomes contributions to the understanding and treatment of psychopathology. Such contributions may stem from various theoretical perspectives, such as learning theory, cognitive science, social psychology, developmental psychology, etc. The Journal primarily focuses on experimental tests of psychological approaches to psychopathology, though contributions from medicine, biology, sociology, or epidemiology may be published. The same holds for non-experimental approaches, which may occasionally be published if deemed relevant for the field of experimental psychopathology. Papers to be published generally focus on:

- Theoretically or clinically relevant differences between specific patient groups and other groups, if experimentally tested;
- Mechanisms that cause, perpetuate or reduce disorders;
- Diagnostic or therapeutic procedures

Participants in the studies may be patients, healthy subjects, or animals, depending on the relevance of the subject characteristics for the question to be answered.

Clinical trials (RCTs and others) should be registered in an official trial register and the registration number should be reported. These studies should include a flow diagram according to the most recent CONSORT guidelines and a CONSORT checklist should accompany the submission. See http://www.consort-statement.org for the guidelines and forms.

Studies testing hypotheses on characteristics of a disorder should not only include a non-patient control group, but also an appropriate clinical control group, to assess the specificity of the effect. We cannot guarantee acceptance of studies missing an appropriate clinical control group.

Case studies, open trials, and pilot studies may be considered for publication in the Journal if they are unusually innovative.

Consecutive case series with appropriate designs (i.e., contrasting at least two conditions; e.g. multiple baseline design) and appropriate statistical analyses are considered for publication.

Replications are essential in science and are, to the present editor's opinion, often undervalued. Short reports of attempts to replicate experimental studies, whether successful, or failed, and whether applied or fundamental, are considered for publication, if appropriately powered. The maximum number of words is 2500 for these reports.
All submissions will first be screened on the degree to which they match the Aims and Scope of the Journal.

AUDIENCE

Behavioral Therapists, Psychiatrists, Clinical Psychologists

IMPACT FACTOR

2014: 2.312 © Thomson Reuters Journal Citation Reports 2015

ABSTRACTING AND INDEXING

BIOSIS
Behavioral Medicine Abstracts
Child Development Abstracts and Bibliography
Current Contents/Social & Behavioral Sciences
MEDLINE®
EMBASE
Higher Education Abstracts
PsycINFO Psychological Abstracts
PsycLIT
Psychology Abstracts
Research Alert
Sociological Abstracts
Scopus

EDITORIAL BOARD

Co-Editors
A. Arntz, Universiteit van Amsterdam, Amsterdam, Netherlands
A.S. Radomsky, Concordia University, Montréal, Quebec, Canada

Founding Editor
J. Reyna
J. Wolpe

Editorial Board

L.E. Alden, University of British Columbia, Vancouver, British Columbia, Canada
G. Anholt, Ben Gurion University of the Negev, Beersheva, New York, USA
J.G. Asmundson Ph.D., University of Regina, Regina, Saskatchewan, Canada
Y. Bar-Haim, Tel Aviv University, Tel Aviv, Israel
M. Bohren, Griffith University, Southport, Queensland, Australia
M. Bouton, University of Vermont, Burlington, Vermont, USA
D. Clark, University of Oxford, Oxford, UK
J. Coelho, University of British Columbia, Vancouver, British Columbia, Canada
R. Dar, Tel Aviv University, Tel Aviv, Israel
J. de Houwer, Universiteit Gent, Gent, Belgium
P. F. de Jong, Universiteit van Amsterdam, Amsterdam, Netherlands
B. Deacon, University of Wollongong, Wollongong, New South Wales, Australia
G.J. Devilly, University of Melbourne, Melbourne, Victoria, Australia
A. Ehlers, University of Oxford, Oxford, UK
T.W.A. Ehring, Universiteit van Amsterdam, Amsterdam, Netherlands
D. Freeman, King’s College London, London, UK
A. Harvey Ph.D., University of California at Berkeley, Berkeley, California, USA
M. Hay ward, University of Surrey, Guildford, UK
N. Heinrichs Ph.D., Technische Universität Braunschweig, Braunschweig, Germany
A. Hoffart, Modum Bad, Vikersund, Norway
J. Huijding, Erasmus Universiteit, Rotterdam, Netherlands
S. Jolley, King's College London, London, UK
E. Kemps, Flinders University, Adelaide, South Australia, Australia
N. Koerner, Ryerson University, Toronto, Canada
E. Koster, Universiteit Gent, Gent, Belgium
J. Krans, KU Leuven, Leuven, Belgium
T. Lincoln, Universität Hamburg, Hamburg, Germany
C. Martell, Boston University, Boston, Massachusetts, USA
A. Mathews, Medical Research Council (MRC), Cambridge, UK
R. McNally, Harvard University, Cambridge, Massachusetts, USA
S. Moritz, University Medical Center Hamburg-Eppendorf, Hamburg, Germany
M.L. Moulds, University of New South Wales, Sydney, New South Wales, Australia
P. Muris, Maastricht University, Maastricht, Netherlands
T. Ollendick, Virginia Polytechnic Institute & State University, Blacksburg, Virginia, USA
S.J. Rachman, University of British Columbia, Vancouver, British Columbia, Canada
R. Shafran, UCL Institute of Child Health, London, England, UK
P. Spinhoven, Universiteit Leiden, Leiden, Netherlands
D. R. Strunk, Ohio State University, Columbus, Ohio, USA
E. Tsakanikos, King's College London, London, UK
L.R Valmaggia, King's College London, London, UK
M. van den Hout, Utrecht University, Utrecht, Netherlands
D. Veale, Maudsley Hospital, London, UK
G. Waller, King's College London, London, UK
S. Westermann, Universität Bern, Bern, Switzerland
M.J. Zvolensky, University of Houston, Houston, Texas, USA
GUIDE FOR AUTHORS

Your Paper Your Way
We now differentiate between the requirements for new and revised submissions. You may choose to submit your manuscript as a single Word or PDF file to be used in the refereeing process. Only when your paper is at the revision stage, will you be requested to put your paper in to a 'correct format' for acceptance and provide the items required for the publication of your article.
To find out more, please visit the Preparation section below.

Types of Contributions
The Journal welcomes contributions to the understanding and treatment of psychopathology. Such contributions may stem from various theoretical perspectives, such as learning theory, cognitive science, social psychology, developmental psychology, etc. The Journal primarily focuses on experimental tests of psychological approaches to psychopathology, though contributions from medicine, biology, sociology, or epidemiology may be published. The same holds for non-experimental approaches, which may occasionally be published if deemed relevant for the field of experimental psychopathology. Papers to be published generally focus on:

• Theoretically or clinically relevant differences between specific patient groups and other groups, if experimentally tested;

• Mechanisms that cause, perpetuate or reduce disorders;

• Diagnostic or therapeutic procedures

Participants in the study may be patients, non-patients or animals, depending on the relevance of the subject characteristics for the question to be answered. In line with the aims of the Journal, priority is given to studies
1) using experimental methods with
2) data derived from patient samples rather than analogue groups.

Some research questions are best answered in non-patients. This should be evident from the nature of the questions or hypotheses.

Clinical trials (RCTs and others) should be registered in an official trial register and the registration number should be reported. These studies should include a flow diagram according to the most recent CONSORT guidelines and a CONSORT checklist should accompany the submission. See External link http://www.consort-statement.org for the guidelines and forms.

Studies testing hypotheses on characteristics of a disorder should not only include a non-patient control group, but also an appropriate clinical control group, to assess the specificity of the effect. We cannot guarantee acceptance of studies missing an appropriate clinical control group.

Case studies, open trials, and pilot studies may be considered for publication in the Journal if they are unusually innovative and important for the field of experimental psychopathology.

Consecutive case series with appropriate designs (i.e., contrasting at least two conditions; e.g. multiple baseline design, ABAB designs, etc.) and appropriate statistical analyses are considered for publication.

Replications are essential in science and are, to the present editor's opinion, often undervalued. Short reports of attempts to replicate experimental studies, whether successful, or failed, and whether applied or fundamental, are considered for publication, if appropriately powered. The maximum number of words is 2500 for these reports.

Paper length. Regular manuscripts should not exceed 5000 words (15-20 pages) of body text. Short reports should have a maximum of 2500 words. All submissions will first be screened on the degree to which they match the Aims and Scope of the Journal.

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

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.

A declaration of interest is obligatory and should list fees and grants from, ownership of, employment by, and any other financial or other close relationship with an organization whose interests may be affected by the publication of the paper, even if the authors feel that there is no conflict. The declaration should hold for all authors. If there is no interest to be declared, the authors should explicitly state this.

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 http://www.elsevier.com/sharingpolicy), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere 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 CrossCheck http://www.elsevier.com/editors/plagdetect.

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

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

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

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 about this can be found here: http://www.elsevier.com/authors/article-transfer-service.

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

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

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

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

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

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

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

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

Subscription
• Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs (http://www.elsevier.com/access).
• No open access publication fee payable by authors.

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 1800, excluding taxes. Learn more about Elsevier's pricing policy: http://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 (http://elsevier.com/greenopenaccess). Authors can also self-archive their manuscripts immediately and enable public access from their institution's repository after an embargo period.
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 begins from the publication date of the issue your article appears in.

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 (http://webshop.elsevier.com/languagediting/) or visit our customer support site (http://support.elsevier.com) for more information.

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

Anonymity
Authors who submit their work for review and possible publication in JBTEP may choose either a standard review (in which the names of reviewers are withheld from the authors), or a 'double-blind' review (in which the names of the authors are also withheld from the reviewers).

Should the submitting author decide to opt for a 'double-blind' review, the responsibility to ensure that the manuscript contains no author names or other identifying information then falls to the author. To be reviewed 'double-blind', the names of authors should not be in file names or in names of directories (even on the author's own computer). To be reviewed 'double-blind', the author may wish to alter some or all bibliographical references to previous publications by the author, which should be replaced with "[author, year]"; the correct references may be reinstated after the reviewing process has been completed. And to be reviewed 'double-blind', acknowledgements should not be included in the main text, but should be submitted in a separate file which is not sent to the reviewers.

**Referees**
Please submit the names and institutional e-mail addresses of several potential referees. For more details, visit our Support site. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

**Additional Information**
For further editorial information and queries email btepbttep@gmail.com.

**PREPARATION**

**NEW SUBMISSIONS**
Submission to this journal proceeds totally online and you will be guided stepwise through the creation and uploading of your files. The system automatically converts your files to a single PDF file, which is used in the peer-review process.
As part of the Your Paper Your Way service, you may choose to submit your manuscript as a single file to be used in the refereeing process. This can be a PDF file or a Word document, in any format or layout that can be used by referees to evaluate your manuscript. It should contain high enough quality figures for refereeing. If you prefer to do so, you may still provide all or some of the source files at the initial submission. Please note that individual figure files larger than 10 MB must be uploaded separately.

**References**
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the pagination...
must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct.

**Formatting requirements**

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

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

Divide the article into clearly defined sections.

**Figures and tables embedded in text**

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

**REVISED SUBMISSIONS**

**Use of word processing software**

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

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

**Article structure**

**Subdivision - numbered sections**

Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

**Introduction**

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

**Material and methods**

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

**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.

**Appendices**

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

**Essential title page information**

- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.

- **Author names and affiliations.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-
case superscript letter immediately after the author's name and in the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.

- **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. **Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.**
- **Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

**Abstract**

A concise and factual abstract is required. The abstract should be structured, using the following headings: **Background and Objectives; Methods; Results; Limitations; Conclusions.** Maximum length is 250 words, including headings. 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.

A Graphical abstract is optional and should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership online. Authors must provide images that clearly represent the work described in the article. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. See [http://www.elsevier.com/graphicalabstracts](http://www.elsevier.com/graphicalabstracts) for examples. Authors can make use of Elsevier’s Illustration and Enhancement service to ensure the best presentation of their images also in accordance with all technical requirements: **Illustration Service.**

**Highlights**

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

**Keywords**

Immediately after the abstract, provide a maximum of 6 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, declaration of interest, and role of funding organizations**

Collate acknowledgements, declaration of interest, and role of funding organizations 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.).

**Nomenclature and units**

Follow internationally accepted rules and conventions: use the international system of units (SI). If other quantities are mentioned, give their equivalent in SI. You are urged to consult IUPAC: Nomenclature of Organic Chemistry: [http://www.iupac.org/](http://www.iupac.org/) for further information.

**Math formulae**

Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).
Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors build footnotes into the text, and this feature may be used. Should this not be the case, indicate the position of footnotes in the text and present the footnotes themselves separately at the end of the article.

Artwork
Electronic artwork
General points
• Make sure you use uniform lettering and sizing of your original artwork.
• Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Indicate per figure if it is a single, 1.5 or 2-column fitting image.
• For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage.
• Please note that individual figure files larger than 10 MB must be provided in separate source files.
A detailed guide on electronic artwork is available on our website:
You are urged to visit this site; some excerpts from the detailed information are given here.
Formats
Regardless of the application used, when your electronic artwork is finalized, please 'save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):
EPS (or PDF): Vector drawings. Embed the font or save the text as 'graphics'.
TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.
TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi.
TIFF (or JPG): Combinations bitmapped line/half-tone (color or grayscale): a minimum of 500 dpi is required.
Please do not:
• Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); the resolution is too low.
• Supply files that are too low in resolution.
• Submit graphics that are disproportionately large for the content.
Color artwork
Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article. Please indicate your preference for color: in print or online only. For further information on the preparation of electronic artwork, please see http://www.elsevier.com/artworkinstructions.
Figure captions
Ensure that each illustration has a caption. A caption should comprise a brief title (not on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

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

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

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

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

Reference management software
Most Elsevier journals have a standard template available in key reference management packages. This covers packages using the Citation Style Language, such as Mendeley (http://www.mendeley.com/features/reference-manager) and also others like EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/downloads/styles). Using plug-ins to word processing packages which are available from the above sites, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style as described in this Guide. The process of including templates in these packages is constantly ongoing. If the journal you are looking for does not have a template available yet, please see the list of sample references and citations provided in this Guide to help you format these according to the journal style.

If you manage your research with Mendeley Desktop, you can easily install the reference style for this journal by clicking the link below:
http://open.mendeley.com/use-citation-style/journal-of-behavior-therapy-and-experimental-psychiatry
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice. For more information about the Citation Style Language, visit http://citationstyles.org.

Reference formatting
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the pagination must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct. If you do wish to format the references yourself they should be arranged according to the following examples:

Reference style
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:
**Video data**

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect: [http://www.sciencedirect.com](http://www.sciencedirect.com). Please supply 'still' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages at [http://www.elsevier.com/artworkinstructions](http://www.elsevier.com/artworkinstructions). Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

**AudioSlides**

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

**Supplementary material**

Elsevier accepts electronic supplementary material to support and enhance your scientific research. Supplementary files offer the author additional possibilities to publish supporting applications, high-resolution images, background datasets, sound clips and more. Supplementary files supplied will be published online alongside the electronic version of your article in Elsevier Web products, including ScienceDirect: [http://www.sciencedirect.com](http://www.sciencedirect.com). In order to ensure that your submitted material is directly usable, please provide the data in one of our recommended file formats. Authors should submit the material in electronic format together with the article and supply a concise and descriptive caption for each file. For more detailed instructions please visit our artwork instruction pages at [http://www.elsevier.com/artworkinstructions](http://www.elsevier.com/artworkinstructions).

**Submission checklist**

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

**Ensure that the following items are present:**

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

- E-mail address
- Full postal address

All necessary files have been uploaded, and contain:

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

Further considerations

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

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

- Indicate clearly whether or not color or black-and-white in print is required.

For any further information please visit our customer support site at [http://support.elsevier.com](http://support.elsevier.com).

**AFTER ACCEPTANCE**

**Use of the Digital Object Identifier**

The Digital Object Identifier (DOI) may be used to cite and link to electronic documents. The DOI consists of a unique alpha-numeric character string which is assigned to a document by the publisher upon the initial electronic publication. The assigned DOI never changes. Therefore, it is an ideal
medium for citing a document, particularly 'Articles in press' because they have not yet received their full bibliographic information. Example of a correctly given DOI (in URL format; here an article in the journal *Physics Letters B*): http://dx.doi.org/10.1016/j.physletb.2010.09.059

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

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

**AUTHOR INQUIRIES**

You can track your submitted article at http://www.elsevier.com(track-submission). You can track your accepted article at http://www.elsevier.com(trackarticle). You are also welcome to contact Customer Support via http://support.elsevier.com.

© Copyright 2014 Elsevier | http://www.elsevier.com
Instructions to Authors

Journal of Behavioral Medicine

MANUSCRIPT SUBMISSION

Manuscripts, in English, should be submitted to the Editor via the Journal’s web-based online manuscript submission and peer-review system: http://jobm.edmgr.com

Inquiries regarding Journal policy and other such general topics should be sent to the Editor:

Alan Christensen, Ph.D.
e-mail to alan-christensen@uiowa.edu

http://jobm.edmgr.com

TYPES OF SUBMISSIONS CONSIDERED

Regular Articles

The majority of journal pages are devoted to the publication of original empirical articles, such as reports of randomized controlled trials, observational studies, or other basic and clinical investigations within the domain of behavioral medicine. Quantitative or descriptive and integrative literature reviews will also be considered. Although the journal does not impose a strict page limit, it is strongly suggested that regular articles be no more than 30 double-spaced manuscript pages, including all figures, captions, tables, notes, and references.

Brief Report

Journal of Behavioral Medicine accepts brief reports of soundly designed research studies of
specialized interest that can be effectively communicated in less space than standard-length articles. An author who submits a Brief Report must agree not to submit the full report to another journal. Brief Report submissions should not exceed a total of 15 double-spaced pages, including title page, abstract, references, tables, and figures.

Letters to the Editor

Journal of Behavioral Medicine may occasionally publish Letters to the Editor that offer opinion or interpretation of articles previously published in the journal. Letters should be limited to 500 words or less. Tables and figures should be used only if absolutely necessary. It is customary for letters to be sent to the author(s) of the original work and the authors’ response may be published as a companion to the Letter to the Editor.

COPYRIGHT

Submission is a representation that the manuscript has not been published previously and is not currently under consideration for publication elsewhere. A statement transferring copyright from the authors (or their employers, if they hold the copyright) to Springer will be required before the manuscript can be accepted for publication. Authors will receive an electronic notification to transfer copyright of the article to Springer Science+Business Media, LLC. Such a written transfer of copyright, which previously was assumed to be implicit in the act of submitting a manuscript, is necessary under the U.S. Copyright Law in order for the publisher to carry through the dissemination of research results and reviews as widely and effectively as possible.

GENERAL

In general, Journal of Behavioral Medicine follows the recommendations of Publication Manual of the American Psychological Association, 6th Edition (2009), and it is suggested that contributors refer to this publication.

MANUSCRIPT STYLE

- Although the journal does not impose a strict page limit, it is strongly suggested that manuscripts be no more than 25-30 double-spaced pages, including all figures, captions, tables, notes, and references.

- All pages should be typed double spaced and numbered (including pages containing the title, author name and affiliation footnotes, abstract, acknowledgments, references, tables, and figure caption list).

- An abstract is to be provided, preferably no longer than 150 words. A list of 5-6 key words is to be provided directly below the abstract. Key words should express the precise content of the manuscript, as they are used for indexing purpose, both internal and external.

- Illustrations (photographs, drawings, diagrams, and charts) are to be numbered in one consecutive series of Arabic numerals. The captions for illustrations should be typed on a separate sheet of paper. Photographs should be large glossy prints, showing high contrast. Drawings should be prepared with india ink. Either the original drawings or good-quality photographic prints are acceptable. Identify figures on the back with author’s name and number of the illustration. Electronic artwork submitted on disk should be in TIFF or EPS format (1200 dpi for line and 300 dpi for half-tones and gray-scale art). Color art should be in the CYMK color space. Artwork should be on a separate disk from the text, and hard copy must accompany the disk.

- Tables should be referred to by number in the text. Each table should be typed on a separate page. Both numbering and format should follow APA style.
Electronic Supplementary Materials

Springer accepts electronic supplementary materials (animations, movies, audio, large original data, etc.) which will be published in the online version only. For detailed information about file formats, file size, etc., please check our ESM guidelines at http://www.springer.com/authors/manuscript+guidelines?SGWID=0-40162-12-339499-0

List references alphabetically at the end of the paper and refer to them in the text by name and year in parentheses. In a slight departure from APA format, where there are three or more authors, only the first author’s name is given in the text, followed by et al. References should include titles of papers and follow APA format in all other respects.

The Journal of Behavioral Medicine requests that, whenever possible, statistical tests include a reporting of effects sizes. Authors are encouraged to report the relevant statistical information for both significant and non-significant effects, and to follow the statistical reporting recommendations presented in the Publication Manual of the American Psychological Association, 6th edition (2009). Additional information can be found in “How to Report Statistics in Medicine” (Lang and Secic, 1997).

For the reporting of intervention studies with randomized and nonrandomized designs, authors are requested to follow CONSORT (Consolidated Standards for Reporting of Trials; Moher, Jones, & Lepage, 2001) or TREND (Transparent Reporting of Evaluations with Nonrandomized Designs; Des Jarlais, Lyles, & Crepaz, 2004) guidelines to ensure that basic information about the conduct of studies is available. This information can be obtained online at “http://www.cdc.gov/trendstatement/

For reporting of meta-analytic studies, authors are required to follow PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) (http://www.prisma-statement.org/) guidelines

To enhance readability for a wide audience, the use of abbreviations and acronyms should be avoided throughout the manuscript. Exceptions include common statistical terminology (e.g., ANOVA) and widely recognized acronyms (e.g., US, NATO).

Authors are responsible for all information in their work. If any tables, figures, or quotations from another source are adapted or used in entirety, permission must be granted from the copyright owner(s). Where applicable, authors are required to provide documentation of all permissions received.

http://www.springer.com/authors/manuscript+guidelines?SGWID=0-40162-12-339499-0

PAGE CHARGES

The Journal makes no page charges. Reprints are available to authors, and order forms are sent with proofs.

DOES SPRINGER PROVIDE ENGLISH LANGUAGE SUPPORT?

Manuscripts that are accepted for publication will be checked by our copyeditors for spelling and formal style. This may not be sufficient if English is not your native language and substantial editing would be required. In that case, you may want to have your manuscript edited by a native speaker prior to submission. A clear and concise language will help editors and reviewers concentrate on the scientific content of your paper and thus smooth the peer review process.

The following editing service provides language editing for scientific articles in all areas Springer publishes in:
Use of an editing service is neither a requirement nor a guarantee of acceptance for publication. Please contact the editing service directly to make arrangements for editing and payment.

For Authors from China

文章在投稿前进行专业的语言润色将对作者的投稿进程有所帮助。作者可自愿选择使用Springer推荐的编辑服务。使用与否并不作为判断文章是否被录用的依据。提高文章的语言质量将有助于审稿人理解文章的内容，通过对学术内容的判断来决定文章的取舍，而不会因为语言问题导致直接退稿。作者需自行联系Springer推荐的编辑服务公司，协商编辑事宜。

For Authors from Japan

ジャーナルに論文を投稿する前に、ネイティブ・スピーカーによる英文校閲を希望されている方には、Edanz社をご紹介しています。サービス内容、料金および申込方法など、日本語による詳しい説明はエダンズグループジャパン株式会社の下記サイトをご覧ください。

エダンズグループジャパン

For Authors from Korea

영어 논문 투고에 앞서 원어민에게 영문 교정을 받고자 하는 분들께 Edanz 회사를 소개해 드립니다. 서비스 내용, 가격 및 첨부 방법 등에 대한 자세한 사항은 저희 Edanz Editing Global 웹사이트를 참조해 주시면 감사하겠습니다。

Edanz Editing Global

SPRINGER OPEN CHOICE

In addition to the normal publication process (whereby an article is submitted to the Journal and access to that article is granted to customers who have purchased a subscription), Springer now provides an alternative publishing option: Springer Open Choice. A Springer Open Choice article receives all the benefits of a regular subscription-based article, but in addition is made available publicly through Springer’s online platform SpringerLink. To publish via Springer Open Choice, upon acceptance please visit http://www.springeronline.com/openchoice to complete the relevant order form and provide the required payment information. Payment must be received in full before publication or articles will publish as regular subscription-model articles. We regret that Springer Open Choice cannot be ordered for published articles.

Springer Open Choice

ETHICAL RESPONSIBILITIES OF AUTHORS

This journal is committed to upholding the integrity of the scientific record. As a member of the Committee on Publication Ethics (COPE) the journal will follow the COPE guidelines on how to deal with potential acts of misconduct.

Authors should refrain from misrepresenting research results which could damage the trust in the journal, the professionalism of scientific authorship, and ultimately the entire scientific endeavour. Maintaining integrity of the research and its presentation can be achieved by following the rules of good scientific practice, which include:

- The manuscript has not been submitted to more than one journal for simultaneous consideration.
The manuscript has not been published previously (partly or in full), unless the new work concerns an expansion of previous work (please provide transparency on the re-use of material to avoid the hint of text-recycling ("self-plagiarism")).

A single study is not split up into several parts to increase the quantity of submissions and submitted to various journals or to one journal over time (e.g. "salami-publishing").

No data have been fabricated or manipulated (including images) to support your conclusions.

No data, text, or theories by others are presented as if they were the author’s own ("plagiarism"). Proper acknowledgements to other works must be given (this includes material that is closely copied (near verbatim), summarized and/or paraphrased), quotation marks are used for verbatim copying of material, and permissions are secured for material that is copyrighted.

Important note: the journal may use software to screen for plagiarism.

Consent to submit has been received explicitly from all co-authors, as well as from the responsible authorities - tacitly or explicitly - at the institute/organization where the work has been carried out, before the work is submitted.

Authors whose names appear on the submission have contributed sufficiently to the scientific work and therefore share collective responsibility and accountability for the results.

In addition:

Changes of authorship or in the order of authors are not accepted after acceptance of a manuscript.

Requesting to add or delete authors at revision stage, proof stage, or after publication is a serious matter and may be considered when justifiably warranted. Justification for changes in authorship must be compelling and may be considered only after receipt of written approval from all authors and a convincing, detailed explanation about the role/deletion of the new/deleted author. In case of changes at revision stage, a letter must accompany the revised manuscript. In case of changes after acceptance or publication, the request and documentation must be sent via the Publisher to the Editor-in-Chief. In all cases, further documentation may be required to support your request. The decision on accepting the change rests with the Editor-in-Chief of the journal and may be turned down. Therefore authors are strongly advised to ensure the correct author group, corresponding author, and order of authors at submission.

Upon request authors should be prepared to send relevant documentation or data in order to verify the validity of the results. This could be in the form of raw data, samples, records, etc.

If there is a suspicion of misconduct, the journal will carry out an investigation following the COPE guidelines. If, after investigation, the allegation seems to raise valid concerns, the accused author will be contacted and given an opportunity to address the issue. If misconduct has been established beyond reasonable doubt, this may result in the Editor-in-Chief's implementation of the following measures, including, but not limited to:

If the article is still under consideration, it may be rejected and returned to the author.

If the article has already been published online, depending on the nature and severity of the infraction, either an erratum will be placed with the article or in severe cases complete retraction of the article will occur. The reason must be given in the published erratum or retraction note.

The author’s institution may be informed.

COMPLIANCE WITH ETHICAL STANDARDS

To ensure objectivity and transparency in research and to ensure that accepted principles of
ethical and professional conduct have been followed, authors should include information regarding sources of funding, potential conflicts of interest (financial or non-financial), informed consent if the research involved human participants, and a statement on welfare of animals if the research involved animals.

Authors should include the following statements (if applicable) in a separate section entitled “Compliance with Ethical Standards” when submitting a paper:

- Disclosure of potential conflicts of interest
- Research involving Human Participants and/or Animals
- Informed consent

Please note that standards could vary slightly per journal dependent on their peer review policies (i.e. single or double blind peer review) as well as per journal subject discipline. Before submitting your article check the instructions following this section carefully.

The corresponding author should be prepared to collect documentation of compliance with ethical standards and send if requested during peer review or after publication.

The Editors reserve the right to reject manuscripts that do not comply with the above-mentioned guidelines. The author will be held responsible for false statements or failure to fulfill the above-mentioned guidelines.

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

Authors must disclose all relationships or interests that could influence or bias the work. Although an author may not feel there are conflicts, disclosure of relationships and interests affords a more transparent process, leading to an accurate and objective assessment of the work. Awareness of real or perceived conflicts of interests is a perspective to which the readers are entitled and is not meant to imply that a financial relationship with an organization that sponsored the research or compensation for consultancy work is inappropriate. Examples of potential conflicts of interests that are directly or indirectly related to the research may include but are not limited to the following:

- Research grants from funding agencies (please give the research funder and the grant number)
- Honoraria for speaking at symposia
- Financial support for attending symposia
- Financial support for educational programs
- Employment or consultation
- Support from a project sponsor
- Position on advisory board or board of directors or other type of management relationships
- Multiple affiliations
- Financial relationships, for example equity ownership or investment interest
- Intellectual property rights (e.g. patents, copyrights and royalties from such rights)
- Holdings of spouse and/or children that may have financial interest in the work

In addition, interests that go beyond financial interests and compensation (non-financial interests) that may be important to readers should be disclosed. These may include but are not limited to personal relationships or competing interests directly or indirectly tied to this research, or professional interests or personal beliefs that may influence your research.

The corresponding author collects the conflict of interest disclosure forms from all authors. In author collaborations where formal agreements for representation allow it, it is sufficient for the corresponding author to sign the disclosure form on behalf of all authors. Examples of forms can be found here:
The corresponding author will include a summary statement on the title page that is separate from their manuscript, that reflects what is recorded in the potential conflict of interest disclosure form(s).

See below examples of disclosures:

**Funding:** This study was funded by X (grant number X).

**Conflict of Interest:** Author A has received research grants from Company A. Author B has received a speaker honorarium from Company X and owns stock in Company Y. Author C is a member of committee Z.

If no conflict exists, the authors should state:

Conflict of Interest: The authors declare that they have no conflict of interest.

**RESEARCH INVOLVING HUMAN PARTICIPANTS AND/OR ANIMALS**

1) **Statement of human rights**

When reporting studies that involve human participants, authors should include a statement that the studies have been approved by the appropriate institutional and/or national research ethics committee and have been performed in accordance with the ethical standards as laid down in the 1964 Declaration of Helsinki and its later amendments or comparable ethical standards. If doubt exists whether the research was conducted in accordance with the 1964 Helsinki Declaration or comparable standards, the authors must explain the reasons for their approach, and demonstrate that the independent ethics committee or institutional review board explicitly approved the doubtful aspects of the study.

The following statements should be included in the text before the References section:

**Ethical approval:** "All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards."

For retrospective studies, please add the following sentence:

“For this type of study formal consent is not required.”

2) **Statement on the welfare of animals**

The welfare of animals used for research must be respected. When reporting experiments on animals, authors should indicate whether the international, national, and/or institutional guidelines for the care and use of animals have been followed, and that the studies have been approved by a research ethics committee at the institution or practice at which the studies were conducted (where such a committee exists).

For studies with animals, the following statement should be included in the text before the References section:

**Ethical approval:** "All applicable international, national, and/or institutional guidelines for the care and use of animals were followed."

If applicable (where such a committee exists): “All procedures performed in studies involving animals were in accordance with the ethical standards of the institution or practice at which the studies were conducted.”

If articles do not contain studies with human participants or animals by any of the authors, please select one of the following statements:

“This article does not contain any studies with human participants performed by any of the authors.”

“This article does not contain any studies with animals performed by any of the authors.”

“This article does not contain any studies with human participants or animals performed by any
INFORMED CONSENT

All individuals have individual rights that are not to be infringed. Individual participants in studies have, for example, the right to decide what happens to the (identifiable) personal data gathered, to what they have said during a study or an interview, as well as to any photograph that was taken. Hence it is important that all participants gave their informed consent in writing prior to inclusion in the study. Identifying details (names, dates of birth, identity numbers and other information) of the participants that were studied should not be published in written descriptions, photographs, and genetic profiles unless the information is essential for scientific purposes and the participant (or parent or guardian if the participant is incapable) gave written informed consent for publication. Complete anonymity is difficult to achieve in some cases, and informed consent should be obtained if there is any doubt. For example, masking the eye region in photographs of participants is inadequate protection of anonymity. If identifying characteristics are altered to protect anonymity, such as in genetic profiles, authors should provide assurance that alterations do not distort scientific meaning.

The following statement should be included:

Informed consent: “Informed consent was obtained from all individual participants included in the study.”

If identifying information about participants is available in the article, the following statement should be included:

“Additional informed consent was obtained from all individual participants for whom identifying information is included in this article.”
ALERTS FOR THIS JOURNAL

Get the table of contents of every new issue published in Journal of Behavioral Medicine.

Your E-Mail Address

SUBMIT

Please send me information on new Springer publications in Medicine (general).

RELATED BOOKS - SERIES - JOURNALS

Journal

Advances in Simulation

Editor» Editor-in-Chief: Debra Nestel
About this journal

Aims & scope

Journal information

Editorial board

Abstracting & indexing

Readership

News & offers

- Routledge
- Publication History
- Sample this title
- Alert me
  - New content email alert
  - New content RSS feed

Journal of Clinical Child & Adolescent Psychology

Official journal for the Society of Clinical Child and Adolescent Psychology (Division 53), APA
ISSN
1537-4416 (Print), 1537-4424 (Online)
Publication Frequency
6 issues per year

- Add to shortlist
Instructions for authors

This journal uses ScholarOne Manuscripts (previously Manuscript Central) to peer review manuscript submissions. Please read the guide for ScholarOne authors before making a submission. Complete guidelines for preparing and submitting your manuscript to this journal are provided below.

Aims and Scope. The Journal of Clinical Child and Adolescent Psychology (JCCAP) is the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53. It publishes original contributions on the following topics: (1) development and evaluation of assessment and intervention techniques for use with clinical child and adolescent populations; (2) development and maintenance of clinical child and adolescent problems; (3) cross-cultural and sociodemographic issues that have a clear bearing on clinical child and adolescent psychology theory, research, or practice; and (4) training and professional practice in clinical child and adolescent psychology as well as child advocacy. Manuscripts that discuss theoretical and/or methodological issues on topics pertinent to clinical child and adolescent psychology also are considered. Authors need not be members of Division 53 to submit articles to JCCAP.

There are several criteria that increase the likelihood that a manuscript will be favorably evaluated in JCCAP: (1) The paper reflects a substantive advance in our understanding of clinical child and adolescent psychology. (2) The paper is of such importance that it likely will influence an area of research. (3) The paper presents new ideas or creative methods. (4) The paper offers theoretically-driven hypotheses. (5) Multiple measures, informants, or procedures are used to collect data. (6) Sophisticated methodologies are carefully employed. (7) Longitudinal methods are used. (8) Data are rigorously and appropriately analyzed. (9) The implications of the findings for clinical child and adolescent psychology are well articulated.

Style of Manuscripts. Manuscripts should be prepared according to the guidelines in the Publication Manual of the American Psychological Association (6th edition; see www.apastyle.com). Typing instructions, including format, organization, and the preparation of figures, tables, and references appear in the Manual. Manuscripts may be submitted as Regular Articles, Brief Reports, or Future Directions. A Regular Article may not exceed 11,000 words (i.e., 35 pages), including references, footnotes, figures, and tables. Brief Reports include empirical research that is soundly designed, but may be of specialized interest or narrow focus. Brief Reports may not be submitted in part or whole to another journal of general circulation. Brief Reports may not exceed 4,500 words for text and references. These limits do not include the title page, abstract, author note, footnotes, tables, and figures. Manuscripts that exceed these page limits and that are not prepared according to the guidelines in the Manual will be returned to authors without review. Future Directions submissions are written by leading scholars within the field. These articles provide a brief summary of important advances that are needed within a specific research or practice area pertinent to clinical child and adolescent psychology. Future Directions submissions are by invitation only and undergo peer review.

All Regular Article and Brief Report submissions must include a title of 15 words or less that identifies the developmental level of the study participants (e.g., children, adolescents, etc.). JCCAP
uses a structured abstract format. For studies that report randomized clinical trials or meta-analyses, the abstract also must be consistent with the guidelines set forth by CONSORT or MARS, respectively. The Abstract should include up to 250 words, presented in paragraph form. The Abstract should be typed on a separate page (page 2 of the manuscript), and must include each of the following label sections: 1) Objective (i.e., a brief statement of the purpose of the study); 2) Method (i.e., a detailed summary of the participants, N, age, gender, ethnicity, as well as a summary of the study design, measures, and procedures; 3) Results (i.e., a detailed summary of the primary findings that clearly articulate comparison groups (if relevant); 4) Conclusions (i.e., a description of the research and clinical implications of the findings). Avoid abbreviations, diagrams, and reference to the text in the abstract. A list of up to five keywords that describe the central themes of the manuscript should be included below the abstract on page 2. JCCAP will scrutinize manuscripts for a clear theoretical framework that supports central study hypotheses.

In addition, a clear developmental rationale is required for the selection of participants at a specific age. The Journal is making diligent efforts to insure that there is an appropriately detailed description of the sample, including a) the population from which the sample was drawn; b) the number of participants; c) age, gender, ethnicity, and SES of participants; d) location of sample, including country and community type (rural/urban), e) sample identification/selection; f) how participants were contacted; g) incentives/rewards; h) parent consent/child assent procedures and rates; i) inclusion and exclusion criteria; j) attrition rate. The Discussion section should include a comment regarding the diversity and generality (or lack thereof) of the sample. The Measures section should include details regarding item content and scoring as well as evidence of reliability and validity in similar populations.

All manuscripts must include a discussion of the clinical significance of findings, both in terms of statistical reporting and in the discussion of the meaningfulness and clinical relevance of results. Manuscripts should a) report means and standard deviations for all variables, b) report effect sizes for analyses, and c) provide confidence intervals wherever appropriate (e.g., on figures, in tables), particularly for effect sizes on primary study findings. In addition, when reporting the results of interventions, authors should include indicators of clinically significant change. Authors may use one of several approaches that have been recommended for capturing clinical significance, including (but not limited to) the reliable change index (i.e., whether the amount of change displayed by a treated individual is large enough to be meaningful, the extent to which dysfunctional individuals show movement to the functional distribution).

All manuscripts should conform to the criteria listed in Table 1 of the 2008 APA Publications and Communications Board Working Group on Journal Article Reporting Standards (published in American Psychologist). These reporting standards apply to all empirical papers. In addition, JCCAP requires that reports of randomized clinical trials conform to CONSORT reporting standards (http://www.consort-statement.org/index.aspx?o=2965), including the submission of a flow diagram and checklist. Nonrandomized clinical trials must conform to TREND criteria (see http://www.cdc.gov/trendstatement/docs/AJPH_Mar2004_Trendstatement.pdf) and meta-analyses should conform to MARS standards (see Table 4 in 2008 American Psychologist article).

Peer Review Process. JCCAP uses a two-tiered peer review process. All manuscripts are evaluated by the Editor or at least one Associate Editor to determine whether the manuscript is likely to make a significant impact to the scientific literature in clinical child and adolescent psychology. A significant proportion of manuscripts submitted to JCCAP are not selected for peer review, and this decision is typically made within 2–4 days after submission.

Manuscripts selected for peer review will undergo a masked review procedure. To prepare manuscripts for masked review, authors' names and affiliations should not appear on the title page or elsewhere in the manuscript file (they can be entered into the system and placed on a separate page in
the cover letter file). Footnotes identifying the authors should be typed on a separate page and submitted in the cover letter file. Authors should make every effort to ensure that the manuscript file itself contains no clues to their identities. Manuscripts that do not comply with these instructions will be returned to the authors without review.

**Publication Policies.** Authors are responsible for all statements made in their work and for obtaining permission from copyright owners to use a lengthy quotation (500 words or more) or to reprint or adapt a table or figure published elsewhere. Authors should write to both author(s) and publisher of such material to request nonexclusive world rights in all language for use in print and nonprint forms of the article and in future editions. This applies to direct reproduction as well as "derivative reproduction" (where you have created a new figure or table which derives substantially from a copyrighted source). Authors are required to sign an agreement for the transfer of copyright to the publisher. All accepted manuscripts, artwork, and photographs become the property of the publisher.

**Submitting Manuscripts.** *JCCAP* receives all manuscript submissions electronically via its ScholarOne Manuscripts site located at: http://mc.manuscriptcentral.com/jccap. ScholarOne Manuscripts allows for rapid submission of original and revised manuscripts, and facilitates the review process and internal communication between authors, editors, and reviewers via a web-based platform. ScholarOne technical support can be accessed at http://scholarone.com/services/support/. If you have any other requests, please contact the journal’s editor, Mitchell Prinstein, at mitch.prinstein@unc.edu.

**Color Reproduction.** Color art will be reproduced in color in the online publication at no additional cost to the author. Color illustrations will also be considered for print publication; however, the author will be required to bear the full cost involved in color art reproduction. Please note that color reprints can only be ordered if print reproduction costs are paid. Print Rates: $900 for the first page of color; $450 per page for the next three pages of color. A custom quote will be provided for articles with more than four pages of color. Art not supplied at a minimum of 300 dpi will not be considered for print.

**Proofs and Reprints.** Page proofs are sent to the designated author using Taylor & Francis' Central Article Tracking System (CATS). They must be carefully checked and returned within 48 hours of receipt. Authors for whom we receive a valid email address will be provided an opportunity to purchase reprints of individual articles, or copies of the complete print issue. These authors will also be given complimentary access to their final article on *Taylor & Francis Online*.

**Open Access.** Taylor & Francis Open Select provides authors or their research sponsors and funders with the option of paying a publishing fee and thereby making an article fully and permanently available for free online access – *open access* – immediately on publication to anyone, anywhere, at any time. This option is made available once an article has been accepted in peer review. Full details of our Open Access programme.

**Search Engine Optimization.** Search Engine Optimization (SEO) is a means of making your article more visible to anyone who might be looking for it. Please consult our guide here.

Visit our Author Services website for further resources and guides to the complete publication process and beyond.
Journal news

- FREE ACCESS: Evidence-Based Series Article Collection
- Impact Factor: 3.312 (© 2015 Thomson Reuters, 2014 Journal Citation Reports®)

**Sample our Behavioral Sciences journals**

- Most read
- Most cited

- Evidence-Based Comprehensive Treatments for Early Autism
  Sally J. Rogers, et al.
  Volume 37, Issue 1, 2008

- Evidence-Based Psychosocial Treatments for Children and Adolescents With Disruptive Behavior
  Sheila M. Eyberg, et al.
  Volume 37, Issue 1, 2008

- Evidence-Based

- Evidence-Based Psychosocial Treatments for Children and Adolescents With Disruptive Behavior
  Sheila M. Eyberg, et al.
  Volume 37, Issue 1, 2008

- A Measure of Parenting Satisfaction and Efficacy
  Charlotte Johnston, et al.

139
Guidelines for Authors on Manuscript Preparation and Submission

General Information

Electronic Submission System.

Manuscripts must be submitted electronically by using the online submission system of The Journal of Clinical Psychiatry.

Our online submission and peer review system offers more rapid and cost-effective processing than paper-based submission. Additionally, authors are able to check the status of their manuscripts online throughout the editorial/peer review process.

Free Access.

The Journal of Clinical Psychiatry (JCP) offers authors of accepted articles and letters the opportunity to make their article freely available to non-subscribers on JCP’s Web site, PSYCHIATRIST.COM. The charge for this service is $2,500 and is payable by check or credit card. Authors are provided this option at the time of acceptance.

Your article reaches 36,000 readers of the print journal, but the JCP Web site attracts over 200,000 visitors each month, most of whom are non-subscribers who must pay a fee to read an entire article online. The option of financial sponsorship allows you to provide each Web visitor unrestricted access to your HTML article, thereby increasing its potential audience nearly sixfold. To further expand your article’s visibility, an e-mail announcement of its Free status will be sent to over 35,000 JCP E-Lert requestors.

Submission of payment signifies your agreement to the Terms and Conditions for copyrighted work.

Required Forms.

We require submission by each author of a form incorporating 4 statements: (1) authorship and manuscript approval, (2) copyright transfer or federal employment, and (3) financial or other relationships that might pose a conflict of interest. The corresponding author must sign (4) the Acknowledgment statement. These 4 statements are provided for use by authors in this form.

This form can be mailed to Physicians Postgraduate Press, PO Box 752870, Memphis, TN 38175-2870, or faxed to the Production Coordinator at 901-273-2752.

Manuscript Preparation.

Manuscript preparation must meet Journal requirements, which are in accordance with the “Uniform
Requirements for Manuscripts Submitted to Biomedical Journals” developed by the International Committee of Medical Journal Editors and are summarized below.

Scope of Submitted Manuscripts

All submissions to The Journal of Clinical Psychiatry should be relevant and interesting to practicing clinical psychiatrists. We strive to publish academically sophisticated, methodologically sound manuscripts geared more toward the practitioner than the researcher.

Manuscripts should be concisely written, appropriately referenced, and coherently focused. Conclusions should flow logically from the data presented, and methodological flaws and limitations should be acknowledged.

Manuscripts eligible to be published as articles include controlled studies, clinical observations of wide importance, critical overviews, pilot studies, open trials, chart reviews, and case series with literature reviews. Experimental drug trials involving a compound not currently available in the United States may be considered if (1) the compound is expected to be released soon in the United States or (2) it offers some unique and interesting clinical features. Manuscripts should deal with the epidemiology, classification, and treatment of psychiatric disorders and should not exclusively emphasize laboratory techniques, biostatistical models, validity studies, or the development of measurement instruments.

Articles should have a maximum length of 3,000 words (excluding abstract, tables, figures, and references), a total of no more than 5 tables and/or figures, and no more than 75 references. Reviews should be no more than 5,000 words of text.

Single case reports are typically Letters to the Editor, and only exceptional cases (eg, those involving multiple crossover trials or sophisticated laboratory techniques) will be considered for publication as full articles. Case reports should describe novel, well-documented findings that will be of help and interest to the practitioner.

Letters to the Editor should not exceed 600 words and 1 table or figure. Letters that pertain to recent articles in the Journal should not exceed 500 words and will be sent to the author(s) for response. Letters will be edited for clarity and conformity to Journal style.

Editorial Policies

Authorship Criteria.

All authors must have contributed sufficiently to the work to take public responsibility for the content. Acquisition of funding, collection of data, or general supervision of a research group, alone, does not justify authorship. If authorship is attributed to a group, each member must meet authorship criteria; group members who do not meet these criteria should be listed in an acknowledgment.

Persons listed as authors must have made contributions in each of these 3 areas:

- Conception and design OR data analysis and interpretation
- Drafting of the manuscript OR revision for important intellectual content
- Approving the final version of the manuscript that is to be published

All persons designated as authors should qualify for authorship, and all those who qualify should be listed as authors.

The corresponding author will serve on behalf of the other authors as the primary contact with the editorial office and is responsible for ensuring that the acknowledgment information is complete. This person is
Copyright Policy.

The Journal requires the express transfer of copyright to Physicians Postgraduate Press, Inc., to protect the author(s) and Physicians Postgraduate Press, Inc., from misuse of copyrighted materials. All accepted manuscripts become the property of Physicians Postgraduate Press, Inc., and may not be published elsewhere without written permission from both the author and Physicians Postgraduate Press, Inc.

Information for Authors of NIH-Funded Research Articles.

Authors of manuscripts accepted for publication in The Journal of Clinical Psychiatry that report original research funded in whole or in part by a National Institutes of Health (NIH) grant have JCP’s permission to submit their accepted manuscript to the National Library of Medicine’s PubMed Central in accordance with the NIH Public Access Policy provided that the manuscript is made publicly available no sooner than 6 months after the official date of print publication. The “accepted manuscript” is the final version accepted for journal publication that includes all modifications from the publishing peer review process but does not include author-approved editing/copyediting and formatting by the journal’s editorial staff during the publication process.

The accepted manuscript and the published article are both protected by copyright held by Physicians Postgraduate Press, Inc. The article of record is the final version published in The Journal of Clinical Psychiatry (www.psychiatrist.com). JCP assumes no responsibility for earlier versions, which may differ substantively. The NIH Public Access Policy can be found at http://publicaccess.nih.gov.

Reprinted/Adapted Material.

Authors must obtain letters of permission to reproduce published material. These documents should be sent at the time of submission of the manuscript and can accompany the Authorship Statement, Copyright Transfer, Financial Disclosure, and Acknowledgment Permission form(s). The form(s) can be faxed to the Production Coordinator at 901-273-2752.

Personal Communications and Unpublished Data.

Personal communications, unpublished data, and data on file are cited parenthetically in the article text and are not included as numbered references.

For personal communications, authors must obtain written permission from the person whose personal communication is cited and must provide the person’s initials, last name, and highest academic degree(s), as well as the date of the communication and whether it was in written, oral, or electronic form.

For unpublished data, authors must obtain written permission from the primary researcher of the data (unless one of the article’s authors is a researcher of the data). Initials, last names, and highest academic degrees should be included for up to 3 researchers, as applicable, and the year in which the data were retrieved should be given.

Embargo Policy.

Articles are embargoed until they are published online at Psychiatrist.com. Contact JCPembargo@psychiatrist.com [mailto:JCPembargo@psychiatrist.com].

Clinical Trials Registration.
The *Journal* requires, as a condition of consideration for publication, registration of clinical trials in a public trials registry. (Such registration does not constitute previous publication.)

A clinical trial is defined as any research project that prospectively assigns human participants or groups of humans to 1 or more health-related interventions to evaluate the effects on health outcomes.

(Trials that begin enrollment on or after July 1, 2008, whose primary goal is to assess major unknown toxicity or determine pharmacokinetics [phase 1 trials] will also be subject to this registration requirement.)

The *Journal* will accept "retrospective" registration of trials that began before July 1, 2005 (retrospective meaning registration occurs after patient enrollment begins). The *Journal* will consider trials beginning on or after July 1, 2005, only if registration occurred before the first patient was enrolled ("prospective registration").

The *Journal* does not advocate one particular registry, but requires authors to register their trial in a registry that meets several criteria. The registry must be accessible to the public at no charge. It must be open to all prospective registrants and managed by a not-for-profit organization. There must be a mechanism to ensure the validity of the registration data, and the registry should be electronically searchable. An acceptable registry must include at minimum a unique trial number, trial registration date, secondary identification information if assigned by sponsors or others, funding source(s), primary and secondary sponsor(s), responsible contact person, research contact person, official scientific title of the study, research ethics review, the medical condition being studied, intervention(s), key inclusion and exclusion criteria, study type, anticipated trial start date, target sample size, recruitment status, primary outcome, and key secondary outcomes.

Registration information must be provided at the time of electronic submission. Trial registry name, registration identification number, and the URL for the registry should be included at the end of the abstract and also in the space provided on the online manuscript submission form.


The following trial registries meet the required criteria:
Australian Clinical Trials Registry: [http://actr.org.au](http://actr.org.au)
ClinicalTrials.gov: [http://www.clinicaltrials.gov](http://www.clinicaltrials.gov)
ISRCTN Register: [http://isrctn.org](http://isrctn.org)
Nederlands Trial Register: [http://www.trialregister.nl/trialreg/index.asp](http://www.trialregister.nl/trialreg/index.asp)
UMIN Clinical Trials Registry: [http://www.umin.ac.jp/ctr](http://www.umin.ac.jp/ctr)

The *Journal* also accepts registration in any of the primary registers that participate in the WHO International Clinical Trial Registry Platform:
[http://www.who.int/ictrp/en](http://www.who.int/ictrp/en)

**Analyses of Preexisting Datasets**

For manuscripts that report analyses of preexisting datasets, provide details related to accessing the dataset, including (1) the individual or organization that owns the dataset (ie, holds copyright), (2) where the dataset resides (if possible, provide a URL at which it can be accessed), (3) contact information of someone who can provide access to the dataset, if it is not accessible via a URL. This information will appear at the end of the article in an "Additional Information" footnote.
Manuscripts submitted for publication in the Journal that meet its scope and submission criteria are sent to expert consultants for peer review.

Please see Reviewers for details about the peer review process and information on becoming a reviewer.

Copyediting.

Papers accepted for publication after peer review will be copyedited for clarity, conciseness, and conformity with Journal style and returned to the corresponding author for approval. The authors are responsible for all statements in their work, including changes authorized by the corresponding author.

Conflict of Interest/Financial Disclosure.

Authors are required to provide a statement covering any conflict of interest that may arise from publication of their manuscript. This includes, but is not limited to:

- Funding, including salaries, equipment, supplies, reimbursement for attending symposia, etc, from organizations that may gain or lose financially through the publication of the paper
- Personal financial interests, including stocks and shares in companies that may gain or lose financially from publication, consultation fees or forms of remuneration from organizations that may gain or lose financially, or patent and patent applications whose value may be affected
- Employment, whether recent, present or anticipated, by an organization that may gain or lose from publication of the paper

If you have no conflict of interest to declare, please state this and we will add the following text to your article: "The author(s) report no financial or other relationship relevant to the subject of this article."

Manuscript Components

Cover Letter.

Manuscripts must be accompanied by an electronic cover letter. Manuscripts are reviewed with the understanding that they represent original material, have never been published before, are not under consideration for publication elsewhere, and have been approved by each author. Prior publication constitutes any form of publication other than an abstract or clinical trial registration and includes invited articles, proceedings, symposia, and book chapters. Authors should fully inform the editor in the cover letter if the submitted manuscript contains data or clinical observations that have been published or submitted for publication elsewhere, supply copies of such material, and explain the differences between the works.

Manuscripts should have margins of at least 1 in and be double-spaced throughout, including title page, abstract, text, references, tables, and legends for figures. Number pages consecutively in the upper right-hand corner, beginning with the title page. Each section should begin on a separate page, and the sections should be arranged in the following order: (1) title page, (2) abstract and key words, (3) text, and (4) references. Tables and figures should be submitted as separate file(s) from the manuscript.

Title Page.

The title of the article should be concise but informative and should convey the basic design of the study.

For each author, provide first name, middle initial, and last name along with highest academic degree(s) and departmental and institutional affiliation, including city/state/country location.

At the bottom of the title page, list the following:

1. Sources of financial and material support, specifying the nature of the support and the location (city and state/country) of
the funding source.
2. Indications of previous presentation, including the date(s) and location of the meeting where the data were presented.
3. Acknowledgment of assistance (see Acknowledgments).
4. Any applicable disclaimer statements.
5. Full address, telephone and fax numbers, and e-mail address of the corresponding author.

Acknowledgments.

Contributions that need acknowledging but do not justify authorship, such as general support by a departmental chairperson, critical review of study proposal, or data collection, and acknowledgments of technical help are to be listed at the bottom of the title page. Authors must obtain written permission from all persons named in an Acknowledgment. For each person, list highest degree(s) as applicable, institutional affiliation (including the funding source for the acknowledged assistance), and any relevant financial disclosure.

Abstract.

If you are submitting an article, you are required to include a structured abstract of about 250 words or less. The abstract must reflect the text; that is, no information should be included in the abstract that cannot be drawn from the text.

Reports of Original Data

Objective: State the question addressed in the study.

Method: Describe the basic study design. State the setting (eg, primary care, referral center). Explain selection of study subjects and state the system of diagnostic criteria used. Describe any interventions and include their duration and method of administration. Indicate the main outcome measure(s). Specify the dates in which data were collected (month/year to month/year).

Results: Include the key findings. Give specific data and their statistical significance, if possible (include P value if findings were significant). Subset Ns should accompany percentages if the total N is < 100.

Conclusion: Summarize the conclusions.

Clinical Trials Registration: If the article reports a clinical trial, give the trial registry name, URL, and registration number.

Review Articles and Meta-Analyses

Objective: State the primary objective of the article.

Data Sources: Describe the data sources that were searched, including dates, keywords, and constraints (eg, language limits).

Study Selection: Identify the number of studies reviewed and the criteria used for their selection.

Data Extraction: Summarize guidelines used for abstracting data and how they were applied.

Results: State the main results of the review and the methods used to obtain these results.

Conclusions: Summarize the conclusions.

Consensus Statements

Objective: State the issue, purpose, and intended audience.

Participants: Describe how people were chosen to be participants, state the number of participants, and describe
their areas of expertise. State whether meetings were open or closed.

**Evidence:** Describe what data sources were used and explain their selection, abstraction, and the method of their synthesis. If a formal literature review was conducted, state who wrote it and whether it was reviewed. Describe any use of unpublished data. Explain the influence of expert opinion and comments from the participants.

**Consensus Process:** Describe the basis for conclusions. State how consensus was achieved. Describe the writing of the consensus statement, including who wrote it, whether it was drafted before or after the group expressed its opinions, and when it was written. Explain who reviewed the statement and how revision suggestions were utilized.

**Conclusions:** Summarize the consensus statement, and include any important minority views.


**Letters to the Editor**

Letters must include a descriptive title. Most letters to the editor either report cases or small studies or comment on a recent *Journal* article.

*For case reports and small studies,* ensure that the chronology of events is clear, and specify the month/year in which events occurred. Specify diagnostic criteria used for any diagnoses mentioned, and provide references for scales/assessment tools used. If a search of the literature was conducted for related case reports, specify the data sources, keywords, and any date/language limitations used in the search.

Letters reporting small studies typically include (1) a brief introductory paragraph, (2) sections titled "Method" and "Results" (labeled with capitalized headings), and (3) a conclusions/discussion section.

Letters reporting cases typically consist of (1) a brief introductory paragraph, (2) description of the cases, and (3) a discussion section. For letters reporting multiple cases, the types of clinical and demographic details given (eg, race, gender, occupation, marital status, medications, follow-up) should be consistent among the cases. It is not necessary to include all of these details in case reports, but if a particular characteristic, eg, occupation, is reported for one case, it should be reported for all of the cases.

*For letters commenting on a Journal article,* include a numbered reference to the article discussed. Be concise, and support your assertions with references as applicable. Also, please note that the authors of the original article will be given the opportunity to reply to letters commenting on their article.

**Text of Article**

Reports of Original Data

The text of observational and experimental articles is usually—but not necessarily—divided into sections with the headings *Introduction, Method, Results,* and *Discussion.* Lengthy articles may need subheadings within some sections to clarify their content.

Use nonproprietary names of drugs, unless a specific trade name is relevant to the discussion.

Use only standard abbreviations. Avoid abbreviations in the title and abstract. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.
Introduction. State the purpose of the article. Summarize the rationale for the study or observation. Give only strictly pertinent references, and do not review the subject extensively. Do not include data or conclusions from the work being reported.

Method. Describe your selection of the observational or experimental subjects (including controls) clearly, including eligibility. Identify the methods, apparatus (manufacturer’s name and city/state/country location in parentheses), and procedures in sufficient detail to allow other workers to reproduce the results. Give references to established methods, including statistical methods (see below). Include references for all assessment tools, including scales, used in the study. Describe new or modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration. Specify the dates in which data were collected (month/year to month/year).

Diagnosis. State the diagnosis and diagnostic criteria. Justify the use of diagnostic criteria other than DSM-IV.

Informed Consent/Ethics Review. Manuscripts that report experimental investigations with human subjects must include a statement that subjects (or parents/guardians) gave their informed consent after the procedure(s) and possible side effects were fully explained. Also state whether institutional review board approval was obtained for the investigation; if it was not, provide an explanation. Investigators without access to formal ethical review committees should follow Declaration of Helsinki guidelines and state this in the manuscript.

Patient Confidentiality. Ethical and legal considerations dictate protection of patients’ anonymity. Do not use patients’ names, initials, or hospital numbers in text or illustrative material. Avoid dates and disguise characteristics and personal history that would identify a patient.

Statistics. Describe statistical methods with enough detail to enable a knowledgeable reader with access to the original data to verify the reported results. When possible, quantify findings and present them with appropriate indicators of measurement error or uncertainty (such as confidence intervals). Avoid sole reliance on statistical hypothesis testing, such as the use of P values, which fails to convey important quantitative information. Give numbers of observations. Report losses to observation (such as dropouts from a clinical trial). Reference statistical tests that are not well known. Specify any general-use computer programs used.

Results. Present your results in logical sequence. Do not repeat in the text all the data in the tables or figures; emphasize or summarize only important observations. Subset Ns should accompany percentages if the total N is < 100. For original research, results should not be shown as not significant or NS. Actual P values are important for future meta-analyses research. Please include actual P values, and preferably confidence intervals or limits, when reporting nonsignificant results.

Discussion. Emphasize the new and important aspects of the study and the conclusions that follow from them. Do not repeat in detail material given in the Introduction or the Results section. Present in the Discussion section the implications of the findings and their limitations, including implications for future research. Relate the observations to other relevant studies. Link the conclusions with the goals of the study but avoid unqualified statements and conclusions not completely supported by your data.

Review Articles and Meta-Analyses

When preparing review articles and meta-analyses, describe the methods used in performing the literature review. This description includes listing the data sources searched (for example, MEDLINE) and the dates, keywords, and constraints (for example, language limits) used in the search; the criteria used to select the included studies; and the guidelines used for abstracting and synthesizing the data.

In meta-analyses, several basic content areas should be addressed: study design, combinability, control of bias, statistical analysis, sensitivity analysis, and problems of applicability.
Please refer to the information on Abstracts for a more detailed framework of the necessary elements for review articles and meta-analyses.

Consensus Statements

Consensus statements should identify the participants and their areas of expertise, as well as the source of funding or sponsor. Describe the data sources used and explain their selection, abstraction, and the method of their synthesis. A description of the process used to reach consensus should be included. Explain how conclusions were reached.

Please refer to the information on Abstracts for a more detailed framework of the necessary elements for consensus statements.

References

The reference list should include only references to information that is retrievable. Authors are responsible for the accuracy and completeness of the references. The references must be verified by the author(s) against the original documents.

Do not use reference management programs that bury references within the article text.

Number references consecutively in the order in which they are cited in text. Identify references by superscript Arabic numerals. References cited only in tables or in figure legends should be numbered in accordance with the sequence at the point of identification in the text of the particular table or figure.

References should be cited in the body of the article using the following format:

1 author: “Smith2 states that...”
2 authors: “Smith and Jones2 state that...”
3 or more authors: “Smith et al2 state that...”

“In press” references to articles accepted but not yet published can be cited and included in the reference list if the title and journal name or book publisher are given. References to personal communications (see Personal Communications and Unpublished Data) or to material not yet accepted for publication may not be included in the reference list, but instead should be cited parenthetically in text.

Abbreviations of journal names must conform to Index Medicus style. Examples of correct forms of references are illustrated below:

Tables and Figures

Computer-generated figures should be submitted as separate .eps or .tiff files (minimum 300 dpi).

Tables and figures should not duplicate text or one another and must be self-explanatory. Tables should be numbered consecutively in the order of their first citation in the text, as should figures. Acknowledge the original source of a previously published or adapted table or figure and submit written permission from the copyright holder to reproduce the material.

Ordinary footnotes are designated by lowercase superscript letters. Footnote citations may be given in both the title and the body and should proceed from left to right. Simple $P$ values given in footnotes are indicated by single asterisk, double asterisk, etc. Expansions of abbreviations should be listed at the bottom of the table below other footnotes.

*Tables.* Identify each table by a brief descriptive title. Give each column a short heading. When percentages are presented, the appropriate numbers must also be given. Do not use internal horizontal and vertical rules. Place explanatory matter in footnotes, not in the headings or title. Units of measurement should be specified. Definitions of symbols appearing in tables should be listed at the end of the footnotes, with the expansions of abbreviations.

*Figures.* Two-dimensional graphs should not be represented in 3 dimensions. Figures are usually reduced to a width of 19.5 picas (3.25 in, 8.2 cm). Definitions of symbols appearing in the figure should be presented in a key within the figure, rather than in the title or footnotes. The key should appear within or above the figure but should not widen the figure.

Special Sections

All manuscripts submitted for Special Section consideration (as indicated by authors at the time of electronic submission) will undergo the Journal’s usual editorial evaluation and peer review. Authors are invited to submit both high-quality research manuscripts and scholarly reviews. Letters to the editor will not be considered for these sections.

Early Career Psychiatrists

The objective of the Early Career Psychiatrists section is to encourage the academic development of early career psychiatrists. Manuscripts selected for this section will be those deemed through the review process to represent excellent work from the next generation of researchers in psychiatry.

Eligibility criteria for first authors:

- Trained psychiatrists with an MD, MD/PhD, or DO degree
- Less than 5 years from completion of training
- Current academic rank no higher than Assistant Professor

Focus on Addiction

The objective of the Focus on Addiction section is to promote scientifically rigorous research on substance-related and addictive disorders, including etiology, epidemiology, diagnosis, prevention, and treatment. The section’s scope embraces comorbidity of addiction with other psychiatric and medical disorders. Relevant
Focus on Alzheimer’s Disease and Related Disorders

The objective of the Focus on Alzheimer’s Disease and Related Disorders section is to encourage scientific studies of Alzheimer’s disease, promote the optimal care of patients, and help keep the psychiatric community informed of the latest scientific and clinical developments. In addition to randomized clinical trials of putative treatments for cognitive and noncognitive symptoms, authors are encouraged to submit manuscripts capitalizing on the use of genomic, proteomic, and brain imaging tools of growing importance to the study of Alzheimer’s disease and other psychiatric disorders. Other topics include any biological, psychosocial, economic, or health services aspect of Alzheimer’s disease. We also invite manuscripts related to the scientific understanding, differential diagnosis, early detection and tracking, treatment, and prevention of Alzheimer’s disease and, indeed, any research article or scholarly review of scientific importance or clinical relevance to the study of Alzheimer’s disease, mild cognitive impairment, and related disorders.

Focus on Childhood and Adolescent Mental Health

The objective of the Focus on Childhood and Adolescent Mental Health section is to encourage scientific studies regarding the mental health of children and adolescents, promote excellent clinical care of children and adolescents with psychiatric disorders, and help keep the psychiatric community informed about the latest research developments. In addition to manuscripts covering studies of the phenomenology of childhood and adolescent psychiatric disorders and clinical trials of treatments for childhood and adolescent psychiatric disorders and associated symptoms, authors are encouraged to submit manuscripts regarding the use of genomic and brain imaging studies related to childhood and adolescent mental health. Disorders include pediatric mood, anxiety, and psychotic disorders as well as oppositional defiant and conduct disorders, attention-deficit/hyperactivity disorder, pervasive developmental disorders, tic disorders, mental retardation, other developmental disorders, and any other disorder that may present during childhood or adolescence. Other topics include any biological, psychosocial, economic, or health services aspect of childhood and adolescent mental health. We also invite manuscripts related to the scientific understanding, differential diagnosis, early detection and monitoring, treatment, and prevention of psychiatric disorders in children and adolescents.

Focus on Suicide

The objective of the Focus on Suicide section is to promote scientific research into the causes and prevention of suicide. Identification of risk and protective factors related to suicidal behavior, diagnosis of at-risk persons, evidence-based intervention research, treatment and practice strategies, interdisciplinary approaches, brain imaging and genomic studies are all of interest. In selecting articles on suicide, JCP aligns its goals with those set forth in February 2014 by the National Alliance for Suicide Prevention’s Research Prioritization Task Force in A Prioritized Research Agenda for Suicide Prevention. Authors are invited to submit high-quality research and scholarly reviews on all aspects of suicide that will contribute to the overall decrease in the global burden of suicide.

Focus on Women’s Mental Health

The objective of the Focus on Women’s Mental Health section is to recognize and address the need for gender-based research. Authors are invited to submit well-designed, well-conducted studies of epidemiologic,
biological, psychosocial, economic, and health services aspects of women’s mental health issues. Topics of interest include all aspects of mental health issues pertinent to the female reproductive lifespan, disorders that disproportionately affect women, and inquiries into how gender impacts the course and treatment of disorders that affect the sexes equally.

**Social Media and Mental Health**

The objective of the Social Media and Mental Health section is to foster inquiry into the evolving relationship between psychiatry and social media. Authors are invited to submit well-designed original research and scholarly reviews related to social media technologies, including social networking websites, blogs, and Internet forums. An emerging field of study that is of particular interest is the use of “big data” mined from social media data to reveal patterns and predict the spread of disorders and mental health–related phenomena. Another area of focus is the impact of individuals’ social media use on their mental health (effects on mood, social media addiction, and other topics). Authors are also encouraged to submit manuscripts that investigate promising ways in which social media can be leveraged by mental health professionals to provide interventions, disseminate public health information, or communicate with patients.
Manuscript Submission

Prior to submission, please carefully read and follow the submission guidelines detailed below. Manuscripts that do not conform to the submission guidelines may be returned without review.

Abstracting & Indexing

Submit manuscripts electronically, using Microsoft Word (.doc) or Rich Text Format (.rtf) to the Manuscript Submission Photo (http://www.journals.apa.org/journal/submitmanuscript.php).

Submissions are accepted online. If you encounter difficulties with submission, please email editorial.office@apa.org or call 202-336-5725.

General correspondence may be directed to the Editorial Office via email: cjr@apa.org.

Masked Review

This journal uses a masked reviewing system for all submissions. The first page of the manuscript should include the authors’ names and affiliations but should not include the title of the manuscript and the date it was submitted.

Please provide corresponding information pertaining to the authors’ affiliations or affiliations should not be included in the manuscript, but may be provided after a manuscript is accepted.

Title of Manuscript

The title of a manuscript should be accurate, fully explanatory, and preferably no longer than 12 words. The title should reflect the content and population studied (e.g., treatment of generalized anxiety disorder is studied).

If the paper reports a randomized clinical trial (RCT), this should be indicated in the title. Note that JARS criteria must be met.

If the manuscript itself contains no claims to the subject and titles, please ensure that the title and letters for publication includes a summary and full article title for the corresponding abstract. The abstract should be no more than 250 words typed on a separate page. If the abstract is length, please supply up to four keywords or brief phrases.

Cover Letter

The cover letter accompanying the manuscript submission must include all authors’ names and affiliations to avoid potential conflicts of interest in the review process. Address details, as well as any electronic mail addresses and the number of pages, should be provided for all authors for correspondence by the editorial office and editor for the production office.

Length and Style of Manuscripts

Full-length manuscripts should not exceed 35 pages total (including cover page, abstract, notes, references, tables, and figures). With exceptions of at least 1 not at all below and a title page, authors should submit a maximum of 12 pages (or at least 1 not at all below and authors should submit a maximum of 12 pages (or at least 1 not at all below and a title page and author notes. The entire paper (text, references, tables, etc.) must be double-spaced. Indicators for preparing tables, figures, references, notes, and abstracts appear in the Publication Manual of the American Psychological Association (6th ed., 2009).

In addition to full-length manuscripts, the Journal of Consulting and Clinical Psychology (JCCP) will consider Brief Reports of research studies in clinical psychology. The Brief Report format may be appropriate for empirically sound studies that are limited in scope, contain novel or provocative findings that are not further replication, or represent important implications and reductions of prior published work.

Brief Reports are intended to permit the publication of soundly designed studies of specialized interest that cannot be accepted in the form of a full-length manuscript but are important to the scientific literature. Brief Reports are not typically recommended for research with a broad theoretical, methodological, or practical interest that advance the field of clinical psychology. Examples might include describing and analyzing the limitations of a particular statistical or methodological procedure.

Brief Reports should give a clear, concise summary of the procedure of the study and as full an account of the results as space permits.

Brief Reports are intended to permit the publication of soundly designed studies of specialized interest that cannot be accepted in the form of a full-length manuscript but are important to the scientific literature. Brief Reports are not typically recommended for research with a broad theoretical, methodological, or practical interest that advance the field of clinical psychology. Examples might include describing and analyzing the limitations of a particular statistical or methodological procedure.

The References section should immediately follow a page break.

Contribution to the Scientific Literature Base

Whereas the majority of papers published in JCCP involve original research, the journal also publishes a variety of other types of articles. These types of articles should not include a subtitle representing the original article(s). One important review criteria involves the timeliness of the topic and its potential contribution to the scientific literature base related to the article(s).

Conceptual/Theoretical Papers

Whereas the majority of papers published in JCCP involve original research, the journal also publishes a variety of other types of articles. These types of articles should not include a subtitle representing the original article(s). One important review criteria involves the timeliness of the topic and its potential contribution to the scientific literature base related to the article(s).

Title of Manuscript

The title of a manuscript should be accurate, fully explanatory, and preferably no longer than 12 words. The title should reflect the content and population studied (e.g., treatment of generalized anxiety disorder is studied).

If the paper reports a randomized clinical trial (RCT), this should be included in the title. Note that JARS criteria must be met for the reporting group.

Abstract

All manuscripts must include an abstract containing a maximum of 250 words typed on a separate page. When the abstract is length, please supply up to four keywords or brief phrases.
References published in the Journal of Consulting and Clinical Psychology will include a structured abstract of up to 250 words.

For studies that report randomized clinical or meta-analyses, the abstract also must be consistent with the guidelines set forth by APA or NIMH (APA Style Manual & Style Guide, 2010). Thus, in preparing a manuscript, please ensure that it is consistent with the guidelines stated below.

Please include a table of all 250 words, presented in paragraph form. The table should be placed on a separate page (page 6 of the manuscript), and should include each of the following sections.

**Objective**
A brief statement of the purpose of the study

**Method**
A detailed narrative of the participants (i.e., age, gender, ethnicity) as well as descriptions of the study design, measures (including names of measures), and procedures

**Result**
A detailed summary of the primary findings that clearly articulate comparison groups (if relevant), and that indicate significance on condition-centered terms for the main findings

**Conclusion**
A description of the research and clinical implications of the findings

Public Health Significance Statements

Authors submitting manuscripts to the Journal of Consulting and Clinical Psychology are required to provide 2–3 brief sentences regarding the public health significance of the study. Manuscripts that fail to demonstrate a public health significance or that do not conform to the following guidelines are rejected.

**If you would like to include code in the text of your published manuscript, please submit a separate file with your code exactl**

If the code contains a mix of source code and explanatory text, the code and explanatory text should be kept separate. If an appendix contains more than one file, place all code files in a single folder. At least one file should contain only the source code, while the other file should contain only the explanatory text. When inserting a code file, make sure to place the code file in the appropriate location and refer to it accordingly.

**MathType**

MathType is a proprietary equation editor that is compatible with Microsoft Word. It allows for easy integration of mathematical equations into your manuscript. To use MathType, you can select it from the drop-down menu. Verify that your equation is correctly inserted into your Word file as a MathType Equation. If you have an equation that has already been produced using Microsoft Word 2007 or 2010 and you have access to the full version of MathType, you can convert it to MathType 6.5 or later. To do so, select MathType 6.5 or later from the drop-down menu. The MathType equivalent will replace the original equation, making it easier to adjust and format.

**References**

APA can place supplemental materials online, available via the published article in the PsycARTICLES database. Please see Supplementing Your Article With Online Material for more details.

**Manuscript Preparation**

The manuscript should be double-spaced throughout, including references and tables, and submitted in the same font as the rest of the text.

**Method of Submission**

The manuscript should be submitted electronically via the online manuscript submission system. The manuscript should be typed on a separate page (page 6 of the manuscript), and should include each of the following sections:

**Objective**
A brief statement of the purpose of the study

**Method**
A detailed narrative of the participants (i.e., age, gender, ethnicity) as well as descriptions of the study design, measures (including names of measures), and procedures

**Result**
A detailed summary of the primary findings that clearly articulate comparison groups (if relevant), and that indicate significance on condition-centered terms for the main findings

**Conclusion**
A description of the research and clinical implications of the findings

Public Health Significance Statements

Authors submitting manuscripts to the Journal of Consulting and Clinical Psychology are required to provide 2–3 brief sentences regarding the public health significance of the study. Manuscripts that fail to demonstrate a public health significance or that do not conform to the following guidelines are rejected.

**If you would like to include code in the text of your published manuscript, please submit a separate file with your code exactl**

If the code contains a mix of source code and explanatory text, the code and explanatory text should be kept separate. If an appendix contains more than one file, place all code files in a single folder. At least one file should contain only the source code, while the other file should contain only the explanatory text. When inserting a code file, make sure to place the code file in the appropriate location and refer to it accordingly.

**MathType**

MathType is a proprietary equation editor that is compatible with Microsoft Word. It allows for easy integration of mathematical equations into your manuscript. To use MathType, you can select it from the drop-down menu. Verify that your equation is correctly inserted into your Word file as a MathType Equation. If you have an equation that has already been produced using Microsoft Word 2007 or 2010 and you have access to the full version of MathType, you can convert it to MathType 6.5 or later. To do so, select MathType 6.5 or later from the drop-down menu. The MathType equivalent will replace the original equation, making it easier to adjust and format.

**References**

APA can place supplemental materials online, available via the published article in the PsycARTICLES database. Please see Supplementing Your Article With Online Material for more details.

**Supplemental Materials**

APA can place supplemental materials online, available via the published article in the PsycARTICLES database. Please see Supplementing Your Article With Online Material for more details.

**References**

APA can place supplemental materials online, available via the published article in the PsycARTICLES database. Please see Supplementing Your Article With Online Material for more details.
Special Issues

Other Information

Ethical Principles

Publication Policies

Figures

Permissions

Special Issues

Publication Policies

Copyright & Permissions

© 2015 American Psychological Association

APA Home | Contact | Press Room | APA Wire | Privacy Statement | Copyright | University | Feedback

APA Journals Internet Posting Guidelines

Follow APA:

More APA websites:

Follow APA:

Figures

Special Issues

Other Information

Ethical Principles

Publication Policies

Copyright & Permissions

© 2015 American Psychological Association

APA Home | Contact | Press Room | APA Wire | Privacy Statement | Copyright | University | Feedback

APA Journals Internet Posting Guidelines

Follow APA:

More APA websites:

Follow APA:
Journal of Family Psychology

Outgoing Editor: Nadine J. Kaslow, PhD, ABPP
Incoming Editor: Barbara H. Fiese, PhD
ISSN: 0893-3200
eISSN: 1939-1293
Published: bimonthly, beginning in February
ISI Impact Factor: 1.713
Family Studies: 13 of 40

View Table of Contents and Online First Publication
Read Sample Articles
Journal Snapshot
Advertising Information

Guidelines for Reviewing Manuscripts (/pubs/journals/fam/reviewer-guidelines.aspx)
Consulting Editors of the Year (/pubs/journals/fam/editors-of-the-year.aspx)
Collaborative Review Model Policy Guidelines (PDF, 12KB) (/pubs/journals/features/collaborativeredreviewmodel.policy.pdf)
New Authors Guide to Preparing Manuscripts for Journal Publication (/pubs/authors/new-author-guide.aspx)
Editorial - Journal of Family Psychology: Past, Present, and Future (PDF, 21KB) (/pubs/journals/features/fam-24-1-1.pdf)
New Editor Appointed (/pubs/authors/all-editors.aspx)

Description (javascript:void(0);) 
Editorial Board (javascript:void(0);) 
Abstracting & Indexing (javascript:void(0);) 
Manuscript Submission (javascript:void(0);) 

Description

The Journal of Family Psychology is a bimonthly publication that focuses on the psychology of the family. It covers a wide range of topics including family therapy, family interventions, family development, and family relations. The journal is dedicated to advancing the understanding of family psychology by publishing high-quality research articles, reviews, and theoretical contributions.

Editorial Board

Barbara Fiese, Incoming Editor
University of Illinois at Urbana-Champaign
1016B Doris Kelley Christopher Hall, MC-081
904 West Nevada
Urbana, IL 61801

General correspondence may be directed to the Editor's Office (mailto:bhfiese@illinois.edu).

Do not submit manuscripts to the Editor's email address.

In addition to addresses and phone numbers, please supply electronic mail addresses and fax numbers, if available, for potential use by the editorial office and later by the production office.

Keep a copy of the manuscript to guard against loss.

Article Requirements

For general guidelines to style, authors should study articles previously published in the journal.

All manuscripts must include an abstract containing a maximum of 250 words typed on a separate page. After the abstract, please supply up to five keywords or brief phrases.

The manuscript title should be accurate, fully explanatory, and preferably no longer than 12 words. The title should reflect the content and population studied (e.g., "family therapy for depression in children"). If the paper reports a randomized clinical trial, this should be indicated in the title, and the CONSORT criteria (https://consort-statement.org) must be used for reporting purposes.

Research manuscripts and review and theoretical manuscripts that provide creative and integrative summaries of an area of work relevant to family psychology should not exceed 30–35 pages, all inclusive (including cover page, abstract, text, references, tables, figures), with margins of at least 1 inch on all sides and a standard font (e.g., Times New Roman) of 12 points (no smaller). The entire paper (text, references, tables, figures, etc.) must be double spaced. References should not exceed 8 pages.

Brief reports are encouraged for innovative work that may be premature for publication as a full research report because of small sample size, novel methodologies, etc. Brief
reports also are an appropriate format for replications and for clinical case studies. Authors of brief reports should indicate in the cover letter that the full report is not under consideration for publication elsewhere. Brief reports should be designated as such and should not exceed a total of 20 pages, all inclusive. References should not exceed 8 pages.

Manuscripts exceeding the space requirement will be returned to the author for shortening prior to peer review.

All research involving human participants must describe oversight of the research process by the relevant Institutional Review Boards and should describe consent and assent procedures briefly in the Method section.

It is important to highlight the significance and novel contribution of the work. The translation of research into practice must be evidenced in all manuscripts. Authors should incorporate a meaningful discussion of the clinical and/or policy implications of their work throughout the manuscript, rather than simply providing a separate section for this material.

Masked Review
The Journal of Family Psychology® uses a masked reviewing system for all submissions. The cover letter should include all authors' names and institutional affiliations. However, in order to permit anonymous review, the first page of text should omit this information. This cover page should only include the title of the manuscript and the date it is submitted.

Please make every effort to see that the manuscript itself contains no clues to the authors’ identities.

Please ensure that the final version for production includes a byline and full author note for typesetting.

Cover Letter
Authors should indicate in their cover letter that the work has not been published previously and is not under consideration for publication elsewhere. The relationship of the submitted manuscript with other publications and/or submissions of the author, if any, should be explained.

The cover letter should include a statement indicating that the manuscript has been seen and reviewed by all authors and that all authors have contributed to it in a meaningful way.

The cover letter must include the full mailing address, telephone, fax, and email address for the corresponding author.

CONSORT Criteria
The Journal of Family Psychology requires the use of the CONSORT reporting standards (i.e., a checklist and flow diagram) for randomized clinical trials, consistent with the policy established by the Publications and Communications Board of the American Psychological Association.

CONSORT (Consolidated Standards of Reporting Trials) offers a standard way to improve the quality of such reports and to ensure that readers have the information necessary to evaluate the quality of a clinical trial. Manuscripts that report randomized clinical trials are required to include a flow diagram of the progress through the phases of the trial and a checklist that identifies where in the manuscript the various criteria are addressed. The checklist should be placed in an Appendix of the manuscript for review purposes.

When a study is not fully consistent with the CONSORT statement, the limitations should be acknowledged and discussed in the text 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. The above checklist information should be completed to the extent possible, especially for the Results and Discussion sections of the manuscript.

Visit the CONSORT Statement Web site (http://www.consort-statement.org/) for more details and resources.

Manuscript Preparation

Review APA's Checklist for Manuscript Submission (http://www.apa.org/pubs/authors/manuscript-check.aspx) before submitting your article.

Double-space all copy. Other formatting instructions, as well as instructions on preparing tables, figures, references, metrics, and abstracts, appear in the Manual.

Below are additional instructions regarding the preparation of display equations, computer code, and tables.

Display Equations
We strongly encourage you to use MathType (third-party software) or Equation Editor 3.0 (built into pre-2007 versions of Word) to construct your equations, rather than the equation support that is built into Word 2007 and Word 2010. Equations composed with the built-in Word 2007/Word 2010 equation support are converted to low-resolution graphics when they enter the production process and must be relieved by the typesetter, which may introduce errors.

To construct your equations with MathType or Equation Editor 3.0:

Go to the Text section of the Insert tab and select Object.

Select MathType or Equation Editor 3.0 in the drop-down menu.

If you have an equation that has already been produced using Microsoft Word 2007 or 2010 and you have access to the full version of MathType 6.5 or later, you can convert this equation to MathType by clicking on MathType Insert Equation. Copy the equation from Microsoft Word and paste it into MathType box. Verify that your equation is correct, click File, and then click Update. Your equation has now been inserted into your Word file as a MathType Equation.

Use Equation Editor 3.0 or MathType only for equations or for formulas that cannot be produced as Word text using the Times or Symbol font.

Computer Code
Because altering computer code in any way (e.g., indents, line spacing, line breaks, page breaks) during the typesetting process could alter its meaning, we treat computer code differently from the rest of your article in our production process. To that end, we request separate files for computer code.

In Online Supplemental Material
We request that runnable source code be included as supplemental material to the article. For more information, visit Supplementing Your Article With Online Material (http://www.apa.org/pubs/authors/supp-material.aspx).

In the Text of the Article
If you would like to include code in the text of your published manuscript, please submit a separate file with your code as you want it to appear, using Courier New font with a type size of 8 points. We will make an image of each segment of code in your article that exceeds 40 characters in length. (Shorter snippets of code that appear in text will be typeset in Courier New and run in with the rest of the text.) If an appendix contains a mix of code and explanatory text, please submit a file that contains the entire appendix, with the code keyed in 8-point Courier New.

Tables
Use Word’s Insert Table function when you create tables. Using spaces or tabs in your table will create problems when the table is typeset and may result in errors.
Submitting Supplemental Materials

APA can place supplemental materials online, available via the published article in the PsycARTICLES® database. Please see Supplementing Your Article With Online Material (/pubs/authors/supp-material.aspx) for more details.

Abstract and Keywords

All manuscripts must include an abstract containing a maximum of 250 words typed on a separate page. After the abstract, please supply up to five keywords or brief phrases.

References

List references in alphabetical order. Each listed reference should be cited in text, and each text citation should be listed in the References section.

Examples of basic reference formats:

**Journal Article:**

**Authored Book:**

**Chapter in an Edited Book:**

Figures

Graphics files are welcome if supplied as Tiff or EPS files. Multipanel figures (i.e., figures with parts labeled a, b, c, d, etc.) should be assembled into one file.

The minimum line weight for line art is 0.5 point for optimal printing.

For more information about acceptable resolutions, fonts, sizing, and other figure issues, please see the general guidelines (http://art.cadmus.com/da/guidelines.jsp).

When possible, please place symbol legends below the figure instead of to the side.

APA offers authors the option to publish their figures online in color without the costs associated with print publication of color figures.

The same caption will appear on both the online (color) and print (black and white) versions. To ensure that the figure can be understood in both formats, authors should add alternative wording (e.g., "the red (dark gray) bars represent") as needed.

For authors who prefer their figures to be published in color both in print and online, original color figures can be printed in color at the editor's and publisher's discretion provided the author agrees to pay:

- $900 for one figure
- An additional $600 for the second figure
- An additional $450 for each subsequent figure

Permissions

Authors of accepted papers must obtain and provide to the editor on final acceptance all necessary permissions to reproduce in print and electronic form any copyrighted work, including text materials (or portions thereof), photographs, and other graphic images (including those used as stimuli in experiments).

On advice of counsel, APA may decline to publish any image whose copyright status is unknown.

Download Permissions Alert Form (PDF, 13KB) (/pubs/authors/permissions-alert.pdf)

Publication Policies

APA policy prohibits an author from submitting the same manuscript for concurrent consideration by two or more publications.

See also APA Journals® Internet Posting Guidelines (/pubs/authors/posting.aspx).

APA requires authors to reveal any possible conflict of interest in the conduct and reporting of research (e.g., financial interests in a test or procedure, funding by pharmaceutical companies for drug research).

Download Disclosure of Interests Form (PDF, 38KB) (/pubs/authors/disclosure-of-interests.pdf)

Authors of accepted manuscripts are required to transfer the copyright to APA.

For manuscripts not funded by the Wellcome Trust or the Research Councils UK
Publication Rights (Copyright Transfer) Form (PDF, 83KB) (/pubs/authors/publication-rights-form.pdf)

For manuscripts funded by the Wellcome Trust or the Research Councils UK
Wellcome Trust or Research Councils UK Publication Rights Form (PDF, 34KB) (/pubs/authors/publication-rights-form-wellcome-rcuk.pdf)

Ethical Principles

It is a violation of APA Ethical Principles to publish "as original data, data that have been previously published" (Standard 8.13).

In addition, APA Ethical Principles specify that "after research results are published, psychologists do not withhold the data on which their conclusions are based from other competent professionals who seek to verify the substantive claims through reanalysis and who intend to use such data only for that purpose, provided that the confidentiality of the participants can be protected and unless legal rights concerning proprietary data preclude their release" (Standard 8.14).

APA expects authors to adhere to these standards. Specifically, APA expects authors to have their data available throughout the editorial review process and for at least 5 years after the date of publication.

Authors are required to state in writing that they have complied with APA ethical standards in the treatment of their sample, human or animal, or to describe the details of treatment.
The APA Ethics Office provides the full Ethical Principles of Psychologists and Code of Conduct electronically on its website in HTML, PDF, and Word format. You may also request a copy by emailing ethics@apa.org or calling the APA Ethics Office (202-336-5930). You may also read "Ethical Principles," December 1992, American Psychologist, Vol. 47, pp. 1597–1611.

Other Information

Appeals Process for Manuscript Submissions (pubs/authors/appeals.aspx)
Preparing Auxiliary Files for Production (pubs/authors/preparing-effiles.aspx)
Document Deposit Procedures for APA Journals (pubs/authors/pubmed-deposit.aspx)

Special Issues
Journal of Health Psychology is an international peer reviewed journal that aims to support and help shape research in health psychology from around the world. It provides a platform for traditional empirical analyses as well as more qualitative and/or critically oriented approaches. It also addresses the social contexts in which psychological and health processes are embedded.

1. Article types

The Editorial Board of the Journal of Health Psychology considers for publication:
(a) Reports of empirical studies likely to further our understanding of health psychology
(b) Critical reviews of the literature
(c) Theoretical contributions and commentaries
(d) Intervention studies
(e) Brief reports
(e) Signed editorials (about 1000 words) on significant issues.

Intervention studies
Publication guidelines for intervention studies are published in volume 15, number 1, pages 5-7. The journal normally publishes papers reporting intervention studies of up to 8,000 words allowing 500 words per table and figure.

The Journal of Health Psychology welcomes research reports regardless of the direction or strength of the results. However the JHP will only consider reports of clinical trials that have been pre-registered at http://www.clinicaltrials.gov/ or http://www.controlled-trials.com/

Please consult the Editorial concerning “Publication Guidelines for Intervention Studies in the Journal of Health Psychology” by David F. Marks J Health Psychol January 2010 vol. 15 no. 1 5-7: http://hpq.sagepub.com/content/15/1/5.full.pdf+html The criteria for publication include the application of the CONSORT, TREND and PRISMA statements.

Brief reports
The Journal also publishes Brief Reports of up to 3,000 words. Brief Reports should include an abstract of 100 words, and may include a table or figure in lieu of 500 words of the 3,000-word maximum.

Article length and house style
Articles should be as short as is consistent with clear presentation of subject matter. There is no absolute limit on length but 6,000 words.
Essential that your literature review is completely up to date. Please check recent issues of the *Journal of Health Psychology* and other key journals to ensure that any relevant papers are cited. Papers that fail to do this will be rejected. An Abstract should be at the start of the manuscript and not exceed **100 words** (in spite of what is stated on the ScholarOne website) accompanied by **five** keywords should be selected from the list provided on the JHP ScholarOne website. References are not numbered but appear in alphabetical order by first author surname.

To enable blind, impartial review, all documentation must be anonymized. A common error is to include the author’s name in the Word document title, as in:

Smith (blind copy).doc

Such manuscripts will be rejected for re-submission in fully blinded fashion.

**Back to top**

2. Editorial Policies

2.1 Peer review policy

*Journal of Health Psychology* operates a strictly blinded peer review process in which the reviewer’s name is withheld from the author and, the author’s name from the reviewer. The reviewer may at their own discretion opt to reveal their name to the author in their review but our standard policy practice is for both identities to remain concealed.

As part of the submission process you will be asked to provide the names of X peers who could be called upon to review your manuscript. Recommended reviewers should be experts in their fields and should be able to provide an objective assessment of the manuscript. Please be aware of any conflicts of interest when recommending reviewers. Examples of conflicts of interest include (but are not limited to) the below:

- The reviewer should have no prior knowledge of your submission
- The reviewer should not have recently collaborated with any of the authors
- Reviewer nominees from the same institution as any of the authors are not permitted

Please note that the Editors are not obliged to invite any recommended/opposed reviewers to assess your manuscript.

2.2 Authorship

All parties who have made a substantive contribution to the article should be listed as authors. Principal authorship,
3. Publishing Policies

3.1 Publication Ethics

SAGE is committed to upholding the integrity of the academic record. We encourage authors to refer to the Committee on Publication Ethics’ International Standards for Authors and view the Publication Ethics page on the SAGE Author Gateway.

3.1.1 Plagiarism

Journal of Health Psychology and SAGE take issues of copyright infringement, plagiarism or other breaches of best practice in publication very seriously. We seek to protect the rights of our authors and we always investigate claims of plagiarism or misuse of articles published in the journal. Equally, we seek to protect the reputation of the journal against malpractice. Submitted articles may be checked using duplication-checking software. Where an article is found to have plagiarised other work or included third-party copyright material without permission or with insufficient acknowledgement, or where authorship of the article is contested, we reserve the right to take action including, but not limited to: publishing an erratum or corrigendum (correction); retracting the article (removing it from the journal); taking up the matter with the head of department or dean of the author’s institution and/or relevant academic bodies or societies; banning the author from publication in the journal or all SAGE journals, or appropriate legal action.

4. How to submit your manuscript

Before submitting your manuscript, please ensure you carefully read and adhere to all the guidelines and instructions to authors provided below. Manuscripts not conforming to these guidelines may be returned.

Journal of Health Psychology is hosted on SAGE track a web based online submission and peer review system powered by ScholarOne Manuscripts. Please read the Manuscript Submission guidelines below, and then simply visit http://mc.manuscriptcentral.com/jhealthpsychology to login and submit your article online.

IMPORTANT: Please check whether you already have an account in the system before trying to create a new one. If you have reviewed or authored for the journal in the past year it is likely that you will have had an account created.
5. Journal contributor’s publishing agreement
Before publication SAGE requires the author as the rights holder to sign a Journal Contributor’s Publishing Agreement. For more information please visit our Frequently Asked Questions on the SAGE Journal Author Gateway.

Journal of Health Psychology and SAGE take issues of copyright infringement, plagiarism or other breaches of best practice in publication very seriously. We seek to protect the rights of our authors and we always investigate claims of plagiarism or misuse of articles published in the journal. Equally, we seek to protect the reputation of the journal against malpractice. Submitted articles may be checked using duplication-checking software. Where an article is found to have plagiarised other work or included third-party copyright material without permission or with insufficient acknowledgement, or where authorship of the article is contested, we reserve the right to take action including, but not limited to: publishing an erratum or corrigendum (correction); retracting the article (removing it from the journal); taking up the matter with the head of department or dean of the author’s institution and/or relevant academic bodies or societies; banning the author from publication in the journal or all SAGE journals, or appropriate legal action.

5.1 SAGE Choice and Open Access
If you or your funder wish your article to be freely available online to non subscribers immediately upon publication (gold open access), you can opt for it to be included in SAGE Choice, subject to payment of a publication fee. The manuscript submission and peer review procedure is unchanged. On acceptance of your article, you will be asked to let SAGE know directly if you are choosing SAGE Choice. To check journal eligibility and the publication fee, please visit SAGE Choice. For more information on open access options and compliance at SAGE, including self author archiving deposits (green open access) visit SAGE Publishing Policies on our Journal Author Gateway.

6. Declaration of conflicting interests
Within your Journal Contributor’s Publishing Agreement you will be required to make a certification with respect to a declaration of conflicting interests. It is the policy of the Journal of Health Psychology to require a declaration of conflicting interests from all authors enabling a statement to be carried within the paginated pages of all published articles.

Please include any declaration at the end of your manuscript after any acknowledgements and prior to the references, under a heading Declaration of Conflicting Interests. If no declaration is made the following will be printed under this heading in your article: ‘None Declared’.

Alternatively, you may wish to state that ‘The Author(s) declare(s) that there...’
sponsoring organization and the for-profit interests the organization represents, and with any for-profit product discussed or implied in the text of the article.

Any commercial or financial involvements that might represent an appearance of a conflict of interest need to be additionally disclosed in the covering letter accompanying your article to assist the Editor in evaluating whether sufficient disclosure has been made within the Declaration of Conflicting Interests provided in the article.

For more information please visit the SAGE Journal Author Gateway.

7. Other conventions

The Journal requires authors to have obtained ethical approval from the appropriate local, regional or national review boards or committees. Of particular importance are the treatment of participants with dignity and respect, and the obtaining of fully informed consent. The methods section of the paper must contain reference to the forum used to obtain ethical approval.

Authors must follow the Guidelines to Reduce Bias in Language of the Publication Manual of the American Psychological Association (6th ed). These guidelines relate to level of specificity, labels, participation, gender, sexual orientation, racial and ethnic identity, disabilities and age. Authors should also be sensitive to issues of social class, religion and culture.

8. Acknowledgements

Any acknowledgements should appear first at the end of your article prior to your Declaration of Conflicting Interests (if applicable), any notes and your References.

All contributors who do not meet the criteria for authorship should be listed in an `Acknowledgements` section. Examples of those who might be acknowledged include a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Authors should disclose whether they had any writing assistance and identify the entity that paid for this assistance.

8.1 Funding Acknowledgement

To comply with the guidance for Research Funders, Authors and Publishers issued by the Research Information Network (RIN), Journal of Health Psychology additionally requires all Authors to acknowledge their funding in a consistent fashion under a separate heading. Please visit Funding Acknowledgement on the SAGE Journal Author Gateway for funding acknowledgement guidelines.
9. Permissions
Authors are responsible for obtaining permission from copyright holders for reproducing any illustrations, tables, figures or lengthy quotations previously published elsewhere. For further information including guidance on fair dealing for criticism and review, please visit our Frequently Asked Questions on the SAGE Journal Author Gateway.

10. Manuscript style

10.1 File types
Only electronic files conforming to the journal's guidelines will be accepted. Preferred formats for the text and tables of your manuscript are Word DOC, RTF, XLS. LaTeX files are also accepted. Please also refer to additional guideline on submitting artwork and supplemental files below.

10.2 Journal Style
Journal of Health Psychology conforms to the SAGE house style. Click here to review guidelines on SAGE UK House Style.

10.3 Reference Style
Journal of Health Psychology adheres to the SAGE Harvard reference style. Click here to review the guidelines on SAGE Harvard to ensure your manuscript conforms to this reference style.

If you use EndNote to manage references, download the SAGE Harvard output style by following this link and save to the appropriate folder (normally for Windows C:\Program Files\EndNote\Styles and for Mac OS X Harddrive:Applications:EndNote:Styles). Once you've done this, open EndNote and choose "Select Another Style..." from the dropdown menu in the menu bar; locate and choose this new style from the following screen.

10.4. Manuscript Preparation
The text should be double-spaced throughout and with a minimum of 3cm for left and right hand margins and 5cm at head and foot. Text should be standard 10 or 12 point.

10.4.1 Your Title, Keywords and Abstracts: Helping readers find your article online
The title, keywords and abstract are key to ensuring readers find your article online through online search engines such as Google. Please refer to the information and guidance on how best to title your article, write your abstract and select your keywords by visiting SAGE's Journal Author Gateway Guidelines on How to Help Readers Find Your Article Online.

10.4.2 Corresponding Author Contact details

To enhance your experience on our site, SAGE stores cookies on your computer. By continuing you consent to receive cookies. Learn more. Close
9.4.3 Guidelines for submitting artwork, figures and other graphics
For guidance on the preparation of illustrations, pictures and graphs in electronic format, please visit SAGE’s Manuscript Submission Guidelines. Figures supplied in colour will appear in colour online regardless of whether or not these illustrations are reproduced in colour in the printed version. For specifically requested colour reproduction in print, you will receive information regarding the costs from SAGE after receipt of your accepted article.

10.4.4 Guidelines for submitting supplemental files
Journal of Health Psychology is able to host approved supplemental materials online, alongside the full-text of articles. Supplemental files will be subjected to peer-review alongside the article. For more information please refer to SAGE’s Guidelines for Authors on Supplemental Files.

10.4.5 English Language Editing services
Non-English speaking authors who would like to refine their use of language in their manuscripts might consider using a professional editing service. Visit English Language Editing Services for further information.

11. After acceptance

11.1 Proofs
We will email a PDF of the proofs to the corresponding author.

11.2 E-Prints
SAGE provides authors with access to a PDF of their final article. For further information please visit http://www.sagepub.co.uk/authors/journal/reprint.sp.

11.3 SAGE Production
At SAGE we place an extremely strong emphasis on the highest production standards possible. We attach high importance to our quality service levels in copy-editing, typesetting, printing, and online publication (http://online.sagepub.com/). We also seek to uphold excellent author relations throughout the publication process.
A large number of SAGE journals benefit from OnlineFirst, a feature offered through SAGE’s electronic journal platform, SAGE Journals Online. It allows final revision articles (completed articles in queue for assignment to an upcoming issue) to be hosted online prior to their inclusion in a final print and online journal issue which significantly reduces the lead time between submission and publication. For more information please visit our OnlineFirst Fact Sheet.

12. Further information

Any correspondence, queries or additional requests for information on the Manuscript Submission process should be sent to the Editorial Office as follows:

David Marks PhD: editorjhp@gmail.com
Manuscript Preparation

Published in association with the Association for Positive Behavior Support. The mission of the Journal of Positive Behavior Interventions (JPBI) is to expand the knowledge and practice of effective behavioral support in school, home, and community settings, with a focus on comprehensive outcomes in the lives of children, youth, and adults. Specifically, goals are to extend the empirical database; enhance the conceptual framework; and provide a forum for researchers, professionals, families, and policymakers concerned with the behavior of individuals with developmental and behavioral disabilities. Published quarterly.

Types of Manuscripts

Published are empirical investigations, including experimental analyses; detailed case studies; and research using descriptive, survey, and qualitative methods. Submissions may be full-length manuscripts, brief reports of innovative interventions, or case illustrations. Detailed, data-based case studies are encouraged. Experimental designs are not required for case studies; however, data are expected to meet rigorous standards of credibility. The following types of manuscripts are considered:

Discussions, literature reviews, and conceptual papers: authoritative considerations of issues that pertain to school, home, and community-based supports. Reviews and syntheses of the literature and presentations of issues and positions are encouraged.

Programs, practices, and innovations: program descriptions and research-to-practice articles that delineate strategies for implementation. Descriptions of programs that include evaluation data are encouraged; manuscripts without data will be accepted if they are judged to have heuristic value consistent with the goals of disseminating useful, credible strategies for extending meaningful behavioral support. Descriptions of innovative practices are encouraged. Innovations should describe novel extensions of existing practice that are replicable and consistent with the existing empirical literature.

Forum: brief articles presenting authors’ views on topical subjects relevant to the journal’s mission, including perspectives on controversial issues, thoughtful responses to material published in the journal or other sources, individual accounts or stories of positive behavioral interventions, and personal experiences of family members or individuals with behavioral support needs.

Reviews of published material: reviews of books and other available material (e.g., videos, software) that pertain to school, home, and community support. Reviews are generally accepted following invitation from the editors.

Lengths: 30 double-spaced manuscript pages (which includes references, tables, figures, and appendices) for all manuscripts except Forum (8 double-spaced manuscript pages) and reviews.

Acceptance Criteria

All manuscripts accepted for publication must be (a) of high quality in the presentation of data, perspectives, and ideas and (b) relevant for the development and application of behavioral support in school, home, and/or community environments. Manuscripts should be consistent with the journal’s mission and goals. Research articles are evaluated in terms of pertinent criteria on internal, external, ecological, and social validity. Research articles should address questions and topics that pertain to practical issues and procedures involved with enhancing behavioral adaptation in natural settings. Studies conducted in laboratory or other artificial contexts will not be accepted except in rare instances where the implications are obvious and of major significance for practice.

Manuscript Preparation


General

1. Authors must submit a SEPARATE TITLE PAGE FILE with (1) article title; (2) first name, middle initial, and last name of each author, with highest academic degrees; (3) names of institutions to which each author is affiliated, along with complete addresses AND e-mail addresses; and (4) any acknowledgments, financial disclosure information, author notes, and/or other text that could identify the authors to reviewers.

2. Format: 8 1/2 x 11 in. paper; 1-in. margins; double spacing, left alignment, Times New Roman 12-pt. type. Include title and abstract. DO NOT include author names.

3. Heads: Do not use small capital letters.

4. Place figures in separate files. Tables may appear at end of main text file. Please use Word’s table functions. All tables and figures must be cited in text.

5. Use tab key and centering functions for head alignment, paragraph indents, etc. DO NOT USE THE SPACE BAR.

6. Use endnotes sparingly. Number with Arabic numerals starting with 1 and continuing through the article. Example: (see Note 1). NO footnotes.

Artwork

Must be production-ready. Because most art will be reduced to fit, use bold type that is large enough to be reduced and still be readable, and make sure rules/tick marks are at least 1 pt. Acceptable electronic formats for art: TIFF, EPS, Word, or Excel. For scans/photos, download the SAGE Image Resolution Guidelines from the Instructions & Forms link at https://mc.manuscriptcentral.com/jpbi. If you have trouble when loading Excel files, copy and paste them into a Word document.

Permissions

Obtaining written permission for material such as figures, tables, art, and extensive quotes taken directly—or adapted in minor ways—from another source is the author’s responsibility, as is payment of any fees the copyright holder may require. Permissions often take a considerable amount of time to be granted; start the request process early. Material taken from software or from the Internet also requires obtaining permission. Authors can download Permissions Request forms at https://mc.manuscriptcentral.com/jpbi (Instructions & Forms Link under Resources head). Read any permissions carefully to make sure that the language is broad enough to allow publication in all formats, including electronic and print. Failure to obtain permission will result in either removal of the particular item or pulling the article from the journal issue.

Manuscript Submission

Submit electronically: https://mc.manuscriptcentral.com/jpbi Log in, or click the “Register Here” option if you are a first-time user. Once logged in, click on Author Center. Have the following available before starting submission: manuscript files, including separate title page; all coauthors’ full names and e-mail addresses; # of figures, # of tables, # of manuscript pages. Click the “Submit a Manuscript” link and follow the submission steps. A guide is available on the main page under “Resources,” User Tutorials.

Editorial Office Information

Editors

Robert L. Koegel, PhD
University of California, Santa Barbara
Graduate School of Education Counseling/Clinical/School Psychology Program
Santa Barbara, CA 93106

V. Mark Durand, PhD
University of South Florida- St. Petersburg
College of Arts and Sciences
140 Seventh Ave. South
St. Petersburg, FL 33701-5016

Contact: Kristen Ashbaugh
jpbi@education.ucsb.edu
TABLE OF CONTENTS

- Description p.1
- Audience p.2
- Impact Factor p.2
- Abstracting and Indexing p.2
- Editorial Board p.2
- Guide for Authors p.4

DESCRIPTION

The *Journal of Substance Abuse Treatment* (*JSAT*) features original research, systematic reviews and reports on meta-analyses and, with editorial approval, special articles on the assessment and treatment of substance use and addictive disorders, including alcohol, illicit and prescription drugs, and nicotine. *JSAT* values high quality empirical research that is relevant for translation by treatment practitioners from all disciplines and across any setting where persons with substance use problems are encountered. The editors emphasize that *JSAT* articles should address assessment techniques and treatment approaches that have clear relevance for routine practice. Accordingly, the scope of *JSAT* includes health services research, including the design, organization, delivery mechanisms and workforce characteristics of treatments in routine settings.

It is the policy of *JSAT* that treatment research for individuals with substance use disorders meet the same scientific evaluative standards as treatments for those with any other health-related condition or illness. Thus, research articles submitted for publication in *JSAT* are expected to achieve the same empirical standards of reliability, validity, and empiricism. Theoretical models, clinical experience, and case vignettes are recognized as important supplements to, but not as substitutes for, research-based evidence.

It is recognized that research-based evidence may take many forms, such as randomized controlled trials; case-controlled field evaluations; or time series evaluations. In early stages of research development, qualitative study or small trials may be appropriate and necessary first steps. Regardless of the specific type of study, authors of research articles should aim to: (1) Use one or more reasonable comparison or control conditions in the design and analysis of collected data, (2) Use data collection methods and measures that have been previously validated in the subject population, and (3) Analyze data (qualitative or quantitative) with the use of appropriate statistical methods.

Authors must insure that the research as reported was conducted ethically, and that all protections to human subject participants were afforded. This insurance must be verified by the appropriate institutional review board or committee for the protection of human subjects. In addition, the editors of *JSAT* will not consider articles that use pejorative and stereotypical expressions when discussing individuals who suffer from substance use disorders.

In drawing conclusions, authors are expected to use a parsimonious, cautious and conservative approach in the interpretation of findings. Hyperbole and overgeneralization beyond the data are considered irresponsible.
AUDIENCE

Physicians, Psychiatrists, Psychologists, Nurses, Social Workers, and Counselors in both private and public sectors.

IMPACT FACTOR

2014: 1.996 © Thomson Reuters Journal Citation Reports 2015

ABSTRACTING AND INDEXING

BIOSIS
Bibliographie Internationale/PASCAL
Elsevier BIOBASE
Current Contents/Current Contents Search
MEDLINE®
EMBASE
HealthSTAR
IAC Business A.R.T.S
Periodical Abstracts PlusText
PsycINFO Psychological Abstracts
Social Sciences Citation Index
Sociological Abstracts
Toxline
Scopus

EDITORIAL BOARD

Editor-in-Chief:
Mark P. McGovern, Dartmouth Medical School, Lebanon, NH, USA

Associate Editors:
Peter D. Friedmann, Springfield, MA, USA
Hannah K. Knudsen, Lexington, KY, USA

Associate Editor of Biostatistics
Bettina B. Hoeppner, Boston, MA, USA

Managing Editor:
Chantal A. Lambert-Harris, Dartmouth Psychiatric Research Center, Lebanon, NH, USA

Editorial Board:
A.Y. Ali, NRC, Abu Dhabi, UAE
J. S. Baer, Seattle, WA
M.P. Bogenschutz, Alburquerque, NM
A. J. Budney, Lebanon, NH
J.S. Cacciola, Philadelphia, PA
R. E. Clark, Worcester, MA
J. Copeland, Sydney, NSW, Australia
A. Evans, Philadelphia, PA
D.A. Fiellin, New Have, CT
P. M. Flynn, Fort Worth, TX
M. T. French, Miami, FL
B.R. Garner, Durham, NC
D. Garnick, Waltham, MA
R. Gonzales, Los Angeles, CA
C. Grella, Los Angeles, CA
J. R. Guydish, San Francisco, CA
B. Hartzler, Seattle, WA
S. Hunter, Santa Monica, CA
M. Ilgen, Ann Arbor, MI
J. E. Johnson, Providence, RI
L. D. Karan, Honolulu, HI
J. F. Kelly, Boston, MA
V. King, Baltimore, MD
A. Laudet, New York, NY
J. D. Lee, New York, NY
W. E. K. Lehman, Fort Worth, TX
S. Martino, New Haven, CT
D. McCarty, Portland, OR
K. McCollister, Miami, FL
S. Nielsen, Sydney, NSW, Australia
C. Oser, Lexington, KY
P. Roman, Athens, GA
B. Rush, Toronto, ON
R. Schwartz, Baltimore, MD
J. A. Selzer, Glen Oaks, NY
V. Slaymaker, Center City, MN
J. L. Sorensen, San Francisco, CA
F. S. Taxman, Fairfax, VA
K. Winters, Minneapolis, MN
G. Woody, Philadelphia, PA
J. Zweben, San Francisco, CA

Editors-in-Chief Emeritus:
J. E. Imhof
R. Hirsch (1926-2009)
K. Kirby
A. T. McLellan
GUIDE FOR AUTHORS

INTRODUCTION

The Journal of Substance Abuse Treatment (JSAT) features original research, systematic reviews and reports on meta-analyses and, with editorial approval, special articles on the assessment and treatment of substance use and addictive disorders, including alcohol, illicit and prescription drugs, and nicotine. JSAT values high quality empirical research that is relevant for translation by treatment practitioners from all disciplines and across any setting where persons with substance use problems are encountered. The editors emphasize that JSAT articles should address assessment techniques and treatment approaches that have clear relevance for routine practice. Accordingly, the scope of JSAT includes health services research, including the design, organization, delivery mechanisms and workforce characteristics of treatments in routine settings.

It is the policy of JSAT that treatment research for individuals with substance use disorders meet the same scientific evaluative standards as treatments for those with any other health-related condition or illness. Thus, research articles submitted for publication in JSAT are expected to achieve the same empirical standards of reliability, validity, and empiricism. Theoretical models, clinical experience, and case vignettes are recognized as important supplements to, but not as substitutes for, research-based evidence.

It is recognized that research-based evidence may take many forms, such as randomized controlled trials; case-controlled field evaluations; or time series evaluations. In early stages of research development, qualitative study or small trials may be appropriate and necessary first steps. Regardless of the specific type of study, authors of research articles should aim to: (1) use one or more reasonable comparison or control conditions in the design and analysis of collected data, (2) use data collection methods and measures that have been previously validated in the subject population, and (3) analyze data (qualitative or quantitative) with the use of appropriate statistical methods.

Authors must insure that the research as reported was conducted ethically, and that all protections to human subject participants were afforded. This insurance must be verified by the appropriate institutional review board or committee for the protection of human subjects. In addition, the editors of JSAT will not consider articles that use pejorative and stereotypical expressions when discussing individuals who suffer from substance use disorders.

In drawing conclusions, authors are expected to use a parsimonious, cautious and conservative approach in the interpretation of findings. Hyperbole and overgeneralization beyond the data are considered irresponsible.

TYPES OF ARTICLES

Three types of articles will be accepted for publication in JSAT: Regular Article: Typically a research study of approximately 16-25 double-spaced pages, exclusive of abstract, references, tables, or figures. Brief Article: Typically a research study of less than 16 double-spaced pages, exclusive of abstract, references, tables, or figures. Special Article: Any one of several types of articles, such as: Systematic review of research in a clinical or treatment area; Meta-analysis of research findings on an assessment or treatment approach; Invited commentary on a topic of special import to the addiction treatment field; and Report on dissemination, implementation or sustainability of substance use disorder assessment or treatment practices.

Authors who are considering submission of a manuscript to be published as a Special Article should contact the Editor-in-Chief, Dr. Mark P. McGovern, via the Managing Editor (Chantal.A.Lambert@Dartmouth.edu), before preparation to determine the appropriateness of the topic and the feasibility for potential publication.

BEFORE YOU BEGIN

Ethics in publishing

For information on Ethics in publishing and Ethical guidelines for journal publication see http://www.elsevier.com/publishingethics and http://www.elsevier.com/journal-authors/ethics.
**Conflict 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. If there are no conflicts of interest then please state this: 'Conflicts of interest: none'. See also [http://www.elsevier.com/conflictsofinterest](http://www.elsevier.com/conflictsofinterest). Further information and an example of a Conflict of Interest form can be found at: [http://help.elsevier.com/app/answers/detail/a_id/286/p/7923](http://help.elsevier.com/app/answers/detail/a_id/286/p/7923).

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

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

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

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

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

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

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

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. For more information see [http://www.elsevier.com/copyright](http://www.elsevier.com/copyright).
Role of the funding source
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

Funding body agreements and policies
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder’s open access policies. Some authors may also be reimbursed for associated publication fees. To learn more about existing agreements please visit http://www.elsevier.com/fundingbodies. After acceptance, open access papers will be published under a noncommercial license. For authors requiring a commercial CC BY license, you can apply after your manuscript is accepted for publication.

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

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

Subscription
• Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs (http://www.elsevier.com/access).
• No open access publication fee payable by authors.

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-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 3000, excluding taxes. Learn more about Elsevier's pricing policy: http://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 (http://elsevier.com/greenopenaccess). 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 begins from the publication date of the issue your article appears in.

This journal has an embargo period of 12 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 (http://webshop.elsevier.com/languageediting/) or visit our customer support site (http://support.elsevier.com) for more information.
Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Submit your article
Please submit your article via http://www.evise.com/evise/faces/pages/navigation/NavController.jspx?JRNL_ACR=JSAT.

Referees
Please submit the names and institutional e-mail addresses of several potential referees. For more details, visit our Support site. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

PREPARATION
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: http://www.elsevier.com/guidepublication). 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 - numbered sections
Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

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

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

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.

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

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

Abstract

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

Graphical abstract

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

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

Highlights

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

Keywords

Immediately after the abstract, provide a maximum of 6 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

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.).

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
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 on our website: http://www.elsevier.com/artworkinstructions.

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

Formats
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.

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

Illustration services
Elsevier's WebShop (http://webshop.elsevier.com/illustrationservices) offers Illustration Services to authors preparing to submit a manuscript but concerned about the quality of the images accompanying their article. Elsevier's expert illustrators can produce scientific, technical and medical-style images, as well as a full range of charts, tables and graphs. Image 'polishing' is also available, where our illustrators take your image(s) and improve them to a professional standard. Please visit the website to find out more.
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.

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

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

Reference links
Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is encouraged.

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

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

Reference management software
Most Elsevier journals have a standard template available in key reference management packages. This covers packages using the Citation Style Language, such as Mendeley (http://www.mendeley.com/features/reference-manager) and also others like EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/downloads/styles). Using plug-ins to word processing packages which are available from the above sites, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style as described in this Guide. The process of including templates in these packages is constantly ongoing. If the journal you are looking for does not have a template available yet, please see the list of sample references and citations provided in this Guide to help you format these according to the journal style.

If you manage your research with Mendeley Desktop, you can easily install the reference style for this journal by clicking the link below:
http://open.mendeley.com/use-citation-style/journal-of-substance-abuse-treatment
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice. For more information about the Citation Style Language, visit http://citationstyles.org.
Reference style


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:

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

Video data

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages at http://www.elsevier.com/artworkinstructions. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

Supplementary material

Elsevier accepts electronic supplementary material to support and enhance your scientific research. Supplementary files offer the author additional possibilities to publish supporting applications, high-resolution images, background datasets, sound clips and more. Supplementary files supplied will be published online alongside the electronic version of your article in Elsevier Web products, including ScienceDirect: http://www.sciencedirect.com. In order to ensure that your submitted material is directly usable, please provide the data in one of our recommended file formats. Authors should submit the material in electronic format together with the article and supply a concise and descriptive caption for each file. For more detailed instructions please visit our artwork instruction pages at http://www.elsevier.com/artworkinstructions.

Submission checklist

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

Ensure that the following items are present:
One author has been designated as the corresponding author with contact details:
• E-mail address
• Full postal address
All necessary files have been uploaded, and contain:
• Keywords
• All figure captions
• All tables (including title, description, footnotes)
Further considerations
• Manuscript has been 'spell-checked' and 'grammar-checked'
• References are in the correct format for this journal
• All references mentioned in the Reference list are cited in the text, and vice versa
• Permission has been obtained for use of copyrighted material from other sources (including the Internet)
Printed version of figures (if applicable) in color or black-and-white
• Indicate clearly whether or not color or black-and-white in print is required.
For any further information please visit our customer support site at http://support.elsevier.com.

AFTER ACCEPTANCE

Use of the Digital Object Identifier
The Digital Object Identifier (DOI) may be used to cite and link to electronic documents. The DOI consists of a unique alpha-numeric character string which is assigned to a document by the publisher upon the initial electronic publication. The assigned DOI never changes. Therefore, it is an ideal medium for citing a document, particularly 'Articles in press' because they have not yet received their full bibliographic information. Example of a correctly given DOI (in URL format; here an article in the journal Physics Letters B):
http://dx.doi.org/10.1016/j.physletb.2010.09.059
When you use a DOI to create links to documents on the web, the DOIs are guaranteed never to change.

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

AUTHOR INQUIRIES
You can track your submitted article at http://www.elsevier.com/track-submission. You can track your accepted article at http://www.elsevier.com/trackarticle. You are also welcome to contact Customer Support via http://support.elsevier.com.

© Copyright 2014 Elsevier | http://www.elsevier.com
Journal of Traumatic Stress

© International Society for Traumatic Stress Studies

Edited By: Daniel S. Weiss, Ph.D.

Impact Factor: 2.36

ISI Journal Citation Reports © Ranking: 2014: 35/119 (Psychology Clinical); 43/133 (Psychiatry (Social Science))

Online ISSN: 1573-6598

Author Guidelines

NIH Public Access Mandate
For those interested in the Wiley-Blackwell policy on the NIH Public Access Mandate, please visit our policy statement (http://www.wiley.com/go/nihmandate)

Author Services – Online production tracking is now available for your article through Wiley-Blackwell's Author Services.
Author Services enables authors to track their article - once it has been accepted - through the production process to publication online and in print. Authors can check the status of their articles online and choose to receive automated emails at key stages of production. The author will receive an email with a unique link that enables them to register and have their article automatically added to the system. Please ensure that a complete email address is provided when submitting the manuscript. Visit http://authorservices.wiley.com/ (http://authorservices.wiley.com/) for more details on online production tracking and for a wealth of resources including FAQs and tips on article preparation, submission and more.
Author Guidelines

1. The *Journal of Traumatic Stress* accepts submission of manuscripts online at:

http://mc.manuscriptcentral.com/jots

Information about how to create an account or submit a manuscript may be found online in the "Get Help Now" menu. Personal assistance also is available by calling 434-964-4100.

2. Three paper formats are accepted. All word counts should include references, tables, and figures. *Regular articles* (no longer than 6,000 words) are theoretical articles, full research studies, and reviews. Purely descriptive articles are rarely accepted. In special circumstances, the editors will consider longer manuscripts (up to 7,500 words) that describe complex studies. Authors are requested to seek special consideration prior to submitting manuscripts longer than 6,000 words. *Brief reports* (2,500 words) are for pilot studies or uncontrolled trials of an intervention, case studies that cover a new area, preliminary data on a new problem or population, condensed findings from a study that does not merit a full article, or methodologically oriented papers that replicate findings in new populations or report preliminary data on new instruments. *Commentaries* (1,000 words or less) cover responses to previously published articles or, occasionally, essays on a professional or scientific topic of general interest. Response commentaries, submitted no later than 8 weeks after the original article is published (12 weeks if outside the U.S.), must be content-directed and use tactful language. The original author is given the opportunity to respond to accepted commentaries.

3. The *Journal* follows the style recommendations of the 2010 *Publication Manual of the American Psychological Association* (APA; 6th). Manuscripts should use non-sexist language. Files must be formatted using letter or A4 page size, 1 inch (2.54 cm) margins on all sides, Times New Roman 12 point font, and double-spacing for text, tables, figures, and references.

4. The title page should include the title of the article, the running head (maximum 50 characters) in uppercase flush left, author(s) byline and institutional affiliation, and author note (see pp. 23-25 of the APA manual).

5. An abstract no longer than 200 words follows the title page on a separate page.

6. Format the reference list using APA style: (a) begin on a new page following the text, (b) double-space, (c) use hanging indent format, (d) italicize the journal name or book title, and (e) list alphabetically by last name of first author. If a reference has a Digital Object Identifier (DOI), it must be included as the last element of the reference.

Journal Article

Book


Book Chapter


7. Tables and figures should be formatted in APA style. *Count each full-page table or figure as 200 words and each half-page table or figure as 100 words.* Tables should be numbered (with Arabic numerals) and referred to by number in the text. Each table and figure should begin on a separate page. Only black and white tables and figures will be accepted (no color). Figures (photographs, drawings, and charts) should be numbered (with Arabic numerals) and referred to by number in the text. Place figures captions at the bottom of the figure itself, not on a separate page. Include a separate legend to explain symbols if needed. Figures should be in Word, TIFF, or EPS format.

8. Footnotes should be avoided. When their use is absolutely necessary, footnotes should be formatted in APA style and placed on a separate page after the reference list and before any tables.

9. The *Journal* uses a policy of **unmasked review.** Author identities are known to reviewers; reviewer identities are not known to authors. During the submission process, authors may request that specific individuals not be selected as reviewers; the names of preferred reviewers also may be provided. Authors may request blind review by contacting jots@ucsf.edu prior to submission in order to provide justification and obtain further instructions.

10. Statement of ethical standards: All work submitted to the *Journal of Traumatic Stress* must conform to applicable governmental regulations and discipline-appropriate ethical standards. Responsibility for meeting these requirements rests with all authors. Human and animal research studies typically require approval by an institutional research committee that has been established to protect the welfare of human or animal subjects. Data collection as part of clinical services or for program evaluation purposes generally does not require approval by an institutional research committee. However, analysis and presentation of such data outside the program setting may qualify as research (i.e., an effort to produce generalizable knowledge) and require approval by an institutional committee. Those who submit manuscripts to the *Journal of Traumatic Stress* based on data from these sources are encouraged to consult with a representative of the applicable institutional committee to determine if approval is needed. Presentations that report on a particular person (e.g., a clinical case) also usually require written permission from that person to allow public disclosure for educational purposes, and involve alteration or withholding of information that might directly or indirectly reveal identity and breach confidentiality.

11. Reports of randomized clinical trials should include a flow diagram and a
completed CONSORT checklist (available at http://consort-statement.org/resources/downloads). The checklist should be designated as a "Supplementary file not for review" during the online submission process. As of 2007, the Journal of Traumatic Stress now follows CONSORT Guidelines for the reporting of randomized clinical trials. Please visit http://consort-statement.org for information about the consort standards and to download necessary forms.

12. Submission is a representation that the manuscript has not been published previously and is not currently under consideration for publication elsewhere. A statement transferring copyright from the authors (or their employers, if they hold the copyright) to the International Society for Traumatic Stress Studies will be required after the manuscript has been accepted for publication. Authors will be prompted to complete the appropriate Copyright Transfer Agreement through their Author Services account. Such a written transfer of copyright is necessary under U.S. Copyright Law in order for the publisher to carry through the dissemination of research results and reviews as widely and effectively as possible.

13. Pre-Submission English-Language Editing: Authors for whom English is a second language may choose to have their manuscript professionally edited before submission to improve the English. Japanese authors can find a list of local English improvement services at http://www.wiley.co.jp/journals/editcontribute.html. All services are paid for and arranged by the author, and use of one of these services does not guarantee acceptance or preference for publication.

14. The author(s) are required to adhere to the "Ethical Principles of Psychologists and Code of Conduct" of the American Psychological Association (visit apastyle.org) or equivalent guidelines in the study's country of origin. If the author(s) were unable to comply, an explanation is requested.

15. The journal makes no page charges. Author Services – Online production tracking is now available for your article through Wiley-Blackwell’s Author Services. Author Services enables authors to track their article - once it has been accepted - through the production process to publication online and in print. Authors can check the status of their articles online and choose to receive automated emails at key stages of production. The author will receive an email with a unique link that enables them to register and have their article automatically added to the system. Please ensure that a complete email address is provided when submitting the manuscript. Visit http://authorservices.wiley.com for more details on online production tracking and for a wealth of resources including FAQs and tips on article preparation, submission, and more. Corresponding authors: In lieu of a complimentary copy free access to the final PDF offprint of your article will be available via Author Services only. Please therefore sign up for Author Services if you would like to access your article PDF offprint and enjoy the many other benefits the service offers. Should you wish to purchase reprints of your article, please click on the link and follow the instructions provided: https://caesar.sheridan.com/reprints/redir.php?pub=10089&acro=JTS

16. OnlineOpen The Journal of Traumatic Stress accepts articles for Open Access
publication. Please visit http://olabout.wiley.com/WileyCDA/Section/id-406241.html for further information about OnlineOpen.
Call for Papers: Assessment of Noncredible Presentation in Attention Deficit/Hyperactivity Disorder (/pubs/journals/pas/call-for-papers-adhd.aspx)

Description

Editorial Board

Abstracting & Indexing

Manuscript Submission

Prior to submission, please carefully read and follow the submission guidelines detailed below. Manuscripts that do not conform to the submission guidelines may be returned without review.

Submission

Manuscripts concerned with the development of a new assessment instrument should include a copy of the instrument.

In general, manuscripts should be no longer than 40 pages (this includes all elements of the manuscript, with the exception of any supplemental material).


General correspondence may be directed to the Editor's Office (mailto:psychassessjournal@gmail.com).

Masked Review

This journal has adopted a masked review policy for all submissions. Authors should make every effort to ensure that the manuscript itself contains no clues to their identities. Authors' names and affiliations should not appear in the manuscript. Instead, please include this information in just the cover letter.

Please ensure that the final version for production includes a byline and full author note for typesetting.

Brief Reports

Psychological Assessment will review brief reports of research studies in clinical assessment. The procedure is intended to permit the publication of carefully designed studies with a narrow focus or of specialized interest.

An author who submits a brief report must agree not to submit the full report to another journal of general circulation. The brief report should give a clear, condensed summary of the procedure of the study and as full an account of the results as space permits.

The brief report should be limited to 19 manuscript pages (1" margins, size 12 font). This includes the title page, abstract, author note, text, reference list, and any footnotes, tables, and figures. The number of tables and figures should be limited.

The author is encouraged to limit the number of headings within the brief report and to combine headings whenever possible. For example, the Results and Discussion sections can be combined. Also, subheadings under the Method section can often be omitted.

Authors are encouraged but not required to have available an extended report. If one is available, the author note of the brief report should include the following statement:

Correspondence concerning this article (and requests for an extended report of this study) should be addressed to [give the author's full name and address].

Research on Translations of Tests

Psychological Assessment rarely publishes in print psychometric studies of translations of tests unless the papers also address some conceptual or methodological issue of broader interest to clinical assessment.

However, we have a special online only publishing option for such Research on Translations of Tests articles. With this option, manuscripts undergo our normal review process and are held to the same standards of review as all other submissions to the journal, but, if accepted, they would not appear in the print version of the journal but rather online only.
Studies appropriate for this option must have a focus consistent with the editorial scope of the journal, which emphasizes clinical assessment research.

These articles would be listed in all Tables of Contents (online and print), would be clearly identified as published “Online Only”. Also, full text copies of the translated tests would go into PsycTESTS.

Translations of commercially published tests are not eligible for review in this category because, in addition to copyright constraints, such translations are not consistent with the goals of our Research on Translations of Tests program or PsycTESTS. Translations of single scales also are not eligible.

Authors wishing to submit manuscripts in this category should select the “Research on Translations of Tests” article type when submitting their manuscript. Additional documents are required upon submission. Please follow the below guidelines.

If your manuscript involves a new translation (i.e., developed by you and previously unpublished):

1. Review the “Information For Authors of Translated Tests (PDF, 108KB)” (pubs/journals/features/Info_Authors_Translated_Tests.pdf) document. This document is for informational purposes only.
2. Submit the “Permission Form for Translated Tests (PDF, 31KB)” (pubs/journals/features/Permission_Form_Translated_Test.pdf). This must be completed by the copyright owner of the original test.
3. Submit the “PsycTESTS Author Agreement for Translations (PDF, 56KB)” (pubs/journals/features/PsycTESTS_Author_Agreement_Translations.pdf). This must be completed by the translation test author.

If your manuscript involves a previously published, existing translation:

1. Access the APA “Permissions Alert Form (PDF, 13KB)” (pubs/journals/features/Permissions_Alert_Form.pdf). List the previously published translation on that form.
2. Obtain a permission letter from the copyright holder. The copyright holder may be an individual but often is a publisher. The permission letter you obtain must grant permission (a) to reproduce the material in "both print and electronic formats" and (b) for the translated test to be deposited into PsycTESTS.
3. Have the copyright owner of the translated test complete the "PsycTESTS Agreement (PDF, 34KB)” (pubs/journals/features/PsycTESTS_Agreement.pdf). This must be completed by the translation test author.

Manuscript Preparation


Review APA’s Checklist for Manuscript Submission (pubs/authors/manuscript-check.aspx) before submitting your article.

Double-space all copy. Other formatting instructions, as well as instructions on preparing tables, figures, references, metrics, and abstracts, appear in the Manual.

Below are additional instructions regarding the preparation of display equations, computer code, and tables.

Display Equations

We strongly encourage you to use MathType (third-party software) or Equation Editor 3.0 (built into pre-2007 versions of Word) to construct your equations, rather than the equation support that is built into Word 2007 and Word 2010. Equations composed with the built-in Word 2007/Word 2010 equation support are converted to low-resolution graphics when they enter the production process and must be rekeyed by the typesetter, which may introduce errors.

To construct your equations with MathType or Equation Editor 3.0:

Go to the Text section of the Insert tab and select Object.
Select MathType or Equation Editor 3.0 in the drop-down menu.

If you have an equation that has already been produced using Microsoft Word 2007 or 2010 and you have access to the full version of MathType 6.5 or later, you can convert this equation to MathType by clicking on MathType Insert Equation. Copy the equation from Microsoft Word and paste it into the MathType box. Verify that your equation is correct, click File, and then click Update. Your equation has now been inserted into your Word file as a MathType Equation.

Use Equation Editor 3.0 or MathType only for equations or for formulas that cannot be produced as Word text using the Times or Symbol font.

Computer Code

Because altering computer code in any way (e.g., indents, line spacing, line breaks, page breaks) during the typesetting process could alter its meaning, we treat computer code differently from the rest of your article in our production process. To that end, we request separate files for computer code.

In Online Supplemental Material

We request that runnable source code be included as supplemental material to the article. For more information, visit Supplementing Your Article With Online Material (pubs/authors/supp-material.aspx).

In the Text of the Article

If you would like to include code in the text of your published manuscript, please submit a separate file with your code exactly as you want it to appear, using Courier New font with a type size of 8 points. We will make an image of each segment of code in your article that exceeds 40 characters in length. (Shorter snippets of code that appear in text will be typeset in Courier New and run in with the rest of the text.) If an appendix contains a mix of code and explanatory text, please submit a file that contains the entire appendix, with the code keyed in 8-point Courier New.

Tables

Use Word’s Insert Table function when you create tables. Using spaces or tabs in your table will create problems when the table is typeset and may result in errors.

Submitting Supplemental Materials

APA can place supplemental materials online, available via the published article in the PsycARTICLES® database. Please see Supplementing Your Article With Online Material (pubs/authors/supp-material.aspx) for more details.

Abstract and Keywords

All manuscripts must include an abstract containing a maximum of 250 words typed on a separate page. After the abstract, please supply up to five keywords or brief phrases.

References

List references in alphabetical order. Each listed reference should be cited in text, and each text citation should be listed in the References section.

Examples of basic reference formats:

Journal Article:
The APA Ethics Office provides the full treatment. Authors are required to state in writing that they have complied with APA ethical standards in the treatment of their sample, hours after the date of publication. APA expects authors to adhere to these standards. Specifically, APA expects authors to have their data available throughout the participants can be protected and unless legal rights concerning proprietary data preclude their release (Standard 8.14).

In addition, APA Ethical Principles specify that "after research results are published, psychologists do not withhold the data from competent professionals who seek to verify the substantive claims through reanalysis and who intend to use such data only for that purpose, provided that the confidentiality of the participants can be protected and unless legal rights concerning proprietary data preclude their release" (Standard 8.14).

APA expects authors to adhere to these standards. Specifically, APA expects authors to have their data available throughout the editorial review process and for at least 5 years after the date of publication.

Authors are required to state in writing that they have compiled with APA ethical standards in the treatment of their sample, human or animal, or to describe the details of treatment.

The APA Ethics Office provides the full Ethical Principles of Psychologists and Code of Conduct (ethics/code/index.aspx) electronically on its website in HTML, PDF, and Word format. You may also request a copy by emailing (mailto:ethics@apa.org) or calling the APA Ethics Office (202-336-5930). You may also read "Ethical Principles," December 1992, American Psychologist, Vol. 47, pp. 1597–1611.

Other Information

Appeals Process for Manuscript Submissions (/pubs/authors/appeals.aspx)

Preparing Auxiliary Files for Production (/pubs/authors/preparing-efiles.aspx)

Document Deposit Procedures for APA Journals (/pubs/authors/pubmed-deposit.aspx)

permission

Other Information

Appeals Process for Manuscript Submissions (/pubs/authors/appeals.aspx)

Preparing Auxiliary Files for Production (/pubs/authors/preparing-efiles.aspx)

Document Deposit Procedures for APA Journals (/pubs/authors/pubmed-deposit.aspx)
Psychological Medicine

Editorial Policy

*Psychological Medicine* is a journal aimed primarily for the publication of original research in clinical psychiatry and the basic sciences related to it. These include relevant fields of biological, psychological and social sciences. Review articles, editorials and letters to the Editor discussing published papers are also published. Contributions must be in English.

Submission of manuscripts

Manuscripts should be submitted online via our manuscript submission and tracking site, [http://www.editorialmanager.com/psm/](http://www.editorialmanager.com/psm/). Full instructions for electronic submission are available directly from this site. To facilitate rapid reviewing, communications for peer review will be electronic and authors will need to supply a current e-mail address when registering to use the system.

Papers for publication from Europe, (except those on genetic topics, irrespective of country), and all papers on imaging topics, should be submitted to the UK Office.

Papers from the Americas, Asia, Africa, Australasia and the Middle East, (except those dealing with imaging topics), and all papers dealing with genetic topics, irrespective of country, should be sent to US Office.

All enquiries should be directed to the Editorial Office at psychmed@cambridge.org.
Please see the below table for the types of papers accepted:

<table>
<thead>
<tr>
<th>Article Type</th>
<th>Usual Max Word count*</th>
<th>Abstract</th>
<th>References</th>
<th>Tables/figures**</th>
<th>Supplementary material online</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original article</td>
<td>4500</td>
<td>250 words, structured, using subheadings Background, Methods, Results, Conclusions</td>
<td>Harvard style – see elsewhere in this document for full details</td>
<td>Usually up to 5 total</td>
<td>Yes</td>
</tr>
<tr>
<td>Review article</td>
<td>4500</td>
<td>250 words, not structured</td>
<td>Harvard style – see elsewhere in this document for full details</td>
<td>Usually up to 5 total</td>
<td>Yes</td>
</tr>
<tr>
<td>Editorial</td>
<td>3500</td>
<td>No</td>
<td>Harvard style – see elsewhere in this document for full details</td>
<td>Usually up to 5 total</td>
<td>Yes</td>
</tr>
<tr>
<td>Correspondence</td>
<td>1500</td>
<td>No</td>
<td>max 20 Harvard style – see elsewhere in this document for full details</td>
<td>Max 1</td>
<td>No</td>
</tr>
<tr>
<td>Commentary</td>
<td>2000</td>
<td>No</td>
<td>max 20 Harvard style – see elsewhere in this document for full details</td>
<td>Not usually</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>By invitation of editor</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Editors may request shortening or permit additional length at their discretion in individual cases
** May be adjusted in individual cases at Editors' discretion

NOTE:

1. Figures should be submitted as discrete files, not embedded in the text of the main document.
2. Supplementary material for online only should be submitted as discrete files, not as part of the main text.

Generally papers should not have text more than 4500 words in length (excluding abstract, tables/figures and references) and should not have more than a combined total of 5 tables and/or figures. Papers shorter than these limits are encouraged. For papers of unusual importance the editors may waive these requirements. Articles require a structured abstract of no more than 250 words including the headings: Background; Methods; Results; Conclusions. Review Articles require an unstructured abstract of no more than 250 words. The name of an author to whom correspondence should be sent must be indicated and a full postal address given in the footnote. Any acknowledgements should be placed at the end of the text (before the References section).

Contributors should also note the following:
1. S.I. units should be used throughout in text, figures and tables.
2. Authors should spell out in full any abbreviations used in their manuscripts.
3. Foreign quotations and phrases should be followed by a translation.
References

(1) The Harvard (author-date) system should be used in the text and a complete list of References cited given at the end of the article. In a text citation of a work by more than two authors cite the first author's name followed by et al. (but the names of all of the authors should be given in the References section). Where several references are cited together they should be listed in rising date order.

(2) The References section should be in alphabetical order. Examples follow:


Note: authors' names should be in bold font; journal titles should always be given in full.

(3) References to material published online should follow a similar style, with the URL included at the end of the reference, with the accession date, if known. Authors are requested to print out and keep a copy of any online-only information, in case the URL changes or is no longer maintained. Examples follow:


Figures and tables

Only essential figures and tables should be included and should be provided in black and white except in exceptional circumstances, eg PET scan images etc. If you request colour figures in the printed version, you will be contacted by CCC-Rightslink who are acting on our behalf to collect Author Charges. Please follow their instructions in order to avoid any delay in the publication of your article. Further tables, figures, photographs and appendices, may be included with the online version on the journal website.

All wording within submitted figures must be Arial, point size 8. To ensure that your figures are reproduced to the highest possible standards and your article is published as quickly and efficiently as possible, Cambridge Journals recommends the following formats and resolutions for supplying electronic figures. Please note that submitting low quality figures may result in a delay in publishing your valuable research

Please ensure that your figures are saved at final publication size (please see the latest issue of the journal for column widths) and are in our recommended file formats. Following these guidelines will result in high quality images being reproduced in both the print and the online versions of the journal.

Line artwork

Format: tif or eps
Colour mode: black and white (also known as 1-bit)
Size: please size to final publication size
Resolution: 1200 dpi
Combination artwork (line/tone)

Format: tif or eps
Colour mode: grayscale (also known as 8-bit)
Size: please size to final publication size
Resolution: 800 dpi

Black and white halftone artwork

Format: tif
Colour mode: grayscale (also known as 8-bit)
Size: please size to final publication size
Resolution: 300 dpi

Colour halftone artwork

Format: tif
Colour mode: CMYK colour
Size: please size to final publication size
Resolution: 300 dpi

If you require any further guidance on creating suitable electronic figures, please visit the Cambridge Journals Artwork Guide.

All graphs and diagrams should be referred to as figures and should be numbered consecutively in Arabic numerals. Captions for figures should be typed double-spaced on separate sheets. Tables should be numbered consecutively in the text in Arabic numerals and each typed on a separate sheet after the References section. Titles should be typed above the table.

Online Supplementary Material

Relevant material which is not suitable for print production, such as movies or simulations/animations, can be uploaded as part of the initial submission. Movies should be designated as ‘Movie’ and each individual file must be accompanied by a separate caption and a suitable title (e.g., Movie 1). Accepted formats are .mov, .mpg, .mp4, and .avi, though they should be archived as a .zip or .tar file before uploading. Each movie should be no more than 10MB. Upon publication these materials will then be hosted online alongside the final published article. Likewise, should there be detailed tables or figures which are likely to take up excessive space in the printed journal, these can also be published online as supplementary material [designated as ‘Other supplementary material’]. Note that supplementary material is published 'as is', with no further production performed.

Required Statements

Acknowledgements

You may acknowledge individuals or organisations that provided advice, support (non-financial). Formal financial support and funding should be listed in the following section.

Financial support

Please provide details of the sources of financial support for all authors, including grant numbers. For example, “This work was supported by the Medical research Council (grant number XXXXXXX)”. Multiple grant numbers should be separated by a comma and space, and where research was funded by more than one agency the different agencies should be separated by a semi-colon, with “and” before the final funder. Grants held by different authors should be identified as belonging to individual authors by the authors’ initials. For example, “This work was supported by the Wellcome Trust (A.B., grant numbers XXXX, YYYY), (C.D., grant number ZZZZ); the Natural Environment Research Council (E.F., grant number...”
number FFFF); and the National Institutes of Health (A.B., grant number GGGG), (E.F., grant number HHHH). Where no specific funding has been provided for research, please provide the following statement: “This research received no specific grant from any funding agency, commercial or not-for-profit sectors.”

**Conflict of interest**

Please provide details of all known financial, professional and personal relationships with the potential to bias the work. Where no known conflicts of interest exist, please include the following statement: “None.”

**Ethical standards**

Where research involves human and/or animal experimentation, the following statements should be included (as applicable): “The authors assert that all procedures contributing to this work comply with the ethical standards of the relevant national and institutional committees on human experimentation and with the Helsinki Declaration of 1975, as revised in 2008.” and “The authors assert that all procedures contributing to this work comply with the ethical standards of the relevant national and institutional guides on the care and use of laboratory animals.”

**Proofs and offprints**

Page proofs will be sent to the author designated to receive correspondence. Corrections other than to printer's errors may be charged to the author. Authors will automatically receive a PDF of their article as soon as the issue in which it appears is published.

**Open Access**

Authors in *Psychological Medicine* have the option to publish their paper under a fully Open Access agreement, upon payment of a one-off Article Processing Charge. In this case, the final published Version of Record will be made freely available to all in perpetuity under a creative commons license, enabling its re-use and re-distribution. This Open Access option is only offered to authors upon acceptance of an article for publication.

Authors choosing the Open Access option are required to complete the Open Access License to Publish form. More information about Open Access in *Psychological Medicine*, including the current Article Processing Charge, can be found on our website.

**Author Language Services**

Cambridge recommends that authors have their manuscripts checked by an English language native speaker before submission; this will ensure that submissions are judged at peer review exclusively on academic merit. We list a number of third-party services specialising in language editing and/or translation, and suggest that authors contact as appropriate. Use of any of these services is voluntary, and at the author's own expense.

*(Revised 15 July 2015)*