

The Association for Behavioral and Cognitive Therapies publishes *the Behavior Therapist (tBT)* as a service to its membership. Eight issues are published annually. The primary purpose of *tBT* is to provide a vehicle for the rapid dissemination and thoughtful discussion of recent clinical and scientific advances, innovative applications of cognitive and behavioral therapies, and news.

### **Types of Articles:**

There are four types of articles that *tBT* typically publishes:

**Feature articles** are typically 12 to 16 double-spaced manuscript pages\* and typically fall into one of the following two categories:

- 1) *Original Research*. Any manuscript that presents original quantitative or qualitative data.
- 2) *Literature Review*. Any manuscript that provides a substantive review of the literature in an area of scientific or clinical importance, but does not present original quantitative or qualitative data.

**Brief articles** are typically 6 to 12 double-spaced manuscript pages and typically fall into one of the following categories:

- 1) *Academic Forum*. Any manuscript that discusses an issue related to research (e.g., methodology, recent advances, best practices) but does not present original data or provide a substantive literature review.
- 2) *Clinical Practice Forum*. Any manuscript that discusses an issue related to clinical practice (e.g., ethics, techniques, best practices, diversity issues) but does not present original data or provide a substantive literature review.
- 3) *Clinical Training Forum*. Any manuscript that discusses an issue related to clinical training (e.g., supervision, practicum, internship, postdoctoral fellowships, licensure) but does not present original data or provide a substantive literature review.
- 4) *Student Forum*. Any manuscript that discusses an issue related to undergraduate and graduate students outside of clinical training (e.g., graduate admissions, research mentorship, course development and instruction) but does not present original data or provide a substantive literature review.

**Letters to the Editor** may be used to respond to articles published in *the Behavior Therapist* or to voice a professional opinion. Letters are typically 2-4 double-spaced manuscript pages.

**News-oriented articles** typically focus on notable events occurring in the field of cognitive and behavioral therapies or highlight work being done in our specific organization. Examples of articles in this category include an article highlighting the work of one of ABCT's Special Interest Groups (SIGs), an obituary of a notable ABCT member, a description of an upcoming training opportunity or newly available resource, or information about a new initiative being undertaken.

If you wish to submit an article that exceeds the page limits described above or does not fall into one of the four categories described above, please email the editor in advance of submission to discuss the possibility of an exception.

\*Note: “Manuscript pages” refers to the number of pages of text excluding the title page, abstract, reference list, tables, and figures.

### **Manuscript Preparation:**

All articles should be prepared in accordance with the Publication Manual of the American Psychological Association, 7<sup>th</sup> edition.

All submissions should be double-spaced and written in 12-point Times New Roman font.

Figure art should be grayscale, high-resolution files (e.g., jpeg or tiff) included as a separate file (i.e., not embedded in the manuscript).

It is possible for us to include a link to supplemental material on the journal’s website. You may be asked by the peer reviewers or editors to include supplemental materials and you may request to have supplemental materials alongside your article. We particularly encourage supplemental materials for lengthy manuscripts. Should you include supplemental materials with your submission, please make sure that they are clearly labeled as such. They may be included either at the end of the main document or as a separate file.

Additionally, each submission must include a title page with:

- Author names and affiliations
- Full name, postal address, and email address for the corresponding author
- A statement disclosing any funding or conflicts of interest or a declaration that authors have no conflicts of interest or funding to report

Submissions must be accompanied by a [Copyright Transfer Form](#). Submissions will not be reviewed without a copyright transfer form. [Copyright forms](#) should be emailed to Julia Yarrington at [yarringtonjs@g.ucla.edu](mailto:yarringtonjs@g.ucla.edu). Prior to publication, authors will be asked to submit a final electronic version of their manuscript. Authors submitting materials to tBT do so with the understanding that the copyright of the published materials shall be assigned exclusively to ABCT.

Electronic submissions are preferred and should be directed to the editor at [rlebeau@ucla.edu](mailto:rlebeau@ucla.edu). Cover letters are not necessary. Please include the phrase tBT Submission and the author (e.g., tBT Submission – Smith et al.) in the subject line of your e-mail.

[See the complete policies on the Behavior Therapist’s publications guidelines.](#)

**Peer Review:**

*tBT* is a peer-reviewed journal. All feature articles, brief articles, and letters to the editor are reviewed by a minimum of two peer reviewers with expertise in the article's focus area. Reviews are typically conducted by the *tBT*'s large and diverse editorial board; however, reviews are sometimes outsourced if no editorial board member has sufficient expertise in the area or there is any reason to suspect that board members might have a conflict of interest.

If you would like to recommend peer reviewers or request that specific individuals not provide peer reviews for your submission, you are encouraged to provide this information in the email accompanying your submission.

**Journal Indexing:**

At the present time, *tBT* is not indexed in any major database (e.g., PSYCINFO, PubMed). This is largely due to the fact that by its very nature *tBT* is an "atypical" academic journal in that it incorporates news and commentaries in addition to traditional empirical articles. Although there are many benefits to publishing with *tBT* even when it is not indexed (e.g., its very large readership, much faster review times than traditional journals), we understand that the lack of indexing is a deterrent from some to publish in *tBT*. As such, we have formed a committee to work on getting the journal properly indexed wherever possible.