

## Submission Guidelines | *the Behavior Therapist*

The Association for Behavioral and Cognitive Therapies (ABCT) 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.

### Submit Articles:

To submit an article, please use the online [Editorial Manager](#).

### 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/Op-Eds** may be used to respond to articles published in *the Behavior Therapist* or to voice a professional opinion. These 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 editorial team at [tBT@abct.org](mailto:tBT@abct.org) 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:**

tBT abides by a double-blind review. Please make sure your manuscript hides identifying author information before submission. Manuscripts may be returned and/or rejected for not adhering to this process.

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 high-resolution files (e.g., jpeg) 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 submitted 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, attached as a separate file](#). Submissions will not be reviewed without a copyright transfer form. Authors submitting materials to tBT do so with the understanding that the copyright of the published materials shall be assigned exclusively to ABCT.

### **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 cover letter.

**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.

