



the Behavior Therapist

Submission Guidelines

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:

ORIGINAL RESEARCH. Any manuscript that presents original quantitative or qualitative data.

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:

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.

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.

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.

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 *tBT* 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 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, 7th 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). Tables can be attached separately or 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.

Each submission must include separate files for each of the following:

- A cover letter;
- A blinded manuscript;
- An unblinded title page with author names and affiliations; and 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; and
- 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

tBT is indexed by EBSCO, PsycINFO and Google Scholar. *tBT* is an "atypical" academic journal in that it incorporates news and commentaries in addition to traditional empirical articles. We are working to expand upon the databases that index this publication.

Artificial Intelligence

The editors of *tBT* value human critical thinking and creativity, while, at the same time, acknowledge that researchers and scholars are using assistive and generative tools to enhance some aspects of their research and manuscript preparation—from data analysis, writing, formatting, and literature reviews—and that these tools are widely available. In that regard, it is our policy that, to the extent that any generative AI tools have been used in the preparation of content submitted to the *Behavior Therapist*, they must be used with human oversight, discernment, and transparent reporting of their use.

Guidelines for Authors

- If AI has been used to assist in the creation of any of the content of a submitted manuscript, authors must be transparent and disclose the full name of the tool(s) used, how they were used, and for what purpose(s) they were used (see declaration in the submission system).
- Given AI tools' proclivity to "hallucinate," plagiarize, and/or provide unsupported and inaccurate information, authors are responsible for verifying and attesting to the accuracy, originality, and veracity of their manuscript's content, including citations.
- AI may not be listed as an author.
- Failure to accurately disclose AI use or to ensure the accuracy of AI-assisted content may result in manuscript rejection, correction, or retraction.

Guidelines for Editors and Reviewers

Editors and reviewers are prohibited from using AI tools to evaluate submitted papers or compose reviews; further, they may not upload submitted manuscripts into generative AI tools.