



Video, animation and audio

version 1.0 01/03/2010,
Elsevier

- [Index](#)
- [Instructions](#)
- [Specifications](#)
- [Upper limit](#)
- [Tips](#)

Dear Author,

Help us reproduce your multimedia content to the highest possible standards.

These pages show how to prepare your multimedia files for electronic submission and include information on common problems and suggestions on how to ensure the best results.



Video, animation and audio

Index

- Instructions for submitting multimedia to be included within the body of an article
- Instructions for submitting multimedia as supplementary data
- Supplying thumbnail images
- Elsevier preferred specifications
- Recommended upper limit
- Tips for video abstracts



Video, animation and audio

Instructions

Instructions for submitting video content to be included within the body of an article

Authors who have video and/or audio clips that they wish to submit with their article are strongly encouraged to include these within the body of the article. This can be done in the same way as a figure or table by referring to the multimedia content and noting in the body text where it should be placed with its associated caption.



Please note: Since video and audio cannot be embedded in the print version of the journal, the author should provide text for both the electronic and the print version for the portions of the article that refer to the multimedia content. All submitted files should be properly labelled so that they directly relate to the file's content. This will ensure that the files are fully searchable by users.



PDF (106 K) Export Citation E-mail Article

Article Figures/Tables (1) Thumbnails | Full-Size Images

Cognitive and Behavioral Practice
Volume 16, Issue 4, November 2009, Page 367

doi:10.1016/j.cbpra.2009.08.001 | How to Cite or Link Using DOI
Copyright © 2009 Published by Elsevier Ltd. Cited By in Scopus (0)
Permissions & Reprints

Looking to the Future of Cognitive and Behavioral Practice

Maureen L. Whittal^a,  


^aUniversity of British Columbia
Received 21 August 2009, accepted 21 August 2009. Available online 29 October 2009.

Communicating the complexity of treatment strategies can be difficult using the written word. However, technology today offers us the opportunity to enhance our learning experiences through the use of multimedia platforms such as video. The addition of video provides the advantage of an alternate avenue to learn, similar to attending a training workshop without leaving your office or home. Imagine being able to access video segments that illustrate how to roll with resistance, setting up and debriefing behavioral experiments, or how to respond to ruptures in the therapeutic alliance. Given the potential advantages, I am pleased to introduce the opportunity to augment C&BP manuscripts with video components.

The first two issues of Volume 17 in 2010 will contain invited contributions to illustrate the various ways in which this new application can be utilized. Similar to making reference to Tables and Figures in the body of a manuscript, authors will now have the opportunity to embed video clips at key points in the paper. In the first issue of 2010, the C&BP editorial team, including myself, Associate Editors Steve Safren and Joaquin Borrego Jr., and Review Editor Sabine Wilhelm, along with our colleagues will be presenting manuscripts that include the use of video. In the second issue, outgoing Publications Coordinator Phil Kendall and Jack Reichenman and their colleagues will be presenting their recent work, augmented with video components.

The purpose of these video components is to narrate a concept or to illustrate the specifics of a treatment strategy. The focus of the videos should be the clinician and not the patient. Secondary to confidentiality, we ask that real patients not be used. As you will see in the invited manuscripts, the videos are shot with actors or manuscript collaborators. The number of clips will be up to the author, but the length of each video should not exceed 7 minutes. Similar to manuscripts, the video components will also undergo review. This review will be handled by the action editor upon acceptance of your manuscript.

To introduce the use of this technology, a video component is available and accompanies the electronic version of this manuscript. To access this video component, simply click on the [image](#) visible below (online version only).



Download this Video (12660 K)

Maureen Whittal, Ph.D., Editor, Cognitive and Behavioral Practice describing the use of video in manuscripts. Video 1.

If you are interested in submitting a manuscript that includes video clips, look for detailed instructions in the "Guide for Authors" section on the C&BP website <http://www.elsevier.com/locate/cabp>. I believe that C&BP is the first psychology journal to make use of multimedia. It is my hope that it will enhance the visibility and utility of this unique journal.

In closing, I would like to thank you for your continued interest in the journal. I encourage you to continue submitting manuscripts (with or without videos) and reading the

Example of a frame still used for a video clip



Video, animation and audio

Instructions

Instructions for submitting multimedia as supplementary data

If the content being submitted is truly “supplementary” (not essential to the content of the article or only of supplementary interest to the reader), it can be included as Supplementary Content, i.e., accessible only electronically via an active link in the article.

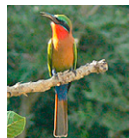


Note: Multimedia files included as Supplementary Content should be referred to at an appropriate place in the text. If this is not done, any Supplementary Content will be referred to in an appendix without specifying exactly what it is.

Supplying thumbnail images

For videos, authors should choose a relevant frame still (thumbnail) from the actual video clip that they feel is representative of the content of the video. This will be used as an image that ScienceDirect users can click on to start playback of the video. This should be done at the time of the initial submission of the file to ensure a smooth workflow through production. The still image should have the same pixel dimensions as the source video file.

For audio clips, authors can optionally include a thumbnail image that they feel is representative of the content of the audio clip. For example, a photograph of a bird could be used for a sound clip of bird song.



Example of a photograph which can be used for a sound clip



Video, animation and audio

Specifications

Elsevier preferred specifications

To ensure that the majority of potential users are able to access, view and playback the data, Elsevier recommends the submission of material in the specified 'preferred' formats.

Audio

MP3

Format	Extension	Details
MP3	.mp3	<ul style="list-style-type: none"> MPEG-1 or MPEG-2 format required Highest possible quality required



If submitting audio, the following specifications are a guideline for authors/contributors

- Audio Bit rate: at least 128 kbps

Video

MPG-MP4-MOV-AVI-GIF

Format	Extension	Details
MPG	.mpg	<ul style="list-style-type: none"> MPEG-1 or MPEG-2 format required Highest possible quality required
MP4	.mp4	<ul style="list-style-type: none"> Acceptable video format Highest possible quality required
Apple QuickTime	.mov	<ul style="list-style-type: none"> Acceptable video format Highest possible quality required
Microsoft Audio/Video Interlaced format	.avi	<ul style="list-style-type: none"> Acceptable video format Highest possible quality required
CompuServe GIF	.gif	<ul style="list-style-type: none"> Expected to be nonphotographic animationbased data



If submitting video, the following specifications are a guideline for authors/contributors

- Frame rate: 15 frames per second minimum
- NTSC (4:3) size and frame rate, de-interlaced
- Video Codec: MPEG2 or MPEG4 (MPEG4 preferred)
- Video Bit rate: at least 260 kbps (750 kbps preferred)
- Resolution: 492x276 recommended
- Time: no more than 5 minutes

If the software used for the creation of your video(s)/animation(s) cannot deliver one of the above formats, then please save them in one of the accepted formats. Any alternative format supplied may be subject to conversion (if technically possible) prior to online publication.



Video, animation and audio

Upper limit



Recommended upper limit

For ease of download, the recommended upper limit for the size of a single video/animation file is 30 MB.

When the size of a single file is bigger than this, some users may experience problems when downloading. Whenever possible, therefore, this limit should be adhered to.



Video, animation and audio

Tips



Tips for making video abstracts

A video abstract is a type of video in which you briefly discuss and explain your paper in a short presentation. A video abstract should be within the conceptual scope of the article and directly support its conclusions.

Note that video abstracts are subject to peer review.

- If you decide to use an interview setting, the person doing the interview should be someone other than the one doing the filming.
- The person being interviewed doesn't have to look straight at the camera; a slight angle often works better.
- Use a tripod as this will make your video steady.
- Tell a whole story and talk about your article with feeling; act as if you are addressing a class of students.
- Use different techniques, such as animations, to explain your article. You can also make scene shots of your surroundings like your institute, building, environment, etc.
- Use enough light during recording, but avoid any bright light coming from behind the person being interviewed (windows, sunlight). A light source coming from behind the camera gives the best results.
- Anyone speaking should not stand too close to walls to avoid shadow and possible echo effects.
- Speak clearly and loudly enough for recording. Use of a microphone is recommended, but don't place it too close to your mouth: recording breathing noises should be avoided.
- Be cautious of wearing 'camera-unfriendly' clothing while recording: regular and fine patterns in clothing can cause interference patterns which might distract your audience.
- Clearly state the names of the spokespersons and provide legends, titles etc.
- Edit your video to improve the recording. You can make use of software such as Adobe Premiere elements, Windows Movie Maker, iMovie for Mac-books, Final Cut Pro, Cinelerra and others.

Many of the points described can be found in videos in the following examples:

doi:10.1016/j.cell.2009.07.034

doi:10.1016/j.cell.2009.10.039

doi:10.1016/j.jnt.2009.11.004

doi:10.1016/j.jnt.2009.09.004

[Back to index](#)