

Behavioural and Cognitive Psychotherapy

Submission

Articles written in English and not submitted for publication elsewhere, should be sent to:

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Manuscript preparation

Four complete copies of the manuscript must be submitted. Manuscripts should include a statement of any financial or other relationships that might lead to a conflict of interest. If there is no conflict of interest, this should be specified. In the case of any doubt, details should be sent to the editor in an accompanying letter. Original figures should be supplied at the time of submission. Articles must be typed double-spaced throughout on standard sized paper (preferably A4) allowing wide margins all round. Where unpublished material, e.g. behaviour rating scales, therapy manuals, etc. is referred to in an article, copies should be submitted to facilitate review.

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Abbreviations where used must be standard. The Système International (SI) should be used for all units; where metric units are used the SI equivalent must also be given. Probability values and power statistics should be given with statistical values and degrees of freedom. (e.g. $F(1,34) = 123.07, p < .001$), but such information may be included in tables rather than the main text.

Spelling must be consistent within an article, either using British usage (*The Shorter Oxford English dictionary*), or American usage (*Webster's new collegiate dictionary*). However, spelling in the list of references must be literal to each original publication.

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- (a) *Title page*. The title should phrase concisely the major issues. Author(s) to be given with departmental affiliations and addresses, grouped appropriately. A running head of no more than 40 characters should be indicated.

(b)*Abstract*. The abstract should include up to six keywords which could be used to describe the article. This should summarize the article in no more than 200 words.

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THARP, R. G., & WETZEL, R. J. (1969). *Behaviour modification in the natural environment*. New York: Academic Press.

ROSKIES, E., & LAZARUS, R. S. (1980). Coping theory and the teaching of coping skills. In P. O. Davidson & S. M. Davidson (Eds), *Behavioural medicine: Changing health lifestyles*. New York: Brunner/Mazel.

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