

Instructions for Authors:

Journal of Behavioral and Cognitive Therapy

Journal de Thérapie Comportementale et Cognitive

(JTCC /JBCT)

The Journal of Behavioral and Cognitive Therapy publishes original research in English and in French. In addition, articles that cover literature reviews, clinical case studies, and innovative therapeutic techniques are also accepted for publication by the JTCC/JBCT. Information regarding regional, national and international conferences in CBT as well as book reviews are also published by the journal. Articles are published according to chronological order of acceptance and are, as often as possible, grouped by theme. Brief articles can be suggested for rapid publication of innovative results and are published in the “Short Article” section of the journal. One issue each year is dedicated to a specific theme and is organized and guest edited by an individual who has specific competence in the domain.

Article evaluation

Articles are anonymously evaluated by two reviewers and the overall publication and review process is coordinated by a designated member of the editorial staff who can provide additional input and review to the author as well as request additional commentary by other members of the editorial staff. Evaluations and propositions for improving articles are communicated to the authors; the decision for publication (acceptance, revision, or rejection) is made by the editor in chief after consideration of the different propositions from reviewers and editorial staff.

Style

Articles should not exceed 3500 words (abstract, references, tables not included). The different sections of the submitted manuscript should include in the following order:

1) Title page (on a separate page). This includes:

- Title (in small letters except for obligatory capitalization, for example: Multi-modal therapeutic approach of a child with Gilles de la Tourette syndrome)
- First names and last names of authors: indicate full first names and not just initials and do not include honorifics (Dr., Pr.); use superscript small letters for affiliations.

For example: John Smith^a, Margaret Hall^b

- Complete addresses for authors

exemple :

^aPsychology Department, University of Northern Chicago, 387 O’Mally Street, Chicago, IL 89520, USA

^bPsychiatry Unit, Alexandria Women and Children’s Hospital, 453 Merten Street, Alexandria, VA 56432, USA

- E-mail address of the corresponding author

- Research institutions that provided support for the research and conferences where the research was presented
- Number of words in article (use word count function of word processor)
- Short title (less than 80 characters): this will be a shortened title provided on subsequent pages of the article.

This page will not be communicated to the evaluators.

2) An abstract in both French and English each followed by the **keywords** from PsycINFO and/or Medline.

Articles are all published with either a **short** French or English abstract (200 words) in the same language as the published article and a **long** abstract (600 words) in the secondary language.

The **long** abstract is a mini-article in the secondary language allowing readers of this language to more easily understand the published work. The long abstract will clearly present the outline of the published work, use the Vancouver reference system (Please note that in the long abstract it will be necessary to indicate the first last name of cited authors and date of publication in addition to the number from the reference list, as opposed to the classic Vancouver system used in the manuscript text (e.g. Callahan et al., 2003 [1]) and present the major findings of the published article.

For an experimental research article, it is important to clearly present the method and results section with, if necessary, statistical results in a simplified format.

***NB:** The AFTCC will provide translations by a professional translator into the secondary language for the published articles in 2013. Once an article is accepted, the author will be asked to provide a detailed summary/abstract of the article; for articles in French a French version of 650-680 words is preferable for translation into English and for articles in English a 600-word version is preferable for translation into French. Authors are requested wherever possible to provide the long abstract in the secondary language themselves. In this case the AFTCC will also provide correction services so that the final version is rendered in good English or French style.*

3) Text

- The title (*without authors names*) is presented on the first page of the text.
- Research articles must follow the standard outline: *Introduction, Method (participants, measures, procedure), Results, Discussion, and Conclusion.*

For clinical case and innovative technique articles, this outline should be used within the limits possible.

- The text is presented using **Vancouver International Norms**, author names and publication dates are not indicated (except when the author is of important note or is the person credited with the theory behind the article): only the numbers of the indicated references appears, in Arabic numbers between brackets, in numeric order.

E.g.: [1]; [2,3]; [4-7]; [1,8-11]

- Abbreviations are explained along with their first presentation in the text.
- Tables and Figures are cited in the text; the author should propose where the Figure or Table should be presented:

Place Figure 1 here

- Statistical tests should be presented with the test name or its abbreviation if well-known, the degrees of freedom in parentheses, followed by the test value and its statistical probability (e.g.: $F_{(1,40)} = 4,33$; $p < 0,05$).

It is strongly recommended to provide effect sizes.

- At the end of the text before the reference section, the COI Declaration must be presented (see note below regarding COI).

- As noted above, references are presented using the **Vancouver International System**: references are numbered in the order of appearance in the text for the first time, using Arabic numbers between brackets. (e.g.: [1]). References should only cite published articles or those in press.

Journal titles are abbreviated using the National Library of Medicine norms.

An exhaustive list of journal abbreviations can be consulted online at PubMed: ftp://ftp.ncbi.nih.gov/pubmed/J_Entrez.txt

For journal abbreviations not found on the list, it is possible to ascertain the sought title using the abbreviations from other titles that use the same words (e.g.: 'Journal' is always 'J'; 'Psychology' is 'Psychol', etc.). For journals in languages other than English, please refer to titles of Elsevier publications (e.g.: For the 'Journal de Thérapie Comportementale et Cognitive', the abbreviation is 'J Ther Comport Cogn' which follows the PubMed abbreviation format).

References are presented using the following examples:

NB: Note the names of all authors up to six, after which 'et al.' should be indicated.

Article example

[1] Walburg V, Pierre A, Callahan S, Chabrol H. Effet d'une intervention prénatale de soutien d'information sur la durée et le vécu de l'allaitement maternel. *J Ther Comport Cogn* 2006;16(3):103-7.

Book example

[1] Barlow D. Anxiety and its disorders. The nature and treatment of anxiety and panic. New York: The Guilford Press; 1988. p. 203-204.

'p. 203-204' is optional; to be indicated if the book is directly quoted.

This format should be strictly followed in terms of source, form, order of information, as well as punctuation and spacing; use the examples presented above and refer to previously published articles when in doubt.

4) Tables and figures are presented on separate pages (one per page) with their legends. Each are numbered in order of appearance using arabic numerals.

Legends for tables and figures should be written in both English and French.

Legends should be precise and understandable without having to refer back to the article. Variables are presented in the legends so that each table and figure can be easily read; avoid overly general notations such as 'Results obtained by subjects'. Legends will provide variable names and levels of measurement so that indications in the table/figure can be understood in both languages.

When abbreviations appear in a table or figure, this needs to be indicated in the secondary language so that readers of this language can understand their meaning. For example, for an English article the author will use the abbreviations M for 'Males' and F for 'Females'; the associated indication would be M (Hommes) and F (Femmes) so that French readers will be able to understand.

Conflict of Interest (COI)

The journal follows international practices regarding COI for submitted publications. All submitted manuscripts should be accompanied by a declaration of COI at the end of the text before presenting the references.

A COI can exist when an author and/or co-author has a financial or personal relationship with individuals or organizations susceptible to influence his/her professional judgment regarding ethical values (patient well-being, research integrity). Most conflicts of interest have to do with financial interests, clinical trials, consultant roles, and family relationships.

All authors of the manuscript must declare all relationships that may have the potential for a COI in terms of the published article.

1. When there is no COI, it should be noted as:

Conflict of Interest

None.

2. When one or more COI(s) exist with one or more authors, the full list of these should be indicated at the end of the manuscript under the COI heading as indicated below. Initials of the concerned authors are presented followed by the name of the company. Examples: (The letters correspond to authors' initials)

- . **C. R., E. L.** Financial interest in the company, **AllGreen International**.
- . **E. L.** Owner/Manager/Employee/Board member/Regular activities with the company, **Biometrics LTD**.
- . **J. J. E.** Clinical trials: As Principal Investigator/Coordinator/Principal Experimenter for **ABC Pharm Company**.
- . **P.L.** Clinical trials: As Co-Investigator/Consultant/Collaborator/Non-Principial Experimenter for **ABC Pharm Company**.
- . **F.W.** Irregular consultation activities providing expert evaluations for **ABC Associates**.
- . **M. D.** Irregular consultation activities providing counsel for **ABC Associates**.
- . **C. G.** Conferences: invitations as presenter for **KKS 6 Sound systems**
- . **M. S.** Conferences: invitations to attend (travel expenses underwritten) for **KKS 6 sound systems**
- . **C. A. S.** Substantial financial provided support for **Accordion Enterprises**
- . **M. F.** Relatives employed by **ABCD Company**
- . **D.** No conflict of interest.

Article Submission

Authors are kindly requested to fully respect the guidelines concerning publication and journal orientation as outlined here. Manuscripts must be submitted using the on-line Elsevier Editorial System (EES):

<http://ees.elsevier.com/jtcc/>

Internet submission

Required configuration

Windows PC

- o 2000, 2003, XP, Vista
- o Internet Explorer 6.0 or later
- o Firefox 0.9 or later
- Adobe Acrobat Reader (download for free at: <http://www.adobe.fr/products/acrobat/readstep2.html>)

Macintosh

- o OS X
- o Firefox 1.0 or later
- o Safari 3.0 or later

o Adobe Acrobat Reader (download for free at: <http://www.adobe.fr/products/acrobat/readstep2.html>)

Linux Computer

o Ubuntu Linux 6.06 or later

o Firefox 2.0 or later

Manuscripts can be prepared using MS Word and Wordperfect.

Brief guide to using EES

. First time users access the submission page of EES for the JTCC/JBCT at the following address: <http://ees.elsevier.com/jtcc> and should click on the 'Register' button shown in the menu at the top of the screen. The following information will be needed for registration: first name, last name, and e-mail address. The user will receive soon after a confirmation e-mail indicating the username and password.

. Registration is completed one time only the first time the system is used. After registering, one clicks directly on 'Login' and then on 'Author login' to access EES.

. Once identified and in the system, the author follows the instructions provided by EES and enters the information and/or downloads the files requested at each step.

. PLEASE NOTE! Separate files are required for:

o Title page: Article title in English and French; authors; full contact information. (Submitting the title page as a separate file insures anonymity as it will not be included in the PDF file furnished to reviewers.)

o Manuscript: Abstract/Summary and keywords in both French and English; manuscript text; references; tables and their legends; figure legends.

o Figures (graphs, figures, drawings, and/or color and b/w photos) must always be submitted in separate files, one figure per file.

For all technical problems, please contact author services: support@elsevier.com

Publication, proof correction, requests for reprints

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When an accepted manuscript goes to press, the editor will send a copyright transfer form to the corresponding author via e-mail, which must be signed by the corresponding author in the name of all the authors and then returned to the editor as quickly as possible. The corresponding author will receive a complementary PDF version of the published article when it is corrected and sent for publication.

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