

Journal of Behavioral and Cognitive Therapy

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The Journal of Behavioral and Cognitive Therapy (JBCT) addresses behavioral and cognitive therapies for any form of mental disorder, as well as for other important mental health issues such as psychological well-being and quality of life. The journal emphasizes empirical studies of therapeutic techniques, their underlying mechanisms, and their efficacy, but with a broad purview. Experimental investigations, reviews of the literature and rigorous controlled case studies will also be considered as long as their pertinence to behavioral and cognitive therapy is clearly articulated. Submissions addressing the application of new technologies (e.g. virtual reality, mobile sampling and interventions, internet-based interventions) are strongly encouraged.

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