

# Journal of Behavioral and Cognitive Therapy

## Instructions for Authors

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 empirically-based studies of therapeutic techniques, underlying mechanisms, and 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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Engle, E.K., Cash, T.F., & Jarry, J.L. (2009, November). The Body Image Behaviours Inventory-3: Development and validation of the Body Image Compulsive Actions and

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