

Journal of Behavioral and Cognitive Therapy

Instructions for Authors

Starting in 2020, le *Journal de Thérapie Comportementale et Cognitive / Journal of Behavioral and Cognitive Therapy* will be known only as the **Journal of Behavioral and Cognitive Therapy (JBCT)**; as a result, starting July 1st, 2018, **only original English language articles** will be considered for publication.

The Journal of Behavioral and Cognitive Therapy (JBCT) considers articles addressing 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.

The Editor-in-Chief and Associate Editors will make a rapid initial assessment for publication suitability based on the article's coherence with the purview of the journal. A full review process will proceed if the article meets this criterion. The JBCT is committed to providing a rapid review process.

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