



## Guidelines for authors Gedragstherapie (Behavioural Therapy)

*Gedragstherapie (Behavioural Therapy)* has the following headings:

1. Article (experimental or clinical study, case reports, literature review)
2. Short instrumental
3. Forum
4. Book review

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## Form of the manuscript

### *General*

The *title page* should include: the full title, concise but informative; the name and first name(s) of the author(s); each author's occupation with an address; and one correspondence address.

Articles (experimental or clinical study, case reports, literature review), contributions for Short Instrumental and for Forum are followed by a *summary with keywords* (about 5) in the Dutch language and a *summary including title and keywords* (about 5) in the English language. These comprise a maximum of 150 words and state the purpose or reason for the study, the methodology followed and the main findings and conclusions.

After the summary of articles and contributions for Short Instrumental, a frame text is added entitled 'Key messages for clinical practice'. In this box, the author indicates the consequences and implications of the contribution for practice, with (up to three) 'bullets'.

### *1. Articles*

Articles (experimental or clinical research, case reports, literature review) are divided into paragraphs:

- in *experimental or clinical research* in Introduction, Method, Results, Discussion and Clinical implications;
- to *literature reviews* in e.g. Introduction, Definitions, Theories, Treatment Methods, Discussion and Decision with discussion of clinical implications.

In long articles, to clarify content, a paragraph will sometimes need to be further subdivided, e.g. Methods into Participants, Measuring Instruments, Treatment or Intervention, Procedure.

*Case descriptions* are subdivided into, for example, the sections Introduction, Patient(s) description, Literature, Treatment method, Measuring instruments and moments of measurement, Results, Discussion and Decision with discussion of clinical implications.

For case descriptions to be eligible for publication, they must involve particular problem behaviours, treatment methods and/or outcomes.

Client details such as names (or abbreviations thereof), professions, places and times should be changed. Any complaints from clients who identify themselves in descriptions are the sole responsibility of the author(s).

*Please note* that it is important that the article is written in an accessible way for clinicians, therefore please observe the following points:

- **Methods:** If more complex tools, procedures or analyses are mentioned, it is important that they are explained in layman's terms.
- **Results:** Statistical findings should be explained in non-statistical language. For example: 'There was a significant main effect of group found ( $t \dots p = \dots$ ). *This means that group A scored higher on average on ... than group B.*'
- Include a heading Clinical implications in or after the Discussion.

### *2. Short instrumental*

Contributions for the Short Instrumental section must meet the following conditions:

- the tool described should be useful for cognitive behavioural therapy;

- both questionnaires, interview schedules, behavioural measures, tasks and measurement devices are eligible for discussion;
- the contribution covers: measurement interpretation, implementation, possible availability, scoring and use;
- the brief bibliography lists source publication(s) and the (most important) Dutch and/or Flemish research;
- the conclusion summarises the usefulness of the tool described.

### 3. Forum

Contributions in the Forum section are up to 1,500 words and include a critical, thought-provoking discussion of a current topic of interest to the readership of practising cognitive behavioural therapists.

### 4. Book reviews

The following points should be considered in book reviews:

- give the piece a title;
- at the top, name author(s) of the book, year of publication, title of the book (in italics), publisher's name, number of pages, price and ISBN;
- indicate the target audience for which the book is intended and whether others can benefit from it, and if so, why;
- state the objective of the book and give a reasoned opinion on the extent to which the author succeeds (or the authors succeed) in achieving this objective;
- briefly outline the content of the book (in up to a third of the book review's scope);
- reflect critically on the book: hold the content against recent academic literature, professional literature and developments in practice;
- conclude the book review with a summary comment.

Guideline for the size of a book review is 500-750 words, where the summary of the content has a maximum of 200 words and thus most of the review is devoted to reflection. This guideline can be deviated from if the content of the book review justifies it.

## Literature

When citing literature references in the text and in the bibliography, the guidelines of the seventh edition of the Publication Manual of the American Psychological Association (APA, 2020) apply.

When referring to *literature in the text*, list the author's name(s) in brackets, followed by a comma, with the year of publication after it. Different publications by one author in the same year are distinguished by a, b, c and so on after the year. For different publications by a group of authors, the names of the authors are included until they differ from each other. For two or more authors, use the word 'and', and for a reference in brackets '&'. If there are more than two authors, include the name of the first author from the second onwards, followed by 'et al'.

For the *bibliography*, author names are listed in alphabetical order. Insertions of names come before the surname.

(a) When referring to an article:

- prefixes and surname of author(s), then initials (space in between)

- year of appearance in brackets followed by a full stop
- the title of the article, followed by a full stop
- the name of the magazine in full, in italics, followed by a comma
- volume, italics (no issue number, except if every issue in a volume is repaginated)
- start and end page of the article and a dot
- the doi in the form <https://doi.org/xxxx> (without a closing dot). The author is responsible for the complete and correct inclusion of the doi; it is no longer checked by the editor-in-chief.

(b) On reference to a book:

- prefixes and surname of author(s), then initials (space in between)
- year of appearance in brackets followed by a full stop
- title of the book, in italics, followed by a full stop, followed by the name of the publisher, followed by a full stop.

(c) When referring to a chapter of a book:

- prefixes and surname of author(s), then initials (space in between)
- year of appearance in brackets followed by a full stop
- the words 'In', followed by the initial(s) and name(s) of the editor(s) or compiler(s), followed by 'Ed.' or 'Eds.' in brackets, followed by a comma
- the title of the book in full, in italics, followed in brackets by the indication of the start and end page of the chapter with a full stop after it
- the name of the publisher followed by a full stop.

Examples of references include:

- Gray, J. A. (1987). *The psychology of fear and stress*. Cambridge University Press.
- Haynes, S. N., Spain, E. H., & Oliveira, J. (1993). Identifying causal relationships in clinical assessment. *Psychological Assessment*, 5, 281-291.
- Pelham, W. E., & Hinshaw, S. P. (1992). Behavioral interventions for attention deficit-hyperactivity disorder. In S. M. Turner, K. S. Calhoun, & H. E. Adams (Eds.), *Handbook of clinical behaviour therapy* (pp. 259-283). John Wiley & Sons.

## Figures and tables

Figures and tables should relate logically to the text. An indication in the text should clearly indicate where the figure or table should preferably be inserted. Charts and illustrations are numbered as figures.

Type each *table* on a separate page, with line spacing of 1.5. Number the tables consecutively and provide each table with a heading, using abbreviations if necessary. Further explanations of a table are given in notes, not in the heading. Explain abbreviations and footnotes not commonly used in tables. Use as few horizontal and vertical lines as possible in a table. Cite tables in the text in the order in which they are numbered.

Give each *figure* a separate page. Provide figures with continuous numbering and concise captioning. Letters, figures and characters should be clear and of equal size. Titles and further explanations should not be in the figure itself, but in the caption. Cite figures in the text in the order in which they are numbered.

APA guidelines for text submission are available from the secretariat. If you wish to consult one of the editorial board members in advance, please contact the editorial office to find out which editorial board member you can contact.

*Literature*

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association.