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## Instructions to Authors

1. **Submission.** Articles written in English and not submitted for publication elsewhere, should be sent to Paul Salkovskis, Editor, *Behavioural and Cognitive Psychotherapy*, Department of Psychiatry, University of Oxford, Warneford Hospital, Oxford OX3 7JX, UK.

2. **Manuscript preparation.** Four complete copies of the manuscript must be submitted. Original figures should be supplied at the time of submission. Articles must be typed double-spaced throughout on standard sized paper (preferably A4) allowing wide margins all round. Where unpublished material, e.g. behaviour rating scales, therapy manuals, etc. is referred to in an article, copies should be submitted to facilitate review.

Manuscripts will be sent out for review exactly as submitted. Authors who want a blind review should mark two copies of their article "review copy" omitting from these copies details of authorship.

**Abbreviations** where used must be standard. The Système International (SI) should be used for all units; where metric units are used the SI equivalent must also be given. Probability values and power statistics should be given with statistic values and degrees of freedom [e.g.  $F(1,34) = 123.07, P < 0.001$ ], but such information may be included in tables rather than the main text.

**Spelling** must be consistent within an article, either using British usage (*The Shorter Oxford English Dictionary*), or American usage (*Webster's New Collegiate Dictionary*). However, spelling in the list of references must be literal to each original publication.

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ROSKIES, E. and LAZARUS, R. S. (1980). Coping theory and the teaching of coping skills. In P. O. Davidson and S. M. Davidson (Eds). *Behavioural Medicine: Changing Health Lifestyles*. New York: Brunner/Mazel.

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