

CLOSING EDITORIAL

A Tribute to the Behaviour Change Journal, 1984-2023

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This is the final issue of Behaviour Change, the scholarly journal of the Australian Association for Cognitive Behaviour Therapy, and I would like to take the opportunity to write a short tribute to the people who created and developed the journal over these 40 years. Behaviour Change was instigated by State branch members of the then Australian Behaviour Modification Association, and the opening editorial was penned by Neville King and Peter Miller. Successive Editors over the years were Alan Hudson, Paul Martin, Keith Jonson, Peter Lovibond, Mark Dadds, Sarah Egan, Leanne Hides, Ross Menzies, and me. We have been supported by a remarkable list of Editorial Board members, Associate Editors, and reviewers.

In the early years there were two issues a year, focusing on applied behavioural approaches such as token economies, behavioural family intervention, and skills training for various populations and presenting problems. Reflecting growth in theory and professional practice, the 1990s saw an infusion of studies identifying cognitive targets for treatment, and cognitive behavioural therapy interventions. The journal grew to four issues a year.

In the 2000s, studies of third wave CBT approaches such as mindfulness based cognitive therapy, acceptance and commitment therapy, and schema therapy emerged. The most cited paper in the journal remains Hayley Lowry-Webster, Paula Barrett, and Mark Dadds' 2001 paper *A Universal Prevention Trial of Anxiety and Depressive Symptomatology in Childhood: Preliminary Data from an Australian Study*.

Traditionally concerned with behavioural and mental health issues, the scope of the journal was increased to include other behaviours (physical activity, eating, addictive behaviours, music and media use) in relation to mental health and wellbeing when I took on the role of Editor in 2020. In line with the AACBT strategic plan 2020-2023 (written by President Melissa Norberg and the Board), there was an increased effort to be global and inclusive, providing publishing opportunities for researchers from the Asia-Pacific and developing countries.

To remain at the cutting edge, our research must consider people's behaviours within their social and environmental contexts. I'm proud that the most recent editions have included papers on the application of behaviour change theories in the context of infectious disease outbreaks; evaluation of a smoking cessation intervention for pregnant Aboriginal and Torres Strait Islander women; the social determinants of loneliness; and addressing barriers to accessing treatment for specific subgroups in the population.

In closing, I would like to express deep gratitude to my editing team Deputy Editor Professor Mark Tarrant (Plymouth University, UK) and Associate Editors A/Professor Sjaan Gomersall, Dr Fiona Maccallum, Dr Zoe Walter (all at the University of QLD), Dr Kristen McCarter (University of Newcastle), Dr Jenny Groarke (University of Galway), and Professor Ross Menzies (University of Technology, Sydney) who have worked tirelessly and voluntarily to review and process manuscripts for the journal. Huge thanks to all of you who have reviewed manuscripts over the years – we couldn't do this without you! A big thank you also to Publisher Ned Wilson-Eames and Senior Content Manager Vicki Verona at Cambridge Core for your amazing support. This final issue is especially impressive, and the entire archive of issues is available online, and free to members of the Association (AACBT). Happy reading!

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