

BABCP is committed to reducing its carbon footprint and is asking for your help to achieve this. We are making changes to the way in which *Behavioural & Cognitive Psychotherapy* is accessed.

All members are able to access the journal *Behavioural & Cognitive Psychotherapy* (BCP) on the Cambridge University Press website as well as the online only journal *the Cognitive Behavioural Therapist* (tCBT). Members can also access both journals by logging into the members' area of the BABCP website and clicking through to the Journal pages, from which you can link straight through to the full content on the journal websites. As a member you should also be receiving regular email content alerts for each journal, from which you can click straight through to full articles on the journal websites. If you are not receiving these emails, please provide BABCP with your updated email address.

From 1 October 2015 members paying the reduced rate subscription fee will no longer receive a printed copy of *Behavioural & Cognitive Psychotherapy* as part of their subscription. We are offering all members paying the full subscription fee the opportunity to aid BABCP in its aims by opting out of receiving the print journal. You can do this by emailing babcp@babcp.com or by telephoning the BABCP membership office on 0161 705 4304, option 2. You can choose to opt out at any time and we will occasionally send you a reminder that opting out is an option should you remain opted in.

Behavioural and Cognitive Psychotherapy

Instructions to Authors

Submission to Behavioural and Cognitive Psychotherapy

Articles written in English and not submitted for publication elsewhere should be sent via <http://mc.manuscriptcentral.com/babcp>.

Manuscript preparation

A Word document of the manuscript must be submitted electronically and original figures can be supplied as attachments.

Articles must be typed double-spaced throughout 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 Where unpublished material e.g. behaviour rating scales, therapy manuals etc, is referred to in an article, copies should be submitted as an additional document to facilitate review.

Attention should be paid to the Editorial Statement that is accessed online at <http://journals.cambridge.org/action/displayMoreInfo?jid=BCP&type=ifc>

Submissions will be sent out for review exactly as submitted. Authors who want a blind review should indicate this at the point of submission of their article, omitting details of authorship and other information. Submission for blind review is encouraged.

Abbreviations where used must be standard. The Systeme 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 statistical values and degrees of freedom (e.g. $F(1,34) = 123.07$, $p < .001$), 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.

Details of style not specified here may be determined by reference to the *Publication Manual of the American Psychological Association* or the style manual of the British Psychological Society.

Articles should conform to the following scheme:

- (a) *Title page*. The title should phrase concisely the major issues. Author(s) to be given with departmental affiliations and addresses, grouped appropriately. A running head of no more than 40 characters should be indicated.
- (b) *Abstract*. This should summarize the article in no more than 250 words, and should be structured under the headings: Background: Aims: Method: Results: Conclusions. The abstract should also include up to six keywords that could be used to describe the article.
- (c) *Text*. This should begin with an introduction, succinctly introducing the point of the paper to those interested in the general area of the journal. References within the text should be given in the form of Jones and Smith (1973) or (Jones and Smith, 1973). When there are three or up to and including five authors the first citation should include all authors; subsequent citations should be given as Williams et al. (1973). Authors with the same surname should be distinguished by their initials. The appropriate positions of tables and figures should be indicated in the text. Footnotes should be avoided where possible.
- (d) *Reference note(s)*. A list of all cited unpublished or limited circulation material, numbered in order of appearance in the text, giving as much information as possible about extant manuscripts.
- (e) *References*. All citations in the text should be listed in strict alphabetical order according to surnames. Multiple references to the same author (s) should be listed chronologically, using a, b, etc, for entries within the same year. Formats for journal articles, books and chapters should follow these examples:

Kalenthaler, E., Parry, G. and Beverley, C. (2004). Computerized cognitive behaviour therapy: a systematic review. *Behavioural and Cognitive Psychotherapy*, 32, 31–55. doi:10.1017/S135246580400102X.

Tharp, R. G. and Wetzel, R. J. (1969). *Behaviour Modification in the Natural Environment*. New York: Academic Press.

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.
- (f) *Footnotes*. The first, and preferably only, footnote will appear at the foot of the first page of each article, and subsequently may acknowledge previous unpublished presentation (e.g. dissertation, meeting paper), financial support, scholarly or technical assistance, or a change in affiliation. A concluding (or only) paragraph must be the name and full mailing address of the author to whom reprint requests or other enquiries should be sent.
- (g) *Tables*. Tables should be numbered and given explanatory titles.
- (h) *Figure captions*. Numbered captions should be typed on a separate page.
- (i) *Figures*. Original drawings or prints must be submitted for each line or half-tone illustration. Figures should be clearly labelled and be camera-ready wherever possible.

Proofs, Reprints and Copyright

Proofs of accepted articles will be sent electronically to authors for the correction of printers' errors; authors' alterations may be charged. Authors submitting a manuscript do so on the understanding that if it is accepted for publication exclusive copyright of the paper shall be assigned to the Association. Reprints may be ordered at extra cost; the reprint order form will be sent with the proofs. The publishers will not put any limitation on the personal freedom of the author to use material contained in the paper in other works.

This journal issue has been printed on FSC-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

© British Association for Behavioural and Cognitive Psychotherapies

Printed in the UK by Bell & Bain Limited

Behavioural and Cognitive Psychotherapy

Contents

EMPIRICALLY GROUNDED CLINICAL INTERVENTIONS

- The Maintaining Factors of Social Anxiety: A Three-Group Comparison of a Clinical Sample with Highly Socially Anxious Students and Non-Anxious Students** 385
Skocic, S., Jackson, H., Hulbert, C. & Faber, C.

MAIN ARTICLES

- Treatment Outcome and Metacognitive Change in CBT and GET for Chronic Fatigue Syndrome** 397
Ferne, B. A., Murphy, G., Wells, A., Nikčević, A. V. & Spada, M. M.

- Turning Towards or Turning Away: A Comparison of Mindfulness Meditation and Guided Imagery Relaxation in Patients with Acute Depression** 410
Costa, A. & Barnhofer, T.

- Clients' Experiences of Returning to the Trauma Site during PTSD Treatment: An Exploratory Study** 420
Murray, H., Merritt, C. & Grey, N.

- "Stress Control" as a Large Group Psychoeducational Intervention at Step 2 of IAPT Services: Acceptability of the Approach and Moderators of Effectiveness** 431
Burns, P., Kellett, S. & Donohoe, G.

- The Impact of Obsessive Compulsive Personality Disorder on Cognitive Behaviour Therapy for Obsessive Compulsive Disorder** 444
Gordon, O. M., Salkovskis, P. M. & Bream, V.

- The Relative Contributions of Experiential Avoidance and Distress Tolerance to OC Symptoms** 460
Blakey, S. M., Jacoby, R. J., Reuman, L. & Abramowitz, J. S.

- The Perseverative Thinking Questionnaire in Patients with Persecutory Delusions** 472
Černis, E., Dunn, G., Startup, H., Kingdon, D., Wingham, G., Evans, N., Lister, R., Pugh, K., Cordwell, J., Mander, H. & Freeman, D.

- Acceptance and Body Dissatisfaction: Examining the Efficacy of a Brief Acceptance Based Intervention for Body Dissatisfaction in College Women** 482
Margolis, S. E. & Orsillo, S. M.

BRIEF CLINICAL REPORTS

- Patient Factors that Impact upon Cognitive Behavioural Therapy for Psychosis: Therapists' Perspectives** 493
Currell, S., Christodoulides, T., Siitarinen, J. & Dudley, R.

- Using Questions in Cognitive Therapy with People with Intellectual Disabilities** 499
Dagnan, D., Pulford, H., Cathers, R. & Jahoda, A.

- The Metacognitive Anger Processing (MAP) Scale: Preliminary Testing** 504
Moeller, S. B.

- BOOK REVIEW** 510