

International Journal of Cognitive Analytic Therapy and Relational Mental Health - Guidelines for Authors

Contributions are welcome for future volumes of the journal. Contributions and enquiries should be sent by email to journalicata@gmail.com

Types of Articles

Regular

Reports of original work or theoretical contributions up to 20 pages (double spaced, font size 11, including tables, figures and references [single spaced]). All articles should include an abstract of no more than 250 words summarising the contents of the article. Six key words should be included also which characterise the content of the paper. Only in exceptional circumstances and by negotiation with the editor will longer submissions be considered.

Brief articles

Reports of original work up to 10 pages (double spaced, font size 11, including tables, figures and references). Brief articles should also include an abstract of no more than 250 words summarising the contents of the article and six key words.

Invited articles

Reviews of theoretical and empirical topics considered to be of relevance and importance to the readership of the journal. Authors may contact the editor to propose titles for such pieces.

Single case studies

Detailed accounts of individual therapeutic interventions and outcomes that are particularly valuable for illustrating the application of cognitive analytic therapy (CAT) in clinical practice or provide insight from a particularly interesting or complex case. These studies should provide insight into the nuances of therapeutic processes, clinician-client interactions, and the adaptability of CAT techniques to various clinical scenarios.

Book reviews

These will normally be invited but unsolicited reviews of books or articles considered to be relevant and important to the readership of the journal will be considered. The journal welcomes submission of books to the editors for review.

House style, presentation and format

All submitted articles should include a separate top page with title of the article, author's, or in the case of multiple authors, authors' names, designations and affiliations and the telephone number, email address and postal address of the author with whom correspondence should be conducted.

Manuscripts should be submitted in electronic form, as a Microsoft Word file (saved in Rich Text Format), with a covering message to the editor via the journal email address journalicata@gmail.com

The ICATA Journal uses UK English spelling. Numbers from zero to nine should be written as text; numerals should be used for all other numbers. Broad division and section headings

should be clearly marked in the text. Any quotation marks should be single marks; quotations of more than 40 words should be indented. Notes should be placed at the end of the article as footnotes (this is for ease of allocation to the relevant page foot when placed in its typeset format). Any author acknowledgements should be placed at the end of the article under a heading, Acknowledgements. Statistical tables and other figures should be denoted in the text within the Word file and should be submitted separately as graphic files (.jpg format at 150ppi). Figure captions should be included within the text of the article and the first words of the title should be used as the .jpg filename.

References

References should be submitted in American Psychological Association (APA) style i.e. by name and date within the text and in alphabetical order in the reference list. Multiple references for any author in the text within the same year should be listed as a,b,c etc. Please ensure that wherever possible you include a doi link. For additional guidance on APA style referencing please follow this link: <https://apastyle.apa.org/style-grammar-guidelines>.

Sample reference

Dommeyer, C. J., Baum, P., Hanna, R. W., & Chapman, K. S. (2004). Gathering faculty teaching evaluations by in-class and online surveys: Their effects on response rates and evaluations. *Assessment & Evaluation in Higher Education*, 29(5), 611–623.
<https://doi.org/10.1080/02602930410001689171>

Sample in text citation

(Dommeyer et al., 2004)

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E copies of the article will be furnished to the author or principal author.

Peer Review Process

All submissions to the International Journal of Cognitive Analytic Therapy and Relational Mental Health undergo a rigorous peer review process. Each manuscript is reviewed by at least two independent experts in the field to ensure quality, relevance, originality, and clarity. Reviewers assess the manuscript's contribution to the understanding and application of CAT and relational mental health. Feedback from the peer review process is provided to authors with recommendations for revisions if necessary. The final decision on publication is made by the editorial team, based on the reviewers' evaluations and the manuscript's alignment with the journal's focus and standards. For a simple table guide to contributions

and our peer review process please refer to the end of this document.

Contributions and enquiries to be sent by emailing journalicata@gmail.com

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Simple table guide to contributions and our peer review process

Peer review:	
Up to 20 pages, double spaced, font size 11. Including tables figures and references (single spaced)	
Abstract summary (250 words)	
Keywords (6)	
English spelling	
Numbers: zero to nine, 10 onwards in numerals	
Clear headings	
Quotations in single marks with indentations for longer pieces	
Footnotes and acknowledgements at the end	
APA style referencing	
Quality	
Clarity	
Coherence	
Length and structure	
Relevance for therapy	
Original contribution	
Readability	
Overall Scoring	/100