

# Publish That Paper! ECR Breakfast chat AACBT Conference 2022

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## Topics



Selecting a journal



Framing your paper



Using your cover letter, abstract and key words to showcase your study



Writing responses to reviewers



Staying positive in the face of rejection

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## Selecting a Journal

Can you publish in a journal that allows open access?  
Check the Council of Australian University Libraries list  
<https://caul.libguides.com/read-and-publish>

Whose work did you cite, and which journals was it published in?

Select 2-3 potential journals and search for your keywords in those journals to find out what they've published on your topic to check your paper fits with the journal

What are the impact factors, typical designs and methods, sample sizes? (Aim high if you have time to try again)

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The journal home page gives you lots of important information, e.g.,

<https://www.cambridge.org/core/journals/behaviour-change>

► Behaviour Change is a quarterly journal that publishes research involving the application of behavioural and cognitive-behavioural principles and techniques to understanding, assessment, and intervention in the contexts of therapy, health behaviours (including physical activity, eating, and addictive behaviours), music and media use in relation to mental health and wellbeing. We publish case studies, feasibility studies, empirical studies, reviews and theoretical papers.



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Title	Publisher	Organisation	EiC		Impact Factor
Cognitive Behavior Therapy	Taylor & Francis	Swedish Assoc of Behavior Therapy	Per Carlbring, Mark Powers	Sweden, USA	5.761
Behavior Research & Therapy	Elsevier		Michelle Craske	USA	4.473
Behaviour Therapy	Elsevier	ABCT	Denise Sloan	USA	4.183
Behavior Modification	SAGE		Allan Bellack	USA	3.368
Cognitive and Behavioral Practice	Elsevier	ABCT; CACBT	Nikolaos Kazantzis	International	2.946
Cognitive Therapy & Research	Springer		Stefan Hofmann	USA	2.503
Behavioural and Cognitive Psychotherapy	Cambridge Core	BABCP	Paul Salkovskis	UK	2.279
Behaviour Change	Cambridge Core	AACBT	Genevieve Dingle	Australia	1.355
International Journal of Cognitive Therapy	Springer	IACBT	John H. Riskind	International	1.22
The Cognitive Behaviour Therapist	Cambridge Core	BABCP	Richard Thwaites	UK	1.069

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## Framing your paper

Think of the research as a scientific process, and the writing and publishing process as story telling

Who is your audience?

What are the key terms and topics for this audience?

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## Publishing process (typically 3–6 months)



### Submission

- ▶ Editorial review (30%+ rejected)
- ▶ Sent to reviewers
- ▶ Reviews
  - ▶ Rejection
  - ▶ Reject and resubmit
  - ▶ **Revise and resubmit**



### Response to reviewers and revised version of manuscript

- ▶ Further revisions
- ▶ **Acceptance!!**




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## Using the cover letter, abstract and keywords well

- ▶ Cover letters help to get the manuscript past the Editor and out for review
- ▶ Write to the Editor in person
- ▶ READ the journal instructions to authors about what they want in the cover letter!
- ▶ Give the title and a short summary of the study significance: what you found and what it adds to existing knowledge
- ▶ In the abstract give all the information, e.g. design, characteristics of the sample, measures / methods, findings, what it adds to existing knowledge.
- ▶ Keywords should flag important topics in that journal

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Professor XXXXXX  
Chief Editor  
British Journal of Clinical Psychology

18 February 2017

Dear XXXX,

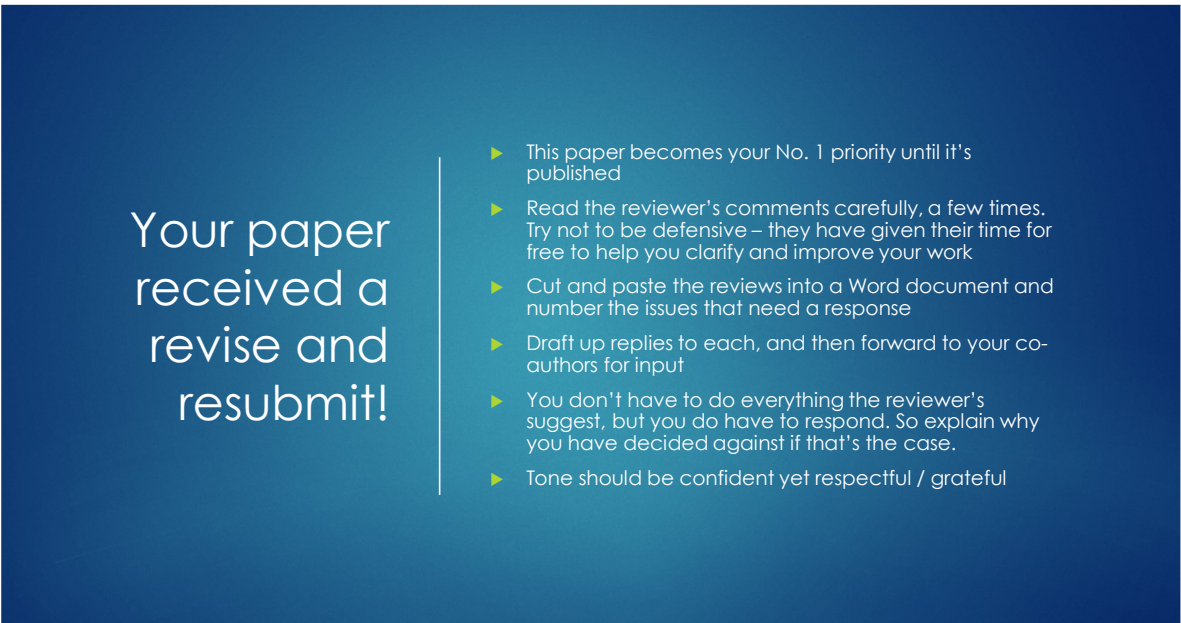
We are pleased to submit our manuscript entitled "Choir singing and creative writing enhance emotion regulation in adults with chronic mental health conditions" for consideration in your respected journal. The study is the first of its kind to employ a three groups x four time points repeated measures experimental design to examine the positive and negative emotional effects of participation in arts based groups over the course of a single group day. The participants include members of arts based groups who experience chronic mental health conditions and a comparison sample with healthy adults who are members of a choir.

The findings refute the idea that people with chronic mental health conditions use everyday emotion regulation strategies less effectively than healthy control adults. The results also clearly demonstrate that arts based group participation influences both positive and negative emotions with medium to large effect sizes across emotions. Adults with chronic mental health conditions are equally able to benefit emotionally from involvement in arts based groups as healthy adults do. We think the study will be of interest to the readers of your journal.

The manuscript has not been submitted elsewhere, and the authors have no conflicts of interest to declare.

Looking forward to hearing from you in due course

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Your paper received a revise and resubmit!

- ▶ This paper becomes your No. 1 priority until it's published
- ▶ Read the reviewer's comments carefully, a few times. Try not to be defensive – they have given their time for free to help you clarify and improve your work
- ▶ Cut and paste the reviews into a Word document and number the issues that need a response
- ▶ Draft up replies to each, and then forward to your co-authors for input
- ▶ You don't have to do everything the reviewer's suggest, but you do have to respond. So explain why you have decided against if that's the case.
- ▶ Tone should be confident yet respectful / grateful

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## Writing a response to reviewers

1. Abstract: The abstract was not really clear to me at all. It needs to be clear that the comparison choir consisted of people who were not specifically suffering any chronic mental health conditions, and that these were existing choirs (i.e. ongoing, with self-selection, rather than random group assignment).

The abstract has been revised to make these points more clear:

"The 61 participants were drawn from two established organisations, and included 39 adults with chronic mental health problems who were members of arts based groups (ABG: 21 choir and 18 creative writing), and 22 members of a comparison choir (CC) who were not specifically experiencing mental health problems."

2. I don't think 'dinner time' is a very good description, and it would be good to be more precise about when this was, and when the groups all met during the day.

References to 'dinner time' have been replaced with 'evening' throughout the paper, and details about the timing of the group programs in relation to the assessment points have been clarified on p. 10.

3. It should also be stated that the data collection only occurred on one occasion, on one day.

This point has been clarified by adding this section on p. 10:

"Although the data represent a single day for each participant, the study was conducted on several days in order to recruit as many participants as possible. For instance, the creative writing course was conducted in terms of 10 weeks, with mostly new participants in each term. The study was conducted on one day of each term, and if participants were returning to the course for a second term, only their first study data were used for the analysis."

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## Managing the emotional side of writing and publishing

- ▶ Criticism sucks!! But it's just people's opinions and mostly they are trying to help you improve the quality and clarity of your paper
- ▶ Don't let a rejection stop you from finding an outlet for your work
- ▶ You're in good company – everybody has papers rejected, often!
- ▶ Take on board the reviews (if any) – they will help improve and clarify your work
- ▶ Discuss with co-authors, advisors what the next step is
- ▶ Still prioritise this manuscript because you've got it to submission stage already

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