

CAMBRIDGE

JOURNALS

# Behavioural and Cognitive Psychotherapy

Published for the British Association for Behavioural and Cognitive Psychotherapies (BABCP)

## Editor

Paul M Salkovskis, University of Bath, UK

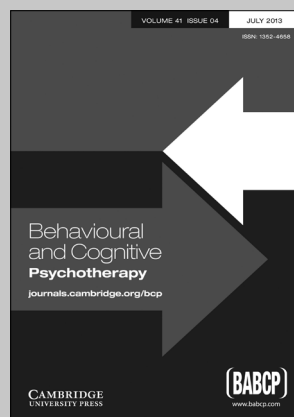
*Behavioural and Cognitive Psychotherapy* is an international multi-disciplinary journal aimed primarily at members of the helping and teaching professions. The journal features original research papers, covering both experimental and clinical work, that contribute to the theory, practice and evolution of cognitive and behaviour therapy. Under the guidance of an international editorial team, *Behavioural and Cognitive Psychotherapy* aims to reflect and influence the continuing changes in the concepts, methodology and techniques of behavioural and cognitive psychotherapy. A particular feature of the journal is its broad-ranging scope - both in terms of topics and types of study covered.

## Price information

is available at: <http://journals.cambridge.org/bcp>

## Free email alerts

Keep up-to-date with new material – sign up at  
<http://journals.cambridge.org/alerts>



## Behavioural and Cognitive Psychotherapy

is available online at:  
<http://journals.cambridge.org/bcp>

## To subscribe contact Customer Services

### in Cambridge:

Phone +44 (0)1223 326070  
Fax +44 (0)1223 325150  
Email [journals@cambridge.org](mailto:journals@cambridge.org)

### in New York:

Phone +1 (845) 353 7500  
Fax +1 (845) 353 4141  
Email  
[subscriptions\\_newyork@cambridge.org](mailto:subscriptions_newyork@cambridge.org)

For free online content visit:  
<http://journals.cambridge.org/bcp>

 **CAMBRIDGE**  
UNIVERSITY PRESS

# Important — Instructions for Authors

1. To be reviewed for possible publication in this journal all authors must follow the instructions below and submit their manuscript to ScholarOne: <http://mc.manuscriptcentral.com/jgc>

For more detailed instructions for authors, please refer to the journal's website <http://journals.cambridge.org/jgc>

## Review

All manuscripts are sent for blind peer-review to members of the editorial board and guest reviewers. The review process generally requires three months. The receipt of submitted manuscripts will be acknowledged by the editor, from whom a decision and reviewers' comments will be received when the peer-review has been completed. Papers submitted to the journal must not previously have been published nor submitted for publication to any other journal.

2. Papers should be between 4,000 and 6,000 words (excluding references)
3. Papers should be submitted in Australian English, rather than US English.
4. Contributions should follow the format and style described in the *Publication Manual of the American Psychological Association* (6th ed.). Spelling and punctuation should conform to *The Macquarie Dictionary* (4th ed.). For matters of style not covered in these two publications the *Style Manual for Authors, Editors and Printers* (6th ed.) should be consulted.
5. Documents should be double-spaced with minimum margins of 20 mm on the left and 35 mm on the right. Uncommon abbreviations and acronyms should be explained. Do not use underlining except to indicate italics. Full stops should not be used in abbreviations or acronyms (e.g., NSW).
6. Use single quotation marks to introduce a word or phrase used as an ironic comment, as slang, or which has been coined. Use quotation marks the first time the word or phrase is used; do not use them again. Do not use quotation marks to introduce a technical or key term. Instead, italicise the term.
7. **Front page:** under the title of the article only the names and affiliations of the authors appear. Qualifications, present appointments, and postal and e-mail addresses should be given in a separate section on the front page labelled 'Address for correspondence'. A word count and suggested running head of no more than 50 characters including spaces should also be provided.
8. Do not use any footnotes. **Endnotes** should be kept to a minimum and listed at the end of the text under the heading 'Endnotes'. **Acknowledgments** should be placed at the end of the article with a separate heading.
9. **Tables** should be at the end of the manuscript, not in the main text. Their approximate positions in the text should be indicated by the words, 'Insert Table X here'. Horizontal and vertical lines should be used sparingly.
10. **Photographs, graphs and figures** should be prepared to the correct size (max. width 80 mm single column or up to 160 mm double column) and each one supplied as an individual file, separate to the manuscript Word file. Include placement instructions in the Word document, such as 'Insert Fig X here'. Figures should be in black and white line art (artwork that has only text and lines, no shades of grey or blocks of colour).

- Figures created in Microsoft Word, Excel or Powerpoint need to be saved as PDFs. Figures created in a drawing program such as Adobe Illustrator, CorelDRAW, Freehand, Microsoft Publisher or similar should be saved as EPS (encapsulated postscript) files. Figures created in Photoshop or with other photographic software should be saved with a minimum resolution of 600 dpi and in TIF format. Minimum resolution for scanned graphics is 300dpi for halftone work (e.g., photographs) and 600 dpi for line art, and these should also be in TIF format.
- Manuscripts that contain special characters (equations, Chinese characters, IPA symbols, etc.) need to be supplied as a PDF file as well as a Word document or RTE.
- Prior to sending artwork, the separate files of figures, graphs, illustrations, and so on, should be printed by the author to test that the fonts have been embedded correctly and there is no distortion in the artwork (e.g., lines and fonts reproduce cleanly with no jagged lines or fuzzy edges), as any such faults cannot be corrected by the publisher.
- A list of figure captions should follow the tables in the manuscript Word document.

11. **References** should follow the format and style described in the *Publication Manual of the American Psychological Association* (6th ed.). Examples of citations are:

The theory was first propounded in 1970 (Larsen, 1971).

Larsen (1970) was the first to propound the theory.

Examples of references are:

Fisse, B. (1989). The proceeds of the Crime Act: The rise of money laundering, offences and the fall of principle. *Criminal Law Journal*, 13, 5–23.

Zelinski, E.M., & Gilewski, M.J. (1988). Memory for prose and aging: A meta-analysis. In M.L. Howe & C.J. Brainerd (Eds.), *Cognitive development in adulthood* (pp. 133–158). New York: Springer-Verlag.

12. Authors are expected to check the accuracy of all references in the manuscript before submission. It may not be possible to submit proofs for correction.
13. While manuscripts are subject to editing, the Australian Psychologists and Counsellors in Schools does not hold itself responsible for statements made by contributors.
14. **Copyright** in all articles rests with authors. A limited set of permanent copyright permission licences has been granted by authors to the publisher to allow publication in this journal. Rights in the reproduction and distribution of the published articles as visual facsimiles of this published edition by either mechanical or digital means is controlled by the publisher and any distributions by CAL for copying of an author's work therefore are due to the publisher and APACS only. All other rights in the words contained in this edition are controlled by the authors. Authors are therefore free to adapt and/or republish the words making up their own articles either online or in print.

# Journal of Psychologists and Counsellors in Schools

Volume 25 Number 2 December 2015

## Contents

<b>Editorial</b> _____	iii
<i>Marilyn Campbell</i>	
<b>Articles</b>	
Who Struggles Most in Making a Career Choice and Why? Findings From a Cross-Sectional Survey of Australian High-School Students _____	133
<i>Natal'ya Galliot, Linda J. Graham, and Naomi Sweller</i>	
The Role of Social, Emotional and Mental Wellbeing on Bullying Victimisation and Perpetration of Secondary School Boarders _____	152
<i>Leanne Lester and David Mander</i>	
Social Support Seeking in Relation to Parental Attachment and Peer Relationships Among Victims of Cyberbullying _____	170
<i>Anna Ševčíková, Hana Macháčková, Michelle F. Wright, Lenka Dedková, and Alena Černá</i>	
Perceptions of Intercultural Social Challenges: Towards Culturally Competent Counselling Practice _____	183
<i>Anita S. Mak and Tamara L. Shaw</i>	
Stakeholders' Perceptions of School Counselling in Singapore _____	200
<i>Poi Kee Low</i>	
Outcomes for Young Children's Social Status from Playing Group Games: Experiences from a Primary School in Hong Kong _____	217
<i>Sylvia Liu, Mantak Yuen, and Nirmala Rao</i>	
The Association Between Body Dissatisfaction and Depression: An Examination of the Moderating Effects of Gender, Age, and Weight Status in a Sample of Chinese Adolescents _____	245
<i>Gui Chen, Guiping Guo, Jingbo Gong, and Shuiyuan Xiao</i>	
<b>Book Reviews</b> _____	261

ISSN 1037-2911

**Cambridge Journals Online**

For further information about this journal  
please go to the journal website at:

[journals.cambridge.org/jgc](https://doi.org/10.1017/jgc.2015.27)

**CAMBRIDGE**  
UNIVERSITY PRESS