

VOLUME 50 ISSUE 05

SEPTEMBER 2022

ISSN: 1352-4658

Behavioural and Cognitive **Psychotherapy**

journals.cambridge.org/bcp



CAMBRIDGE
UNIVERSITY PRESS

(BABCP)

www.babcp.com

Behavioural and Cognitive Psychotherapy

AN INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR THE HELPING PROFESSIONS

EDITOR

Paul M Salkovskis
Behavioural and Cognitive Psychotherapy
Oxford Institute of Clinical Psychology Training,
Isis Education Centre, Warneford Hospital,
Headington, Oxford OX3 7JX, UK

James Gregory (*Cardiff, UK*)
Jason Jones (*Oxford, UK*)
Georgina Krebs (*London, UK*)
Peter Langdon (*Warwick, UK*)
Warren Mansell (*Perth, Australia*)
Rebecca Murphy (*Oxford, UK*)
Katharine Rimes (*London, UK*)
Craig Steel (*Oxford, UK*)
Sasha Walters (*Oxford, UK*)
Charlotte Wilson (*Dublin, Ireland*)
Kim Wright (*Exeter, UK*)
Abigail Wroe (*Berkshire, UK*)

MANAGING EDITOR

Steph Curnow
journal.office@babcp.com

ASSOCIATE EDITORS

Gary Brown (*London, UK*)
Fiona Challacombe (*London, UK*)

EDITORIAL BOARD

Mark Freeston (*Newcastle, UK*), Osamu Kobori (*Tokyo, Japan*), Mike Kyrios (*Adelaide, Australia*), Irina Lazarova (*Sofia, Bulgaria*) Zhanjiang Li (*Beijing, China*), Saiqa Naz (*Sheffield, UK*), Jón F. Sigurðsson (*Reykjavik, Iceland*), David Veale (*London, UK*).

EDITORIAL ADVISORY BOARD

Cristina Botella (*Spain*), Martine Bouvard (*France*) Isobel Caro Gabalda (*Spain*), Edward Craighead (*USA*), Paul Emmelkamp (*The Netherlands*), Laura Hernandez Guzman (*Mexico*), Nadia Kadri (*Morocco*), Justin Kenardy (*Australia*), Philip Kendall (*USA*), Patrick Leung (*Hong Kong*), Isaac Marks (*UK*), Ross Menzies (*Australia*), Steffen Mortiz (*Germany*), Lars-Goran Ost (*Sweden*), José Pinto Gouveia (*Portugal*), Christine Purdon (*Canada*), Adam Radomsky (*Canada*), Janardhan Reddy (*India*), Winfried Rief (*Germany*), Mehmet Z. Sungur (*Turkey*), Peter Vassiliev (*Bulgaria*), Karina Wahl (*Switzerland*), G Terry Wilson (*USA*), William Yule (*UK*).

SUBMISSION OF PAPERS

Papers should be submitted, in accordance with the Instructions to Authors which can be found on the Journal's webpage at <https://www.cambridge.org/core/journals/behavioural-and-cognitive-psychotherapy/information/instructions-contributors> to the Editor through the online submissions portal.

SUBSCRIPTIONS

Behavioural and Cognitive Psychotherapy (ISSN 1352-4658) is published six times a year in Jan, Mar, May, Jul, Sep, Nov. Six parts form a volume. Volume 50 will appear in 2022 by Cambridge University Press, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK/Cambridge University Press, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA.

The annual subscription price (which includes delivery by air but excludes VAT) of Volume 50 is £498 (US\$929 in the USA, Canada and Mexico) for institutions and electronic, institutions electronic only £357/\$669; £177 (US\$327 in the USA, Canada and Mexico) for individuals ordering direct from the publisher and certifying that the journal is for their personal use. Single parts are £96 (US\$178 in the USA, Canada and Mexico) plus postage.

Orders, which must be accompanied by payment, may be sent to a bookseller, subscription agent or direct to the publisher: Cambridge University Press, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK; or in the USA, Canada and Mexico: Cambridge University Press, Journals Fulfillment Department, Cambridge University Press, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA. EU subscribers (outside the UK) who are not registered for VAT should add VAT at their country's rate. VAT registered subscribers should provide their VAT registration number. Japanese prices for institutions are available from: Kinokuniya Company Ltd., PO Box 55, Chitose, Tokyo 156, Japan.

Periodical postage paid at New York, N.Y. and additional mailing offices. *Postmaster:* send address changes in USA, Canada and Mexico to: Behavioural and Cognitive Psychotherapy, Cambridge University Press, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA.

Claims for missing issues should be made immediately on receipt of the subsequent issue.

Advertising

Apply to the publisher. Advertising queries for all parts of the world except the USA, Canada and Mexico to:

ad_sales@cambridge.org

Address enquiries in the USA, Mexico and Canada only to:

USAdSales@cambridge.org

Copyright © British Association for Behavioural and Cognitive Psychotherapies 2022

Copying

This journal is registered with the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, USA. Organisations in the USA who are also registered with C.C.C. may therefore photocopy material (beyond the limits permitted by sections 107 and 108 of U.S. Copyright law) subject to payment to C.C.C. of the per-copy fee of \$20.00. This consent does not extend to multiple copying for promotional or commercial purposes. Code 1352-4658/2022.

ISI Tear Sheet Service, 3501 Market Street, Philadelphia, PA 19104, USA, is authorised to supply single photocopies of separate articles for private use only.

Organisations authorised by the UK Copyright Licensing Agency may also photocopy material subject to the usual conditions. For all other use, permission should be sought from Cambridge or the American Branch of Cambridge University Press.

No part of this publication may otherwise be reproduced, stored or distributed by any means without permission in writing from Cambridge University Press, acting for the copyright holder.

Information on *Behavioural and Cognitive Psychotherapy* and other journals published by Cambridge University Press may be accessed via www.cambridge.org/BCP

BABCP Membership

Correspondence concerning membership of the British Association for Behavioural and Cognitive Psychotherapies should be addressed to British Association for Behavioural and Cognitive Psychotherapies, Minerva House, Hornby Street, Bury, BL9 5BN, Tel: 0330 320 0851, Fax: 0330 320 0851 Web: www.babcp.com, email: babcp@babcp.com.

Printed in Great Britain by Bell & Bain Ltd, Glasgow.