

Indian Journal of Behavioral Research and Therapy (IJBRT) — Author Guidelines

The *Indian Journal of Behavioral Research and Therapy (IJBRT)* (ISSN: 2319-7978) is a peer-reviewed, biannual journal published by Prasad Psycho Pvt. Ltd. It provides an interdisciplinary platform for psychologists, psychiatrists, neurologists, pediatricians, rehabilitation professionals, academicians, and allied healthcare experts to publish high-quality research on human behavior, mental health, and therapeutic interventions. The journal promotes evidence-based work that advances behavioral science, clinical practice, neuroscience, medicine, and healthcare.

Scope and Objectives

IJBRT welcomes original research and scholarly contributions in clinical psychology, behavioral medicine, behavioral neuroscience, psychiatry, neuropsychology, neurology, pediatrics and child mental health, psychotherapy and counseling, CBT, ACT, DBT, family and marital therapy, rehabilitation psychology, health psychology, community mental health, psychological assessment, clinical diagnosis, medical imaging in behavioral research, brain-behavior relationships, addiction, trauma, mood disorders, autism, ADHD, geriatric mental health, digital mental health, AI in mental healthcare, telepsychology, and other interdisciplinary behavioral science areas. The journal's objective is to promote innovative, ethical, and scientifically rigorous research that improves diagnosis, treatment, rehabilitation, and long-term well-being.

Types of Manuscripts

- Original Research Articles: 3,000–6,000 words.
- Review Articles: 4,000–7,000 words.
- Brief Research Reports: 1,500–2,500 words.
- Case Reports and Case Series: 2,000–4,000 words.

General Author Requirements

Manuscripts must be original, unpublished, and not under review elsewhere. They should be written in clear, concise, grammatically correct English and present scientifically rigorous, evidence-based findings. Authors must follow ethical principles for human participant research, including IEC/IRB approval and informed consent where applicable. Technical terms should be clearly defined for an interdisciplinary readership, and relevant tables, figures, illustrations, or clinical flowcharts should be included where appropriate. Authors are responsible for the originality, accuracy, and authenticity of their work.

Manuscript Preparation

Prepare manuscripts in Microsoft Word and follow APA 7th edition throughout. Use Times New Roman, 12 pt font, double spacing, 1-inch margins on all sides, left-aligned text, continuous page numbering, and APA heading styles. Tables and figures should be numbered consecutively, titled clearly, submitted in editable/high-resolution form, and cited in the text.

Manuscript Structure

Include a title page with the manuscript title, author name(s), affiliations, designation(s), ORCID ID (recommended), corresponding author's email, postal address, and contact number. The abstract should not exceed 250 words and should cover background, objectives, method, results, conclusion, and clinical or practical implications where relevant, followed by 3–6 keywords. The main manuscript should generally include the following: Title, Abstract, Keywords, Introduction, Literature Review, Methodology, Results and Discussion, Conclusion, Recommendations and Implications, Future Research Direction and Limitations (if applicable), and References in APA 7th edition.

APA Style and Ethics

Authors must use accurate APA in-text citations, complete APA reference formatting, DOIs where available, and appropriate statistical reporting. Inclusive and bias-free language is required. Only works cited in the manuscript should appear in the reference list. Research involving human participants must include ethics approval and informed consent details.

Peer Review and Publication Ethics

All submissions undergo initial editorial screening and double-blind peer review by experts. Editorial decisions are based on originality, scientific quality, methodological rigor, ethical compliance, clarity, and contribution to behavioral research and therapeutic practice. Manuscripts should be original, and similarity should generally not exceed 15%, excluding references and standard methodological text. Any use of AI tools for writing or language editing must be disclosed, and AI cannot be listed as an author.

Submission and Contact

Submit manuscripts to the Editor-in-Chief, *Indian Journal of Behavioral Research and Therapy (IJBRT)*, Prasad Psycho Pvt. Ltd., at journals@prasadpsycho.com

Upon acceptance, authors may be required to complete the journal's copyright and publication agreement.