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Editorial changes at the Journal of Behavior Therapy and Experimental Psychiatry

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Published in:
Journal of Behavior Therapy and Experimental Psychiatry

DOI:
[10.1016/j.jbtep.2021.101649](https://doi.org/10.1016/j.jbtep.2021.101649)

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version
Publisher's PDF, also known as Version of record

Publication date:
2021

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Huntjens, R. J. C., & Anholt, G. E. (2021). Editorial changes at the Journal of Behavior Therapy and Experimental Psychiatry. *Journal of Behavior Therapy and Experimental Psychiatry*, 72, [101649]. <https://doi.org/10.1016/j.jbtep.2021.101649>

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Journal of Behavior Therapy and Experimental Psychiatry

journal homepage: www.elsevier.com/locate/jbtep

Editorial changes at the Journal of Behavior Therapy and Experimental Psychiatry

Some year ago (in 2017), we were invited by our predecessor Adam Radomsky to join his team of Associate Editors of the Journal of Behavior Therapy and Experimental Psychiatry. We were thrilled to be offered this opportunity because this journal really feels close to our heart. We regard it as one of the major outlets for our ‘family’ of international researchers who focus on experimental psychopathology, not just considering associations but trying to unravel the more difficult issue of causality. With agreeing to the position of co-Editors, we feel honored to follow in the footsteps of giants beginning with Joseph Wolpe and hope we can keep up their high standards. We particularly want to thank our immediate predecessor Adam Radomsky for his big contribution to this journal, serving as a co-Editor together with Arnoud Arntz from 2012 to 2017 and then, since 2017, as the sole Editor. We also want to express our sincere thanks to him for his guidance as we began our involvement in the journal and we are happy to announce that he will remain on our Editorial Board. We will keep the positive initiatives of previous editors, like the four-(wo)man team of Associate Editors initiated by Adam. We welcome our new colleagues Katharina Kircanski (National Institute of Mental Health, United States), Fritz Renner (University of Freiburg, Germany), and Yannick Boddez (University of Leuven, Belgium), who together with Andrea Ashbaugh (University of Ottawa, Canada) make up our team. We also want to thank Suzanne Jolley (who started in 2018) and Elske Salemink (2019) for their contributions to this journal as they step down from their roles as Associate Editors. A change we are happy to announce is the addition of a Statistical Editor to our team and we welcome Casper Albers (University of Groningen, the Netherlands), who kicks off in this position. This addition is a welcome contribution as we hope to guide the journal into a new era of psychological research with increased emphasis on justification of power and statistical assumption testing, more detailed guidelines for conducting and reporting statistics, the welcoming of replication studies and inclusion of multiple (clinical) control groups, and pre-registration as preferred research practices.

To celebrate our field, we retrieved some inspiring past research examples. We look forward to receiving all those future beautiful, elegant, smart, and timely manipulations and manuscripts (no pressure!).

Prof. Huntjens

The annual meetings of the Dutch-Flemish School for Experimental Psychopathology (EPP) are situated in an old church building, now used for public meetings. Several years ago, during one of these meetings, Marcel van den Hout, one of the previous editors of this journal, described a very elegant experimental study. It was a study by [Gunter](#)

and [Bodner \(2008\)](#) investigating the claim that the beneficial treatment effect of EMDR is due to horizontal eye movements resulting in better communication between the right and left hemisphere. The elegance of the study, as Marcel explained, resided in a simple but crucial manipulation: Besides a horizontal eye movement condition, the researchers added a vertical eye movement condition. Brilliant manipulation! The results did not find evidence for the hypothesized superior effect of the horizontal eye movements, swiping away the hemisphere-communication interpretation. Instead, they added to the growing evidence for an alternative explanation: The working memory capacity, hypothesizing that the competition of limited resources during dual tasks (i.e., in this case retrieving an event from memory and finger waving in whatever direction or another taxing dual task) results in re-encoding the trauma memory with less vividness and emotionality (e.g., [van den Hout et al., 2010](#); [van Veen, Kang, & van Schie, 2019](#)).

I have a fond memory of this EPP event, not only because in waving his fingers first up and down and then to the left and right in a church building, Marcel unintentionally gave us his blessing, but also because of the elegant nature of the study manipulation. I think about this study regularly as an excellent example of the beauty of the experimental psychopathology field and consider myself lucky to be part of it and to have had the opportunity to learn from some of the EPP researchers who have and continue to develop these sophisticated studies.

Dr. Anholt

My fascination with experimental psychopathology began during my MA studies at the University of Amsterdam (the Netherlands). Under the guidance of my mentor Paul Emmelkamp, I learned to appreciate critical thinking and the use of experiments to explore important mechanisms in psychopathology and treatment. One of the first studies that has greatly impressed me in its meticulous methodological design and theoretical as well as clinical utility investigated the influence of safety behaviors on exposure outcome to panic fears as assessed by a behavior test ([Salukovskis, Clark, Hackmann, Wells, & Gelder, 1999](#)). Safety behaviors have central importance in cognitive behavior therapy and I find this study particularly illuminating theoretically and clinically. Though there is an ongoing debate concerning the costs and benefits of the “judicious use of safety behaviors” (e.g., [Rachman, Radomsky, & Shafran, 2008](#); [Rachman, Shafran, Radomsky, & Zysk, 2011](#); [van den Hout, Engelhard, Toffolo, & van Uijen, 2011](#)), the relations between safety behaviors and (dis)confirmation of catastrophic cognitions have been strongly established. This exemplifies for me the beneficial influences between experimental psychopathology, the refinement in process understanding, and improvement in treatment. Sharing results of this

<https://doi.org/10.1016/j.jbtep.2021.101649>

Available online 12 February 2021

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experiment with patients has often led to greater motivation and collaboration. As exposure is one of the most important psychological interventions, it remains a major area of interest in my eyes, epitomizing the continued importance of experimental psychopathology.

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