# Green Journals

International Approved Journals

## Journal Information

| | |
|---|---|
| **Journal Title** | International Journal of Cognitive Behavioral Therapy |
| **Publisher** | Springer Science and Business Media Deutschland GmbH |
| **ISSN** | 3059-3042 |
| **E-ISSN** | |
| **Database** | SCOPUS |
| **Domain** | Health Sciences, Life Sciences, Social Sciences |

## Classification History

| Year | A+ | A | B | C |
|---|---|---|---|---|
| **2026** | | | ✓ | |
| **2025** | | | | |
| **2024** | | | | |
| **2023** | | | | |
| **2021/2022** | | | | |
| **2020** | | | | |
| **2019** | | | | |
| **2018** | | | | |

**Classification:** The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

## Recent Articles

**Empathy as a Therapeutic Mechanism in Cognitive Behavioral Therapy: Integrating Facilitative Interpersonal Skills Through Bennett-Levy's Reflective Model**
2026-10-3
Authors: Hsiu-Lan Shelley Tien, Leon Li-Hsiang Yang
DOI: 10.1007/s41811-026-00294-3

**Social Virtual Exposure in Body Dysmorphic Disorder Using 360° Video Environments**
2026-9-29
Authors: Katrin Schoenenberg, Marny Münnich, Alexander Raake et al.
DOI: 10.1007/s41811-026-00293-4

**Development and Psychometric Validation of a Cognitive Distortions Scale for High School Students**
2026-9-22
Authors: Tomoya Takeda, Koudai Fukudome, Mina Nakano
DOI: 10.1007/s41811-026-00291-6

**Preliminary Feasibility and Acceptability of the Adapted Manage Emotions to Reduce Alcohol-Related Aggression (MERA-A) Treatment for Veterans with PTSD Symptoms**
2026-9-11
Authors: Julianne C. Flanagan, Margaret M. Baer, Paul J. Nietert et al.
DOI: 10.1007/s41811-026-00292-5

**Group Metacognitive Therapy for PTSD in Patients with Insufficient Improvement After Multiple Treatment Attempts**
2026-8-29 Vol. 19 Issue 3 Pages 441-459
Authors: Elma Maksic, Julie Rendum Klaeth, Hans Morten Nordahl et al.
DOI: 10.1007/s41811-026-00290-7

**An Integrative Model Proposal for Religiously-Integrated Cognitive Behavioral Therapy (RCBT): TMTT Model (Tafakkur–Muhasaba–Tawba–Tawakkul)**
2026-7-23 Vol. 19 Issue 3 Pages 400-440
Authors: Taha Burak Toprak, Hatice Rumeysa Işık
DOI: 10.1007/s41811-026-00289-0

**Cognitive Behavior Therapy for Functional Neurological Disorder: A Systematic Review of Therapeutic Structure and Clinical Impact**
2026-7-4 Vol. 19 Issue 3 Pages 460-478
Authors: Rida Zaheer, Sana Rehman, Siti Raudzah Ghazali
DOI: 10.1007/s41811-026-00287-2

**Self-Reported Emotion Regulation Following Group Cognitive Behavioral Therapy for Insomnia: A Pilot Study**
2026-6-29
Authors: Linda Soukupová, Karolina Janků, Aleš Hrubý et al.
DOI: 10.1007/s41811-026-00286-3

**A Cognitive-Behavioral Approach to Anger and Irritability in Bipolar Disorder: Dopaminergic Balance Therapy (CBT-D), A Theoretical Framework and Preliminary Case Series**
2026-6-29 Vol. 19 Issue 3 Pages 351-383
Authors: Jacek Romański
DOI: 10.1007/s41811-026-00288-1

**A Randomized Controlled Trial on the Effectiveness of Acceptance and Commitment Therapy on Rumination and Distress Tolerance in Divorced Women**
2026-6-16 Vol. 19 Issue 3 Pages 499-512
Authors: Maryam Bajelani, Zahra Borzabadi Farahani, Abed Majidi
DOI: 10.1007/s41811-026-00281-8