



Behaviour Change

journals.cambridge.org/bec

Editor: Ross G Menzies, University of Sydney



JOURNAL OF THE
AUSTRALIAN ASSOCIATION FOR COGNITIVE
AND BEHAVIOUR THERAPY

CAMBRIDGE
UNIVERSITY PRESS

Behaviour Change

Editor

Ross G. Menzies
University of Sydney

Associate Editors

Lucius Arco
Praxis Research

Paula Barrett
Griffith University

Neville M. Blampied
University of Canterbury

Rich Gilman
*Cincinnati Children's Hospital
and University of Cincinnati*

David Heyne
Leiden University

Alan Hudson
RMIT University

Lynne Harris
University of Sydney

Richard Mattick
NDARC

Marianna Szabó
University of Sydney

Book Review Editor

Sarah Egan
Curtin University of Technology

Editorial Board

David H. Barlow
Boston University

Jay S. Birnbrauer
Murdoch University

Edward B. Blanchard
*State University of New York
at Albany*

Cynthia M. Bulik
*Virginia Commonwealth
University*

Mark R. Dadds
*University of New
South Wales*

Georg H. Eifert
West Virginia University

Cyril M. Franks
Rutgers University

W. Kim Halford
Griffith University

David J. de L. Horne
University of Birmingham

Jack E. James
National University of Ireland

Alan E. Kazdin
Yale University

Neville J. King
Monash University

Peter Lovibond
University of New South Wales

Paul R. Martin
University of New England

Iain Montgomery
University of Tasmania

Thomas H. Ollendick
*Virginia Polytechnic
and State University*

Neville Owen
Deakin University

Clare Rees
Curtin University of Technology

Clare Roberts
Curtin University of Technology

John F. Smith
*Auckland University of
Technology*

Susan H. Spence
Macquarie University

G. Terence Wilson
Rutgers University

Peter H. Wilson
RMIT University

Kevin W. Wheldall
Macquarie University

Indexing

Behaviour Change is indexed in the following information systems: Australian Education Index, Multicultural Education Abstracts, Special Educational Needs Abstracts, CABS, EMBASE/Excerpta Medica, Psychological Abstracts, PsycINFO, Sociological Abstracts, Sage Family Study Abstracts, Current Contents/Social and Behavioural Sciences, Social SciSearch, Research Alert, J-GATE and OTseeker.

Conditions and copyright

Responsibility for the contents of papers rests upon the authors, and not upon the association or the publisher.

It is a condition of publication that manuscripts submitted to this journal have not been published and will not be simultaneously submitted or published elsewhere. By submitting a manuscript, the authors agree that the copyright for their article is transferred to the publisher if and when the article is accepted for publication. However, assignment of copyright is not required from authors who work for organisations that do not permit such assignment. The copyright covers the exclusive rights to reproduce and distribute the article, including reprints, photographic reductions, microfilm or any other reproductions of similar nature and translations. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, electrostatic, magnetic tape, mechanical, photocopying, recording or otherwise, without permission in writing from the copyright holder.

Subscription Rates 2013

This journal is published 4 times per year.
The institutional rates (excluding VAT) are:

	Print and online	Electronic only
Australia	298 AUD	285 AUD
N America	326 USD	311 USD
UK and ROW	210 GBP	201 GBP

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. Prices include delivery by air when appropriate. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

Orders and subscription enquiries should be addressed to:

Cambridge University Press, The Edinburgh Building,
Shaftesbury Road, Cambridge CB2 8RY, UK

Orders from N America should be addressed to:

Cambridge University Press, Journals Fulfillment Department,
100 Brook Hill Drive, West Nyack, NY 10994-2133, USA

Behaviour Change and all other Cambridge Journals can be found at <http://journals.cambridge.org/>

Behaviour Change

VOLUME 30

NUMBER 2

2013

Contents

- Uncontrolled, Repetitive Eating of Small Amounts of Food or 'Grazing': Development and Evaluation of a New Measure of Atypical Eating 57

Brigitte Lane, and Marianna Szabó

- Impact of Cognitive Behaviour Therapy Via Mail for Cessation of Benzodiazepine Use: A Series of Case Reports 74

Jannette M. Parr, David J. Kavanagh, Ross McD. Young, Barbara Stubbs, and Nick Bradizza

- Contingency Management to Induce Exercise Among College Students 84

Jessica G. Irons, Derek A. Pope, Allyson E. Pierce, Ryan A. Van Patten, and Brantley P. Jarvis

- Review of the Theoretical, Empirical, and Clinical Status of Adaptive and Maladaptive Perfectionism 96

Alice Lo, and Maree J. Abbott

- A Proof of Concept for Using Brief Dialectical Behavior Therapy as a Treatment for Problem Gambling 117

Darren R. Christensen, Nicki A. Dowling, Alun C. Jackson, Meredith Brown, James Russo, Kate L. Francis, and Azusa Umemoto

Behaviour Change is published four times annually and issued to all financial ordinary, institutional and student members of AACBT.

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 AACBT 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.

Published by Cambridge University Press on behalf of Australian Academic Press Pty Ltd. and AACBT.
Cambridge University Press,
University Printing House
Shaftesbury Road
Cambridge CB2 8BS
United Kingdom
journals.cambridge.org

Australian Association for Cognitive and Behaviour Therapy

Visit our web site: <http://www.aacbt.org>

AIMS

The Australian Association for Cognitive and Behaviour Therapy (AACBT) is a multidisciplinary professional society.

The aims of the Association are:

1. to organise continuing education and training in the principles and practice of Cognitive and Behaviour Therapy
2. to publish and disseminate information to members about developments in Cognitive and Behaviour Therapy in Australia and other countries
3. to educate the community in the principles and ethical practice of Cognitive and Behaviour Therapy
4. to liaise and consult with other persons or organisations in the teaching and practice of Cognitive and Behaviour Therapy
5. to promote the ethical practice of Cognitive and Behaviour Therapy by members
6. to organise or assist in the organisation of an annual National Conference on Cognitive and Behaviour Therapy.

Past National Presidents

1978–79	Keith Jonson	1995–96	Neville King
1979–80	David De L. Horne	1996–97	Tim Sharp
1980–83	Matthew R. Sanders	1997–98	Ross Young
1983–84	Peter Millier	1998–99	Barbara Pennington
1984–85	Paul Martin	1999–00	Andrew Page
1985–86	Alan Hudson	2000–01	Greg Murphy
1986–87	Peter Wilson	2001–02	Ross G. Menzies
1987–88	Mark Dadds	2002–03	Carla Schlesinger
1988–89	Don Tustin	2003–04	Lisa Chantler
1989–90	Nada Murphy	2004–05	Sarah Egan
1990–91	Mervyn Jackson	2005–06	Nicole Lee
1991–92	Peter Lovibond	2006–07	Ross G. Menzies
1992–93	Jan Lawton	2007–08	Heather Green
1993–94	Leone McCarron	2008–09	Amanda Burlock
1994–95	Jura Tender		

National President

Leanne Hides

E-mail:

leanne.hides@qut.edu.au

Branch Presidents

New South Wales

Natasha Davis

natashadavis@clinspsychcentre.com.au

Victoria

Natasha Dean

E-mail:

tashdean@hotmail.com

Queensland

Eliana Hirakis

E-mail:

eliana@hirakis.com.au

Western Australia

Michelle Jongenelis

E-mail:

aacbtwa@gmail.com

South Australia

Alicia Ellis

E-mail:

aacbtwa@hotmail.com.au