# Author Guideline

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About the Journal

Journal of Positive Psychology and Wellbeing is a peer-reviewed academic journal covering positive psychology, and provides an interdisciplinary and international forum for the science of positive psychology and wellbeing. It is an open access journal that publishes research outcomes with significant contributions to the understanding and improvement of the positive psychology. The Journal is devoted to basic research and professional application on states of optimal human functioning and fulfillment, and the facilitation and promotion of well-being.

Journal of Positive Psychology and Wellbeing brings together leading work in positive psychology and wellbeing undertaken by researchers across different sub-disciplines within psychology (e.g., social, clinical, developmental, health, organizational), as well as across other social and behavioral disciplines (e.g., sociology, family studies, neuroscience, philosophy, medicine, organizational sciences). Topics appropriate for the JPPW include original research on human strengths and virtues, personal and social well-being, as well as applications to psychotherapy and counseling. Special emphasis is placed on new theoretical and methodological approaches that advance both the science and practice of positive psychology and wellbeing. The Journal publishes peer-reviewed original research reports, briefer empirical reports, and theoretical and review articles provided the latter represent a new and original contribution.

Indexing

Journal of Positive Psychology & Wellbeing (JPPW) is indexed/abstracted in:

- PKP Index
- Google Scholar
- Academia Social Science Index
- Turkish Medline-National Citation Index
- Arastirmax Scientific Publication Index
- Directory of Open Access Journals
- Citefactor Indexing
- European Reference Index for the Humanities (ERIH PLUS)
Editorial Board

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Zümra Atalay–Özyeşi, Mef University, Turkey
Submission Guideline

Journal of Positive Psychology and Wellbeing (JPPW) accepts online submissions through http://journalppw.com. All communication during submission process is done by e-mails. We recommend you to check your junk mail during this process in case these e-mails are regarded as junk by your account. Submissions done using other means will not be considered for publication. To contact us, use editor@journalppw.com

Publication Process

Submission Preparation

Thank you for choosing to submit your paper to us. Please take the time to read and follow them as closely as possible, as doing so will ensure your paper matches the journal’s requirements. Manuscripts are accepted in English, and author(s) should prepare manuscript according to the American Psychological Association Publication Manual (6th ed.), as instructed below. Authors for whom English is a second language may choose to have their article professionally edited before submission.

Articles Types

Journal articles are usually reports of empirical studies, literature reviews, theoretical articles, methodological articles, or case studies (APA, 2013).

Empirical Studies/Original Articles

Empirical studies are reports of original research. These include secondary analyses that test hypotheses by presenting novel analyses of data not considered or addressed in previous reports. They typically consist of distinct sections that reflect the stages in the research process and that appear in the following sequence:

- Introduction: development of the problem under investigation, including its historical antecedents, and statement of the purpose of the investigation;
- Method: description of the procedures used to conduct the investigation;
- Results: report of the findings and analyses; and
- Discussion: summary, interpretation, and implications of the results.

Literature Reviews/Review Articles

Literature reviews, including research syntheses and meta-analyses, are critical evaluations of material that has already been published. In meta-analyses, authors use quantitative procedures to statistically combine the results of studies. By organizing, integrating, and evaluating previously published material, authors of literature reviews consider the progress of research toward clarifying a problem. In a sense, literature reviews are tutorials, in that authors

- Define and clarify the problem;
- Summarize previous investigations to inform the reader of the state of research;
- Identify relations, contradictions, gaps, and inconsistencies in the literature; and
- Suggest the next step or steps in solving the problem.

The components of literature reviews can be arranged in various ways (e.g., by grouping research based on similarity in the concepts or theories of interest, methodological similarities among the studies reviewed, or the historical development of the field).
**Theoretical Articles**

In theoretical articles, authors draw on existing research literature to advance theory. Literature reviews and theoretical articles are often similar in structure, but theoretical articles present empirical information only when it advances a theoretical issue. Authors of theoretical articles trace the development of theory to expand and refine theoretical constructs or present a new theory or analyze existing theory, pointing out flaws or demonstrating the advantage of one theory over another. In this type of article, authors customarily examine a theory’s internal consistency and external validity. The sections of a theoretical article, like those of a literature review, can vary in order of their content.

**Methodological Articles**

Methodological articles present new methodological approaches, modifications of existing methods, or discussions of quantitative and data analytic approaches to the community of researchers. These articles focus on methodological or data analytic approaches and introduce empirical data only as illustrations of the approach.

Methodological articles are presented at a level that makes them accessible to the well-read researcher and provide sufficient detail for researchers to assess the applicability of the methodology to their research problem. Further, the article allows the reader to compare the proposed methods with those in current use and to implement the proposed methods. In methodological articles, highly technical materials (e.g., derivations, proofs, details of simulations) should be presented in appendices or as supplemental materials to improve the overall readability of the article.

**Case Studies/Articles**

Case studies are reports of case materials obtained while working with an individual, a group, a community, or an organization. Case studies illustrate a problem; indicate a means for solving a problem; and/or shed light on needed research, clinical applications, or theoretical matters. In writing case studies, authors carefully consider the balance between providing important illustrative material and using confidential case material responsibly. (See section 1.11 for a discussion on confidentiality.)

**Other Types of Articles**

Other, less frequently published types of articles include brief articles, comments and replies on previously published articles, book reviews, obituaries, and letters to the editor, and monographs.

**Open Access Policy**

This journal provides immediate open access to its content on the principle that making research freely available to the public supports a greater global exchange of knowledge. Open access to information benefits the humanity as it improves the global value of information. Journal of Positive Psychology and Wellbeing also supports the [Budapest Open Access Initiative](http://www.budapestopenaccessinitiative.org/boai-10-recommendations). Thus, the open access policies adopted by the editorial board of Journal of Positive Psychology and Wellbeing can be found at the following website: [http://www.budapestopenaccessinitiative.org/boai-10-recommendations](http://www.budapestopenaccessinitiative.org/boai-10-recommendations).

All publications published in the Journal of Positive Psychology and Wellbeing are licensed under Creative Commons Attribution 4.0 International License, which allows free sharing, copying, and adaptation of the material for any purpose, even commercially, but with providing appropriate reference to the source. By submitting an article, authors must agree to these terms. This license entitles all parties to copy, share and redistribute all the articles, data sets, figures and supplementary files published in this journal in data mining, search engines, web sites, blogs and other digital platforms under the condition of providing references.
Before Submission

Submission Checklist

Before submitting your manuscript, make sure that:

- Cover Letter
- Author information of co-authors and corresponding author.
- Your manuscript is written according to Author Guidelines.
- Spellings and grammar are correct in the manuscript.
- Tables and Figures.

Length of Manuscript

The average length of an article is approximately 7,500 words. Articles should be no shorter than 5,000 words and no longer than 10,000 words.

Originality and Plagiarism

The authors should ensure that they have written entirely original works, and if the authors have used the work and/or words of others that this has been appropriately cited or quoted. Submitted manuscripts should not have been previously published nor be currently under consideration for publication elsewhere.

In accordance with its publishing policies, the JPPW oblige each study that has undergone the "Blind Review Process" to be detected for plagiarism to protect the integrity of the study. Therefore, the manuscript detected for plagiarism by a company chosen by the author(s).

Based on the review done by the reviewers, editor reports the reviewers’ comments to author(s). In this process the research that are not accepted for publication are returned without request for plagiarism detection. The final decision about the accepted research is made based on the results of the plagiarism detection report.

Disclosure and Conflicts of Interest

All submissions must include disclosure of all relationships that could be viewed as presenting a potential conflict of interest.

Hazards and Human or Animal Subjects:

Statements of compliance are required if the work involves chemicals, procedures or equipment that have any unusual hazards inherent in their use, or if it involves the use of animal or human subjects.

Role of the Funding Source

You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

Copyright

Authors declare to the editorship of Journal Positive Psychology & Wellbeing that the manuscript is original and has not been previously published nor be currently under consideration for publication elsewhere.

Authors accept all scientific and legal responsibilities of the manuscript, and they should acknowledge that they have to transfer the copyright of their studies to Journal of Positive Psychology and Wellbeing.

All the articles published in Journal Positive Psychology & Wellbeing are licensed with "Creative Commons"
Attribution 4.0 International License”. This license entitles all parties to copy, share and redistribute all the articles, data sets, figures and supplementary files published in this journal in data mining, search engines, web sites, blogs and other digital platforms under the condition of providing references. Open access is an approach that eases the interdisciplinary communication and encourages cooperation among different disciplines.

Ethics Policy

Publication Ethics

The publication of an article in a peer-reviewed journal is an essential building block in the development of a coherent and respected network of knowledge. It is a direct reflection of the quality of work of the author and the institutions that support them. Peer-reviewed articles support and embody the scientific method. It is therefore important to agree upon standards of expected ethical behavior.

An article must be prepared and submitted in full compliance with not only national and international laws of ethics but also must respect common standards of ethics accepted by academicians. Therefore, all parties carry the responsibility for respecting principles of ethical standards.

Author Ethical Responsibilities

The authors who submit their manuscripts to Journal Positive Psychology & Wellbeing are expected to comply with the following ethical responsibilities:

- Articles submitted to the Journal must be original. All citations from other sources must be clearly stated.
- The names of the individuals who do not contribute to the study must not be included among authors. If there is a conflict of interest regarding the study, the process under Conflict of Interest must be followed.
- During the review process of their manuscripts, author(s) may be asked to supply raw data. In such a case, author(s) should be ready to submit such data and information to the editorial and scientific boards.
- Author(s) should document that they have the participants' consent and the necessary permissions related with the sharing and research/analysis of the data that are used.
- Author(s) bears the responsibility to inform the editor of the journal or publisher if they happen to notice a mistake in their study which is in early release or publication process and to cooperate with the editors during the correction or withdrawal process.
- Authors cannot submit their studies to multiple journals simultaneously. Each submission can be made only after the previous one is completed.
- No author names can be added after submission.

Ethical Responsibilities of Editors

Editor(s) of Journal of Positive Psychology and Wellbeing (JPPW) should hold the ethical responsibilities on basis of the guides of the Committee on Publication Ethics (COPE).

General duties and responsibilities

- actively seek the views of authors, readers, reviewers and editorial board members about ways of improving their journal’s processes
- encourage and be aware of research into peer review and ‘journalology’ and reassess journal processes in the light of new findings
- work to persuade their publishers to provide them with appropriate resources, guidance from experts (e.g. designers, lawyers) and adequate training to perform their role in a professional manner and raise the quality of their journal
support initiatives designed to reduce academic misconduct
• support initiatives to educate researchers about publication ethics
• assess the effects of their journal policies on author and reviewer behaviour and revise policies, as required, to encourage responsible behaviour and discourage misconduct
• ensure that any press releases issued by the journal reflect the message of the reported article and put it into context

Relations with readers
• ensure that all published reports of research have been reviewed by suitably qualified reviewers (e.g. including statistical review where appropriate)
• ensure that non-peer-reviewed sections of their journal are clearly identified
• adopt processes that encourage accuracy, completeness and clarity of research reporting (e.g. technical editing, use of CONSORT checklist for randomised trials1,2)
• consider developing a transparency policy to encourage maximum disclosure about the provenance of non-research articles3
• adopt authorship or contributorship systems that promote good practice (i.e. so that listings accurately reflect who did the work)4 and discourage misconduct (e.g. ghost and guest authors)
• inform readers about steps taken to ensure that submissions from members of the journal’s staff or editorial board receive an objective and unbiased evaluation

Relations with authors
• publish clear instructions in their journals about submission and what they expect from authors
• provide guidance about criteria for authorship and/or who should be listed as a contributor
• review author instructions regularly and provide links to relevant guidelines (e.g. ICMJE, COPE)
• require all contributors to disclose relevant competing interests and publish corrections if competing interests are revealed after publication
• ensure that appropriate reviewers are selected for submissions (i.e. individuals who are able to judge the work and are free from disqualifying competing interests)
• respect requests from authors that an individual should not review their submission, if these are well-reasoned.
• be guided by the COPE flowcharts in cases of suspected misconduct or disputed authorship
• publish details of how they handle cases of suspected misconduct (e.g. with links to the COPE flowcharts)

Relations with reviewers
• provide clear advice to reviewers (which should be straightforward and regularly updated)
• require reviewers to disclose any potential competing interests before agreeing to review a submission
• encourage reviewers to comment on ethical questions and possible research misconduct raised by submissions, (e.g. unethical research design, insufficient detail on patient consent or protection of research subjects, including animals)
• encourage reviewers to ensure the originality of submissions and be alert to redundant publication and plagiarism
• consider providing reviewers with tools to detect related publications (e.g. links to cited references and bibliographic searches)
• seek to acknowledge the contribution of reviewers to the journal
• encourage academic institutions to recognise peer-review activities as part of the scholarly process
• monitor the performance of peer reviewers and take steps to ensure this is of high quality
• develop and maintain a database of suitable reviewers, and update this on the basis of reviewer performance
• remove from the journal’s database any reviewers who consistently produce discourteous, poor...
quality or late reviews
• seek to add new reviewers to the database to replace those who have been removed (because of poor performance or other reasons)
• ensure that the reviewer database reflects the academic community for their journal (e.g. by auditing the database in terms of reviewer age, gender, location, etc.)
• use a wide range of sources (not just personal contacts) to identify potential new reviewers (e.g. author suggestions, bibliographic databases)
• follow the COPE flowchart in cases of suspected reviewer misconduct

Relations with editorial board
• Editors must make sure that the members of the editorial board follow the procedures in accordance with the publication policies and guidelines, and must inform the members about the publication policies and developments. The editors must also train new members of the editorial board and provide the information they need
• identify suitably qualified editorial board members who can actively contribute to the development and good management of the journal
• ensure that the members of the editorial board review the manuscripts in an unbiased and independent manner.
• select the new members of the editorial board from those who can contribute to the journal and are qualified enough.
• send manuscripts for review based on the subject of expertise of the editorial board members.
• regularly communicate with the editorial board.
• arrange regular meetings with the editorial board for the development of publication policies and the journal

Relations with journal owners and publishers
The relationship between the editors and publisher is based on the principle of the independency of editors. All the decisions made by the editors are independent of the publisher and the owner of the journal as required by the agreement made between editors and publisher.

Editorial and peer-review processes
Editor(s) are obliged to comply with the policies of "Blind Review and Review Process" stated in the journal's publication policies. Therefore, the editors ensure that each manuscript is reviewed in an unbiased, fair and timely manner.

Protecting individual data
Editor(s) are supposed to protect the personal information related with the subjects or visuals in the studies being reviewed, and to reject the study if there is no documentation of the subjects' consent. Furthermore, editors are supposed to protect the personal information of the authors, reviewers and readers.

Encouraging ethical rules and protection of human and animal rights
Editor(s) are supposed to protect human and animal rights in the studies being reviewed and must reject the experimental studies which do not have ethical and related committee’s approval about the population given in such studies.

Ensuring academic integrity
Editor(s) must make sure that the mistakes, inconsistencies or misdirections in studies are corrected quickly.

Intellectual property
Editors are responsible for protecting the intellectual property rights of all the articles published in the journal and the rights of the journal and author(s) in cases where these rights are violated. Also, editors must
take the necessary precautions in order to prevent the content of all published articles from violating the intellectual property rights of other publications.

**Commercial considerations**

- have policies and systems in place to ensure that commercial considerations do not affect editorial decisions (e.g. advertising departments should operate independently from editorial departments)
- publish a description of their journal’s income sources (e.g. the proportions received from display advertising, reprint sales, special supplements, page charges, etc.)
- ensure that the peer-review process for sponsored supplements is the same as that used for the main journal
- ensure that items in sponsored supplements are accepted solely on the basis of academic merit and interest to readers and is not influenced by commercial considerations

**Conflicts of interest**

Editors, acknowledging that there may be conflicting interests between reviewers and other editors, guarantee that the publication process of the manuscripts will be completed in an independent and unbiased manner

**Ethical Responsibilities of Reviewers**

Peer review in all its form plays an important role in ensuring the integrity of the scholarly record. All manuscripts are reviewed through "Blind Review" has a direct influence on the publication quality. This process ensures confidentiality by objective and independent review. The review process at Journal Positive Psychology & Wellbeing is carried out on the principle of double blind review process.

Reviewers should
- only agree to review manuscripts for which they have the subject expertise required to carry out a proper assessment and which they can assess in a timely manner
- respect the confidentiality of peer review and not reveal any details of a manuscript or its review, during or after the peer-review process, beyond those that are released by the journal
- not use information obtained during the peer-review process for their own or any other person’s or organization’s advantage, or to disadvantage or discredit others
- declare all potential conflicting interests, seeking advice from the journal if they are unsure whether something constitutes a relevant interest
- not allow their reviews to be influenced by the origins of a manuscript, by the nationality, religious or political beliefs, gender or other characteristics of the authors, or by commercial considerations
- be objective and constructive in their reviews, refraining from being hostile or inflammatory and from making libelous or derogatory personal comments
- acknowledge that peer review is largely a reciprocal endeavour and undertake to carry out their fair share of reviewing and in a timely manner
- provide journals with personal and professional information that is accurate and a true representation of their expertise
- recognize that impersonation of another individual during the review process is considered serious misconduct

**Ethical Responsibilities of Publishers**

- Editors are responsible for all the processes that the manuscripts submitted to Journal Positive Psychology & Wellbeing. Considering this framework, the Publisher declares and guarantees free editor decisions to be maintained.
- The Publisher holds the right of property and copyright of each published in Journal Positive Psychology & Wellbeing and has the responsibility to keep a copy.
• The Publisher has the responsibility to take all the precautions to avoid scientific exploitation, abuse, and plagiarism.

Preparing Your Manuscript

Submitted manuscripts should not have been previously published nor be currently under consideration for publication elsewhere. Manuscripts are accepted in English, and author(s) should prepare manuscript according to the American Psychological Association Publication Manual (6th ed.), as instructed below. Authors for whom English is a second language may choose to have their article professionally edited before submission.

The manuscripts should be compiled in the following order: Title page; abstract; keywords; main text (Introduction, Method, Results, Discussion); references; table(s); figure(s); Appendices (if any)

Title Page

The title page should include: The name(s) of the author(s), the affiliation(s) and address(s) of the author(s), the e-mail address, and telephone number(s) of the corresponding author. Please note that no changes to affiliation can be made after the manuscript is accepted. Any acknowledgements, disclosures, or funding information should also be included on this page.

Abstract

Abstracts of 150-250 words are required for all manuscripts submitted, and should not contain any undefined abbreviations or unspecified references. It should include the aim of the study, its scope, method, results, important features and original value briefly and clearly. Please avoid to use references.

Keywords

Each manuscript should have 4 to 6 keywords which can be used for indexing purposes.

Text Formatting

• Manuscripts should be submitted in Microsoft Word.
• Use double-spaced and 12-point font (e.g. Times New Roman) for text.
• Use italics for emphasis.
• Use the automatic page numbering function to number the pages.
• Use additional headings (if any) for appendices, acknowledgments, conflicting interests, or notes.

Tables and Figures

Tables and Figures should be prepared according to the American Psychological Association Publication Manual (6th ed.)

Citation

Cite references in the text by name and year in parentheses. For examples:

One Work by One Author: Subjective well-being is an important indicator of life quality (Arslan, 2017). Arslan (2017) found the association between ...

One Work by Multiple Authors: Kisangau, Lyaruu, Hosea, and Joseph (2007) found [Use as first citation in text.] Kisangau et al. (2007) found [Use as subsequent first citation per paragraph thereafter.]

This effect of wellbeing has been widely studied (Arslan 1991; Baron et al. 1975; Kem & Soren 2008).

When a work has six or more authors, cite only the surname of the first author followed by et al. (not
italicized and with a period after al.) and the year for the first and subsequent citations (see APA 6).

**References List**

The list of references should be prepared according to APA 6-Citation Guide. Journal names and book titles should be italicized.

For examples:

**Journal article:**


**Book:**

Author, A. A. (1967). Title of work. Location: Publisher

**Book chapter:**


**Presentation:**

Presenter, A. A. (Year, Month). Title of paper or poster. Paper or poster session presented at the meeting of Organization Name, Location.

**Thesis:**


**Acknowledgements**

Acknowledgements should be added after acceptance and placed right before References. This part should not be included in the submission version before acceptance.

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**Peer Review Process**

Peer review in all its form plays an important role in ensuring the integrity of the scholarly record. Journal of Positive Psychology and Wellbeing follows a blind peer-reviewing procedure. Blind review is a method used to make sure scientific publications are produced with the highest quality.

Authors are therefore requested to submit:

- A blinded manuscript without any author names and affiliations in the text or on the title page. Self-identifying citations and references in the article text should be avoided
- A separate title page, containing title, all author names, affiliations, and the contact information of the corresponding author. Any acknowledgements, disclosures, or funding information should also be included on this page.

All manuscripts submitted to Journal of Positive Psychology and Wellbeing are blind reviewed according to the steps below:

- All submitted manuscripts are subject to initial appraisal by the Editor, and, if found suitable for further consideration, to peer review by independent, anonymous expert referees (blind peer-review process).
- Editor (s) choose reviewers whose expertise most closely matches the manuscript’s topic and invite them to review the paper.
- In general, the reviewer reports are based on the originality of the research, methods, ethical considerations, consistent presentation of the results and analysis of the research with respect to literature.
- Based on the review done by the reviewers, editor reports the author(s) in two weeks at the latest
along with the suggestions and commends made by the reviewers. In this process the research that are not accepted for publication are returned without request for plagiarism detection.

**After Acceptance**

At Journal of Positive Psychology and Wellbeing, the accepted articles undergo the processes of plagiarism detection, preparation of bibliography, reference check, and being put into online first articles.

**Plagiarism Detection**

In accordance with its publishing policies, the JPPW oblige each study that has undergone the "Blind Review Process" to be detected for plagiarism to protect the integrity of the study. Therefore, the manuscript detected for plagiarism by a company chosen by the author(s). Based on the review done by the reviewers, editor reports the reviewers’ comments to author(s). In this process the research that are not accepted for publication are returned without request for plagiarism detection. The final decision about the accepted research is made based on the results of the plagiarism detection report.

**Layout and Galley**

The JPPW requires that the articles be printed in a common type of and complete page layout for formal integrity, readability and standards. Therefore, the manuscripts whose plagiarism detection and bibliography preparation is finished, are sent to the editorial board for layout and galley.

**References and Citation Control**

The JPPW, given the journal’s publication ethics, considers it to be an obligation for the accepted articles to have correct and complete references and attributions. Therefore, each study, after acceptance, is checked in terms of bibliography, referencing and attribution.

**Publication and Submission Fees**

The Journal has no page charges or fee for submission and publication.

**Online First Articles**

OnlineFirst is a feature offered through electronic content platform, Journal of Positive Psychology and Wellbeing. It allows final revision articles (completed articles in queue for assignment to an upcoming issue) to be hosted online prior to their inclusion in a final print and online journal issue. OnlineFirst articles are copyedited, typeset, and approved by their authors before publication, and we aim to post each article within four weeks of acceptance. When articles are published in an issue, they are removed from the OnlineFirst page and will appear in the appropriate issue. Normally, the article will not change from this version. However, if errors are identified in this version then they may be corrected when the article is published in an issue, or in exceptional circumstances by uploading a new version of the article. Issue publication is our Version of Record, after which articles will only be corrected by use of an erratum.