



DEPARTMENT OF PSYCHOLOGY

July 28, 2018

Dr. Kevin Alderson, PhD  
Editor – in - Chief, *Canadian Journal of Counselling and Psychotherapy*  
University of Calgary

Dear Dr. Alderson:

Please find an original manuscript entitled “*Mindfulness-Based Cognitive Therapy (MBCT) on Depressive Symptoms in Individuals Currently Depressed: A Systematic Review of Existing Meta-Analytic Evidence*”, which we are submitting for consideration of publication in *Canadian Journal of Counselling and Psychotherapy*. The manuscript has not been previously published or posted on any websites, and it is not under concurrent consideration elsewhere. It has been prepared in accordance to the Publication Manual of the American Psychological Association (APA). The manuscript is 5095 words in length, including references. We would appreciate consideration of this manuscript for publication in your journal.

We believe that this manuscript would be of great scientific and theoretical interest to your readership. This paper is intended to provide a review of the existing evidence of MBCT on depression in those currently depressed.

We look forward to a review of this manuscript. Please let us know if you require any further information.

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