

Decisional balance and self-efficacy of physical activity among the elderly in Rasht in 2013 based on the transtheoretical model

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Electronic physician

2017; 9(5):4447-4453

ARTICLE IDENTIFIERS

DOI: 10.19082/4447

PMID: 28713520

PMCID: PMC5498713

JOURNAL IDENTIFIERS

LCCN: 2010239048

pISSN: not available

eISSN: 2008-5842

OCLC ID: 669166414

CONS ID: not available

US National Library of Medicine ID: 101645099

This article was identified from a query of the SafetyLit database.