

A self-determination approach to the understanding of the impact of physical activity on depressive symptoms

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Stress and Health

2017; 33(5):600-607

ARTICLE IDENTIFIERS

DOI: 10.1002/smi.2744

PMID: unavailable

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 00212818

pISSN: 1532-3005

eISSN: 1532-2998

OCLC ID: 45267318

CONS ID: not available

US National Library of Medicine ID: 101089166

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