

# **Psychological well-being in non-dependent active elderly individuals and its relationship with self-esteem and self-efficacy**

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Ciencia e Saude Coletiva

2019; 24(1):115-124

## **ARTICLE IDENTIFIERS**

DOI: 10.1590/1413-81232018241.35302016

PMID: 30698246

PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: 00203303

pISSN: 1413-8123

eISSN: 1678-4561

OCLC ID: 43274496

CONS ID: not available

US National Library of Medicine ID: 9713483

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