

Effect of long working hours on depression and mental well-being among employees in Shanghai: the role of having leisure hobbies

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International journal of environmental research and public health

2019; 16(24):e16244980

ARTICLE IDENTIFIERS

DOI: 10.3390/ijerph16244980

PMID: 31817855

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2005243248

pISSN: 1661-7827

eISSN: 1660-4601

OCLC ID: 57519745

CONS ID: not available

US National Library of Medicine ID: 101238455

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