

**Pilot evaluation of the stop, breathe & think mindfulness app for student clients on a college counseling center waitlist**

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Journal of American college health

2020; ePub(ePub):ePub

**ARTICLE IDENTIFIERS**

DOI: 10.1080/07448481.2020.1728281

PMID: 32150519

PMCID: not available

**JOURNAL IDENTIFIERS**

LCCN: 82646518

pISSN: 0744-8481

eISSN: 1940-3208

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

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