

The effect of martial arts training on mental health outcomes: a systematic review and meta-analysis

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Journal of bodywork and movement therapies

2020; 24(4):402-412

ARTICLE IDENTIFIERS

DOI: 10.1016/j.jbmt.2020.06.017

PMID: 33218541

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 1360-8592

eISSN: 1532-9283

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.