

Impact of a combined philosophy and mindfulness intervention on positive and negative indicators of mental health among pre-kindergarten children: results from a pilot and feasibility study

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Frontiers in psychiatry

2020; 11:e510320

ARTICLE IDENTIFIERS

DOI: 10.3389/fpsy.2020.510320

PMID: 33384619

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: not available

eISSN: 1664-0640

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: 101545006

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