The roles of exercise tolerance and resilience in the effect of physical activity on emotional states among college students

Zhang Z, Wang T, Kuang J, Herold F, Ludyga S, Li J, Hall DL, Taylor A, Healy S, Yeung AS, Kramer AF, Zou L. International journal of clinical and health psychology 2022; 22(3):e100312

ARTICLE IDENTIFIERS

DOI: 10.1016/j.ijchp.2022.100312 PMID: 35712359 PMCID: PMC9168153

JOURNAL IDENTIFIERS

LCCN: 2005243476 pISSN: 1697-2600 eISSN: 2174-0852 OCLC ID: 60311576 CONS ID: not available US National Library of Medicine ID: 101237969

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