

Preventing postpartum depression in the early postpartum period using an app-based cognitive behavioral therapy program: a pilot randomized controlled study

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International journal of environmental research and public health

2022; 19(24):e16824

ARTICLE IDENTIFIERS

DOI: 10.3390/ijerph192416824

PMID: 36554704

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.