Strength training has antidepressant effects in people with depression or depressive symptoms but no other severe diseases: a systematic review with meta-analysis

Rossi FE, Dos Santos GG, Rossi PAQ, Stubbs B, Barreto Schuch F, Neves LM.

Psychiatry research 2024; 334:e115805

ARTICLE IDENTIFIERS

DOI: 10.1016/j.psychres.2024.115805

PMID: 38428290 PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available pISSN: 0165-1781 eISSN: 1872-7123 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.