

# **Heart rate variability and psychological health: the key role of trait emotional awareness**

Quirin M, Malekzad F, Jais M, Kehr H, Ennis M.  
Acta psychologica  
2024; 246:e104252

## **ARTICLE IDENTIFIERS**

DOI: 10.1016/j.actpsy.2024.104252  
PMID: 38677024  
PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: 38019237  
pISSN: 0001-6918  
eISSN: 1873-6297  
OCLC ID: 01447968  
CONS ID: not available  
US National Library of Medicine ID: 0370366

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