

Effects of mindfulness based stress reduction (MBSR) on stress, depression and mindfulness among type 2 diabetics - a randomized pilot study

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Indian Journal of Traditional Knowledge

2017; 16(4):654-659

ARTICLE IDENTIFIERS

DOI: unavailable

PMID: unavailable

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0972-5938

eISSN: not available

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.