

The dark side of competition: How competitive behaviour and striving to avoid inferiority are linked to depression, anxiety, stress and self-harm

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Psychology and psychotherapy

2009; 82(2):123-136

ARTICLE IDENTIFIERS

DOI: 10.1348/147608308X379806

PMID: unavailable

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2002252214

pISSN: 1476-0835

eISSN: 2044-8341

OCLC ID: 49502619

CONS ID: not available

US National Library of Medicine ID: 101135751

This article was identified from a query of the SafetyLit database.