

Self-distancing as a strategy to regulate affect and aggressive behavior in athletes: an experimental approach to explore emotion regulation in the laboratory

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Frontiers in psychology

2020; 11:e572030

ARTICLE IDENTIFIERS

DOI: 10.3389/fpsyg.2020.572030

PMID: 33488446

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2011243228

pISSN: not available

eISSN: 1664-1078

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: 101550902

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