

Self-care behaviors, drinking, and smoking to cope with psychological distress during COVID-19 among Chinese college students: the role of resilience

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Psychology and Health

2021; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1080/08870446.2021.2007913

PMID: 34892991

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0887-0446

eISSN: 1476-8321

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.