

# **Effectiveness of acceptance and commitment therapy on interpersonal problems and difficulties in emotion regulation among university students**

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Iranian journal of psychiatry and behavioral sciences

2017; 11(3):e8005

## **ARTICLE IDENTIFIERS**

DOI: 10.5812/ijpbs.8005

PMID: unavailable

PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: 2010340882

pISSN: 1735-8639

eISSN: 1735-9287

OCLC ID: 694385962

CONS ID: not available

US National Library of Medicine ID: not available

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