

Feasibility, effectiveness, and mechanisms of a brief mindfulness- and compassion-based program to reduce stress in university students: a pilot randomized controlled trial

Martínez-Rubio D, Navarrete J, Montero-Marín J.

International journal of environmental research and public health

2022; 19(1):e154

ARTICLE IDENTIFIERS

DOI: 10.3390/ijerph19010154

PMID: 35010414

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2005243248

pISSN: 1661-7827

eISSN: 1660-4601

OCLC ID: 57519745

CONS ID: not available

US National Library of Medicine ID: 101238455

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