

# **The effectiveness of a mobile intervention to reduce young adults' alcohol consumption to not exceed low-risk drinking guidelines**

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Frontiers in digital health

2022; 4:e1016714

## **ARTICLE IDENTIFIERS**

DOI: 10.3389/fdgth.2022.1016714

PMID: 36561923

PMCID: PMC9763894

## **JOURNAL IDENTIFIERS**

LCCN: 2021229572

pISSN: not available

eISSN: 2673-253X

OCLC ID: 1142241036

CONS ID: not available

US National Library of Medicine ID: 101771889

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