

The effectiveness of mindfulness-based cognitive therapy on self-compassion, alexithymia and cognitive distortion of students experiencing love failure

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Research in cognitive and behavioral sciences

2021; 11(2):61-72

ARTICLE IDENTIFIERS

DOI: 10.22108/cbs.2022.130356.1564

PMID: unavailable

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 2345-3524

eISSN: 2251-7642

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.