

Surprise and delight: response to informal versus formal mindfulness among university students with self-injury

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Psychological services

2023; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1037/ser0000825

PMID: 38059988

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2002214578

pISSN: 1541-1559

eISSN: 1939-148X

OCLC ID: 50286890

CONS ID: not available

US National Library of Medicine ID: 101214316

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