

## Publication

"Don't crack under pressure!" : Do leisure time physical activity and self-esteem moderate the relationship between school-based stress and psychosomatic complaints?

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Stressful experiences occupy a central role in most etiological models of developmental psychopathology. Stress alone, however, insufficiently explains negative health outcomes. This raises the question why some children and adolescents are more vulnerable to the development of psychopathological symptoms than others. The primary purpose of this research was to demonstrate whether leisure time physical activity and self-esteem protect against stress-induced health problems.

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