



Universität
Basel

Research Project

Effects of a physical education based stress management program on perceived stress, coping strategies, sleep and psychosocial well-being among adolescents attending vocational schools.

Third-party funded project

Project title Effects of a physical education based stress management program on perceived stress, coping strategies, sleep and psychosocial well-being among adolescents attending vocational schools.

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Organisation / Research unit

Bereich Psychiatrie (Klinik) / Klinische Stress- und Traumaforschung (Holsboer-Trachsler)

Department

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Add publication

Add documents

Specify cooperation partners