Psychological benefits of weight loss following behavioural and/or dietary weight loss interventions. A systematic research review

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details

PubMedID
24075862

DOI
10.1016/j.appet.2013.09.017

Indexing Status
Subject indexing assigned by NLM

MeSH
Body Image; Depression; Diet; Health Behavior; Humans; Mental Health; Obesity /psychology; Quality of Life; Self Concept; Weight Loss

AccessionNumber
12013069329

Date bibliographic record published
06/01/2014