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An Exploratory Randomized Controlled Trial of Personalized Lifestyle Advice and Tandem Skydives as a Means to Reduce Anhedonia

E. Van Roekel, C. Vrijen, V.E. Heininga, M. Masselink, E.H. Bos, A.J. Oldehinkel

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Van Roekel, E.^a (g.h.van.roekel@umcg.nl; corresponding author)

Vrijen, C. a (c.vrijen@umcg.nl),

Heininga, V. E. a (v.e.heininga@umcg.nl),

Masselink, M. a (m.masselink@umcg.nl),

Bos, E. H. a (elske.bos@umcg.nl),

& Oldehinkel, A.J. a (a.j.oldehinkel@umcg.nl)

^a University of Groningen, University Medical Center Groningen, Interdisciplinary Center Psychopathology and Emotion regulation, CC 72, P.O. Box 30001, 9700 RB Groningen, the Netherlands

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