

Depression

Findings In this cluster randomized trial of urban greening and mental health, 110 randomly sampled vacant lot clusters were randomly assigned to 3 study groups. Among 342 participants included in the analysis, feeling depressed significantly decreased by 41.5% and self-reported poor mental health showed a reduction of 62.8% for those living near greened vacant lots compared with control participants.

Meaning The remediation of vacant and dilapidated physical environments, particularly in resource-limited urban settings, can be an important tool for communities to address mental health problems, alongside other patient-level treatments.

Positive effects of greening a
space even more pronounced
for low income areas



Stress

Studies show that students who have outdoor class time have lower levels of cortisol throughout their day. They have a more positive response to stress than in children who remained indoors most of the day. Their physical health was also improved positively affecting cortisol levels.

The hypothesis was that this will lead to less biologically based stress-related illnesses later in life.

ADHD Symptoms

Green outdoor spaces reduce symptoms of ADHD

*reduced children's symptoms and had more positive aftereffects on symptoms than activities conducted in other settings.

* daily doses of “green time” may supplement medications and behavioral approaches to ADHD.



Emotional Resilience

- Study looked at three types of nature contact among children of three different age groups
- The young elementary school students overwhelmingly chose wooded areas over a playground for play during recess.
- High school students who participated in gardening programs at all four sites were interviewed about their experiences.
- The older elementary school students used a varied natural area for school assignments that included woods, a butterfly garden, hills, and a pond.
- Overall, students in all age groups in all settings reported or displayed positive effects on stress and attention.
- Protective factors for resilience were also enhanced, including competence and supportive social relationships.

