



NATURE AND HEALTH RESOURCES

Faculties

Dr Alan Kellas, Sustainability Committee
Royal College of Psychiatrists

Liaison Psychiatry

The role of nature in cancer patients' lives: a systematic review and qualitative meta-synthesis

BMC Cancer, 2017

A systematic review and meta-synthesis was conducted to identify, compare and synthesize the published qualitative literature contributing to our understanding of the role of nature in cancer patients' lives.

[Full Text](#)

Old Age Psychiatry

Indoor Nature Interventions for Health and Wellbeing of Older Adults in Residential Settings: A Systematic Review

The Gerontologist, 2019

Having contact with nature can be beneficial for health and wellbeing, but many older adults face barriers with getting outdoors. We conducted a systematic review of quantitative studies on health and wellbeing impacts of indoor forms of nature (both real and simulated/artificial), for older adults in residential settings.

[Full Text](#)

Positive aging benefits of home and community gardening activities: Older adults report enhanced self-esteem, productive endeavours, social engagement and exercise

TL Scott, BM Masser, NA Pachana - SAGE Open Medicine, 2020

This study examined relationships between home and community gardening and older adults' self-reported psychosocial and physical well-being, attitudes to aging relative to gardening activities and benefits of membership to a gardening group.

[Full Text](#)

The Longitudinal Association of Perceived Neighbourhood Disorder and Lack of Social Cohesion With Depression Among Adults Aged 50 and Over: An Individual Participant Data Meta-Analysis From 16 High-Income Countries

Baranyi et. al., Journal of Epidemiology, 2019

Neighbourhood characteristics are linked to mental health in older age, but the magnitude of effects might differ across countries. Using data from 16 different countries, this paper indicates that country-level social, political, economic and environmental characteristics may explain differences in how neighbourhood affects mental health.

[Full Text](#)

Beacon report: Brighton and Hove Food Partnership Dementia Friendly Food Project

Sustain, 2018

The commissioned funding covers two 8-week cookery courses per year and two 12-week gardening groups per year for people with mild to moderate dementia and their carers.

[Full Text](#)

Veterans' Health

Veterans Nature-based therapy as a treatment for veterans with PTSD: what do we know?

SCIE Social Care Online, 2017

The purpose of this paper is to provide a comprehensive argument for nature-based therapy (NBT) for veterans with post-traumatic stress syndrome. It is the aim to generate an overview of the evidence for NBT to the target group.

[Full Text](#)