



# NATURE AND HEALTH RESOURCES

## Mechanisms

Dr Alan Kellas, Sustainability Committee  
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## Distinguishing Pro-and Harmful-Environmental Behaviours: The Roles of Motivation, Stages of Change, Basic Psychological Needs, and Nature Relatedness

P Desmarais, 2019

The thesis looks at how the frequency of pro-environmental behaviours (PEB) and harmful-environmental behaviours (HEB) are related to self-determined (SDM) and non-self-determined motivation (NSDM), stages of change (SOC), the satisfaction versus the frustration of basic psychological needs as defined by Self-Determination Theory, and nature relatedness.

[Full Text](#)

## Nature contact, nature connectedness and associations with health, wellbeing and pro-environmental behaviours

Leanne Martin, et. al., Journal of Environmental Psychology, 2020

This research with 4,960 adults across England has found that:

- Visiting nature  $\geq$  once/week was associated with better health.
- Nature Connectedness was positively related to eudaimonic wellbeing.
- Nature Connectedness was positively associated with pro-environmental behaviours.
- Nature documentaries were positively associated with pro-environmental behaviour.
- Nature Connectedness is important, over and above getting out into nature, for eudaemonic wellbeing and pro-nature behaviours.

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## The Relationship Between Nature Connectedness and Eudaimonic WellBeing: A Meta Analysis

Alison Pritchard, Miles Richardson, David Shefeld, Kirsten McEwan, 2019, Journal of Happiness Studies

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## ECOPSYCHOLOGY

Contains links to a whole set of useful information, resources and contacts in the field of Ecopsychology and Ecotherapy, ranging from weblinks to downloadable files to book reviews and suggestions. Good example is Dr Martin Jordan on Taking therapy

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### Do physical activity, social cohesion, and loneliness mediate the association between time spent visiting green space and mental health?

M Berg et. al. 2017

Environment and Behaviour This cross-sectional study investigated whether physical activity, social cohesion, and loneliness mediate the association between time spent visiting green spaces and perceived mental health and vitality. Results showed positive, but weak, associations between time spent visiting green space and mental health benefits. Single mediation analyses showed that different indicators of physical activity, social cohesion, and loneliness were mediators. Multiple mediation analyses showed that physical activity during leisure time and loneliness may explain about 25% of the relationship. The unmediated part of the association suggests that other mediators may explain the association.

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### Six-Step Model of Nature-Based Therapy Process

KH Oh, WS Shin, TG Khil, DJ Kim, International Journal of Environmental Research and Public Health, 2020

The aim of this study was to develop a theoretical model of the nature-based therapy process by analyzing individual empirical data. Research materials were 180 self-reported essays on "Forest Therapy Experiences" submitted to the Korea Forest Service. This study was conducted based on grounded theory. This study revealed that the nature-based therapy process did not consist of just a single element or step, but involved an integrated way of healing with emotional and cognitive changes.

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## Pro-environmental behaviours and attitudes are associated with health, wellbeing and life satisfaction in multiple occupancy households in the UK Household Longitudinal Study

G Netuveli, P Watts, 2020

Population and Environment Pro-environmental behaviours (PEBs) and attitudes (PEAs) may influence different domains of health and wellbeing through several mechanisms. The household plays an important role in this relationship.

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## How might contact with nature promote human health? Promising mechanisms and a possible central pathway

Kuo Ming, *Frontiers in Psychology*, 2015

How might contact with nature promote human health? Myriad studies have linked the two; at this time the task of identifying the mechanisms underlying this link is paramount. This article offers: (1) a compilation of plausible pathways between nature and health; (2) criteria for identifying a possible central pathway; and (3) one promising candidate for a central pathway.

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