REFERENCE LIST "THE SCIENTIFIC POWER OF NATURE"

Evidence-based researches on Nature effect on human wellbeing

Ulrich S. Roger (1984). View through a window may influence surgery recovery. Science – New Series. Volume 224, Issue 46-47, 420-421.

Lucy E. Keniger, Kevin J. Gaston, Katherine N. Irvine, and Richard A. Fuller (2013). What are the Benefits of Interacting with Nature?". Int. J. Environ. Res. Public Health. 2013 Mar; 10(3): 913–935. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3709294/

Berman, M. G., Jonides, J., & Kaplan, S. (2008). The cognitive benefits of interacting with nature. Psychological Science, 19(12), 1207-1212.

Bowler, D. E., Buyung-Ali, L. M., Knight, T. M., & Pullin, A. S. (2010). A systematic review of evidence for the added benefits to health of exposure to natural environments. BMC Public Health, 10, 456.

Bringslimark, T., Patil, G., & Hartig, T. (2008). The Association Between Indoor Plants, Stress, Productivity And Sick Leave In Office Workers. Acta Horticulturae, 775, 117.

Cervinka, R., Röderer, K., & Hefler, E. (2012). Are nature lovers happy? On various indicators of well-being and connectedness with nature. Journal of Health Psychology, 17(3), 379-388.

Coley, R., Kuo, F. E., & Sullivan, W. C. (1997). Where does community grow? The social context created by nature in urban public housing. Environment and Behavior, 29(4), 468.

Devries, S. (2003). Natural environments -- healthy environments? An exploratory analysis of the relationship between greenspace and health. *Environment and Planning*, 35(10), 1717.

Dijkstra, K., Pieterse, M., & Pruyn, A. (2006). Physical environmental stimuli that turn healthcare facilities into healing environments through psychologically mediated effects: Systematic review. Journal of Advanced Nursing, 56(2), 166-181.

Hartig, T. (1991). Restorative effects of natural environment experiences. Environment and Behavior, 23, 3.

Juyoung Lee, Qing Li, Liisa Tyrväinen, Yuko Tsunetsugu, Bum-Jin Park, Takahide Kagawa, Yoshifumi Miyazaki. Nature Therapy and Preventive Medicine. Public Health - Social and Behavioral Health, Prof. Jay Maddock (Ed.), ISBN: 978-953-51-0620-3, InTech. Available from: http://www.intechopen.com/books/public-health-social-and-behavioral-health/nature-therapy-and-preventive-medicine.

Largo-Wight, E., Chen, W. W., Dodd, V., & Weiler, R. (2011). Healthy workplaces: The effects of nature contact at work on employee stress and health. Public Health Reports (Washington, D.C.: 1974), 126 Suppl 1, 124-130.

Lohr, V. (2007). Benefits of nature: What we are learning about why people respond to nature. J. Physiol Anthropol: 26(2), 83.

Marcus, C., & Barnes, M. (eds). (1999). Healing gardens (Trans.). New York, NY: John Wiley and Sons.

Mind Organization. (2007). Ecotherapy: The green agenda for mental health. UK: Mind Publications.

Mitchell, R., & Popham, F. (2008). Effect of exposure to natural environment on health inequalities: An observational population study. Lancet, 372(9650), 1655-1660.

Park, S., & Mattson, R. (2009). Ornamental indoor plants in hospital rooms enhanced health outcomes of patients recovering from surgery. Journal of Alternative & Complementary Medicine, 15(9), 975-980.

Raudenbush, B, et al. (2001). Enhancing athletic performance through the administration of peppermint odor. \mathcal{J} Sport Exerc Psychol; 23:156–60.

Selub, E., Logan, A. (2012). Your brain on nature. Mississauga, Ontario: Wiley.

Shepley, M. Gerbi, R., Watson, A. Imgrund, S. Patient and staff environments: The impact of daylight and windows on ICU patients and staff. World Health Design. Accessed May 11, 2013 at http://www.worldhealthdesign.com/Patient-and-staff-environments.aspx

Ulrich, R. S. (1984). View through a window may influence recovery from surgery. Science, 224(4647), 420-421.

Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A., & Zelson, M. (1991). Stress recovery during exposure to natural and urban environments. Journal of Environmental Psychology, 11(3), 201-230.

Weinstein, N. (2009). Can nature make us more caring? Effects of immersion in nature on intrinsic aspirations and generosity. Personality and Social Psychology Bulletin, 35, 1315.

Nancy M. Wells, Gary W. Evans (2003). Nearby nature - a buffer of life stress among rural children. Environment and behavior, vol. 35 no. 3, may 2003 311-330

Yuko Tsunetsugu, Bum-Jin Park, Yoshifumi Miyazaki (2009). Trends in research related to "Shinrin-yoku" (taking in the forest atmosphere or forest bathing) in Japan. Environ Health Prev Med (2010) 15:27–37.

https://www.researchgate.net/profile/Bum-

Jin_Park/publication/26654540_Trends_in_research_related_to_Shinrin-yoku_taking_in_the_forest_atmosphere_or_forest_bathing_in_Japan/links/54c1007b0cf28a6324a538b9.pdf

Bum Jin Park, Yuko Tsunetsugu, Tamami Kasetani, Takahide Kagawa, Yoshifumi Miyazaki (2009). The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. Environ. Health Prev. Med. (2010) 15:18–26.

https://www.researchgate.net/profile/Takahide_Kagawa/publication/26332676_The_physiological_effects_of_Shinrin-

 $\label{lem:continuous} \begin{tabular}{ll} yoku_taking_in_the_forest_atmosphere_or_forest_bathing_Evidence_from_field_experiments_in_24_forests_across_Japan/links/56e61d7808ae68afa112c207.pdf \end{tabular}$

Bum Jin Park, Yuko Tsunetsugu, Tamami Kasetani, Takahide Kagawa, Hideki Hirano, Masahiko Sato, Yoshifumi Miyazaki (2007). Physiological Effects of Shinrin-yoku (Taking in the Atmosphere of the Forest)—Using Salivary Cortisol and Cerebral Activity as Indicators. Journal of Physiological Anthropology, 26: 123–128, 2007. http://www.natureandforesttherapy.org/uploads/8/1/4/4/8144400/_salivarycortisolandcerebralactivityin dicators.pdf

Bum-Jin Park, Yuko Tsunetsugu, Tamami Kasetani, Takeshi Morikawa, Takahide Kagawa and Yoshifumi Miyazaki. (2009). Physiological Effects of Forest Recreation in a Young Conifer Forest in Hinokage Town, Japan. Silva Fennica 43(2).

Yuko Tsunetsugu, Bum-Jin Park, Yoshifumi Miyazaki (2009). Trends in research related to "Shinrin-yoku" (taking in the forest atmosphere or forest bathing) in Japan. Environ Health Prev Med (2010) 15:27–37. http://www.natureandforesttherapy.org/uploads/8/1/4/4/8144400/_trends_in_shinrin_yoku_research.pdf

Song et al. (2013). Individual differences in the physiological effects of forest therapy based on Type A and Type B behavior patterns. Journal of Physiological Anthropology, 2013, 32:14.

E. Morita, , S. Fukuda, J. Nagano, N. Hamajima, H. Yamamoto, Y. Iwai, T. Nakashima, H. Ohira, T. Shirakawa (2007). Psychological effects of forest environments on healthy adults: Shinrin-yoku (forest-air bathing, walking) as a possible method of stress reduction. Public Health (2007), 121, 54–63. http://www.natureandforesttherapy.org/uploads/8/1/4/4/8144400/_psychological_effects_of_forest_environments_on_healthy_adults....pdf

Qing Li, Ari Nakadai, Hiroki Matsushima, Yoshifumi Miyazaki, Alan M. Krensky, Tomoyuki Kawada, Kanehisa Morimoto (2008). Phytoncides (Wood Essential Oils) Induce Human Natural Killer Cell Activity. Journal of Immunopharmacology and Immunotoxicology. Volume 28, 2006 - Issue 2, Pages 319-333. http://www.natureandforesttherapy.org/uploads/8/1/4/4/8144400/ phytonocides wood essential oils induce human natural killer cell activity forestmedicineabstracts.pdf

Patricia H. Hasbach (2015). Therapy in the Face of Climate Change. Ecopsychology. Dec 2015, Vol. 7, No. 4: 205-210.

Cheryl Amelia Burns (2012). Embodiment and embedment: integrating dance/movement therapy, body psychotherapy, and ecopsychology. Body, Movement and Dance in Psychotherapy. Feb 2012, Vol. 7, No. 1: 39-54.

Paul Stevens (2010). Embedment in the environment: A new paradigm for well-being? Perspectives in Public Health. Nov 2010, Vol. 130, No. 6: 265-269.