

Systematic reviews

Filan, S. L. and Llewellyn-Jones, R. H. (2006) Animal-assisted therapy for dementia: a review of the literature. *International Psychogeriatrics* 18(4) pp. 547-611

Abstract: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0023805/>

Animal Assisted Therapy and Activities in Alzheimer's Disease

<http://cdn.intechopen.com/pdfs-wm/43126.pdf>

Souter, M.A. and Miller, M.D. (2007) Do animal-assisted activities effectively treat depression: a meta-analysis. *Anthrozoos* 20 (2) pp. 167-180

Abstract: <http://www.crd.york.ac.uk/crdweb/ShowRecord.asp?LinkFrom=OAI&ID=12008104335>

Thompson Coon, J., Boddy, K., Stein, K., Whear, R., Barton, J. and Depledge, M.H. (2011) Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review.

Environmental Science and Technology 45 (5) pp. 1761-72

Abstract: <http://www.crd.york.ac.uk/crdweb/ShowRecord.asp?LinkFrom=OAI&ID=12011003799>

Holley, J., Crone, D., Tyson, P. and Lovell, G. (2011) The effects of physical activity on psychological well-being for those with schizophrenia: a systematic review. *British Journal of Clinical Psychology* 50 (1) pp. 84-105

Abstract: <http://www.crd.york.ac.uk/crdweb/ShowRecord.asp?ID=12011004466>

Robertson, R., Robertson, A., Jepson, R. and Maxwell, M. (2012) Walking for depression or depressive symptoms: a systematic review and meta-analysis. *Mental Health and Physical Activity* 5 (1) pp.66-75

Abstract: <http://www.sciencedirect.com/science/article/pii/S1755296612000099>

Roberts, S. and Bradley, A. J. (2011) Horticultural therapy for schizophrenia. *Cochrane Database of Systematic Reviews*. Issue 11

Full review: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009413/pdf>

CADTH (2012) Therapy dogs and horses for mental health: a review of the clinical effectiveness. Ottawa: Canadian Agency for Drugs and Technologies in Health (CADTH)

Summary with critical appraisal:

<http://www.cadth.ca/media/pdf/htis/aug-2012/RC0381%20Therapy%20Animals%20final.pdf>

Selby, A. and Smith-Osborne, A. (2012) A systematic review of effectiveness of complementary and adjunct therapies and interventions involving equines. *Health Psychology* 32 (4) pp. 418-32

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/22888815>

Berry, A., Borgi, M., Francia, N., Alleva, E. and Cirulli, F. (2013) Use of assistance and therapy dogs for children with autism spectrum disorders: a critical review of the current evidence.

Journal of Alternative and Complementary Medicine 19 (2) pp. 73-80

PubMed Health

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0055043/>

Other papers:

A lot of the medical literature on the relationship between nature and wellbeing looks at psychological health in particular; the perceived greenness of a neighbourhood is more strongly associated with mental health than it is with physical health. Research has indicated a range of specific benefits. Sugiyama T, Leslie E, Giles-Corti B and Owen N (2008) Associations of neighbourhood greenness with physical and mental health: do walking, social coherence and local social interaction explain the relationships? *Journal of Epidemiology and Community Health* 62 (5) e9

Exercising in natural environments - compared to exercising indoors - is associated with greater feelings of revitalisation, and a greater intention to repeat the activity Coon J Thompson, Boddy K, Stein K, Whear R, Barton J, and Depledge M (2011) Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review. *Environmental Science and Technology* 45, 1761-1773

Being in an arboretum for 50 minutes provides cognitive and affective benefits for people suffering depression Berman M G Kross E and Jonides J (2012) Interacting with nature improves cognition and affect for individuals with depression. *Journal of Affective Disorders* 140 (3) 300-305

Short and intense engagements in outdoor exercise have the greatest dose- responses for two other key indicators of mental health, self-esteem and mood. Barton J and J Pretty (2010) What is the best dose of nature and green exercise for improving mental health? A multi-study analysis. *Environmental Science and Technology* 44, 3947-3955

Green outdoor settings reduce ADHD symptoms in children across a wide range of individual, residential, and case characteristics. Kuo F and Taylor A (2004) A potential natural treatment for Attention-Deficit/Hyperactivity Disorder: evidence from a national study. *American Journal of Public Health* 94 (9) 1580-1586

When immersed in nature a common response is of a connected fascination; this has been demonstrated empirically to be an active element in generating positive psychological affect. Gonzalez M, Hartig T, Patil G, Martinsen E and Kirkevold M (2010) Therapeutic horticulture in clinical depression: a prospective study of active components. *Journal of Advanced Nursing*, 66 (9) 2002–2013

In England there is evidence that the closer one lives to the coast the better one's health, and that this effect might be greater in deprived communities. Wheeler B, White M, Stahl-Timmins W, Depledge M (2012) Does living by the coast improve health and wellbeing? *Health and Place* 18 (5) 1198-1201

RCT in the *British Medical Journal* demonstrated that there is a direct therapeutic benefit to be gained from engaging with animals. Antonoli C and Reveley M (2005) Randomised controlled trial of animal facilitated therapy with dolphins in the treatment of depression. *British Medical Journal* 331 (7527) 1231-1234

Gardening provides relief from acute stress. van den Berg A and Clusters M (2011) Gardening promotes neuroendocrine and affective restoration from stress. *Journal of Health Psychology* 16, 3-11