

Supplementary Materials

Table S1. Descriptive Statistics and randomization checks.

Mesures	Lawn M(SD)	Plaza M(SD)	Greened Street M(SD)	Forest M(SD)	Waterside M(SD)	F	<i>p</i>
Arousal (baseline)	3.92 (1.01)	4.34 (0.82)	3.71 (1.06)	4.29 (1.21)	4.26 (0.9)	1.85	0.122
Valence (baseline)	6.15 (0.9)	6.46 (1.27)	6.08 (1.03)	6.14 (1)	6.08 (0.72)	0.61	0.651
Chronic Attention Fatigue	4.12 (1.12)	3.56 (1.32)	3.84 (1.54)	3.84 (1.37)	3.84 (1.54)	0.50	0.732
Precieved Physical Health	4.08 (1.52)	4.96 (1.33)	4.48 (1.53)	5 (1.11)	4.56 (1.04)	2.04	0.092
Depressive Symptom (PHQ-9)	8.64 (4.86)	7.28 (4.76)	8.28 (5.37)	6.88 (4.52)	7.44 (5.18)	0.54	0.703
Stress Symptom (PSS-10)	14.28 (4.97)	12.84 (5.39)	13.96 (5.57)	13.16 (5.16)	13.48 (4.1)	0.33	0.856

Table S2. Descriptive Statistics of the Outcome Variables.

Group	Session	Valence M(SD)	Arousal M(SD)	BDS M(SD)
Grass (N=25)	T0 Baseline	6.15 (0.9)	3.92 (1.01)	
	T1 Stressor	5.01 (1.45)	5.76 (1.32)	8.12 (3.45)
	T2 Recover	5.68 (1.15)	3.9 (1.31)	9.64 (3.14)
Plaza (N=25)	T0 Baseline	6.46 (1.27)	4.34 (0.82)	
	T1 Stressor	4.8 (1.21)	6.4 (0.86)	9.28 (2.54)
	T2 Recover	5.95 (1.47)	3.79 (0.88)	10.48 (2.08)
Street (N=25)	T0 Baseline	6.08 (1.03)	3.71 (1.06)	
	T1 Stressor	5.4 (1.31)	6.13 (0.88)	9.28 (2.76)
	T2 Recover	5.02 (0.91)	3.96 (1.25)	9.64 (2.54)
Forest (N=25)	T0 Baseline	6.14 (1)	4.29 (1.21)	
	T1 Stressor	4.78 (0.81)	6.18 (1.35)	8.96 (2.57)
	T2 Recover	5.98 (1.26)	4.21 (1.24)	10.36 (2.21)
Lake (N=25)	T0 Baseline	6.08 (0.72)	4.26 (0.9)	
	T1 Stressor	4.67 (0.87)	6.24 (1.11)	8.68 (3.23)
	T2 Recover	6.08 (1.03)	4.12 (1.28)	10.56 (2.58)

Notes. T0 = baseline; T1 = pre-video; T2 = post-video. .

Table S3. Results of regression models testing the interaction between environmental treatment and stress symptoms (PSS-10 sum score) on BDS score.

BDS (Post-Video)	Step1			Step2			Step3			Step4		
	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>
Constant	10.136	.140	0.000	9.352	.307	0.000	9.326	0.304	0.000	9.307	0.305	0.000
BDS pre-video (centered)	0.683	.048	0.000	0.693	.048	0.000	0.705	0.048	0.000	0.693	0.049	0.000
Treatment (street as reference)												
Grass				0.804	.437	0.068	0.802	0.432	0.066	0.877	0.435	0.046
Plaza				0.840	.433	0.055	0.896	0.430	0.039	0.943	0.432	0.031
Forest				0.942	.433	0.032	0.986	0.430	0.024	1.005	0.431	0.022
Lake				1.336	.434	0.003	1.367	0.430	0.002	1.381	0.431	0.002
PSS score (centered)							0.050	0.028	0.071	0.107	0.056	0.056
Treatment x PSS score												
Grass x PSS score										-0.147	0.085	0.086
Plaza x PSS score										-0.025	0.080	0.754
Forest x PSS score										-0.059	0.082	0.472
Lake x PSS score										-0.091	0.094	0.334
R ²	0.620			0.650			0.659			0.670		
ΔR ²				0.030		0.045	0.010		0.071	0.010		0.472

Table S4. Results of regression models testing the interaction between environmental treatment and depressive symptoms (PHQ-9 sum score) on BDS score.

BDS (Post-Video)	Step1			Step2			Step3			Step4		
	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>
Constant	10.136	0.140	0.000	9.352	0.307	0.000	9.339	0.308	.000	9.332	0.306	0.000
BDS pre-video (centered)	0.683	0.048	0.000	0.693	0.048	0.000	0.697	0.048	.000	0.712	0.048	0.000
Treatment (street as reference)												
Grass				0.804	0.437	0.068	0.802	0.438	.070	0.942	0.438	0.033
Plaza				0.840	0.433	0.055	0.859	0.435	.051	0.893	0.431	0.040
Forest				0.942	0.433	0.032	0.969	0.436	.028	1.041	0.434	0.018
Lake				1.336	0.434	0.003	1.354	0.436	.002	1.361	0.431	0.002
PHQ score (centered)							0.019	0.029	.509	0.020	0.058	0.735
Treatment x PHQ score												
Grass x PHQ score										-0.132	0.086	0.128
Plaza x PHQ score										0.080	0.087	0.363
Forest x PHQ score										0.080	0.089	0.372
Lake x PHQ score										-0.010	0.083	0.901
R ²	0.620			0.650			0.651			0.672		
ΔR ²				0.030		0.045	0.001		0.509	0.020		0.139

Table S5. Results of regression models testing the interaction between environmental treatment and stress symptoms (PSS-10 sum score) on valence.

Valence (Post-Video)	Step1			Step2			Step3			Step4		
	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>
Constant	5.746	0.100	0.000	4.774	0.204	0.000	4.786	0.205	0.000	4.789	0.204	0.000
Valence pre-video (centered)	0.445	0.085	0.000	0.543	0.079	0.000	0.532	0.080	0.000	0.532	0.080	0.000
Treatment (street as reference)												
Grass				0.863	0.286	0.003	0.865	0.286	0.003	0.857	0.287	0.003
Plaza				1.252	0.288	0.000	1.225	0.289	0.000	1.210	0.289	0.000
Forest				1.287	0.288	0.000	1.266	0.289	0.000	1.288	0.289	0.000
Lake				1.458	0.290	0.000	1.441	0.290	0.000	1.433	0.290	0.000
PSS score (centered)							-0.018	0.018	0.327	-0.026	0.037	0.488
Treatment x PSS score												
Grass x PSS score										0.014	0.055	0.798
Plaza x PSS score										-0.009	0.053	0.863
Forest x PSS score										0.072	0.054	0.187
Lake x PSS score										-0.061	0.062	0.329
R ²	0.180			0.355			0.361			0.386		
ΔR ²				0.175		0.000	0.005		0.327	0.026		0.318

Table S6. Results of regression models testing the interaction between environmental treatment and depressive symptoms (PHQ-9 sum score) on valence.

Valence (Post-Video)	Step1			Step2			Step3			Step4		
	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>	B	SE	<i>p</i>
Constant	5.746	0.100	0.000	4.774	0.204	0.000	4.808	0.202	0.000	4.811	0.203	0.000
Valence pre-video (centered)	0.445	0.085	0.000	0.543	0.079	0.000	0.517	0.079	0.000	0.488	0.080	0.000
Treatment (street as reference)												
Grass				0.863	0.286	0.003	0.867	0.282	0.003	0.828	0.285	0.004
Plaza				1.252	0.288	0.000	1.198	0.285	0.000	1.161	0.286	0.000
Forest				1.287	0.288	0.000	1.218	0.286	0.000	1.234	0.287	0.000
Lake				1.458	0.290	0.000	1.407	0.287	0.000	1.390	0.288	0.000
PHQ score (centered)							-0.038	0.019	0.044	-0.020	0.038	0.601
Treatment x PHQ score												
Grass x PHQ score										0.022	0.056	0.694
Plaza x PHQ score										-0.089	0.057	0.119
Forest x PHQ score										0.011	0.059	0.855
Lake x PHQ score										-0.039	0.054	0.470
R ²	0.180			0.355			0.377			0.401		
ΔR ²				0.175		0.000	0.022		0.044	0.024		0.341