



Outdoor-Based Therapy and Human Health

Guest Editor:

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Deadline for manuscript
submissions:

31 August 2024

Message from the Guest Editor

Dear Colleagues,

Rapid urbanization and urban drift centralization of the population are significant contributors to mental health and sedentary lifestyle diseases. Researchers/practitioners have developed an interest in establishing outdoor-based therapeutic approaches that share common practices such as place-based learning, forest therapy, embodied experiences, therapeutic adventure, and nature-based stress reduction.

The Special Issue welcomes the contributions that may focus on one or more of the following areas:

- Empirical support for the effects of outdoor use/intervention and human health/welfare;
- Social and economic impacts of outdoor use and management in human health/welfare;
- Why and how outdoor environments contribute to human health and welfare, especially in preventing disease, prolonging life, and promoting physical, social, and psychological welfare;
- Methodological innovation for evaluating human health/welfare effects from outdoors;
- Measuring economic benefits for using outdoor for human health/welfare.





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Message from the Editor-in-Chief

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Journal Rank: JCR - Q2 (*Health Policy & Services*) / CiteScore - Q2 (*Leadership and Management*)

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