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Outdoor and Nature Therapy

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Message from the Guest Editor

Since the emergence of cognitive behavioral therapy (CBT) in the 1980s, solid evidence-based interventions have successfully been applied for treating and preventing stress, anxiety and depression, and for promoting mental health. Over the last decade, growing scientific interest has emerged in the potential health benefits of combining outdoor and nature contact or therapy with behavioral health interventions for improving physical and mental health. Substantial support for the health-promoting effects of outdoor and nature contact has been demonstrated, but gaps still remain in our understanding of its health promoting effects—alone or when combined with other behavioral health interventions. The scope of this Special Issue is interdisciplinary with relevance to healthcare, spanning from epidemiologic research including observational studies and clinical trials, over the fields of environmental health, clinical medicine, and psychology, to ecology, landscape architecture, urban studies, and anthropology. The landscape and environments that may be covered may include but are not limited to forest, green space, and the blue ocean, in addition to urban areas and parks.



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