

INFOGRAPHIC RUIMSCHOOTS BEWEZEN: NATUUR IS GEZOND!

Overzicht Gebruikte Reviews en Primaire studies – naar jaar van publicatie

REVIEWS

1. Thompson Coon, J., Boddy, K., Stein, K., Whear, R., Barton, J., & 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 & technology*, 45(5), 1761-1772. **Bewegen**
2. Gladwell, V. F., Brown, D. K., Wood, C., Sandercock, G. R., & Barton, J. L. (2013). The great outdoors: how a green exercise environment can benefit all. *Extreme physiology & medicine*, 2(1), 3. **Bewegen**
3. Hartig, T., Mitchell, R., De Vries, S., & Frumkin, H. (2014). Nature and health. *Annual review of public health*, 35, 207-228. **Ademhaling, Bewegen, Samen, Stemming**
4. Whear, R., J. Thompson Coon, A. Bethel, R. Abbot, K. Stein & R. Garside (2014). What is the impact of using outdoor spaces such as gardens on the physical and mental well-being of those with dementia? A systematic review of quantitative and qualitative evidence. *Journal of the American Medical Directors Association*, 15, 697-705. **Stemming**
5. Dzhambov, A. M., Dimitrova, D. D., & Dimitrakova, E. D. (2014). Association between residential greenness and birth weight: Systematic review and meta-analysis. *Urban forestry & urban greening*, 13(4), 621-629. **Gezond blijven**
6. Haluza, D., Schönbauer, R., & Cervinka, R. (2014). Green perspectives for public health: a narrative review on the physiological effects of experiencing outdoor nature. *International journal of environmental research and public health*, 11(5), 5445-5461. **Gezond blijven**
7. James, P., Banay, R. F., Hart, J. E., & Laden, F. (2015). A review of the health benefits of greenness. *Current epidemiology reports*, 2(2), 131-142. **Spelen, Gezond blijven, Herstellen**
8. Capaldi, C. A., Passmore, H. A., Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2015). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, 5(4). **Stemming, Autonomie**
9. Chawla, L. (2015). Benefits of nature contact for children. *Journal of Planning Literature*, 30(4), 433-452. **Ademhaling, Samen, Spelen, Creativiteit, Concentratie, Stress**
10. Hunter, R. F., Christian, H., Veitch, J., Astell-Burt, T., Hipp, J. A., & Schipperijn, J. (2015). The impact of interventions to promote physical activity in urban green space: a systematic review and recommendations for future research. *Social Science & Medicine*, 124, 246-256. **Bewegen**
11. van den Berg, M., Wendel-Vos, W., van Poppel, M., Kemper, H., van Mechelen, W., & Maas, J. (2015). Health benefits of green spaces in the living environment: A systematic review of epidemiological studies. *Urban Forestry & Urban Greening*, 14(4), 806-816. **Gezond blijven**
12. Kuo, M. (2015). How might contact with nature promote human health? Promising mechanisms and a possible central pathway. *Frontiers in Psychology*, 6, Article 1093. **Gezond blijven, Herstellen**

13. Gascon, M., Triguero-Mas, M., Martínez, D., Dadvand, P., Rojas-Rueda, D., Plasència, A., & Nieuwenhuijsen, M. J. (2016). Residential green spaces and mortality: a systematic review. *Environment international*, 86, 60-67. **Gezond blijven**
14. Pretty, J, M Rogerson & J. Barton, Green Mind Theory: How Brain-Body-Behaviour links into Natural and Social Environments for Healthy Habits, (2017), Int. Journal of Environmental Research and Public Health, 14, 706-725. **Stress, Bewegen, Spelen, Stemming**
15. Gee, NR, MK Mueller & A.L Curl, Human-Animal Interventions and Older Adults: An Overview, (2017), Frontiers in Psychology, 8, 1416. **Stemming, Gezond blijven**
16. Williams, K. J., Lee, K. E., Hartig, T., Sargent, L. D., Williams, N. S., & Johnson, K. A. (2018). Conceptualising creativity benefits of nature experience: Attention restoration and mind wandering as complementary processes. *J. of Env Psychology*, 59, 36-45. **Creativiteit**
17. Twohig-Bennet C and A. Jones, The health benefits of the great outdoors: a systematic review and meta-analysis of greenspace exposure and health outcomes. 2018, Environmental Research 166, 628 – 637. **Gezond blijven, Herstellen**
18. Stevenson, M. P., Schilhab, T., & Bentsen, P. (2018). Attention Restoration Theory II: a systematic review to clarify attention processes affected by exposure to natural environments. *Journal of Toxicology and Environmental Health, Part B*, 1–42. **Stress**

Primaire studies:

19. De Bruin SR, Oosting SJ, Tobi H, Blauw YH, Schols JMGA en De Groot CPGM (2010). Day care at green care farms: a novel way to stimulate dietary intake of community-dwelling older people with dementia? *Journ of Nutrition, Health & Aging*, 14 (5): 352-357. **Stemming, Bewegen, Gezond blijven**
20. Hassink, J. Elings, M. Zweekhorst, M. v.d. Nieuwenhuizen, N. and Smit, A. (2010). Care farms: attractive empowerment-oriented and strengths-based practices in the community. *Health and Place* 24, 423-430. **Samen, Stemming**
21. Beetz, A., Uvnäs-Moberg, K., Julius, H., & Kotschal, K. (2012). Psychosocial and psychophysiological effects of human-animal interactions. *Frontiers in Psychologie*, Vol 3, 1-15. **Stress, Samen, Herstellen**
22. Bruin, S.R. de, Stoop, A., Molema, C.C.M., Vaandrager, L., Hop, P.J.W.M. & Baan, C.A. (2015). Green care farms: An innovative type of adult day service to stimulate social participation of people with dementia. *Gerontology & Geriatric Medicine*, 1, 1-10. **Samen**
23. Boer, B. de, J.P.H. Hamers, S.M.G.Zwakhalen, F.E.S. Tan & H.Verbeek. (2017). "Green Care Farms as Innovative Nursing Homes, Promoting Activities and Social Interaction for People With Dementia." *Journal of the American Medical Directors Association* 18(1): 40-46. **Samen, Bewegen**
24. Tanja-Dijkstra, K., Pahl, S., White, M. P., Auvray, M., Stone, R. J., Andrade, J. & Moles, D. R. (2018). The Soothing Sea: A Virtual Coastal Walk Can Reduce Experienced and Recollected Pain. *Environment and behavior*, 50(6), 599-625. **Herstellen**