



RECLAIM



GBGI and mental health and wellbeing: a Review

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Project Aims

- » Undertake a systematic review of evidence supporting the use of Green-Blue infrastructure to impact mental health and wellbeing in urban areas.

» Team :

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Mental health



Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is **an integral component of health and well-being** that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health **is more than the absence of mental disorders**. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

Determinants of mental health:

Throughout our lives, multiple **individual, social and structural determinants** may combine to protect or undermine our mental health and shift our position on the mental health continuum.

WHO 17 June 202

Cross-reviews synchronisation

study_id	treatment_type (how the authors name it)	intervention_classification	treatment_size	treatment_size_low	treatment_size_high
901	woodland	woodland scrubland private garden grass	in Belgium residential area		
	low green				
	garden				
	grassland				
902	grass	grass	0-4		
			5-9		
			10-19		
			20-29		
			>30		
904	grass (trees, concrete)	land cover	90		satellite image
905	grass-herbs	land cover			satellite image
	grass-herbs				
	shrub				
	shrub				
906	tree canopies				
	grass				
	green spaces				
907	trees	land cover	0-2		
	trees		2-16.96		
	trees		16.97-98.69		
	grasslands		0-25		
	grasslands		0.25-2.06		
	grasslands		2.07-39.7		
	fields		<13.38		
	fields		13.38-36.11		
909	Allotment gardens	Arable agriculture			
910	Allotment gardens	Arable agriculture	0.05 to 0.47		
			24 publicly-owned allotments (1836 plots)		
			Allotment sites range between 0.05 and 0.47 ha		
911	Community Garden	Arable agriculture	10.000		

- » **Treatment type:**
- » Not by intervention, but other parameters: land cover, vegetation height, etc.
- » **Intervention classification:**
- » Difficult to match them.
- » **Treatment size:**
- » Often missing. More image and time based.

Mental health and wellbeing review



Main outcome description	Outcome measure
Perception of the value and importance of forests	Questionnaire. 15 Likert scale questions (14 4-point Likert scale, 1 6-point Likert scale)
Pro-environmental behavior	Questionnaire. 15 Likert scale questions (14 4-point Likert scale, 1 6-point Likert scale)
Societal expectations on the role and ecosystem services	Questionnaire. 15 Likert scale questions (14 4-point Likert scale, 1 6-point Likert scale)
Positive Affect Pre (Baseline for all)	Positive and Negative Affect Schedule (PANAS)
Negative Affect Pre (Baseline for all)	Positive and Negative Affect Schedule (PANAS)
Perceived reconstructive outcomes (Baseline)	Restorative Outcome Scale (ROS)
Vitality (Baseline)	Subjective Vitality Scale (SVS)
Mood state	Profile of Mood States (POMS) scale (Total disturbance)
Positive Affect Post	Positive and Negative Affect Schedule (PANAS)
Negative Affect Post	Positive and Negative Affect Schedule (PANAS)
Perceived reconstructive outcomes	Restorative Outcome Scale (ROS)
Vitality	Subjective Vitality Scale (SVS)
Mood state	Profile of Mood States (POMS) scale (Total disturbance)
Positive Affect Post	Positive and Negative Affect Schedule (PANAS)
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Mood state	Profile of Mood States (POMS) scale (Total disturbance)
Mental health	WHO-5 scores
	Bernoulli gener-alised linear mixed effects models
Mental health	WHO-5 scale
Mental health	WHO-5 scale
Mental disorder	
Stress	
Behaviour	
Satisfaction of life	
Depression	Newcastle–Ottawa Scale (NOS)
Mental health	
Anxiety	
Schizophrenia	
Mental health	Restorative Components Scale (RCS)

» Outcomes:

- » Almost each paper uses a different descriptor.
- » Positive and negative > benefits and disbenefits?

» Outcomes measure:

- » Almost each paper uses a different form of measurement/index
- » Country-related variations
- » Data:
- » Numbers, index, gradients, positive/negative, etc

Workflow

