

Table S1. Search strategy.

Databases	Strategy
<p>PubMed Embase PsycINFO Web of Science Scopus</p> <p>Filters: English, Human</p> <p>Date (publication): ~ Feb 2020</p>	<p>#1 Environmental settings "Nature" OR "natural environment" OR "natural setting" OR "nature-based" OR "forest" OR "forest garden" OR "forest park" OR "urban forest" OR "forested area" OR "woodland" OR "green" OR "landscape" OR "park" OR "urban wild" OR "trees" OR "nature reserve" OR "national park" OR "public park" OR "urban park" OR "open space" OR "municipal park"</p> <p>#2 Interventions "experience" OR "recreation" OR "exposure" OR "contact" OR "connect" OR "viewing" OR "looking" OR "watching" OR "appreciation" OR "walking" OR "walk" OR "staying" OR "stay" OR "sitting" OR "exercise" OR "athletic" OR "tracking" OR "hiking" OR "meditation" OR "meditative" OR "mindfulness" OR "immersive" OR "rehabilitation" OR "activity" OR "program" OR "session" OR "tour" OR "trip" OR "travel" OR "visit" OR "therapy" OR "intervention" OR "therapeutic" OR "healing" OR "shinrin-yoku" OR "bathing" OR "basking" OR "spending" OR "time" OR "minute" OR "hour" OR "Nordic walk" OR "Terrainkur" OR "Kurort" OR "friluftslive" OR "skogsbad" OR "MEIJÄN POLKU" OR "healthy park healthy people"</p> <p>#3 Region, location, and altitude "Europe" OR "Nordic" OR "Sweden" OR "Swedish" OR "Norway" OR "Norwegian" OR "Denmark" OR "Danish" OR "Finland" OR "Finnish" OR "Iceland" OR "Icelandic" OR "Alpine" OR "Poland" OR "Polish" OR "Germany" OR "German" OR "Deutschland" OR "Switzerland" OR "Swiss" OR "Austria" OR "Austrian" OR "France" OR "French" OR "Slovenian" OR "Liechtenstein" OR "Italy" OR "Italian" OR "Greece" OR "Greek" OR "Spain" OR "Spanish" OR "Portugal" OR "Portuguese" OR "Slovenian" OR "Bulgaria" OR "Bulgarian" OR "Korea" OR "Korean" OR "Japan" OR "Japanese" OR "China" OR "Chinese" OR "Taiwan" OR "Taiwanese" OR "Philippines" OR "Filipino" OR "Singapore" OR "Singaporean" OR "Vietnam" OR "Vietnamese" OR "Myanmar" OR "Burmewe" OR "Malaysia" OR "Malaysian" OR "USA" OR "America" OR "American" OR "Canada" OR "Canadian" OR "Australia" OR "Australian" OR "New Zealand" OR "altitude" OR "elevation" OR "location" OR "latitude" OR "longitude" OR "environmental factor" OR "microclimate" OR "physical environment"</p> <p>#4 health outcomes "health" OR "well-being" OR "mental" OR "physical" OR "therapeutic" OR "psychological" OR "psychiatric" OR "physiological" OR "recovery" OR "restorative" OR "relief" OR "restoration" OR "mood" OR "affective state" OR "POMS" OR "PANAS" OR "anxiety" OR "STAI" OR "self-reporting anxiety scale" OR "depression" OR "BDI" OR "self-reporting" OR "vitality" OR "SVS" OR "cognitive" OR "mental fatigue" OR "PRS" OR "ROS" OR "chronic" OR "acute" OR "stress reduction" OR "stress recovery" OR "stress coping" OR "stress-related" OR "distress" OR "stress marker" OR "biomarker" OR "saliva" OR "cortisol" OR "amylase" OR "adrenaline" OR "noradrenaline" OR "epinephrine" OR "norepinephrine" OR "serotonin" OR "melatonin" OR "relaxation" OR "lowering effect" OR "blood pressure" OR "SBP" OR "systolic blood pressure" OR "DBP" OR "diastolic blood pressure" OR "pulse rate" OR "heart rate" OR "HRV" OR "heart rate variability" OR "SDNN" OR "RMSSD" OR "LF" OR "HF" OR "LF/HF" OR "pNN50" OR "skin conductance" OR "SCR" OR "brain wave" OR "prefrontal activity" OR "SpO2" OR "EEG"</p> <p>#5 study design "intervention stud" OR "RCT" OR "randomized controlled" OR "randomly" OR "randomised" OR "trial" OR "quasi-experiment" OR "field experiment" OR "field study" OR "pilot study" OR "pretest" OR "posttest" OR "pre intervention" OR "post intervention" OR "cross over study" OR "comparative study"</p> <p>Search keywords #1 AND #2 AND #3 AND #4 AND #5</p>