

# Meta-analysis finds 10-minute nature exposure boosts mental health

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A new meta-analysis [published](#) in the journal *Ecopsychology* examined the effects of nature exposure on the social, mental, and physical health of adults with mental illness. The analyses, "Nature exposure, even as

little as 10 minutes, is likely to yield short-term benefits for adults with mental illness: A meta analysis," showed significant, moderate effect sizes for all studies, and smaller, but significant, effect sizes for studies with control groups.

Existing research suggests that nature exposure positively affects mental health. Joanna Bettmann, Ph.D., from the University of Utah College of Social Work, and co-authors, conducted a [meta-analysis](#) designed to analyze the existing literature investigating the effects of nature exposure on [adults](#) with mental illness.

The investigators found that nature exposure has a positive effect on adults with mental illness, with a significant positive effect on symptomology, including affect, anxiety, cognition, depression, mood, and quality of life.

"The findings from the present study support the use of nature exposure as an intervention to improve health and well-being for adults with mental illness," stated the investigators.

"This meta-analysis underscores the value of incorporating [natural environments](#) into therapeutic practices for adults with [mental illness](#)," says Editor-in-Chief Peter H. Kahn, Jr., Ph.D., Professor, Department of Psychology and School of Environmental and Forest Sciences, University of Washington, Seattle, WA. "The results are timely, evidence-based, and actionable."

**More information:** Joanna E. Bettmann et al, Nature Exposure, Even as Little as 10 Minutes, is Likely to Yield Short-Term Benefits for Adults with Mental Illness: A Meta Analysis, *Ecopsychology* (2024). [DOI: 10.1089/eco.2023.0063](https://doi.org/10.1089/eco.2023.0063)

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