Having plants at home improves psychological well-being during lockdown
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An international study coordinated by the Research Group for Urban Nature and Biosystems Engineering (NATURIB) from the University of Seville's Escuela Técnica Superior of Agricultural Engineering emphasizes that having plants at home had a positive influence on the psychological well-being of the dwelling's inhabitants during COVID-19 lockdown. Researchers from the Hellenic Mediterranean University (Greece), the Federal Rural University of Pernambuco (Brazil) and the University of Genoa (Italy) participated in the study along with representatives from the University of Seville.


Provided by University of Seville