

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

In adults with mental health conditions, how effective are nature based interventions for improving patient outcomes?

Clarification of question using *PICO* structure

Patients: Adults with mental health disorders

Intervention: nature based interventions

Comparator: Any/no other intervention

Outcome: Improving patient outcomes

Plain language summary

No high quality, research evidence was identified.

Clinical and research implications

N/A

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main findings

N/A

Authors conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

NICE guidelines do not comment on nature based interventions for mental health disorders.

Date question received: 31/05/2016

Date searches conducted: 31/05/2016

Date answer completed: 20/06/2016

Search details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>Guidelines</i>			
NICE	Ecopsychology Ecotherapy Nature Animal therapy		
<i>Systematic Reviews</i>			
MEDLINE	(pet* ADJ3 therap*).ti,ab (animal* ADJ3 therap*).ti,ab horticultur*.ti,ab wilderness*.ti,ab outdoor*.ti,ab trekking.ti,ab walk*.ti,ab (nature* ADJ3 (connect* OR close* OR therap*)).ti,ab (eco ADJ3 therapy).ti,ab (nature ADJ3 therapy).ti,ab ((equine OR equestrian) ADJ3 therap*).ti,ab adventure*.ti,ab (green ADJ2 gym*).ti,ab (outdoor* OR outside*).ti,ab exp WILDERNESS/ exp GARDENING/ exp EQUINE-ASSISTED THERAPY/ exp EQUINE-ASSISTED THERAPY/ exp DOLPHINS/ exp HORSES/	1873	

	exp DOGS/ exp NATURE/ 24 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22 Publication Year 2014-2016 and (Document type Meta-analysis or Randomized Controlled Trial)]		
EMBASE	(pet* ADJ3 therap*).ti,ab (animal* ADJ3 therap*).ti,ab horticultur*.ti,ab wilderness*.ti,ab outdoor*.ti,ab trekking.ti,ab walk*.ti,ab (nature* ADJ3 (connect* OR close* OR therap*)).ti,ab (eco ADJ3 therapy).ti,ab (nature ADJ3 therapy).ti,ab ((equine OR equestrian) ADJ3 therap*).ti,ab adventure*.ti,ab WILDERNESS/ GARDENING/ EQUINE-ASSISTED THERAPY/ DOLPHINS 25 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32 OR 33 OR 34 OR 35 OR 32 OR 37 OR 33 OR 39 OR 40 OR 34 OR 35 OR 36 OR 37 OR 45 OR 46 OR 47 (EBM-Evidence Based Medicine Meta Analysis or Systematic Review) and (Clinical Trials Clinical Trial or Randomized Controlled Trial or Controlled Clinical Trial) and Publication Year 2014-2016]	42	
PsycINFO/CINAHL	(pet* ADJ3 therap*).ti,ab (animal* ADJ3 therap*).ti,ab horticultur*.ti,ab wilderness*.ti,ab outdoor*.ti,ab trekking.ti,ab	377	

	<p>walk*.ti,ab (nature* ADJ3 (connect* OR close* OR therap*)).ti,ab (eco ADJ3 therapy).ti,ab (nature ADJ3 therapy).ti,ab ((equine OR equestrian) ADJ3 therap*).ti,ab adventure*.ti,ab (green ADJ2 gym*).ti,ab (outdoor* OR outside*).ti,ab DOLPHINS/ HORSES/ DOGS/ WILDERNESS EXPERIENCE/ PETS/ 39 OR 40 OR 41 OR 42 OR 43 OR 44 OR 45 OR 46 OR 47 OR 48 OR 49 OR 50 OR 51 OR 52 OR 53 OR 54 Limit to: Publication Year 2014-2016 and (Methodology Meta Analysis or Systematic Review or Treatment Outcome/Clinical Trial)]</p>		
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