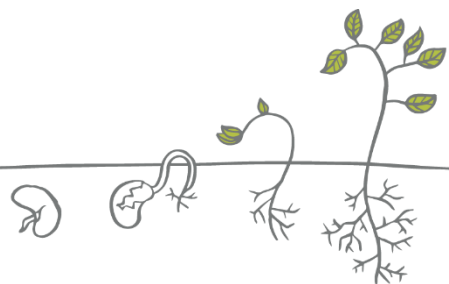


# EFFETS BÉNÉFIQUES DES ESPACES DE NATURE EN VILLE SUR LA SANTÉ

**Bibliographie complète**



## FICHE 1 – LES EFFETS SUR LE STRESS ET L'ANXIÉTÉ

- Baas, J. M. P., Milstein, J., Donlevy, M., & Grillon, C. (2006). Brainstem Correlates of Defensive States in Humans. *Biological Psychiatry*, 59(7), 588-593. <https://doi.org/10.1016/j.biopsych.2005.09.009>
- Baxter, A. J., Scott, K. M., Vos, T., & Whiteford, H. A. (2013). Global prevalence of anxiety disorders : A systematic review and meta-regression. *Psychological Medicine*, 43(05), 897-910. <https://doi.org/10.1017/S003329171200147X>
- Beck, A. T., & Clark, D. A. (1997). An information processing model of anxiety : Automatic and strategic processes. *Behaviour Research and Therapy*, 35(1), 49-58. [https://doi.org/10.1016/S0005-7967\(96\)00069-1](https://doi.org/10.1016/S0005-7967(96)00069-1)
- Berto, R. (2014). The Role of Nature in Coping with Psycho-Physiological Stress : A Literature Review on Restorativeness. *Behavioral Sciences*, 4(4), 394-409. <https://doi.org/10.3390/bs4040394>
- Bystritsky, A., & Kronemyer, D. (2014). Stress and Anxiety. *Psychiatric Clinics of North America*, 37(4), 489-518. <https://doi.org/10.1016/j.psc.2014.08.002>
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A Global Measure of Perceived Stress. *Journal of Health and Social Behavior*, 24(4), 385-396. <https://doi.org/10.2307/2136404>
- de Kort, Y. A. W., Meijnders, A. L., Sponselee, A. A. G., & IJsselsteijn, W. A. (2006). What's wrong with virtual trees? Restoring from stress in a mediated environment. *Journal of Environmental Psychology*, 26(4), 309-320. <https://doi.org/10.1016/j.jenvp.2006.09.001>
- de Vries, S., ten Have, M., van Dorsselaer, S., van Wezep, M., Hermans, T., & de Graaf, R. (2016). Local availability of green and blue space and prevalence of common mental disorders in the Netherlands. *British Journal of Psychiatry Open*, 2(6), 366-372. <https://doi.org/10.1192/bjpo.bp.115.002469>
- Derryberry, D., & Reed, M. A. (2002). Anxiety-related attentional biases and their regulation by attentional control. *Journal of Abnormal Psychology*, 111(2), 225-236. <https://doi.org/10.1037//0021-843X.111.2.225>
- Dzhambov, A. M., & Dimitrova, D. D. (2014). Elderly visitors of an urban park, health anxiety and individual awareness of nature experiences. *Urban Forestry & Urban Greening*, 13(4), 806-813. <https://doi.org/10.1016/j.ufug.2014.05.006>
- Eldar, S., Yankelevitch, R., Lamy, D., & Bar-Haim, Y. (2010). Enhanced neural reactivity and selective attention to threat in anxiety. *Biological Psychology*, 85(2), 252-257. <https://doi.org/10.1016/j.biopsycho.2010.07.010>
- Geniole, S. N., David, J. P. F., Euzébio, R. F. R., Toledo, B. Z. S., Neves, A. I. M., & McCormick, C. M. (2016). Restoring Land and Mind : The Benefits of an Outdoor Walk on Mood Are Enhanced in a Naturalized Landfill Area Relative to Its Neighboring Urban Area. *Ecopsychology*, 8(2), 107-120. <https://doi.org/10.1089/eco.2016.0005>
- Goyal, M., Singh, S., Sibinga, E. M. S., Gould, N. F., Rowland-Seymour, A., Sharma, R., Berger, Z., Sleicher, D., Maron, D. D., Shihab, H. M., Ranasinghe, P. D., Linn, S., Saha, S., Bass, E. B., & Haythornthwaite, J. A. (2014). Meditation Programs for Psychological Stress and Well-being : A Systematic Review and Meta-analysis. *JAMA Internal Medicine*, 174(3), 357. <https://doi.org/10.1001/jamainternmed.2013.13018>
- Grillon, C., Duncko, R., Covington, M. F., Kopperman, L., & Kling, M. A. (2007). Acute Stress Potentiates Anxiety in Humans. *Biological Psychiatry*, 62(10), 1183-1186. <https://doi.org/10.1016/j.biopsych.2007.06.007>
- Gross, C., & Hen, R. (2004). The developmental origins of anxiety. *Nature Reviews Neuroscience*, 5(7), 545-552. <https://doi.org/10.1038/nrn1429>
- Hansmann, R., Hug, S.-M., & Seeland, K. (2007). Restoration and stress relief through physical activities in forests and parks. *Urban Forestry & Urban Greening*, 6(4), 213-225. <https://doi.org/10.1016/j.ufug.2007.08.004>
- Hartig, T., Evans, G. W., Jamner, L. D., Davis, D. S., & Gärling, T. (2003). Tracking restoration in natural and urban field settings. *Journal of Environmental Psychology*, 23(2), 109-123. [https://doi.org/10.1016/S0272-4944\(02\)00109-3](https://doi.org/10.1016/S0272-4944(02)00109-3)
- Honold, J., Lakes, T., Beyer, R., & van der Meer, E. (2016). Restoration in urban spaces : Nature views from home, greenways, and public parks. *Environment and Behavior*, 48(6), 796-825.
- Hug, S., Hansmann, R., Monn, C., Krütli, P., & Seeland, K. (2008). Restorative Effects of physical activity in forests and indoor settings. *International Journal of Fitness*, 4, 25-38.
- Irvine, K., Warber, S., Devine-Wright, P., & Gaston, K. (2013). Understanding Urban Green Space as a Health Resource : A Qualitative Comparison of Visit Motivation and Derived Effects among Park Users in Sheffield, UK. *International Journal of Environmental Research and Public Health*, 10(1), 417-442. <https://doi.org/10.3390/ijerph10010417>
- Keng, S.-L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health : A review of empirical studies. *Clinical Psychology Review*, 31(6), 1041-1056. <https://doi.org/10.1016/j.cpr.2011.04.006>
- Lazarus, R. S., & Folkman, S. (1984). Stress, appraisal, and coping. Springer publishing company
- Lee, J. (2017). Experimental Study on the Health Benefits of Garden Landscape. *International Journal of Environmental Research and Public Health*, 14(7), 829. <https://doi.org/10.3390/ijerph14070829>
- Maas, J., van Dillen, S. M. E., Verheij, R. A., & Groenewegen, P. P. (2009). Social contacts as a possible mechanism behind the relation between green space and health. *Health & Place*, 15(2), 586-595. <https://doi.org/10.1016/j.healthplace.2008.09.006>
- Mackay, G. J., & Neill, J. T. (2010). The effect of "green exercise" on state anxiety and the role of exercise duration, intensity, and greenness : A quasi-experimental study. *Psychology of Sport and Exercise*, 11(3), 238-245. <https://doi.org/10.1016/j.psychsport.2010.01.002>
- MacLeod, C., Mathews, A., & Tata, P. (1986). Attentional bias in emotional disorders. *Journal of Abnormal Psychology*, 95(1), 15-20. <https://doi.org/10.1037/0021-843X.95.1.15>

- Marselle, M., Irvine, K., & Warber, S. (2013). Walking for Well-Being : Are Group Walks in Certain Types of Natural Environments Better for Well-Being than Group Walks in Urban Environments? *International Journal of Environmental Research and Public Health*, 10(11), 5603-5628. <https://doi.org/10.3390/ijerph10115603>
- Mathews, A., & Macleod, C. (2002). Induced processing biases have causal effects on anxiety. *Cognition and Emotion*, 354. <https://doi.org/10.1080/02699930143000518>
- Mogg, K., Mathews, A., & Weinman, J. (1989). Selective processing of threat cues in anxiety states : A replication. *Behaviour Research and Therapy*, 27(4), 317-323. [https://doi.org/10.1016/0005-7967\(89\)90001-6](https://doi.org/10.1016/0005-7967(89)90001-6)
- Nutsford, D., Pearson, A. L., & Kingham, S. (2013). An ecological study investigating the association between access to urban green space and mental health. *Public Health*, 127(11), 1005-1011. <https://doi.org/10.1016/j.puhe.2013.08.016>
- Okon-Singer, H. (2018). The role of attention bias to threat in anxiety : Mechanisms, modulators and open questions. *Current Opinion in Behavioral Sciences*, 19, 26-30. <https://doi.org/10.1016/j.cobeha.2017.09.008>
- Olafsdottir, G., Cloke, P., Schulz, A., Van Dyck, Z., Eysteinnsson, T., Thorleifsdottir, B., & Vögele, C. (2020). Health benefits of walking in nature: A randomized controlled study under conditions of real-life stress. *Environment and Behavior*, 52(3), 248-274.
- Roe, J., Thompson, C., Aspinall, P., Brewer, M., Duff, E., Miller, D., Mitchell, R., & Clow, A. (2013). Green Space and Stress : Evidence from Cortisol Measures in Deprived Urban Communities. *International Journal of Environmental Research and Public Health*, 10(9), 4086-4103. <https://doi.org/10.3390/ijerph10094086>
- Schutte, N.S., Malouff, J.M. (2018). Mindfulness and connectedness to nature: A meta-analytic investigation. *Personality and Individual Differences*, 127, 10-14, <https://doi.org/10.1016/j.paid.2018.01.034>.
- Song, X., Li, H., Li, C., Xu, J., & Hu, D. (2016). Effects of VOCs from leaves of *Acer truncatum* Bunge and *Cedrus deodara* on human physiology and psychology. *Urban Forestry & Urban Greening*, 19, 29-34. <https://doi.org/10.1016/j.ufug.2016.06.021>
- Sonntag-Öström, E., Nordin, M., Lundell, Y., Dolling, A., Wiklund, U., Karlsson, M., Carlberg, B., & Slunga Järholm, L. (2014). Restorative effects of visits to urban and forest environments in patients with exhaustion disorder. *Urban Forestry & Urban Greening*, 13(2), 344-354. <https://doi.org/10.1016/j.ufug.2013.12.007>
- Spielberger, C. D. (1983). State-Trait Anxiety Inventory for Adults (STAI-AD) [Database record]. APA PsycTests.
- Stigsdotter, U. K., Ekholm, O., Schipperijn, J., Toftager, M., Kamper-Jørgensen, F., & Randrup, T. B. (2010). Health promoting outdoor environments—Associations between green space, and health, health-related quality of life and stress based on a Danish national representative survey. *Scandinavian Journal of Public Health*, 38(4), 411-417. <https://doi.org/10.1177/1403494810367468>
- Sylvers, P., Lilienfeld, S. O., & LaPrairie, J. L. (2011). Differences between trait fear and trait anxiety : Implications for psychopathology. *Clinical Psychology Review*, 31(1), 122-137. <https://doi.org/10.1016/j.cpr.2010.08.004>
- Tsunetsugu, Y., Lee, J., Park, B.-J., Tyrväinen, L., Kagawa, T., & Miyazaki, Y. (2013). Physiological and psychological effects of viewing urban forest landscapes assessed by multiple measurements. *Landscape and Urban Planning*, 113, 90-93. <https://doi.org/10.1016/j.landurbplan.2013.01.014>
- Tyrväinen, L., Ojala, A., Korpela, K., Lanki, T., Tsunetsugu, Y., & Kagawa, T. (2014). The influence of urban green environments on stress relief measures : A field experiment. *Journal of Environmental Psychology*, 38, 1-9. <https://doi.org/10.1016/j.jenvp.2013.12.005>
- Ulrich, R.S. (1981) Natural versus urban scenes: Some psychophysiological effects. *Environment and Behavior* 13, 532–556
- Van den Berg, A. E., Maas, J., Verheij, R. A. et Groenewegen, P. P. (2010). Green space as a buffer between stressful life events and health. *Social science & medicine*, 70(8), pages 1203-1210. <https://doi.org/10.1016/j.socscimed.2010.01.002>
- Williams, J. M. G. (Éd.). (1997). *Cognitive psychology and emotional disorders* (2nd ed). Wiley.
- Williams, J. M. G., Mathews, A., & MacLeod, C. (1996). The emotional Stroop task and psychopathology. *Psychological bulletin*, 120(1), 3. <https://doi.org/10.1037/0033-2909.120.1.3>
- Yamaguchi, M., Deguchi, M., & Miyazaki, Y. (2006). The effects of exercise in forest and urban environments on sympathetic nervous activity of normal young adults. *Journal of International Medical Research*, 34(2), 152–159. <https://doi.org/10.1177/147323000603400204>

## FICHE 2 – LES EFFETS SUR LA DÉPRESSION

- Barton, J., Hine, R., & Pretty, J. (2009). The health benefits of walking in greenspaces of high natural and heritage value. *Journal of Integrative Environmental Sciences*, 6(4), 261-278. <https://doi.org/10.1080/19438150903378425>
- Barton, Jo, & Pretty, J. (2010). What is the Best Dose of Nature and Green Exercise for Improving Mental Health? A Multi-Study Analysis. *Environmental Science & Technology*, 44(10), 3947-3955. <https://doi.org/10.1021/es903183r>
- Beck, A.T., Ward, C.H., Mendelson, M., Mock, J., & Erbaugh, J. (1961) An inventory for measuring depression. *Archives of general psychiatry*, 4, 561-571. <https://doi:10.1001/archpsyc.1961.01710120031004>
- Berman, M. G., Kross, E., Krpan, K. M., Askren, M. K., Burson, A., Deldin, P. J., Kaplan, S., Sherdell, L., Gotlib, I. H., & Jonides, J. (2012). Interacting with nature improves cognition and affect for individuals with depression. *Journal of Affective Disorders*, 140(3), 300-305. <https://doi.org/10.1016/j.jad.2012.03.012>
- Berto, R. (2014). The Role of Nature in Coping with Psycho-Physiological Stress: A Literature Review on Restorativeness. *Behavioral Sciences*, 4(4), 394–409. <https://doi.org/10.3390/bs4040394>
- Cox, D. T., Shanahan, D. F., Hudson, H. L., Plummer, K. E., Siriwardena, G. M., Fuller, R. A., ... & Gaston, K. J. (2017). Doses of neighborhood nature: the benefits for mental health of living with nature. *BioScience*, 67(2), 147-155. <https://doi.org/10.1093/biosci/biw173>
- Geniole, S. N., David, J. P. F., Euzébio, R. F. R., Toledo, B. Z. S., Neves, A. I. M., & McCormick, C. M. (2016). Restoring Land and Mind : The Benefits of an Outdoor Walk on Mood Are Enhanced in a Naturalized Landfill Area Relative to Its Neighboring Urban Area. *Ecopsychology*, 8(2), 107-120. <https://doi.org/10.1089/eco.2016.0005>
- Global Burden of Disease (2017). Disease and Injury Incidence and Prevalence Collaborators. (2018). Global, regional, and national incidence, prevalence, and years lived with disability for 354 diseases and injuries for 195 countries and territories, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*.
- Han, K.-T. (2017). The effect of nature and physical activity on emotions and attention while engaging in green exercise. *Urban Forestry & Urban Greening*, 24, 5-13. <https://doi.org/10.1016/j.ufug.2017.03.012>
- Lee, J. (2017). Experimental Study on the Health Benefits of Garden Landscape. *International Journal of Environmental Research and Public Health*, 14(7), 829. <https://doi.org/10.3390/ijerph14070829>
- Liu, H., Li, F., Li, J., & Zhang, Y. (2017). The relationships between urban parks, residents' physical activity, and mental health benefits : A case study from Beijing, China. *Journal of Environmental Management*, 190, 223-230. <https://doi.org/10.1016/j.jenvman.2016.12.058>
- Maas, J., van Dillen, S. M. E., Verheij, R. A., & Groenewegen, P. P. (2009). Social contacts as a possible mechanism behind the relation between green space and health. *Health & Place*, 15(2), 586-595. <https://doi.org/10.1016/j.healthplace.2008.09.006>
- McNair, D. M., M. Lorr, and L. F. Droppleman. (1971). Manual for the profile of mood states (POMS). San Diego: Educational and Industrial Testing Service
- Mukherjee, D., Safraj, S., Tayyab, M., Shivashankar, R., Patel, S. A., Narayanan, G., Ajay, V. S., Ali, M. K., Narayan, K. V., Tandon, N., & Prabhakaran, D. (2017). Park availability and major depression in individuals with chronic conditions : Is there an association in urban India? *Health & Place*, 47, 54-62. <https://doi.org/10.1016/j.healthplace.2017.07.004>
- Pasquier, A., Bonnet, A., & Pedinielli, J.-L. (2009). Fonctionnement cognitivo-émotionnel : Le rôle de l'intensité émotionnelle chez les individus anxieux. *Annales Médico-psychologiques, revue psychiatrique*, 167(9), 649-656. <https://doi.org/10.1016/j.amp.2007.11.017>
- Pretty, J., Peacock, J., Sellens, M., & Griffin, M. (2005). The mental and physical health outcomes of green exercise. *International Journal of Environmental Health Research*, 15(5), 319-337. <https://doi.org/10.1080/09603120500155963>
- Raphiphatthana, B., Jose, P. E., & Kielpikowski, M. (2016). How do the facets of mindfulness predict the constructs of depression and anxiety as seen through the lens of the tripartite theory? *Personality and Individual Differences*, 93, 104-111. <https://doi.org/10.1016/j.paid.2015.08.005>
- Roe, J., Thompson, C., Aspinall, P., Brewer, M., Duff, E., Miller, D., Mitchell, R., & Clow, A. (2013). Green Space and Stress : Evidence from Cortisol Measures in Deprived Urban Communities. *International Journal of Environmental Research and Public Health*, 10(9), 4086-4103. <https://doi.org/10.3390/ijerph10094086>
- Rogerson, M., Brown, D. K., Sandercock, G., Wooller, J.-J., & Barton, J. (2016). A comparison of four typical green exercise environments and prediction of psychological health outcomes. *Perspectives in Public Health*, 136(3), 171-180. <https://doi.org/10.1177/1757913915589845>
- Shanahan, D. F., Bush, R., Gaston, K. J., Lin, B. B., Dean, J., Barber, E., & Fuller, R. A. (2016). Health benefits from nature experiences depend on dose. *Scientific reports*, 6, 28551
- Sugiyama, T., Leslie, E., Giles-Corti, B., & Owen, N. (2008). Associations of neighbourhood greenness with physical and mental health: do walking, social coherence and local social interaction explain the relationships? *Journal of Epidemiology & Community Health*, 62(5), e9-e9.
- Taylor, M. S., Wheeler, B. W., White, M. P., Economou, T., & Osborne, N. J. (2015). Research note : Urban street tree density and antidepressant prescription rates—A cross-sectional study in London, UK. *Landscape and Urban Planning*, 136, 174-179. <https://doi.org/10.1016/j.landurbplan.2014.12.005>
- Thompson Coon, J., Boddy, K., Stein, K., Whear, R., Barton, J., & Depledge, M. H. (2011). Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity

- Indoors? A Systematic Review. *Environmental Science & Technology*, 45(5), 1761-1772. <https://doi.org/10.1021/es102947t>
- Tsunetsugu, Y., Lee, J., Park, B.-J., Tyrväinen, L., Kagawa, T., & Miyazaki, Y. (2013). Physiological and psychological effects of viewing urban forest landscapes assessed by multiple measurements. *Landscape and Urban Planning*, 113, 90-93. <https://doi.org/10.1016/j.landurbplan.2013.01.014>
- van den Berg, A. E., Koole, S. L., & van der Wulp, N. Y. (2003). Environmental preference and restoration : (How) are they related? *Journal of Environmental Psychology*, 23(2), 135-146. [https://doi.org/10.1016/S0272-4944\(02\)00111-1](https://doi.org/10.1016/S0272-4944(02)00111-1)

## FICHE 3 – LES EFFETS SUR LA RESTAURATION DE L'ATTENTION

- Arnberger, A., & Eder, R. (2015). Are urban visitors' general preferences for green-spaces similar to their preferences when seeking stress relief? *Urban Forestry & Urban Greening*, 14(4), 872-882. <https://doi.org/10.1016/j.ufug.2015.07.005>
- Berto, R. (2014). The Role of Nature in Coping with Psycho-Physiological Stress: A Literature Review on Restorativeness. *Behavioral Sciences*, 4(4), 394-409. <https://doi.org/10.3390/bs4040394>
- Bratman, G. N., Daily, G. C., Levy, B. J., & Gross, J. J. (2015). The benefits of nature experience: Improved affect and cognition. *Landscape and Urban Planning*, 138, 41-50. <https://doi.org/10.1016/j.landurbplan.2015.02.005>
- Bratman, G. N., Hamilton, J. P., & Daily, G. C. (2012). The impacts of nature experience on human cognitive function and mental health: Nature experience, cognitive function, and mental health. *Annals of the New York Academy of Sciences*, 1249(1), 118-136. <https://doi.org/10.1111/j.1749-6632.2011.06400.x>
- Bratman, G. N., Hamilton, J. P., Hahn, K. S., Daily, G. C., & Gross, J. J. (2015). Nature experience reduces rumination and subgenual prefrontal cortex activation. *Proceedings of the National Academy of Sciences*, 112(28), 8567-8572. <https://doi.org/10.1073/pnas.1510459112>
- Bruner, J.S., Goodnow, J.J. & Austin, G.A. A study of thinking, New York, Wiley (1956) ; Miller, G.A., Gallanter, E., Pribram, K.H., Plans and the Structure of behavior, New York, Holt, Rhineart & Winston, 1960
- Carrus, G., Scopelliti, M., Laforteza, R., Colangelo, G., Ferrini, F., Salbitano, F., Agrimi, M., Portoghesi, L., Semenzato, P., & Sanesi, G. (2015). Go greener, feel better? The positive effects of biodiversity on the well-being of individuals visiting urban and peri-urban green areas. *Landscape and Urban Planning*, 134, 221-228. <https://doi.org/10.1016/j.landurbplan.2014.10.022>
- Dallimer, M., Irvine, K. N., Skinner, A. M. J., Davies, Z. G., Rouquette, J. R., Maltby, L. L., Warren, P. H., Armsworth, P. R., & Gaston, K. J. (2012). Biodiversity and the Feel-Good Factor : Understanding Associations between Self-Reported Human Well-being and Species Richness. *BioScience*, 62(1), 47-55. <https://doi.org/10.1525/bio.2012.62.1.9>
- Dadvand, P., Nieuwenhuijsen, M. J., Esnaola, M., Forn, J., Basagaña, X., Alvarez-Pedrerol, M., ... & Jerrett, M. (2015). Green spaces and cognitive development in primary schoolchildren. *Proceedings of the National Academy of Sciences*, 112(26), 7937-7942.
- Faber Taylor, A., & Kuo, F. E. (2009). Children With Attention Deficits Concentrate Better After Walk in the Park. *Journal of Attention Disorders*, 12(5), 402-409. <https://doi.org/10.1177/1087054708323000>
- Geniole, S. N., David, J. P. F., Euzébio, R. F. R., Toledo, B. Z. S., Neves, A. I. M., & McCormick, C. M. (2016). Restoring Land and Mind : The Benefits of an Outdoor Walk on Mood Are Enhanced in a Naturalized Landfill Area Relative to Its Neighboring Urban Area. *Ecopsychology*, 8(2), 107-120. <https://doi.org/10.1089/eco.2016.0005>
- Grahn, P., & Stigsdotter, U. A. (2003). Landscape planning and stress. *Urban forestry & urban greening*, 2(1), 1-18. <https://doi.org/10.1078/1618-8667-00019>
- Grahn, P., & Stigsdotter, U. K. (2010). The relation between perceived sensory dimensions of urban green space and stress restoration. *Landscape and urban planning*, 94(3-4), 264-275. <https://doi.org/10.1016/j.landurbplan.2009.10.012>
- Hartig, T., Evans, G. W., Jamner, L. D., Davis, D. S., & Gärling, T. (2003). Tracking restoration in natural and urban field settings. *Journal of Environmental Psychology*, 23(2), 109-123. [https://doi.org/10.1016/S0272-4944\(02\)00109-3](https://doi.org/10.1016/S0272-4944(02)00109-3)
- Hartig, T., & Staats, H. (2006). The need for psychological restoration as a determinant of environmental preferences. *Journal of environmental psychology*, 26(3), 215-226
- Hoyle, H., Hitchmough, J., & Jorgensen, A. (2017). All about the 'wow factor'? The relationships between aesthetics, restorative effect and perceived biodiversity in designed urban planting. *Landscape and Urban Planning*, 164, 109-123. <https://doi.org/10.1016/j.landurbplan.2017.03.011>
- Joye, Y., & Dewitte, S. (2018). Nature's broken path to restoration. A critical look at Attention Restoration Theory. *Journal of environmental psychology*, 59, 1-8
- Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*, 15(3), 169-182. [https://doi.org/10.1016/0272-4944\(95\)90001-2](https://doi.org/10.1016/0272-4944(95)90001-2)
- Kaplan, R. (2001). The nature of the view from home: Psychological benefits. *Environment and behavior*, 33(4), 507-542. <https://doi.org/10.1177/00139160121973115>
- Kaplan, S., & Kaplan, R. (2003). Health, Supportive Environments, and the Reasonable Person Model. *American Journal of Public Health*, 93(9), 1484-1489. <https://doi.org/10.2105/AJPH.93.9.1484>
- Lee, J. (2017). Experimental Study on the Health Benefits of Garden Landscape. *International Journal of Environmental Research and Public Health*, 14(7), 829. <https://doi.org/10.3390/ijerph14070829>
- Linnell, K. J., Caparos, S., de Fockert, J. W., & Davidoff, J. (2013). Urbanization decreases attentional engagement. *Journal of Experimental Psychology: Human Perception and Performance*, 39(5), 1232-1247. <https://doi.org/10.1037/a0031139>
- Markevych, I., Tiesler, C. M. T., Fuertes, E., Romanos, M., Dadvand, P., Nieuwenhuijsen, M. J., Berdel, D., Koletzko, S., & Heinrich, J. (2014). Access to urban green spaces and behavioural problems in children : Results from the GINIplus and LISApplus studies. *Environment International*, 71, 29-35. <https://doi.org/10.1016/j.envint.2014.06.002>

- McCormick, R. (2017). Does Access to Green Space Impact the Mental Well-being of Children : A Systematic Review. *Journal of Pediatric Nursing*. <https://doi.org/10.1016/j.pedn.2017.08.027>
- Meyer-Grandbastien, A., Burel, F., Hellier, E., & Bergerot, B. (2019). A step towards understanding the relationship between species diversity and psychological restoration of visitors in urban green spaces using landscape heterogeneity. *Landscape and Urban Planning*, 195, 103–728. <https://doi.org/10.1016/j.landurbplan.2019.103728>
- Ohly, H., White, M. P., Wheeler, B. W., Bethel, A., Ukoumunne, O. C., Nikolaou, V., & Garside, R. (2016). Attention Restoration Theory: A systematic review of the attention restoration potential of exposure to natural environments. *Journal of Toxicology and Environmental Health, Part B*, 19(7), 305-343. <https://doi.org/10.1080/10937404.2016.1196155>
- Ottosson, J., & Grahn, P. (2005). A Comparison of Leisure Time Spent in a Garden with Leisure Time Spent Indoors : On Measures of Restoration in Residents in Geriatric Care. *Landscape Research*, 30(1), 23-55. <https://doi.org/10.1080/0142639042000324758>
- Sato, I., & Conner, T. S. (2013). The Quality of Time in Nature : How Fascination Explains and Enhances the Relationship Between Nature Experiences and Daily Affect. *Ecopsychology*, 5(3), 197-204. <https://doi.org/10.1089/eco.2013.0026>
- Sonntag-Öström, E., Nordin, M., Lundell, Y., Dolling, A., Wiklund, U., Karlsson, M., Carlberg, B., & Slunga Järholm, L. (2014). Restorative effects of visits to urban and forest environments in patients with exhaustion disorder. *Urban Forestry & Urban Greening*, 13(2), 344-354. <https://doi.org/10.1016/j.ufug.2013.12.007>
- Staats, H., & Hartig, T. (2004). Alone or with a friend : A social context for psychological restoration and environmental preferences. *Journal of Environmental Psychology*, 24(2), 199-211. <https://doi.org/10.1016/j.jenvp.2003.12.005>
- Stefan, J. (2016). Influence de la présence d'un élément de la nature sur la santé et sur les comportements prosociaux. Thèse de doctorat
- Staats, H., Jahncke, H., Herzog, T. R., & Hartig, T. (2016). Urban options for psychological restoration: Common strategies in everyday situations. *PLoS One*, 11(1), e0146213. <https://doi.org/10.1371/journal.pone.0146213>
- Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A., & Zelson, M. (1991). Stress recovery during exposure to natural and urban environments. *Journal of Environmental Psychology*, 11(3), 201-230. [https://doi.org/10.1016/S0272-4944\(05\)80184-7](https://doi.org/10.1016/S0272-4944(05)80184-7)
- van den Berg, A. E., Koole, S. L., & van der Wulp, N. Y. (2003). Environmental preference and restoration : (How) are they related? *Journal of Environmental Psychology*, 23(2), 135-146. [https://doi.org/10.1016/S0272-4944\(02\)00111-1](https://doi.org/10.1016/S0272-4944(02)00111-1)
- Wells, N. M. (2000). At home with nature : Effects of "greenness" on children's cognitive functioning. *Environment and behavior*, 32(6), 775–795.
- Zijlema, W. L., Triguero-Mas, M., Smith, G., Cirach, M., Martinez, D., Davdand, P., Gascon, M., Jones, M., Gidlow, C., Hurst, G., Masterson, D., Ellis, N., van den Berg, M., Maas, J., van Kamp, I., van den Hazel, P., Kruize, H., Nieuwenhuisen, M. J., & Julvez, J. (2017). The relationship between natural outdoor environments and cognitive functioning and its mediators. *Environmental Research*, 155, 268-275. <https://doi.org/10.1016/j.envres.2017.02.017>



## FICHE 4 – LES EFFETS SUR LE DÉFICIT DE NATURE

- Bonnes, M., Passafaro, P., & Carrus, G. (2011). The Ambivalence of Attitudes Toward Urban Green Areas : Between Proenvironmental Worldviews and Daily Residential Experience. *Environment and Behavior*, 43(2), 207-232. doi.org/10.1177/0013916509354699
- Bringslimark, T., Hartig, T., & Grindal Patil, G. (2011). Adaptation to Windowlessness : Do Office Workers Compensate for a Lack of Visual Access to the Outdoors? *Environment and Behavior*, 43(4), 469-487. https://doi.org/10.1177/0013916510368351
- Capaldi, C. A., Dopko, R. L., & Zelenski, J. M. (2014). The relationship between nature connectedness and happiness : A meta-analysis. *Frontiers in Psychology*, 5. https://doi.org/10.3389/fpsyg.2014.00976
- Cervinka, R., Röderer, K., & Hefler, E. (2012). Are nature lovers happy? On various indicators of well-being and connectedness with nature. *Journal of Health Psychology*, 17(3), 379-388. https://doi.org/10.1177/1359105311416873
- Cosgriff, M., Little, D. E., & Wilson, E. (2009). The Nature of Nature : How New Zealand Women in Middle to Later Life Experience Nature-Based Leisure. *Leisure Sciences*, 32(1), 15-32. https://doi.org/10.1080/01490400903430822
- de Vries, S., Verheij, R. A., Groenewegen, P. P., & Spreeuwenberg, P. (2003). Natural Environments—Healthy Environments? An Exploratory Analysis of the Relationship between Greenspace and Health. *Environment and Planning A*, 35(10), 1717-1731. https://doi.org/10.1068/a35111
- Dutcher, D. D., Finley, J. C., Luloff, A. E., & Johnson, J. B. (2007). Connectivity with nature as a measure of environmental values. *Environment and behavior*, 39(4), 474-493. https://doi.org/10.1177/0013916506298794
- Glatron, S., Grésillon, É., & Blanc, N. (2012). Les trames vertes pour les citoyens : Une appropriation contrastée à Marseille, Paris, Strasbourg. *Développement durable et territoires*. Économie, géographie, politique, droit, sociologie, 3(2)
- Gobster, P. H., Nassauer, J. I., Daniel, T. C., & Fry, G. (2007). The shared landscape : What does aesthetics have to do with ecology? *Landscape Ecology*, 22(7), 959-972. https://doi.org/10.1007/s10980-007-9110-x
- Goodness, J., Andersson, E., Anderson, P. M. L., & Elmqvist, T. (2016). Exploring the links between functional traits and cultural ecosystem services to enhance urban ecosystem management. *Ecological Indicators*, 70, 597-605. https://doi.org/10.1016/j.ecolind.2016.02.031
- Grahn, P., & Stigsdotter, U. K. (2010). The relation between perceived sensory dimensions of urban green space and stress restoration. *Landscape and Urban Planning*, 94(3-4), 264-275. https://doi.org/10.1016/j.landurbplan.2009.10.012
- Grinde, B., & Patil, G. G. (2009). Biophilia : Does Visual Contact with Nature Impact on Health and Well-Being? *International Journal of Environmental Research and Public Health*, 6(9), 2332-2343. https://doi.org/10.3390/ijerph6092332
- Hand, K. L., Freeman, C., Seddon, P. J., Stein, A., & van Heezik, Y. (2016). A novel method for fine-scale biodiversity assessment and prediction across diverse urban landscapes reveals social deprivation-related inequalities in private, not public spaces. *Landscape and Urban Planning*, 151, 33-44. https://doi.org/10.1016/j.landurbplan.2016.03.002
- Hartig, T., Mitchell, R., de Vries, S., & Frumkin, H. (2014). Nature and Health. *Annual Review of Public Health*, 35(1), 207-228. https://doi.org/10.1146/annurev-publhealth-032013-182443
- Hauru, K., Lehvävirta, S., Korpela, K., & Kotze, D. J. (2012). Closure of view to the urban matrix has positive effects on perceived restorativeness in urban forests in Helsinki, Finland. *Landscape and Urban Planning*, 107(4), 361-369. https://doi.org/10.1016/j.landurbplan.2012.07.002
- Howell, A. J., Dopko, R. L., Passmore, H.-A., & Buro, K. (2011). Nature connectedness : Associations with well-being and mindfulness. *Personality and Individual Differences*, 51(2), 166-171. https://doi.org/10.1016/j.paid.2011.03.037
- Hoyle, H., Hitchmough, J., & Jorgensen, A. (2017). All about the 'wow factor'? The relationships between aesthetics, restorative effect and perceived biodiversity in designed urban planting. *Landscape and Urban Planning*, 164, 109-123. https://doi.org/10.1016/j.landurbplan.2017.03.011
- Ittelson, W. H., Proshansky, H. M., Rivlin, L. G., & Winkel, G. H. (1974). *An introduction to environmental psychology*. Holt, Rinehart & Winston.
- Jennings, T. E., Jean-Philippe, S. R., Willcox, A., Zobel, J. M., Poudyal, N. C., & Simpson, T. (2016). The influence of attitudes and perception of tree benefits on park management priorities. *Landscape and Urban Planning*, 153, 122-128. https://doi.org/10.1016/j.landurbplan.2016.05.021
- Johansson, M., Hartig, T., & Staats, H. (2011). Psychological Benefits of Walking : Moderation by Company and Outdoor Environment: ENVIRONMENTAL MODERATION OF WALKING BENEFITS. *Applied Psychology: Health and Well-Being*, 3(3), 261-280. https://doi.org/10.1111/j.1758-0854.2011.01051.x
- Joye, Y., & De Block, A. (2011). 'Nature and I are Two' : A Critical Examination of the Biophilia Hypothesis. *Environmental Values*, 20(2), 189-215. https://doi.org/10.3197/096327111X12997574391724
- Kahn, P.H. 2002. Children's affiliations with nature: structure, development, and the problem of environmental generational amnesia. In P. H. Kahn & S. R. Kellert (Eds.), *Children and nature: psychological, sociocultural, and evolutionary investigations*, pp. 93–116. MIT Press
- Kaplan, S. (1995). The restorative benefits of nature : Toward an integrative framework. *Journal of Environmental Psychology*, 15(3), 169-182. https://doi.org/10.1016/0272-4944(95)90001-2
- Keniger, L. E., Gaston, K. J., Irvine, K. N., & Fuller, R. A. (2013). What are the benefits of interacting with nature? *International journal of environmental research and public health*, 10(3), 913-935. https://doi.org/10.3390/ijerph10030913



- Le Bot, J.-M. (2013). L'expérience subjective de la « nature » : Réflexions méthodologiques. *Natures Sciences Sociétés*, 21(1), 45-52. <https://doi.org/10.1051/nss/2013059>
- Long, N., & Tonini, B. (2012). Les espaces verts urbains : Étude exploratoire des pratiques et du ressenti des usagers. [VertigO] *La revue électronique en sciences de l'environnement*, 12(2). Érudit. <https://id.erudit.org/iderudit/1022532ar>
- Louv, R. (2005). Last child in the woods: Saving our children from nature-deficit disorder. Algonquin, IL: Algonquin Books of Chapel Hill
- Mayer, F. S., & Frantz, C. M. (2004). The connectedness to nature scale: A measure of individuals' feeling in community with nature. *Journal of environmental psychology*, 24(4), 503-515
- Millennium Ecosystem Assessment. (2005). Ecosystems and human well-being (Vol. 5). Island press Washington, DC:
- Nathalie, B. (1995). La nature dans la cité. Geography, Université Pantheon-Sorbonne-Paris I.
- Özgüner, H., & Kendle, A. D. (2006). Public attitudes towards naturalistic versus designed landscapes in the city of Sheffield (UK). *Landscape and Urban Planning*, 74(2), 139-157. <https://doi.org/10.1016/j.landurbplan.2004.10.003>
- Pyle, R. M. (2003). Nature matrix: Reconnecting people and nature. *Oryx*, 37, 206–214. <https://doi.org/10.1017/S0030605303000383>
- Riechers, M., Barkmann, J., & Tschardt, T. (2016). Perceptions of cultural ecosystem services from urban green. *Ecosystem Services*, 17, 33-39. <https://doi.org/10.1016/j.ecoser.2015.11.007>
- Shanahan, D. F., Fuller, R. A., Bush, R., Lin, B. B., & Gaston, K. J. (2015). The Health Benefits of Urban Nature : How Much Do We Need? *BioScience*, 65(5), 476-485. <https://doi.org/10.1093/biosci/biv032>
- Simon, L., Riboulot-Chetrit, M., Goeldner-Gianella, L., & Humain-Lamoure, A. L. (2012). La biodiversité perçue et vécue par les urbains en Seine et Marne
- Southon, G. E., Jorgensen, A., Dunnett, N., Hoyle, H., & Evans, K. L. (2017). Biodiverse perennial meadows have aesthetic value and increase residents' perceptions of site quality in urban green-space. *Landscape and Urban Planning*, 158, 105-118
- Tam, K.-P. (2013). Concepts and measures related to connection to nature : Similarities and differences. *Journal of Environmental Psychology*, 34, 64-78. <https://doi.org/10.1016/j.jenvp.2013.01.004>
- Tang, I. C., Sullivan, W. C., & Chang, C. Y. (2015). Perceptual evaluation of natural landscapes: The role of the individual connection to nature. *Environment and Behavior*, 47(6), 595-617
- Voigt, A., & Wurster, D. (2015). Does diversity matter? The experience of urban nature's diversity: Case study and cultural concept. *Ecosystem Services*, 12, 200-208. <https://doi.org/10.1016/j.ecoser.2014.12.005>
- White, M. P., Pahl, S., Ashbullby, K., Herbert, S., & Depledge, M. H. (2013). Feelings of restoration from recent nature visits. *Journal of Environmental Psychology*, 35, 40-51. <https://doi.org/10.1016/j.jenvp.2013.04.002>

## FICHE 6 – LES EFFETS SUR LA SANTÉ PHYSIQUE

- Abraham, A., Sommerhalder, K., & Abel, T. (2009). Landscape and well-being : A scoping study on the health-promoting impact of outdoor environments (Vol. 55). <https://doi.org/10.1007/s00038-009-0069-z>
- Akpinar, A. (2016). How is quality of urban green spaces associated with physical activity and health? *Urban Forestry & Urban Greening*, 16, 76-83. <https://doi.org/10.1016/j.ufug.2016.01.011>
- Akpinar, A. (2017). Urban green spaces for children : A cross-sectional study of associations with distance, physical activity, screen time, general health, and overweight. *Urban Forestry & Urban Greening*, 25, 66-73. <https://doi.org/10.1016/j.ufug.2017.05.006>
- Astell-Burt, T., Mitchell, R., & Hartig, T. (2014). The association between green space and mental health varies across the lifecourse. A longitudinal study. *Journal of Epidemiology and Community Health*, 68(6), 578-583. <https://doi.org/10.1136/jech-2013-203767>
- Bell, J. F., Wilson, J. S., & Liu, G. C. (2008). Neighborhood Greenness and 2-Year Changes in Body Mass Index of Children and Youth. *American Journal of Preventive Medicine*, 35(6), 547-553. <https://doi.org/10.1016/j.amepre.2008.07.006>
- Barton, J., & Pretty, J. (2010). What is the best dose of nature and green exercise for improving mental health? A multi-study analysis. *Environmental science & technology*, 44(10), 3947-3955
- Cox, D., Shanahan, D., Hudson, H., Fuller, R., Anderson, K., Hancock, S., & Gaston, K. (2017). Doses of Nearby Nature Simultaneously Associated with Multiple Health Benefits. *International Journal of Environmental Research and Public Health*, 14(2), 172. <https://doi.org/10.3390/ijerph14020172>
- Crouse, D. L., Pinault, L., Balam, A., Hystad, P., Peters, P. A., Chen, H., van Donkelaar, A., Martin, R. V., Ménard, R., & Robichaud, A. (2017). Urban greenness and mortality in Canada's largest cities : A national cohort study. *The Lancet Planetary Health*, 1(7), e289–e297. [https://doi.org/10.1016/S2542-5196\(17\)30118-3](https://doi.org/10.1016/S2542-5196(17)30118-3)
- Donovan, G.H., Gatzolis, D., Longley, I. et al. 2018. Vegetation diversity protects against childhood asthma: results from a large New Zealand birth cohort. *Nature Plants* 4, 358–364
- Ellaway, A., Macintyre, S., Bonnefoy, X. (2005). Graffiti, greenery, and obesity in adults: secondary analysis of European cross sectional survey. *BMJ*, 331-611. <https://doi.org/10.1136/bmj.38575.664549.F7>
- Epstein, L. H., Raja, S., Gold, S. S., Paluch, R. A., Pak, Y., & Roemmich, J. N. (2006). Reducing sedentary behavior : The relationship between park area and the physical activity of youth. *Psychological science*, 17(8), 654–659. <https://doi.org/10.1111/j.1467-9280.2006.01761.x>
- Gascon, M., Triguero-Mas, M., Martínez, D., Dadvand, P., Rojas-Rueda, D., Plasència, A., & Nieuwenhuijsen, M. J. (2016). Residential green spaces and mortality: a systematic review. *Environment international*, 86, 60-67. <https://doi.org/10.1016/j.envint.2015.10.013>
- Gardsjord, H. S., Tveit, M. S., & Nordh, H. (2014). Promoting youth's physical activity through park design: Linking theory and practice in a public health perspective. *Landscape Research*, 39(1), 70-81. <https://doi.org/10.1080/01426397.2013.793764>
- Grazuleviciene, R., Vencloviene, J., Kubilius, R., Grizas, V., Dedele, A., Grazulevicius, T., Ceponiene, I., Tamuleviciute-Prasciene, E., Nieuwenhuijsen, M. J., Jones, M. & Gidlow, C. (2015). The Effect of Park and Urban Environments on Coronary Artery Disease Patients: A Randomized Trial. *BioMed Research International*, 2015, 9. <https://doi.org/10.1155/2015/403012>
- Hartig, T., Mitchell, R., De Vries, S. & Frumkin, H. (2014). Nature and health. *Annual review of public health*, 35, 207-228
- Jonker, M. F., Van Lenthe, F. J., Donkers, B., Mackenbach, J. P., & Burdorf, A. (2014). The effect of urban green on small-area (healthy) life expectancy. *J Epidemiol Community Health*, jech–2014.
- Klomp maker, J. O., Hoek, G., Bloem sma, L. D., Gehring, U., Strak, M., Wijga, A. H., van den Brink, C., Brunekreef, B., Lebret, E., & Janssen, N. A. H. (2017). Green space definition affects associations of green space with overweight and physical activity. *Environmental Research*. <https://doi.org/10.1016/j.envres.2017.10.027>
- Kohansieh, M., & Makaryus, A. N. (2015). Sleep deficiency and deprivation leading to cardiovascular disease. *International journal of hypertension*, 2015. <https://doi.org/10.1155/2015/615681>
- Lachowycz, K., & Jones, A. P. (2011). Greenspace and obesity : A systematic review of the evidence: Greenspace and obesity review. *Obesity Reviews*, 12(5), e183-e189. <https://doi.org/10.1111/j.1467-789X.2010.00827.x>
- Li, Q., Morimoto, K., Kobayashi, M., Inagaki, H., Katsumata, M., Hirata, Y., Hirata, K., Suzuki, H., Li, Y. J., & Wakayama, Y. (2008). Visiting a forest, but not a city, increases human natural killer activity and expression of anti-cancer proteins. *International journal of immunopathology and pharmacology*, 21(1), 117–127. <https://doi.org/10.1177/039463200802100113>
- Lovasi, G. S., Quinn, J. W., Neckerman, K. M., Perzanowski, M. S., & Rundle, A. (2008). Children living in areas with more street trees have lower prevalence of asthma. *Journal of epidemiology and community health*, 62(7), 647–649. <http://dx.doi.org/10.1136/jech.2007.071894>
- Maas, J., Verheij, R. A., Groenewegen, P. P., De Vries, S., & Spreeuwenberg, P. (2006). Green space, urbanity, and health: how strong is the relation? *Journal of epidemiology & community health*, 60(7), 587-592. <http://dx.doi.org/10.1136/jech.2005.043125>
- Markevych, I., Thiering, E., Fuertes, E. et al. A cross-sectional analysis of the effects of residential greenness on blood pressure in 10-year old children: results from the GINIplus and LISAPLUS studies. *BMC Public Health* 14, 477 (2014). <https://doi.org/10.1186/1471-2458-14-477>

- Marselle, M. R., Irvine, K. N., & Warber, S. L. (2013). Walking for well-being: are group walks in certain types of natural environments better for well-being than group walks in urban environments? *International journal of environmental research and public health*, 10(11), 5603-5628. <https://doi.org/10.3390/ijerph10115603>
- McCracken, D. S., Allen, D. A., & Gow, A. J. (2016). Associations between urban greenspace and health-related quality of life in children. *Preventive Medicine Reports*, 3, 211-221. <https://doi.org/10.1016/j.pmedr.2016.01.013>
- Medlock, J. M. & Leach, S. A. 2015. Effect of climate change on vector-borne disease risk in the United Kingdom. *The Lancet Infectious Diseases*, 15, 721-730. [https://doi.org/10.1016/S1473-3099\(15\)70091-5](https://doi.org/10.1016/S1473-3099(15)70091-5)
- Mitchell, R., & Popham, F. (2008). Effect of exposure to natural environment on health inequalities: an observational population study. *The lancet*, 372(9650), 1655-1660. [https://doi.org/10.1016/S0140-6736\(08\)61689-X](https://doi.org/10.1016/S0140-6736(08)61689-X)
- Mytton, O. T., Townsend, N., Rutter, H., & Foster, C. (2012). Green space and physical activity : An observational study using Health Survey for England data. *Health & Place*, 18(5), 1034-1041. <https://doi.org/10.1016/j.healthplace.2012.06.003>
- Ode Sang, Å., Knez, I., Gunnarsson, B., & Hedblom, M. (2016). The effects of naturalness, gender, and age on how urban green space is perceived and used. *Urban Forestry & Urban Greening*, 18, 268-276. <https://doi.org/10.1016/j.ufug.2016.06.008>
- Richardson, E.A., Pearce, J., Mitchell, R., & Kingham, S. (2013). Role of physical activity in the relationship between urban green space and health. *Public Health*, 127(4), 318-324. <https://doi.org/10.1016/j.puhe.2013.01.004>
- Richardson, Elizabeth A., & Mitchell, R. (2010). Gender differences in relationships between urban green space and health in the United Kingdom. *Social Science & Medicine*, 71(3), 568-575. <https://doi.org/10.1016/j.socscimed.2010.04.015>
- Shanahan, D. F., Bush, R., Gaston, K. J., Lin, B. B., Dean, J., Barber, E., & Fuller, R. A. (2016). Health Benefits from Nature Experiences Depend on Dose. *Scientific Reports*, 6(1). <https://doi.org/10.1038/srep28551>
- Southon, G. E., Jorgensen, A., Dunnett, N., Hoyle, H., & Evans, K. L. (2018). Perceived species-richness in urban green spaces : Cues, accuracy and well-being impacts. *Landscape and Urban Planning*, 172, 1-10. <https://doi.org/10.1016/j.landurbplan.2017.12.002>
- Sugiyama, T., Giles-Corti, B., Summers, J., du Toit, L., Leslie, E., & Owen, N. (2013). Initiating and maintaining recreational walking : A longitudinal study on the influence of neighborhood green space. *Preventive Medicine*, 57(3), 178-182. <https://doi.org/10.1016/j.pmed.2013.05.015>
- Takano, T., Nakamura, K., & Watanabe, M. (2002). Urban residential environments and senior citizens' longevity in megacity areas : The importance of walkable green spaces. *Journal of Epidemiology & Community Health*, 56(12), 913-918.
- Triguero-Mas, M., Donaïre-Gonzalez, D., Seto, E., Valentín, A., Martínez, D., Smith, G., Hurst, G., Carrasco-Turigas, G., Masterson, D., van den Berg, M., Ambròs, A., Martínez-Íñiguez, T., Dedele, A., Ellis, N., Grazulevicius, T., Voorsmit, M., Cirach, M., Cirac-Claveras, J., Swart, W., ... Nieuwenhuijsen, M. J. (2017). Natural outdoor environments and mental health : Stress as a possible mechanism. *Environmental Research*, 159, 629-638. <https://doi.org/10.1016/j.envres.2017.08.048>
- Ulmer, J. M., Wolf, K. L., Backman, D. R., Tretheway, R. L., Blain, C. J., O'Neil-Dunne, J. P., & Frank, L. D. (2016). Multiple health benefits of urban tree canopy : The mounting evidence for a green prescription. *Health & Place*, 42, 54-62. <https://doi.org/10.1016/j.healthplace.2016.08.011>
- Villeneuve et al. 2012 A cohort study relating urban green space with mortality in Ontario, Canada Volume 115, Pages 51-58
- Vergriete, Y., & Labrecque, M. (2007). Rôles des arbres et des plantes grimpantes en milieu urbain. Rapport d'étape destiné au conseil régional de l'environnement de Montréal, Institut de recherche en biologie végétale, Université de Montréal
- Wilhelmsen, C. K., Skalleberg, K., Raanaas, R. K., Tveite, H., & Aamodt, G. (2017). Associations between green area in school neighbourhoods and overweight and obesity among Norwegian adolescents. *Preventive Medicine Reports*, 7, 99-105. <https://doi.org/10.1016/j.pmedr.2017.05.020>
- Wilker, E. H., Wu, C.-D., McNeely, E., Mostofsky, E., Spengler, J., Wellenius, G. A., & Mittleman, M. A. (2014). Green space and mortality following ischemic stroke. *Environmental Research*, 133, 42-48. <https://doi.org/10.1016/j.envres.2014.05.005>
- WHO. 2010a. Global Recommendations on Physical Activity for Health. Geneva, Switzerland: World Health Organization.

## FICHE 6 – LES EFFETS SUR LA SANTÉ SOCIALE

- Abraham, A., Sommerhalder, K., & Abel, T. (2010). Landscape and well-being: a scoping study on the health-promoting impact of outdoor environments. *International journal of public health*, 55(1), 59-69. <https://doi.org/10.1007/s00038-009-0069-z>
- Arnberger, A., & Eder, R. (2012). The influence of green space on community attachment of urban and suburban residents. *Urban Forestry & Urban Greening*, 11(1), 41-49. <https://doi.org/10.1016/j.ufug.2011.11.003>
- Baur, J., Gómez, E., & Tynon, J. F. (2013). Urban nature parks and neighborhood social health in Portland, Oregon. *Journal of park and recreation administration*, 31, 23-44
- Bjerke, T., Østdahl, T., Thrane, C., & Strumse, E. (2006). Vegetation density of urban parks and perceived appropriateness for recreation. *Urban Forestry & Urban Greening*, 5(1), 35-44. <https://doi.org/10.1016/j.ufug.2006.01.006>
- Branas, C. C., Cheney, R. A., MacDonald, J. M., Tam, V. W., Jackson, T. D., & Ten Have, T. R. (2011). A difference-in-differences analysis of health, safety, and greening vacant urban space. *American journal of epidemiology*, 174(11), 1296-1306. <https://doi.org/10.1093/aje/kwr273>
- Chou, W.-Y., Lee, C.-H., & Chang, C.-Y. (2016). Relationships between urban open spaces and humans' health benefits from an ecological perspective : A study in an urban campus. *Landscape and Ecological Engineering*, 12(2), 255-267. <https://doi.org/10.1007/s11355-016-0295-5>
- Cormier, L., Joliet, F., & Carcaud, N. (2012). La biodiversité est-elle un enjeu pour les habitants?. Analyse au travers de la notion de trame verte. Développement durable et territoires. Économie, géographie, politique, droit, sociologie, 3(2).
- Cox, D., Shanahan, D., Hudson, H., Fuller, R., Anderson, K., Hancock, S., & Gaston, K. (2017). Doses of Nearby Nature Simultaneously Associated with Multiple Health Benefits. *International Journal of Environmental Research and Public Health*, 14(2), 172. <https://doi.org/10.3390/ijerph14020172>
- D'Alessandro, D., Buffoli, M., Capasso, L., Fara, G. M., Rebecchi, A., & Capolongo, S. (2015). Green areas and public health : Improving wellbeing and physical activity in the urban context. *Epidemiol Prev*, 39(4 Suppl 1), 8–13.
- de Vries, S., Verheij, R. A., Groenewegen, P. P., & Spreeuwenberg, P. (2003). Natural Environments—Healthy Environments? An Exploratory Analysis of the Relationship between Greenspace and Health. *Environment and Planning A*, 35(10), 1717-1731. <https://doi.org/10.1068/a35111>
- Devine-Wright, P. (2009). Rethinking NIMBYism : The role of place attachment and place identity in explaining place-protective action. *Journal of Community & Applied Social Psychology*, 19(6), 426-441. <https://doi.org/10.1002/casp.1004>
- DiTommaso, E., & Spinner, B. (1993). The development and initial validation of the Social and Emotional Loneliness Scale for Adults (SELSA). *Personality and individual differences*, 14(1), 127-134. [https://doi.org/10.1016/0191-8869\(93\)90182-3](https://doi.org/10.1016/0191-8869(93)90182-3)
- Fan, Y., Das, K. V., & Chen, Q. (2011). Neighborhood green, social support, physical activity, and stress : Assessing the cumulative impact. *Health & Place*, 17(6), 1202-1211. <https://doi.org/10.1016/j.healthplace.2011.08.008>
- Goodness, J., Andersson, E., Anderson, P. M. L., & Elmqvist, T. (2016). Exploring the links between functional traits and cultural ecosystem services to enhance urban ecosystem management. *Ecological Indicators*, 70, 597-605. <https://doi.org/10.1016/j.ecolind.2016.02.031>
- Hawkey L.C., Cacioppo, J.T. (2003). Loneliness and pathways to disease. *Brain Behav Immun*. 17 Suppl 1: S98-105. [https://doi.org/10.1016/S0889-1591\(02\)00073-9](https://doi.org/10.1016/S0889-1591(02)00073-9)
- Hordyk, S. R., Hanley, J., & Richard, É. (2015). « Nature is there; its free » : Urban greenspace and the social determinants of health of immigrant families. *Health & Place*, 34, 74-82. <https://doi.org/10.1016/j.healthplace.2015.03.016>
- Jorgensen, A., & Anthopoulou, A. (2007). Enjoyment and fear in urban woodlands – Does age make a difference? *Urban Forestry & Urban Greening*, 6(4), 267-278. <https://doi.org/10.1016/j.ufug.2007.05.004>
- Jorgensen, A., & Gobster, P. H. (2010). Shades of Green : Measuring the Ecology of Urban Green Space in the Context of Human Health and Well-Being. *Nature and Culture*, 5(3), 338-363. <https://doi.org/10.3167/nc.2010.050307>
- Kaźmierczak, A. (2013). The contribution of local parks to neighbourhood social ties. *Landscape and Urban Planning*, 109(1), 31-44. <https://doi.org/10.1016/j.landurbplan.2012.05.007>
- Lay, J. C., Scott, S. B., & Hoppmann, C. A. (2018). Social relationship quality buffers negative affective correlates of everyday solitude in an adult lifespan and an older adult sample. *Psychology and Aging*, 33(5), 728–738
- Long, N., & Tonini, B. (2012). Les espaces verts urbains : Étude exploratoire des pratiques et du ressenti des usagers. [Vertigo] *La revue électronique en sciences de l'environnement*, 12(2). Érudit. <https://id.erudit.org/iderudit/1022532ar>
- Maas, J., van Dillen, S. M. E., Verheij, R. A., & Groenewegen, P. P. (2009). Social contacts as a possible mechanism behind the relation between green space and health. *Health & Place*, 15(2), 586-595. <https://doi.org/10.1016/j.healthplace.2008.09.006>
- Mäkinen, K., & Tyrväinen, L. (2008). Teenage experiences of public green spaces in suburban Helsinki. *Urban Forestry & Urban Greening*, 7(4), 277-289. <https://doi.org/10.1016/j.ufug.2008.07.003>
- Özgüner, H., & Kendle, A. D. (2006). Public attitudes towards naturalistic versus designed landscapes in the city of Sheffield (UK). *Landscape and Urban Planning*, 74(2), 139-157. <https://doi.org/10.1016/j.landurbplan.2004.10.003>

- Poon, K.-T., Teng, F., Wong, W.-Y., & Chen, Z. (2016). When nature heals : Nature exposure moderates the relationship between ostracism and aggression. *Journal of Environmental Psychology*, 48, 159-168. <https://doi.org/10.1016/j.jenvp.2016.10.002>
- Rasidi, M. H., Jamirsah, N., & Said, I. (2013). Development of Urban Green Space Affects Neighborhood Community Social Interaction. *Asian Journal of Environment-Behaviour Studies*, 4(14), 107–129. <https://doi.org/10.21834/aje-bs.v3i8.281>
- Richardson, E. A., & Mitchell, R. (2010). Gender differences in relationships between urban green space and health in the United Kingdom. *Social Science & Medicine*, 71(3), 568-575. <https://doi.org/10.1016/j.socscimed.2010.04.015>
- Richardson, E. A., Pearce, J., Shortt, N. K., & Mitchell, R. (2017). The role of public and private natural space in children’s social, emotional and behavioural development in Scotland : A longitudinal study. *Environmental Research*, 158, 729-736. <https://doi.org/10.1016/j.envres.2017.07.038>
- Roe, J., Thompson, C., Aspinall, P., Brewer, M., Duff, E., Miller, D., Mitchell, R., & Clow, A. (2013). Green Space and Stress : Evidence from Cortisol Measures in Deprived Urban Communities. *International Journal of Environmental Research and Public Health*, 10(9), 4086-4103. <https://doi.org/10.3390/ijerph10094086>
- Russell, D.W., (1996). UCLA Loneliness Scale (Version 3): Reliability, Validity, and Factor Structure, *Journal of Personality Assessment*, 66:1, 20-40. [s://doi.org/10.1207/s15327752jpa6601\\_2](https://doi.org/10.1207/s15327752jpa6601_2)
- Seeland, K., Dübendorfer, S., & Hansmann, R. (2009). Making friends in Zurich's urban forests and parks: The role of public green space for social inclusion of youths from different cultures. *Forest Policy and Economics*, 11(1), 10-17. <https://doi.org/10.1016/j.forpol.2008.07.005>
- Shanahan, D. F., Bush, R., Gaston, K. J., Lin, B. B., Dean, J., Barber, E., & Fuller, R. A. (2016). Health Benefits from Nature Experiences Depend on Dose. *Scientific Reports*, 6(1). <https://doi.org/10.1038/srep28551>
- Staats, H., & Hartig, T. (2004). Alone or with a friend : A social context for psychological restoration and environmental preferences. *Journal of Environmental Psychology*, 24(2), 199-211. <https://doi.org/10.1016/j.jenvp.2003.12.005>
- Stefan, J. (2016). Influence de la présence d’un élément de la nature sur la santé et sur les comportements prosociaux. Université de Bretagne Sud.
- Triguero-Mas, M., Dadvand, P., Cirach, M., Martínez, D., Medina, A., Mompert, A., Basagaña, X., Gražulevičienė, R., & Nieuwenhuijsen, M. J. (2015). Natural outdoor environments and mental and physical health : Relationships and mechanisms. *Environment International*, 77, 35-41. <https://doi.org/10.1016/j.envint.2015.01.012>
- Triguero-Mas, M., Donaire-Gonzalez, D., Seto, E., Valentín, A., Martínez, D., Smith, G., Hurst, G., Carrasco-Turigas, G., Masterson, D., van den Berg, M., Ambròs, A., Martínez-Íñiguez, T., Dedele, A., Ellis, N., Gražulevičius, T., Voorsmit, M., Cirach, M., Cirac-Claveras, J., Swart, W., ... Nieuwenhuijsen, M. J. (2017). Natural outdoor environments and mental health : Stress as a possible mechanism. *Environmental Research*, 159, 629-638. <https://doi.org/10.1016/j.envres.2017.08.048>
- Völker, S., & Kistemann, T. (2015). Developing the urban blue : Comparative health responses to blue and green urban open spaces in Germany. *Health & Place*, 35, 196-205. <https://doi.org/10.1016/j.healthplace.2014.10.015>
- Ward Thompson, C., Aspinall, P., Roe, J., Robertson, L., & Miller, D. (2016). Mitigating stress and supporting health in deprived urban communities: the importance of green space and the social environment. *International journal of environmental research and public health*, 13(4), 440. <https://doi.org/10.3390/ijerph13040440>
- Wolch, J. R., Byrne, J., & Newell, J. P. (2014). Urban green space, public health, and environmental justice : The challenge of making cities ‘just green enough’. *Landscape and Urban Planning*, 125, 234-244. <https://doi.org/10.1016/j.landurbplan.2014>

