

Table S2. Most cited documents.

Title. Main author (Year of publication)	Journal ISO Abbreviation	Cites
Shinrin-Yoku (Forest Bathing) And Nature Therapy: A State-Of-The-Art Review. Hansen et al. (2017)	Int. J. Environ. Res. Public Health	195
Nature-Assisted Therapy: Systematic Review Of Controlled And Observational Studies. Annerstedt y Wahrborg (2011)	Scand. J. Public Health	171
Influence Of Forest Therapy On Cardiovascular Relaxation In Young Adults. Lee et al. (2014)	Evid.-based Complement Altern. Med.	147
Physiological Effects Of Nature Therapy: A Review Of The Research In Japan. Song et al. (2016)	Int. J. Environ. Res. Public Health	131
Physiological And Psychological Effects Of Forest Therapy On Middle-Aged Males With High-Normal Blood Pressure. Ochiai et al. (2015)	Int. J. Environ. Res. Public Health	112
Therapeutic Effect Of Forest Bathing On Human Hypertension In The Elderly. Mao et al. (2012)	J. Cardiol.	103
Physiological And Psychological Effects Of A Forest Therapy Program On Middle-Aged Females. Ochiai et al. (2015)	Int. J. Environ. Res. Public Health	94
Adventure Therapy' Combined With Cognitive-Behavioral Treatment For Overweight Adolescents. Jelalian et al. (2006)	Int. J. Obes.	91
The Effect Of Cognitive Behavior Therapy-Based Forest Therapy Program On Blood Pressure, Salivary Cortisol Level, And Quality Of Life In Elderly Hypertensive Patients. Sung et al. (2012)	Clin. Exp. Hypertens.	90
Retreating To Nature: Rethinking 'Therapeutic Landscapes'. Lea, J. (2008)	Area	83
Randomised Controlled Trial Of An Occupational Therapy Intervention To Increase Outdoor Mobility After Stroke. Logan et al. (2004)	BMJ-British Medical Journal	77
Effects Of Forest Therapy On Depressive Symptoms Among Adults: A Systematic Review. Lee et al. (2017)	Int. J. Environ. Res. Public Health	73
Stress Rehabilitation Through Garden Therapy: The Garden As A Place In The Recovery From Stress. Adevi y Martensson (2013)	Urban For. Urban Green.	70
The Effect Of Cognitive Behavior Therapy-Based Psychotherapy Applied In A Forest Environment An Physiological Changes And Remission Of Major Depressive Disorder. Kim et al. (2009)	Psychiatry Investig.	67
The Effects Of Forest Therapy On Depression And Anxiety In Patients With Chronic Stroke. Chun et al. (2017)	Int. J. Neurosci.	62
Evaluating The Relaxation Effects Of Emerging Forest-Therapy Tourism: A Multidisciplinary Approach. Ohe et al. (2017)	Tourism Manage.	53
Effects Of Shinrin-Yoku (Forest Bathing) And Nature Therapy On Mental Health: A Systematic Review And Meta-Analysis. Kotera et al. (2022)	Int. J. Mental Health Addict.	52
The Effects of Forest Therapy on Coping with Chronic Widespread Pain: Physiological and Psychological Differences between Participants in a Forest Therapy Program and a Control Group	Int. J. Environ. Res. Public Health	50
Effect of a forest therapy program and the forest environment on female workers' stress. Jung et al. (2015)	Urban For. Urban Green.	44
Effect of nature-based sound therapy on agitation and anxiety in coronary artery bypass graft patients during the weaning of mechanical ventilation: A randomised clinical trial. Aghaie et al. (2014)	Int. J. Nurs. Stud.	43
Wilderness adventure therapy effects on the mental health of youth participants. Bowen et al. (2016)	Eval. Program Plan.	42
Wilderness Therapy: Ethical Considerations for Mental Health Professionals. Becker et al. (2010)	Child Youth Care Forum	38
A Meta-analysis of Wilderness Therapy Outcomes for Private Pay Clients. Bettmann et al. (2016)	J. Child Fam. Stud.	37
An evaluation of a therapeutic garden's influence on the quality of life of aged care residents with dementia. Edwards et al. (2013)	Dement.-Int. J. soc. Res. Pract.	35

Stress rehabilitation through garden therapy A caregiver perspective on factors considered most essential to the recovery process. Adevi et al. (2012)	Urban For. Urban Green.	34
Adventure therapy for adolescents with cancer. Stevens et al. (2004)	Pediatr. Blood Cancer	33
Nature-Based Recreational Therapy for Military Service Members A Strengths Approach. Cooley et al. (2020)	Ther. Recreat. J.	33
Into the Wild': A meta-synthesis of talking therapy in natural outdoor spaces. Hawkins et al. (2016)	Clin. Psychol. Rev.	33
Unpacking the Black Box of Wilderness Therapy: A Realist Synthesis. Fernee et al. (2017)	Qual. Health Res.	32
Cites (Times cited in Web of Science Core).		