



GreenME Theory-of-Change Survey- ROUND 2

This questionnaire is a follow-up to the Round 1 survey.

* Necessària

The purpose of this survey is to create a theory-of-change to explain how and why nature-based therapies work informed by your expertise, and the expertise of others working in the field of nature-based therapies.

Thank you again for your time and for sharing your expertise with us.

1

Please enter your email address to continue: *

Defining Nature-based Therapy

2

We defined nature-based therapy as "*a therapeutic intervention that includes exposure to and interaction with nature to enhance individuals' health and well-being*".

In the first round, we asked what you would change to improve the definition. **Which of the following changes do you believe strengthen the definition?**

Note: Change from the original are underlined. You can select multiple options.

Nature-based therapy is....

- ☐ ...an intervention that utilizes exposure and interaction with nature to enhance individuals' health and well-being.
[REMOVE: therapeutic]
- ☐ ...a therapeutic intervention in an indoor or outdoor setting that utilizes exposure and interaction with nature to enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes exposure and interaction with nature to support and/or enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention directed by a trained facilitator that utilizes exposure and interaction with nature to enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes bespoke exposure and interaction with nature to enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes therapy with exposure and interaction with nature to enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes exposure and interaction with nature to treat disease and/or enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes exposure and interaction with nature and plants to enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes exposure and connection with nature to enhance individuals' health and well-being.
- ☐ ...a therapeutic intervention that utilizes exposure and interaction with nature to enhance individuals' health and well-being in a context of promoting a relationship with nature and with other human beings.
- ☐ ...a therapeutic intervention that utilizes exposure and interaction with nature to enhance individuals' physical and mental health and well-being.
- ☐ None of the above, the original wording is best.

Identifying the desired **impact** of Nature-based Therapy

3

We consider the desired impact of nature-based therapies to be: "*a contribution to adult mental health and wellbeing equity*".

In the first round, we asked if you would change something about how we describe the desired impacts of Nature-based Therapy. **Which of the following changes to the impact description do you agree with?**

Note: Change from the original are underlined. You can select multiple options.

The **desired impact** of nature-based therapy is....

- ☐ ...a contribution to adult mental health and wellbeing equity, a method to realize cost effective self care, and a method to maintain health benefits even after the intervention has ended.
- ☐ ...a contribution to adult mental health and wellbeing equity and to environmental health, conservation, awareness, and resilience, and to community and social cohesion.
- ☐ ... a contribution to both individual and population-level adult mental health and wellbeing equity.
- ☐ ...(1) a contribution to adult mental health and wellbeing and (2) a contribution to mental health and wellbeing equity.
- ☐ None of the above, the original wording is best.

Questions regarding **gardening-related** Nature-based Therapy

...

4

Do you have experience or expertise relating to any type of gardening-related therapy (any nature-based therapy that includes gardening activities)?

☐ Yes☐ No

Thank you for your time! As we received fewer responses about the non-gardening-related nature based therapies, we do not have any further questions for you. We will work with the valuable information you already provided.

Contextual Factors

In the first round, we asked: "Which contextual factors affect the ability of gardening-related therapy to contribute to improved adult mental health and wellbeing?"

Please rate the following statements about **contextual factors** on:

A) how **important (1 is NOT important, 5 is VERY important)** the statements are for answering the question "How do nature-based therapies improve mental health?", and
B) how **relevant (1 is NOT relevant, 5 is VERY relevant)** the statements are to addressing the question of "How do nature-based therapies improve mental health?"

5

Gardening-related therapy can be **affected by the amount of time participants have to participate.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

6

Gardening-related therapy **should be conducted outdoors.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

7

Gardening-related therapy should **include work that changes or impacts the physical setting** used for the therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

8

Those engaged in gardening-related therapy **should have agency over the physical setting** used for the therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

9

Gardening-related therapy can be **affected by lack of quiet spaces.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

10

Gardening-related therapy can be affected **by weather.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

11

Gardening-related therapy should **include taking care of a plant**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

12

Gardening-related therapy can be **affected by the availability of healthcare settings that use it**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

13

Gardening-related therapy should include **working with others.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

14

Gardening-related therapy can be **affected by hierarchy**, whether real or perceived, among participants.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

15

Gardening-related therapy is **affected by misconceptions** from health professionals and/or potential participants

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

16

Gardening-related therapy is **affected by its lack of recognition** as a legitimate form of healthcare

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

17

Gardening-related therapy is **affected by lack of funding**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

18

Gardening-related therapy is **affected by public health priorities and/or policies**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

19

Gardening-related therapy is affected by **availability of therapy facilitators or healthcare professionals.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

20

Gardening-related therapy is **affected by the therapy facilitators' welcoming** attitude and **ability to accommodate** the needs of participants.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

21

Gardening-related therapy is **affected by ease of access** to healthcare sites.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

22

Gardening-related therapy is **affected by diversity of facilitated programs or activities.**

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

Specific Activities

In the first round, we asked: "For gardening-related therapy, what are the specific activities that you think improve adult mental health and mental wellbeing?"

Please rate the following statements about **specific activities** on:

A) how **important** (**1 is NOT important, 5 is VERY important**) the statements are for addressing the question of "How do nature-based therapies improve mental health?", and
B) how **relevant** (**1 is NOT relevant, 5 is VERY relevant**) the statements are to addressing the question of "How do nature-based therapies improve mental health?"

23

Physical activity that **requires concentration** is a gardening-related therapy activity that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

24

Physical activity that **materially changes** a gardening-related therapy site is a gardening-related therapy activity that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

25

Activities such as: **sowing or propagating seeds, watering, cleaning tools, and/or harvesting** are gardening-related therapy activities that improve adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

26

Walking through a gardening-related therapy site is a gardening-related therapy activity that improve adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

27

Group activity is a gardening-related therapy activity that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

28

Observing others engaged in gardening-related therapy is a gardening-related therapy activity that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

29

Scheduled activity in gardening-related therapy improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

30

Activity conducted **under the supervision of a trained facilitator** in gardening-related therapy improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

31

Activity that has a goal in gardening-related therapy improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

32

Individualized activity (e.g., activity tailored to a specific participant’s needs) in gardening-related therapy improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

33

Auditory activity (e.g., listening to the sounds of a gardening-related therapy site) in gardening-related therapy improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

34

Meditating is a gardening-related therapy activity that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

35

Breathing exercises are gardening-related therapy activities that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

36

Researching horticulture and agriculture are gardening-related therapy activities that improves adult mental health.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

Resources

In the first round, we asked: *"What are the resources needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing?"*

Please rate the following statements about **resources** on:

A) how important (1 is NOT important, 5 is VERY important) the statements are for addressing the question of *"How do nature-based therapies improve mental health?"*, and

B) how relevant (1 is NOT relevant, 5 is VERY relevant) the statements are to addressing the question of *"How do nature-based therapies improve mental health?"*

37

Intentionally-designed physical space is a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

38

People who initiate activities and tend the gardening-related therapy site all year round are a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

39

Community members are a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

40

Ongoing funding is a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

41

Risk management policies are a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

42

Health and safety policies are a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

43

Guidelines and standards are a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

44

Mental health first aid is a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

45

Promotion to raise awareness is a resource needed to conduct a gardening-related therapy program that contributes to adult mental health and wellbeing.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

Results

In the first round, we asked "For gardening-related therapy, what are the tangible, measurable results that can be achieved?"

Please rate the following statements about **tangible, measurable results** on:

A) how **important** (**1 is NOT important, 5 is VERY important**) the statements are for addressing the question of "How do nature-based therapies improve mental health?", and
B) how **relevant** (**1 is NOT relevant, 5 is VERY relevant**) the statements are to addressing the question of "How do nature-based therapies improve mental health?"

46

An **increase of the number of participants** in gardening-related therapy programs is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

47

An **increase in the number of people gardening** is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

48

An **increase in participants' gardening skills** is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

49

A **self-reported improvement** in a participant’s mental health and wellbeing (e.g., decrease in stress and anxiety) is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

50

An **increased interest in rethinking possible uses for green spaces** is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

51

An **increase in participants socializing and sharing experience or skills** with other participants is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

52

An **increase in socialization** between a participant and their wider community is a tangible, measurable result that can be achieved for gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

Outcomes

In the first round, we asked: "What are the outcomes and broader, long-term impacts brought about by those results listed with respect to [the previous question] in order to achieve better adult mental health and wellbeing?"

Please rate the following statements about **outcomes and broader, long-term impacts on:**

A) how important (1 is NOT important, 5 is VERY important) the statements are for addressing the question of "How do nature-based therapies improve mental health?", and
B) how relevant (1 is NOT relevant, 5 is VERY relevant) the statements are to addressing the question of "How do nature-based therapies improve mental health?"

53

Participants **feeling more connected to others and/or developing an increased sense of belonging** is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

54

Participants **being more able to function in wider society** is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

55

Participants **developing an affinity for gardening** is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

56

Participants **feeling more connected to nature** is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

57

Participants **engaging in more pro-environmental behaviors** is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

58

Participants **increasing their physical activity** is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

59

Reduction in the prevalence or impact of health inequalities and social inequalities is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

60

Reduction in the demand for other healthcare services is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

61

Increased awareness about the benefits of Nature-based Therapy from healthcare professionals, the government, and/or other institutions is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

62

Increased awareness by the general public of gardening-related therapy programs is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

63

Increase in the number of referred/self-referred participants is an outcome and broader, long-term impact brought about by those results.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

64

An **improvement for a participant in one or more of the following** is an outcome and broader, long-term impact brought about by those results. [Check all that you believe are relevant]

- ☐ Increased self-esteem
- ☐ Increased social inclusion
- ☐ Decreased loneliness
- ☐ Decreased stress
- ☐ Decreased anxiety
- ☐ Decreased depression symptoms

Enablers for Mental Health and Wellbeing Equity

In the first round, we asked: "Concerning mental health and wellbeing equity: What are the enablers for all populations to be able to access and benefit from gardening-related therapy?"

Please rate the following statements about **enablers for all populations to be able to access and benefit from gardening-related therapy** on:

A) how **important (1 is NOT important, 5 is VERY important)** the statements are for addressing the question of "How do nature-based therapies improve mental health?"; and
B) how **relevant (1 is NOT relevant, 5 is VERY relevant)** the statements are to addressing the question of "How do nature-based therapies improve mental health?"

65

The gardening-related therapy program **having no age or health restrictions** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

66

The gardening-related therapy program being **located in close proximity to centers of population** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

67

A participant having **access to transportation** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

68

A participant having **access to healthcare that prescribes the therapy** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

69

A participant having **priority access to a gardening-related therapy site** if it is otherwise public (e.g., community garden) is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

70

A participant **receiving funding to attend the therapy** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

71

Gardening-related therapy **being low cost or no cost** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

72

Integration of the therapy in publicly-funded institutions is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

73

Gardening-related therapy **being recognized as a viable treatment** is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

74

A healthcare system having a holistic view of healthcare at large is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

75

Continuity of programming/activities and staffing for the gardening-related therapy program is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

76

Promotion (e.g., advertisements, public awareness campaigns) is an enabler for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

77

Facilitators that empower patients to feel confident in the space are enablers for all populations to be able to access and benefit from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

There is only one more section left in the survey. Thank you for your patience!

Challenges

In the first round, we asked: "What are the challenges that may preclude some population groups from accessing and benefitting from gardening-related therapy?"

Please rate the following statements about **challenges that may preclude some population groups from accessing and benefitting from gardening-related therapy** on:

A) how important (1 is NOT important, 5 is VERY important) the statements are for addressing the question of "How do nature-based therapies improve mental health?"; and
B) how relevant (1 is NOT relevant, 5 is VERY relevant) the statements are to addressing the question of "How do nature-based therapies improve mental health?"

78

Funding is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

79

Inadequate space is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

80

Cold weather is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

81

Feeling physically uncomfortable in the space is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

82

Different cultural norms in relation to growing food is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

83

Perception that gardening-related therapy is not a viable form of treatment is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

84

Unwillingness to try a non-clinical approach is a challenge that may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

85

Mental health challenges or other special educational needs (e.g., that which may make attending a gardening-related therapy program difficult) may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

86

Lack of transportation options may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

87

Lack of understanding about gardening-related therapy may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

88

Lack of facilitators for gardening-related therapy may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

89

Lack of programming for gardening-related therapy may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

90

Complexity of gardening-related therapy compared to other forms of medicine (e.g., taking a pill) may preclude some population groups from accessing and benefitting from gardening-related therapy.

	1	2	3	4	5
Importance	☐	☐	☐	☐	☐
Relevance	☐	☐	☐	☐	☐

THANK YOU!!!!

Many thanks for your time and for sharing your expertise with us.

If you would like to contact us, you can reach us at:

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This project was approved by the Universitat Autònoma de Barcelona ethics committee.



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