



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Green Spaces in Terms of Mental and Physical Health							
Course Code		ZPM523		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	8	Workload	200 ( <i>Hours</i> )	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The objectives of this course are to educate and teach definition and types of green space; Diathesis-stress model and relationship between stress, depression and anxiety; Attention Restoration Theory and Psycho-evolutionary Theory; effects of green space on human general health; effects of green space on human mental health; restorative effects of green space; effects of green space visit on people; effects of amount of green space in terms of physical, mental and social health on people; effects of viewing green space; effects of green space exercise on human health; effects of green space on children and elderly people.							
Course Content		The content of this course is definition and types of green space; Diathesis-stress model and relationship between stress, depression and anxiety; Attention Restoration Theory and Psycho-evolutionary Theory; effects of green space on human general health; effects of green space on human mental health; restorative effects of green space; effects of green space visit on people; effects of amount of green space in terms of physical, mental and social health on people; effects of viewing green space; effects of green space exercise on human health; effects of green space on children and elderly people.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods		Explanation (Presentation), Discussion, Case Study, Individual Study							
Name of Lecturer(s)		Lec. Abdullah AKPINAR							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	30
Final Examination	1	40
Assignment	2	30

### Recommended or Required Reading

1	Akpınar, A., 2013. Assessing the associations among green space type, structure, general mental health and general health employing the BRFSS and the US national land cover data, Doktora Tezi, Pullman: Washington State University. v
2	Astell-Burt, T., Feng, X., & Kolt, G. (2013). Mental health benefits of neighbourhood green space are stronger among physically active adults in middle-to-older age: Evidence from 260,061 Australians. Preventive Medicine, 57, 601–606
3	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, 3947–3955.
4	Berman, M. G., Ethan, K., Krpan, K. M., Askren, M. K., Burson, A., Deldin, P. J., . . . Jonides, J. (2012). Interacting with nature improves cognition and affect for individuals with depression. Journal of Affective Disorders, 140, 300-305.
5	Beyer, K. M., Kaltenbach, A., Szabo, A., Bogar, S., Nieto, F., & Malecki, K. (2014). Exposure to neighborhood green space and mental health: Evidence from the survey of the health of Wisconsin. Int. J. Environ. Res. Public Health, 11, 3453-3472.
6	de Vries, S., Verheij, R. A., Groenewegen, P. P., & Preeuwenberg, P. S. (2003). Natural environments- healthy environments? An exploratory analysis of the relationship between greenspace and health. Environment and Planning A., 35(10), 1717-1731.
7	Hartig, T., & Staats, H. (2006). The need for psychological restoration as a determinant of environmental preferences. Journal of Environmental Psychology, 26, 215–226.
8	Kaplan, R., & Kaplan, S. (1989). The Experience of nature: A psychological perspective. New York: Cambridge University Press.
9	Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. Journal of Environmental Psychology, 15, 169–182.
10	Laforteza, R., Carrus, G., Sanesi, G., & Davies, C. (2009). Benefits and well-being perceived by people visiting green spaces in periods of heat stress. Urban Forestry & Urban Greening, 8, 97-108.
11	Maas, J., van Dillen, S., Verheij, R., & Groenewegen, P. (2009). Social contacts as a possible mechanism behind the relation between green space and health. Health & Place, 15, 586–595.
12	McCaffrey, R. (2007). The effect of healing gardens and art therapy on older adults with mild to moderate depression. Holistic Nursing Practice, 21(2), 79–84.
13	Mitchell, R., & Popham, F. (2007). Evidence based public health policy and practice: Greenspace, urbanity and health relationships in England. Journal of Epidemiology and Community Health, 61(8), 681-683.
14	Monroe, S. M., & Simons, D. A. (1991). Diathesis-Stress Theories in the Context of Life Stress Research: Implications for the Depressive Disorders. Psychological Bulletin, 110(3), 406-425.
15	Roe, J., & Aspinall, P. (2011). The restorative benefits of walking in urban and rural settings in adults with good and poor mental health. Health & Place, 17, 103–113.



16	Sapolsky, R. M. (2004). Why zebras don't get ulcers? New York: Henry Holt and Company.
17	Stigsdotter, U. A. (2004). A garden at your workplace may reduce stress. Design and Health, 147-157.
18	Taylor, A., & Kuo, F. (2009). Children with attention deficits concentrate better after walk in the park. JAD, 12, 402-409.
19	Ulrich, R. S. (1979). Visual landscapes and psychological well-being. Landscape Research, 4(1), 17-23.
20	Ulrich, R. S. (1984). View through a window may influence recovery from surgery. American Association for the Advancement of Science, 224(4647), 420-421.
21	Ulrich, R. S., & Simons, R. F. (1986). Recovery from Stress during Exposure to Everyday Outdoor Environments. Costs of Not Knowing proceedings of the seventeenth annual conference of the environmental design research association, 115-122.
22	Wells, N. M., & Evans, G. W. (2003). Nearby nature: A buffer of life stress among rural children. Environment and Behavior, 35 (3), 311-330.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction of course: content, importance, method, and needs.
2	Theoretical	Definition and types of green space
3	Theoretical	Diathesis-stress model
4	Theoretical	Relationship between stress, depression and anxiety
5	Theoretical	Attention Restoration Theory
6	Theoretical	Psycho-evolutionary Theory
7	Theoretical	Effects of green space on human general health
8	Intermediate Exam	Midterm exam
9	Theoretical	Effects of green space on human mental health
10	Theoretical	Restorative effects of green space
11	Theoretical	Effects of green space visit on people
12	Theoretical	Effects of amount of green space in terms of physical, mental and social health on people
13	Theoretical	Effects of viewing green space
14	Theoretical	Effects of green space exercise on human health
15	Theoretical	Effects of green space on children and elderly people
16	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	10	2	168
Assignment	2	4	1	10
Midterm Examination	1	9	1	10
Final Examination	1	11	1	12
Total Workload (Hours)				200
[Total Workload (Hours) / 25*] = ECTS				8

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	To learn definition and types of green space,
2	To learn and understand the Diathesis-stress model and relationship between stress, depression and anxiety,
3	To understand and learn Attention Restoration Theory and Psycho-evolutionary Theory,
4	Understanding the perceived restoration scale
5	To understand and learn the mental, restorative, and physical effects of green space on human,
6	To grasp the effects of green space on children and elderly people.

### Programme Outcomes (Landscape Architecture Master)

1	e
2	e
3	e
4	e
5	e

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High



	L1	L2	L3	L4	L5	L6
P1	4	4	4	4	4	4
P2	4	4	4	4	4	4
P3	4	3	3	3	3	3
P4	3	3	3	3	3	3

