

Supplementary Table S1

Search terms

Domains	Search terms
forest therapy program	forest therapy, shinrin-yoku, forest bathing
stress reduction	stress, stress reduction, stress relief, restoration, state anxiety, cortisol

Supplementary Table S2

Web of Science (Core Collection) was searched on 02/17/23

	Search terms	Hits
#1	TS=("forest therapy" OR shinrin-yoku OR "forest bathing")	357
#2	TS=(stress OR "stress reduction" OR "stress relief" OR restoration OR "state anxiety" OR cortisol)	2,612,405
#3	#1 AND #2	228
#4	#3 Refined by: Articles (Document Types)	218
#5	#4 Refined by: English (Languages)	216

Supplementary Table S3

PsycINFO was searched using on 02/17/23

	Search terms	Hits
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#1	AB =(“forest therapy” OR shinrin-yoku OR “forest bathing”)	22
#2	AB= (stress OR “stress reduction” OR “stress relief” OR restoration OR "state anxiety" OR cortisol)	258,377
#3	#1 AND #2	6
#4	#3 Narrow by Source Type: Academic Journals	5

Supplementary Table S4

CINAHL was searched using the EBSCOhost on 17/02/23

	Search terms	Hits
#1	AB =(“forest therapy” OR shinrin-yoku OR “forest bathing”)	37
#2	AB= (stress OR “stress reduction” OR “stress relief” OR restoration OR "state anxiety" OR cortisol)	174,857
#3	#1 AND #2	10
#4	#3 Narrow by Language: - English	7

Supplementary Table S5

PubMed was searched using the EBSCOhost on 17/02/23

	Search terms	Hits
#1	All Fields=(“forest therapy” OR shinrin-yoku OR “forest bathing”)	196
#2	All Fields = (stress OR “stress reduction” OR “stress relief” OR	1,693,145

	Search terms	Hits
	restoration OR "state anxiety" OR cortisol)	
#3	#1 AND #2	101

Supplementary Table S6

Medline was searched on 17/02/23

	Search terms	Hits
#1	AB =("forest therapy" OR shinrin-yoku OR "forest bathing")	145
#2	AB= (stress OR "stress reduction" OR "stress relief" OR restoration OR "state anxiety" OR cortisol)	1,054,647
#3	#1 AND #2	59
#4	#4 Narrow by Language: - English	52

Supplementary Table S7

EMBASE was searched on 17/02/23

	Search terms	Hits
#1	ti,ab,kw "forest therapy" OR shinrin-yoku OR "forest bathing"	212
#2	ti,ab,kw Aged OR Aged 60 and over OR Older adult* OR Senior* OR Elder* OR Geriatric* OR Aging OR Old people OR Aging adult* OR Old men OR Old women OR Older people OR Older man OR Older woman OR Older person	1,804,950

	Search terms	Hits
#4	#1 AND #2 AND #3	114

Supplementary Table S8

Related review for hand search for other sources

No.	Author	Objective
1	Antonelli, M., Barbieri, G., & Donelli, D. (2019). Effects of forest bathing (shinrin-yoku) on levels of cortisol as a stress biomarker: A systematic review and meta-analysis. <i>International journal of biometeorology</i> , 63(8), 1117-1134.	Aim to investigate the effects of forest bathing on levels of salivary or serum cortisol as a stress biomarker in order to understand whether forest bathing can reduce stress.
2	Jones, R., Tarter, R., & Ross, A. M. (2021). Greenspace interventions, stress and cortisol: a scoping review. <i>International journal of environmental research and public health</i> , 18(6), 2802.	Aim to describe the impact of greenspace interventions on cortisol, to present the current state of the science on GSIs as they impact cortisol, and to uncover any limitations of current research strategies to best inform future research.
3	Oh, B., Lee, K. J., Zaslowski, C., Yeung, A., Rosenthal, D., Larkey, L., & Back, M. (2017). Health and well-being benefits of spending time in forests: Systematic review. <i>Environmental health and preventive medicine</i> , 22(1), 1-11.	To evaluate the physical and psychological benefits of a specific type of exposure to nature, forest therapy.

No.	Author	Objective
4	<p>Grilli, G., & Sacchelli, S. (2020). Health benefits derived from forest: A review. <i>International journal of environmental research and public health</i>, 17(17), 6125.</p>	<p>To understand common patterns of research, the main techniques used for analysis, findings relevant to forest-therapy-oriented management, and knowledge gaps.</p>
5	<p>Meyer, K., & Buerger-Arndt, R. (2014). How forests foster human health—Present state of research-based knowledge (in the field of Forests and Human Health). <i>International Forestry Review</i>, 16(4), 421-446.</p>	<p>To review the present state of international research on exposure to forests and its specific effects on human health, particularly stress-reducing effects.</p>
6	<p>Corazon, S. S., Sidenius, U., Poulsen, D. V., Gramkow, M. C., & Stigsdotter, U. K. (2019). Psycho-physiological stress recovery in outdoor nature-based interventions: A systematic review of the past eight years of research. <i>International Journal of Environmental Research and Public Health</i>, 16(10), 1711.</p>	<p>Aim to provide an overview and synthesis of the past eight years' research into the psycho-physiological effects of outdoor nature-based interventions, related to stress recovery.</p>
7	<p>Qiu, Q., Yang, L., He, M., Gao, W., Mar, H., Li, J., & Wang, G. (2023). The Effects of Forest Therapy on the Blood Pressure and Salivary Cortisol Levels of Urban Residents: A Meta-Analysis. <i>International Journal</i></p>	<p>To systematically verify forest therapy's effects on the BP and mental stress of urban residents.</p>

No.	Author	Objective
	<p><i>of Environmental Research and Public Health</i>, 20(1), 458.</p>	
8	<p>Syed Abdullah, S. S., Awang Rambli, D. R., Sulaiman, S., Alyan, E., Merienne, F., & Diyana, N. (2021). The impact of virtual nature therapy on stress responses: A systematic qualitative review. <i>Forests</i>, 12(12), 1776.</p>	<p>Aim to review the key findings of past studies that assessed the impact of virtual environments, such as nature and forests for stress therapy.</p>
9	<p>Rajoo, K. S., Karam, D. S., & Abdullah, M. Z. (2020). The physiological and psychosocial effects of forest therapy: A systematic review. <i>Urban Forestry & Urban Greening</i>, 54, 126744.</p>	<p>To provide: a) An in-depth analysis of current forest therapy research, from physiological and psychosocial perspectives, b) To provide a systematic summary of current forest therapy research and c) To encourage healthcare professionals and the general public to fully utilize forest therapy as a form of preventive medicine.</p>
10	<p>Stier-Jarmer, M., Throner, V., Kirschneck, M., Immich, G., Frisch, D., & Schuh, A. (2021). The psychological and physical effects of forests on human health: A systematic review of systematic reviews and meta-analyses. <i>International journal of environmental research and public health</i>, 18(4), 1770.</p>	<p>The aim of this systematic review of systematic reviews was to identify, summarise, and synthesise the available evidence of systematic reviews (SRs) and meta-analyses (MAs) on the preventative and therapeutic psychological and physical effects of forest-based interventions.</p>