Table S1. Demographic characteristics, physiological restoration, and psychological restoration.

Demographic variables (N=90)		Physiological Restoration (M±SD)						Emotional Restoration (M±SD)				Perceived Restoration (M±SD)	P
		DBP	P	SBP	P	Pulse	P	PA	P	NA	P		
Education Level	Undergraduate	2.12±6.40		4.10±6.34		2.80±5.35		1.03±0.59		1.01±0.47		4.76±0.91	
	Master's and Above	0.63±4.90	.615	2.89±5.33	.667	1.50±5.02	.590	1.09±0.39	.684	0.85±0.43	.389	5.14±1.12	0.72
Major	Landscape Architecture	0.97 ±6.99		4.87±4.88		3.00±4.53		1.18±0.63		1.05±0.31		5.12±0.88	
	Non-landscape Architecture	2.17 ±5.54	.378	3.40±6.63	.286	2.30±5.56	.533	0.99±0.5	.115	0.94±0.52	.267	4.66±0.99	.032*
Age	20<	1.98±6.42		4.73±6.23		2.51±4.41		0.98±0.57		1.02±0.48		4.49±0.96	
	21	3.00±6.18		4.42±8.60		3.17±9.14		1.18±0.68		1.03±0.54		4.77±0.98	
	22	1.75±6.98		1.42±3.20		3.67±3.80		1.08±0.61		0.93±0.41		4.93±0.84	
	23	-0.33±2.08	.954	0.00±9.64	.649	4.33±4.16	.609	0.9±0.61	.767	1.13±0.61	.682	5.11±0.64	.000**
	24	0.42±5.98		3.42±3.99		0.08±5.28		1.23±0.34		0.75±0.39		5.93±0.35	
	25	2.33±3.21		3.67±7.77		2.33±3.06		0.83±0.15		1.00±0.50		5.54±0.67	
	26	0.67±0.58		5.00±5.29		5.33±2.31		1.17±0.47		0.93±0.21		3.56±0.42	

Note: Verification was conducted using the One-way ANOVA. N = 90; * $p < .05$, ** $p < .01$.

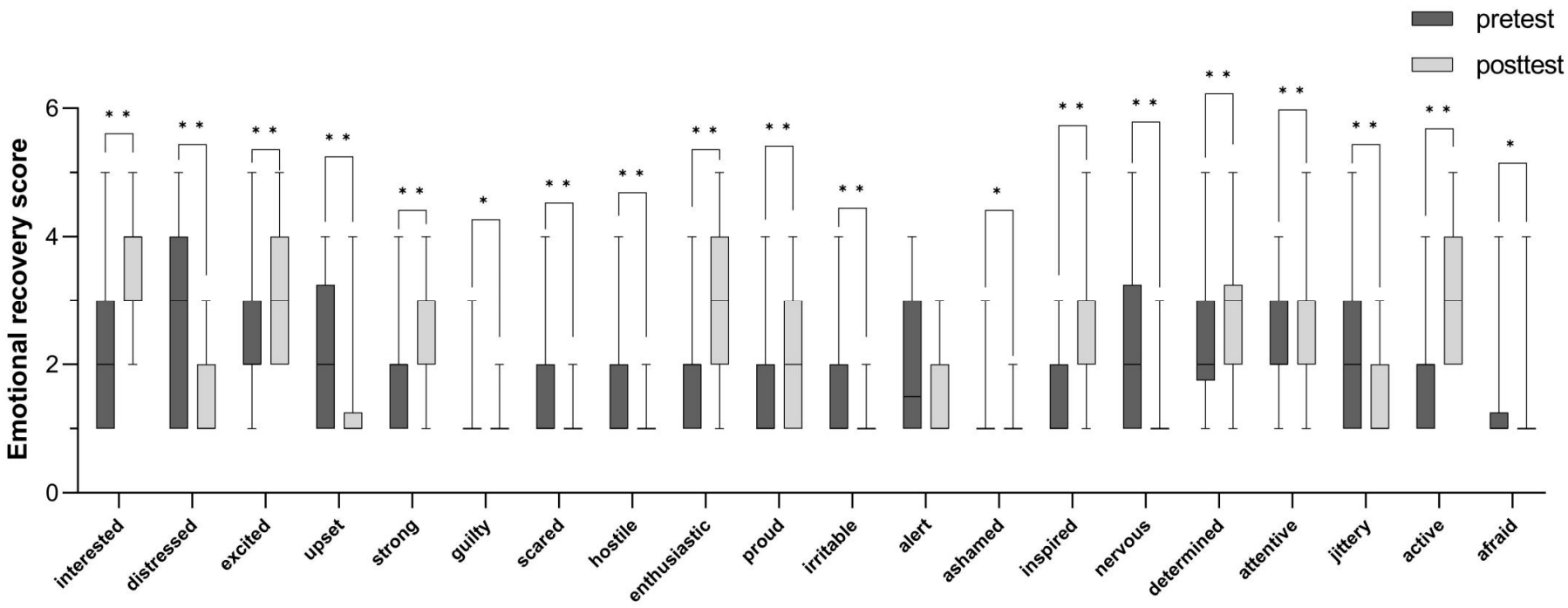


Figure S1. Changes in PANAS scale scores before and after the experiment for the single-color group; N = 30; * $p < .05$, ** $p < .01$.

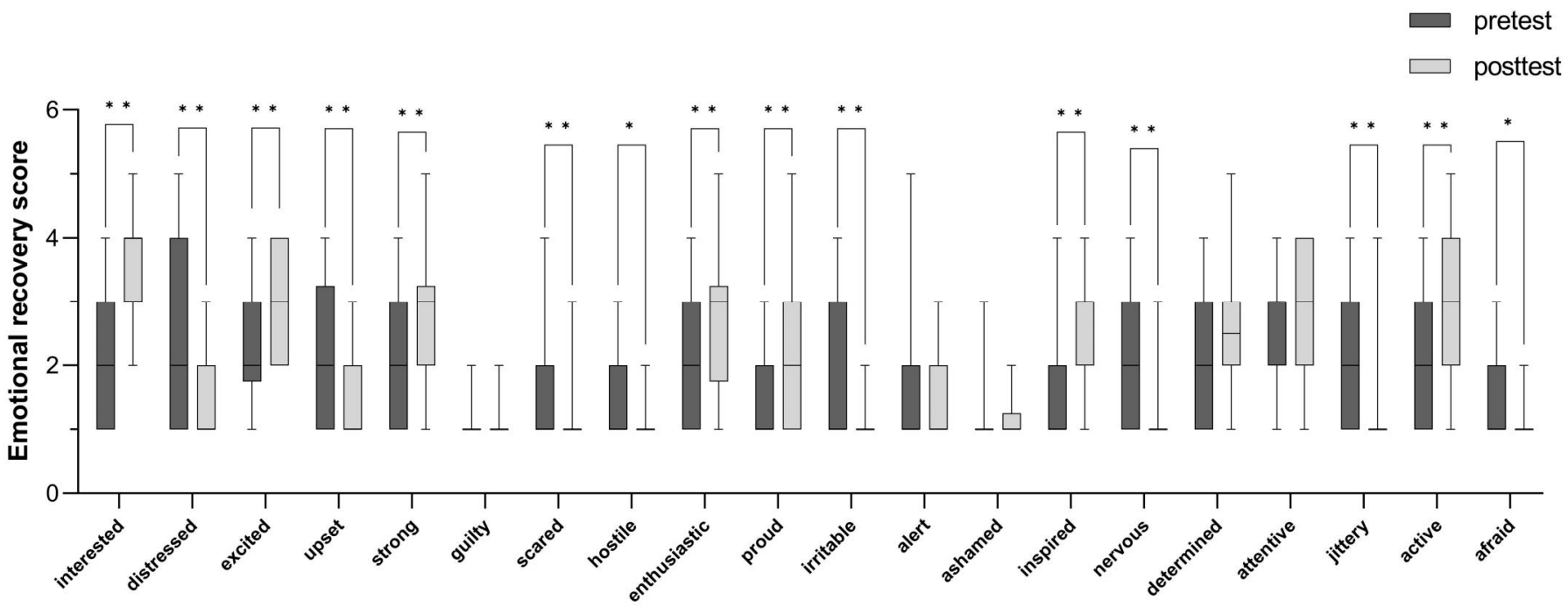


Figure S2. Changes in PANAS scale scores before and after the experiment for the two-color group; N = 30; * $p < .05$, ** $p < .01$.

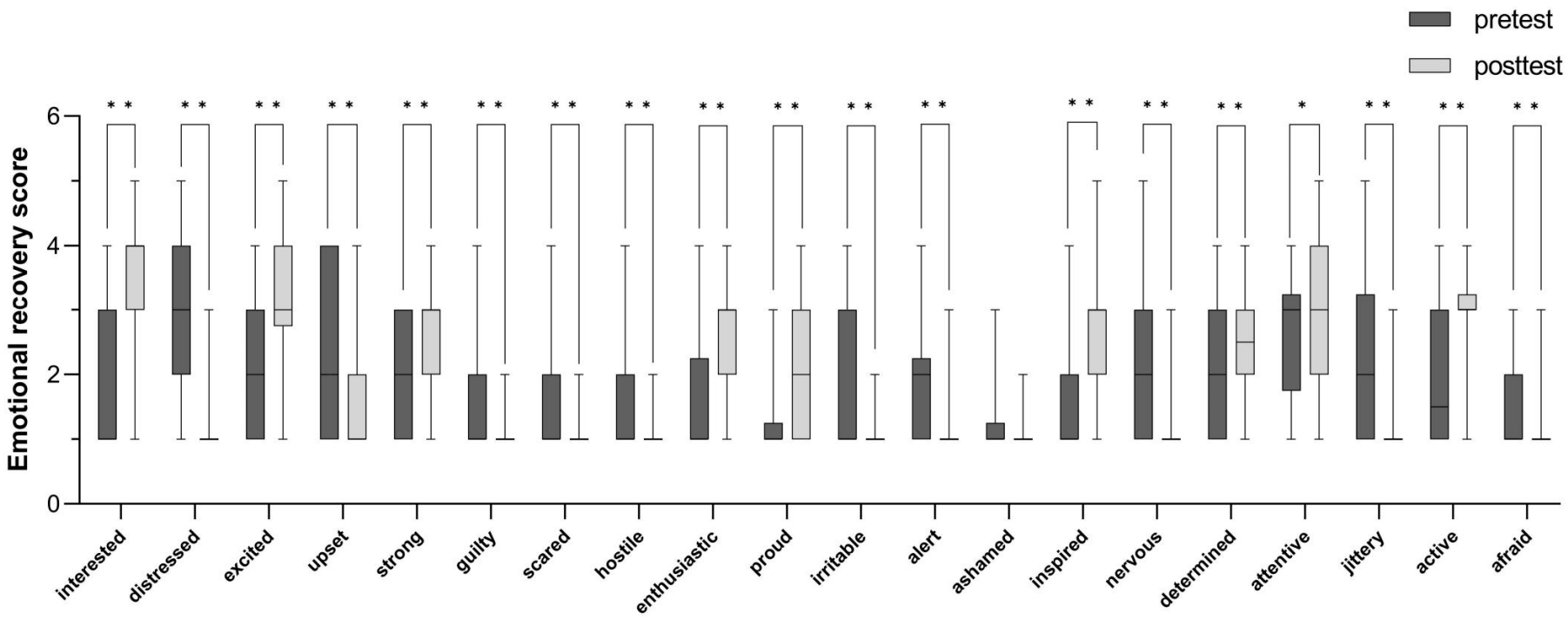


Figure S3. Changes in PANAS scale scores before and after the experiment for the three-color group; N = 30; * p < .05, ** p < .0