

Special Issue

Mental Health and the Natural Environment

Message from the Guest Editor

In recent years, there has been a growing recognition of natural environments' profound impact on mental health and well-being. As urbanization accelerates and lifestyles become increasingly detached from nature, many individuals experience heightened levels of stress, anxiety, and depression. Conversely, exposure to natural settings—whether through green spaces like parks and forests or blue spaces like rivers and oceans—has alleviated mental fatigue, reduced stress, and enhanced overall psychological well-being. The intricate relationship between mental health and the natural environment involves physiological, psychological, and social dimensions. **Purpose of the Special Issue** This Special Issue aims to deepen our understanding of the connections between mental health and the natural environment. We explore how interactions with nature promote psychological well-being, identify the mechanisms underlying these effects, and examine how environmental challenges impact mental health. We hope to inform interventions, policies, and practices that leverage natural environments to enhance mental health outcomes by gathering cutting-edge research from diverse disciplines.

Guest Editor

Dr. Curt Davidson

Haub School of the Environment and Natural Resources, University of Wyoming, Laramie, WY 82070, USA

Deadline for manuscript submissions

31 December 2025



Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



mdpi.com/si/218428

Behavioral Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
behavsci@mdpi.com

[mdpi.com/journal/
behavsci](https://mdpi.com/journal/behavsci)





Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



[mdpi.com/journal/
behavsci](https://mdpi.com/journal/behavsci)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Jerrell Cassady
Department of Educational Psychology, Ball State University, Muncie, IN
47306, USA

Author Benefits

High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2
(Development)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).