

Special Issue

Outdoor-Based Therapy and Human Health

Message from the Guest Editor

Rapid urbanization and urban drift centralization of the population are significant contributors to mental health and sedentary lifestyle diseases.

Researchers/practitioners have developed an interest in establishing outdoor-based therapeutic approaches that share common practices such as place-based learning, forest therapy, embodied experiences, therapeutic adventure, and nature-based stress reduction.

The Special Issue welcomes the contributions that may focus on one or more of the following areas:

- Empirical support for the effects of outdoor use/intervention and human health/welfare;
- Social and economic impacts of outdoor use and management in human health/welfare;
- Why and how outdoor environments contribute to human health and welfare, especially in preventing disease, prolonging life, and promoting physical, social, and psychological welfare;
- Methodological innovation for evaluating human health/welfare effects from outdoors;
- Measuring economic benefits for using outdoor for human health/welfare.

Guest Editor

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Deadline for manuscript submissions

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).