# Special Issue

# **Outdoor and Nature Therapy**

# Message from the Guest Editor

Since the emergence of cognitive behavioral therapy (CBT) in the 1980s, solid evidence-based interventions have successfully been applied for treating and preventing stress, anxiety and depression, and for promoting mental health. Over the last decade, growing scientific interest has emerged in the potential health benefits of combining outdoor and nature contact or therapy with behavioral health interventions for improving physical and mental health. Substantial support for the health-promoting effects of outdoor and nature contact has been demonstrated, but gaps still remain in our understanding of its health promoting effects—alone or when combined with other behavioral health interventions. The scope of this Special Issue is interdisciplinary with relevance to healthcare, spanning from epidemiologic research including observational studies and clinical trials, over the fields of environmental health, clinical medicine, and psychology, to ecology, landscape architecture, urban studies, and anthropology. The landscape and environments that may be covered may include but are not limited to forest, green space, and the blue ocean, in addition to urban areas and parks.

## **Guest Editor**

Dr. Jesper Dahlgaard

Program for Mind and Body in Mental Health, Research Center for Health and Welfare Technology, VIA University College, Aarhus N, 8200 Aarhus, Denmark

## Deadline for manuscript submissions

1 May 2026



# Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/69870

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

mdpi.com/journal/ healthcare





# **Healthcare**

an Open Access Journal by MDPI

Impact Factor 2.7 CiteScore 4.7 Indexed in PubMed



# **About the Journal**

# Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

## Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

### **Author Benefits**

## **High Visibility:**

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

## **Journal Rank:**

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

### Rapid Publication:

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).

