



## KURSPLAN

# The Potential of Nature-based Community Intervention Programs for the Promotion of Mental Health I, 3 högskolepoäng

*The Potential of Nature-based Community Intervention Programs for the Promotion of Mental Health I, 3 credits*

---

<b>Kurskod:</b>	HPHN13	<b>Utbildningsnivå:</b>	Grundnivå
<b>Fastställd av:</b>	Utbildningsrådet 2022-10-11	<b>Utbildningsområde:</b>	Medicinska området
<b>Gäller fr.o.m.:</b>	2023-08-28	<b>Ämnesgrupp:</b>	TR1
<b>Version:</b>	1	<b>Fördjupning:</b>	G2F
<b>Diarienummer:</b>	Department of Rehabilitation	<b>Huvudområde:</b>	Arbetsterapi

---

### Lärandemål

Upon completion of the course, students should have the ability to:

#### Kunskap och förståelse

- describe nature's influence and impact on mental health
- describe and compare nature-based interventions and their impact on mental health.

#### Färdighet och förmåga

- argue for and illustrate the potential relationship between nature-based interventions and social-, economical-, and environmental sustainability
- plan a nature-based intervention
- apply a part of a nature-based intervention.

#### Värderingsförmåga och förhållningssätt

- reflect and critically appraise the potential value of interprofessional collaborations and cultural influences regarding nature-based interventions.

### Innehåll

- nature-based interventions
- sustainability
- interprofessional collaboration
- intercultural competence

### Undervisningsformer

The course is conducted through lectures, study groups, and study visits.

Undervisningen bedrivs på engelska.

### Förkunskapskrav

General entry requirements and completion of the course Occupational therapy in profession

and research, 30 credits, as well as 60 credits from the courses Activity and development throughout life, 30 credits, Occupational Therapy for Activity Limitations in Disability and Disease, 30 credits, Occupational Therapy and Activity Limitations throughout Life, 9 credits, Clinical Placement, 6 credits, Occupational Therapy and Occupational Limitations when in Ill Health and Vulnerable Life Situations, 9 credits (or the equivalent).

### Examination och betyg

Kursen bedöms med betygen Underkänd eller Godkänd.

Examination of the course consists of active participation in workshops and seminars, and an individual written reflection assignment.

The course examiner is a university lecturer.

Poängregistrering av examinationen för kursen sker enligt följande system:

Examinationsmoment	Omfattning	Betyg
Workshop and seminars	2 hp	U/G
Individual written reflection assignment	1 hp	U/G

### Kurslitteratur

Lackey, Tysor, D. A., McNay, G. D., Joyner, L., Baker, K. H., & Hodge, C. (2021). *Mental health benefits of nature-based recreation: a systematic review*. *Annals of Leisure Research*, 24(3), 379–393. doi.org/10.1080/11745398.2019.1655459

Winter, Selin, S., Cervený, L., & Bricker, K. (2019). *Outdoor Recreation, Nature-Based Tourism, and Sustainability*. *Sustainability* (Basel, Switzerland), 12(1), 81–. doi.org/10.3390/su12010081

McMahan, E., & Estes, D. (2015). *The effect of contact with natural environments on positive and negative affect: A meta-analysis*. *The Journal of Positive Psychology*, 10(6), 507–519. doi.org/10.1080/17439760.2014.994224

World Health Organization. Regional Office for Europe. (2013). *Health 2020: a European policy framework supporting action across government and society for health and well-being* (short version). World Health Organization. Regional Office for Europe. apps.who.int/iris/handle/10665/131300

World Health Organization. Regional Office for Europe. (2016). *Urban green spaces and health*. World Health Organization. Regional Office for Europe. apps.who.int/iris/handle/10665/345751

Scientific articles and other study materials may be added.