



COURSE SYLLABUS

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

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

Course Code: HPHN13	Education Cycle: First-cycle level
Confirmed by: Utbildningsrådet Oct 11, 2022	Disciplinary domain: Medicine
Valid From: Aug 28, 2023	Subject group: TR1
Version: 1	Specialised in: G2F
Reg number: Department of Rehabilitation	Main field of study: Occupational Therapy

Intended Learning Outcomes (ILO)

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

Knowledge and understanding

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

Skills and abilities

- 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.

Judgement and approach

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

Contents

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

Type of instruction

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

The teaching is conducted in English.

Prerequisites

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 and grades

The course is graded Fail (U) or Pass (G).

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.

Registration of examination:

Name of the Test	Value	Grading
Workshop and seminars	2 credits	U/G
Individual written reflection assignment	1 credit	U/G

Course literature

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.