

1. BACKGROUND & OBJECTIVES

- Undergraduate student mental health is declining, access to mental health services are limited. [1,5]
- Accessible, affordable, and effective treatments are needed. [1]
- Nature can be experienced in various ways (sitting near a window, walking outside, or virtually)...



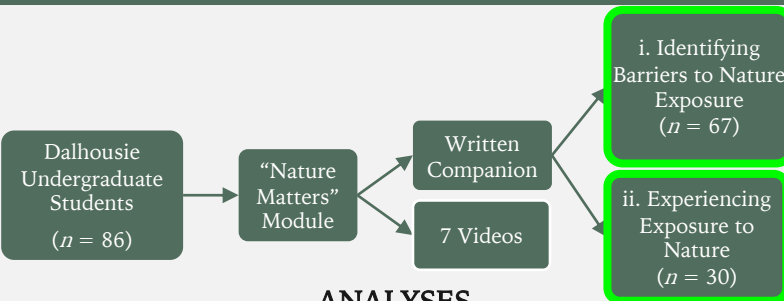
Objective 1

To identify students' most common barriers to experiencing nature exposure

Objective 2

To examine the effects of a brief virtual nature exposure on students' current states

2. METHOD

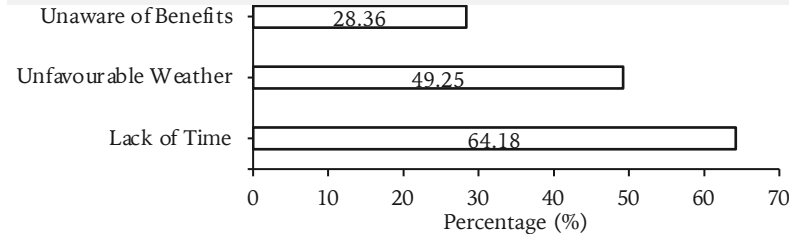


ANALYSES

- Identifying Barriers to Nature Exposure** – proportion of undergraduates that selected each barrier type.
- Experiencing Exposure to Nature** – inductive thematic analysis using NVivo.

3. RESULTS

i. Identifying Barriers to Nature Exposure



ii. Experiencing Exposure to Nature

Pre-Nature Exposure Responses

Theme	Sub-Theme	Example	Frequency
Nature Connection	Making Plans for Nature	"I'm looking forward to buying plants and pictures of nature for my apartment to feel more connected to nature"	22
Feelings	Negative Emotion/Mood	"I'm noticing that I feel angry in this particular moment"	9
School	Negative School Thoughts/Feelings	"Finals are right around the corner; I know that my stress & anxiety levels will increase in the next few weeks"	11
Physical Sensations	Negative Physical Sensations	"My shoulders are aching from sitting at a desk for most of the day"	12

Post-Nature Exposure Responses

Theme	Sub-Theme	Example	Frequency
Reflections About Video	New Experience	"I've never intentionally listened to nature sounds to calm down, so it was a new experience".	7
Feelings	Positive Change in Emotion/Mood	"While watching the video something did change, I feel calmer than before watching the video"	64
Thoughts	Forgot Pre-Video Thoughts	"While watching the video, it was easy to temporarily forget about the stressful aspects of life"	12
Physical Sensations	Positive Change in Physical Sensation	"My body doesn't feel so tight, almost like my muscles relaxed."	11

4. CONCLUSION

i. Identifying Barriers to Nature Exposure

Undergraduate's top barriers to nature exposure are similar to other populations and ages [3, 4]

ii. Experiencing Exposure to Nature

The brief virtual nature exposure evoked positive changes to undergraduates' current state [2]

Undergraduates' experiences directly addressed their most common barriers. Brief nature exposures may modify behaviour and benefit mental health.

Limitations

- Conformity/Response Bias
- Generalizability

Implications

- Inform modifications to intervention
- Provide basis for future interventions

5. REFERENCES

- [1] ACHA. (2022). Canadian Data Report Spring 2022.
- [2] Bratman et al. (2012). An NY Aca Sci, 1249(1), 118-136.
- [3] Puhakka. (2021). J Out Rec and Tour, 36, 100425.
- [4] Sachs et al. (2020). Front in Psych, 11, 540872-.
- [5] WHO. (2022). Mental health.

6. ACKNOWLEDGEMENTS

Thank you to each member of Pathways to Wellness Lab, especially Yasmeen Ibrahim for sourcing the data, Rachel McMillan for assisting with analyses, and my supervisor Dr. Shannon Johnson for all of her hard work, time, and dedication.