

# Nature's Influence on Mental Well-being

Mental Health · Answer Key · 12 Questions

---

**1. Studies have shown that spending time in green spaces, such as forests and parks, is associated with a reduction in which of the following mental health indicators?**

A) Aggression

**B) Anxiety and depression**

C) Boredom

D) Over-excitement

**2. The Japanese practice of 'Shinrin-yoku,' often translated as 'forest bathing,' has been scientifically linked to which physiological response that benefits mental health?**

A) Increased heart rate variability

**B) Reduced cortisol levels**

C) Elevated blood pressure

D) Increased adrenaline production

**3. Exposure to natural light, a common element in outdoor environments, plays a crucial role in regulating which biological process essential for mental stability?**

A) Muscle growth

**B) The circadian rhythm (sleep-wake cycle)**

C) Digestion speed

D) Bone density

**4. Interacting with animals, particularly dogs, has been observed to have a positive impact on mental health by increasing the levels of which hormone, known for its calming effects?**

A) Testosterone

B) Cortisol

**C) Oxytocin**

D) Adrenaline

**5. What is the term for the therapeutic use of animals, often involving pets, to improve a person's mental and emotional health?**

**A) Zootherapy**

B) Botanical therapy

C) Aromatherapy

D) Hydrotherapy

**6. The presence of certain natural elements, like running water or the sound of birdsong, can trigger a state of mind conducive to mental restoration. This state is often described as:**

- A) Cognitive dissonance
- B) Flow state
- C) Attention restoration**
- D) Sensory overload

**7. Research into the impact of the microbiome suggests that exposure to diverse environmental microbes, often found in natural settings, may play a role in the development of which aspect of mental health?**

- A) Phobias
- B) Immune system regulation and its link to mood disorders**
- C) Memory recall speed
- D) Language acquisition

**8. Urban greening initiatives, such as the creation of more parks and tree-lined streets, have been correlated with a decrease in reported symptoms of which mental health condition within urban populations?**

- A) Schizophrenia
- B) Eating disorders
- C) Suicidal ideation**
- D) Attention-deficit/hyperactivity disorder (ADHD)

**9. Spending time by the ocean or large bodies of water, often referred to as 'blue space,' has been associated with a sense of:**

- A) Agitation
- B) Calmness and reduced stress**
- C) Restlessness
- D) Irritation

**10. The beneficial effects of nature on mental health are often attributed to the reduction of which stress hormone?**

- A) Melatonin
- B) Serotonin
- C) Cortisol**
- D) Dopamine

**11. Exposure to natural environments, particularly those with natural sounds, can improve cognitive function, including an increase in:**

A) Impulsivity

**B) Attention span**

C) Risk-taking behaviour

D) Decision paralysis

**12. Gardening, as an activity connected to nature, has been shown to reduce symptoms of depression and anxiety, partly due to the release of which neurotransmitter associated with pleasure and reward?**

A) GABA

B) Glutamate

**C) Dopamine**

D) Norepinephrine