

Nature's Influence on Mental Well-being

Mental Health · Practice Test · 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