

Supplementary Material

“Eco-Caring Together” Pro-ecological group-based community interventions and mental wellbeing: A systematic scoping review

Appendix A: Search Terms

General Search Term

((("natur*" OR "environment*" OR "ecological" OR "green*" OR "park*" OR "forest" OR "wood*" OR "wild*" OR "beach" OR "river" OR "lake" OR "pond" OR "watershed") NEAR/2 ("regenerat*" OR "restor*" OR "preserv*" OR "enhanc*" OR "clean*" OR "creation")) OR ("conservation" OR "pro-ecological" OR "pro-environmental" OR "environmentally-friendly" OR "eco-friendly" OR "biodiversity" OR "rewild*" OR "re-green*" OR "climate change" OR "climate action" OR "purposeful" OR "litter picking" OR "tree planting")) AND ("group" OR "collectiv*" OR "commun*" OR "neighbourhood" OR "public") AND ("intervention" OR "programme" OR "social prescri*" OR "green prescri*" OR "initiative" OR "activi*" OR "volunt*" OR "help*" OR "steward*" OR "participati*") AND ("wellbeing" OR "well-being" OR "mental health" OR "mental illness" OR "distress" OR "stress" OR "self-esteem" OR "anxiety" OR "depression" OR "mood" OR "eco-distress" OR "eco-anxiety" OR "eco-depression" OR "benefits" OR "psychological" OR "life satisfaction" OR "happiness"))

PsychNET Search Term

Keywords: (((("natur*" OR "environment*" OR "ecological" OR "green*" OR "park*" OR "forest" OR "wood*" OR "wild*" OR "beach" OR "river" OR "lake" OR "pond" OR "watershed") AND ("regenerat*" OR "restor*" OR "preserv*" OR "enhanc*" OR "clean*" OR "creation")) OR ("conservation" OR "pro-ecological" OR "pro-environmental" OR "environmentally-friendly" OR "eco-friendly" OR "biodiversity" OR "rewild*" OR "re-green*" OR "climate change" OR "climate action" OR "purposeful" OR "litter picking" OR "tree planting")) AND ("group" OR "collectiv*" OR "commun*" OR "neighbourhood" OR "public") AND ("intervention" OR "programme" OR "social prescri*" OR "green prescri*" OR "initiative" OR "activi*" OR "volunt*" OR "help*" OR "steward*" OR "participati*") AND ("wellbeing" OR "well-being" OR "mental health" OR "mental illness" OR "distress" OR "stress" OR "self-esteem" OR "anxiety" OR "depression" OR "mood" OR "eco-distress" OR "eco-anxiety" OR "eco-depression" OR "benefits" OR "psychological" OR "life satisfaction" OR "happiness")) OR Title: (((("natur*" OR "environment*" OR "ecological" OR "green*" OR "park*" OR "forest" OR "wood*" OR "wild*" OR "beach" OR "river" OR "lake" OR "pond" OR "watershed") AND ("regenerat*" OR "restor*" OR "preserv*" OR "enhanc*" OR "clean*" OR "creation")) OR ("conservation" OR "pro-ecological" OR "pro-environmental" OR "environmentally-friendly" OR "eco-friendly" OR "biodiversity" OR "rewild*" OR "re-green*" OR "climate change" OR "climate action" OR "purposeful" OR "litter picking" OR "tree planting")) AND ("group" OR "collectiv*" OR "commun*" OR "neighbourhood" OR "public") AND ("intervention" OR "programme" OR "social prescri*" OR "green prescri*" OR "initiative" OR "activi*" OR "volunt*" OR "help*" OR "steward*" OR "participati*") AND ("wellbeing" OR "well-being" OR "mental health" OR "mental illness" OR "distress" OR "stress" OR "self-esteem" OR "anxiety" OR "depression" OR "mood" OR "eco-distress" OR

“eco-anxiety” OR “eco-depression” OR “benefits” OR “psychological” OR “life satisfaction” OR “happiness”) OR Abstract: (((“natur*” OR “environment*” OR “ecological” OR “green*” OR “park*” OR “forest” OR “wood*” OR “wild*” OR “beach” OR “river” OR “lake” OR “pond” OR “watershed”) AND (“regenerat*” OR “restor*” OR “preserv*” OR “enhanc*” OR “clean*” OR “creation”)) OR (“conservation” OR “pro-ecological” OR “pro-environmental” OR “environmentally-friendly” OR “eco-friendly” OR “biodiversity” OR “rewild*” OR “re-green*” OR “climate change” OR “climate action” OR “purposeful” OR “litter picking” OR “tree planting”)) AND (“group” OR “collectiv*” OR “commun*” OR “neighbourhood” OR “public”) AND (“intervention” OR “programme” OR “social prescri*” OR “green prescri*” OR “initiative” OR “activi*” OR “volunt*” OR “help*” OR “steward*” OR “participati*”) AND (“wellbeing” OR “well-being” OR “mental health” OR “mental illness” OR “distress” OR “stress” OR “self-esteem” OR “anxiety” OR “depression” OR “mood” OR “eco-distress” OR “eco-anxiety” OR “eco-depression” OR “benefits” OR “psychological” OR “life satisfaction” OR “happiness”)) AND Population Group: Human

PubMed Search Term

(((((("natur*" [Text Word] OR "environment*" [Text Word] OR "ecological" [Text Word] OR "green*" [Text Word] OR "park*" [Text Word] OR "forest" [Text Word] OR "wood*" [Text Word] OR "wild*" [Text Word] OR "beach" [Text Word] OR "river" [Text Word] OR "lake" [Text Word] OR "pond" [Text Word] OR "watershed" [All Fields]) AND "n2" [All Fields]) AND ("regenerat*" [Text Word] OR "restor*" [Text Word] OR "preserv*" [Text Word] OR "enhanc*" [Text Word] OR "clean*" [Text Word] OR "creation" [Text Word])) OR ("conservation" [Text Word] OR "pro-ecological" [Text Word] OR "pro-environmental" [Text Word] OR "environmentally-friendly" [Text Word] OR "eco-friendly" [Text Word] OR "biodiversity" [Text Word] OR "rewild*" [Text Word] OR "re green*" [Text Word] OR "climate change" [Text Word] OR "climate action" [Text Word] OR "purposeful" [Text Word] OR "tree planting" [Text Word])) AND ("group" [Text Word] OR "collectiv*" [Text Word] OR "commun*" [Text Word] OR "neighbourhood" [Text Word] OR "public" [Text Word]) AND ("intervention" [Text Word] OR "programme" [Text Word] OR "social prescri*" [Text Word] OR "green prescri*" [Text Word] OR "initiative" [Text Word] OR "activi*" [Text Word] OR "volunt*" [Text Word] OR "help*" [Text Word] OR "steward*" [Text Word] OR "participati*" [Text Word]) AND ("wellbeing" [Text Word] OR "well-being" [Text Word] OR "mental health" [Text Word] OR "mental illness" [Text Word] OR "distress" [Text Word] OR "stress" [Text Word] OR "self-esteem" [Text Word] OR "anxiety" [Text Word] OR "depression" [Text Word] OR "mood" [Text Word] OR "eco-distress" [Text Word] OR "eco-anxiety" [Text Word] OR "eco-depression" [Text Word] OR "benefits" [Text Word] OR "psychological" [Text Word] OR "life satisfaction" [Text Word] OR "happiness" [Text Word])) AND (humans [Filter])

Scopus Search Term

TITLE-ABS-KEY (((("natur*" OR "environment*" OR "ecological" OR "green*" OR "park*" OR "forest" OR "wood*" OR "wild*" OR "beach" OR "river" OR "lake" OR "pond" OR "watershed") W/2 ("regenerat*" OR "restor*" OR "preserv*" OR "enhanc*" OR "clean*" OR "creation")) OR ("conservation" OR "pro-ecological" OR "pro-environmental" OR "environmentally-friendly" OR "eco-friendly" OR "biodiversity"

OR "rewild*" OR "re-green*" OR "climate change" OR "climate action" OR "purposeful" OR "litter picking" OR "tree planting")) AND ("group" OR "collectiv*" OR "commun*" OR "neighbourhood" OR "public") AND ("intervention" OR "programme" OR "social prescri*" OR "green prescri*" OR "initiative" OR "activi*" OR "volunt*" OR "help*" OR "steward*" OR "participati*") AND ("wellbeing" OR "well-being" OR "mental health" OR "mental illness" OR "distress" OR "stress" OR "self-esteem" OR "anxiety" OR "depression" OR "mood" OR "eco-distress" OR "eco-anxiety" OR "eco-depression" OR "benefits" OR "psychological" OR "life satisfaction" OR "happiness")) AND (LIMIT-TO (EXACTKEYWORD , "Human") OR LIMIT-TO (EXACTKEYWORD , "Humans")) AND (LIMIT-TO (DOCTYPE , "ar")) AND (LIMIT-TO (SUBJAREA , "MEDI") OR LIMIT-TO (SUBJAREA , "ENVI") OR LIMIT-TO (SUBJAREA , "SOCI") OR LIMIT-TO (SUBJAREA , "NURS") OR LIMIT-TO (SUBJAREA , "MULT") OR LIMIT-TO (SUBJAREA , "PSYC") OR LIMIT-TO (SUBJAREA , "HEAL") OR LIMIT-TO (SUBJAREA , "NEUR") OR LIMIT-TO (SUBJAREA , "EART")))

Web of Science Search Term

((("natur*" OR "environment*" OR "ecological" OR "green*" OR "park*" OR "forest" OR "wood*" OR "wild*" OR "beach" OR "river" OR "lake" OR "pond" OR "watershed") NEAR/2 ("regenerat*" OR "restor*" OR "preserv*" OR "enhanc*" OR "clean*" OR "creation")) OR ("conservation" OR "pro-ecological" OR "pro-environmental" OR "environmentally-friendly" OR "eco-friendly" OR "biodiversity" OR "rewild*" OR "re-green*" OR "climate change" OR "climate action" OR "purposeful" OR "litter picking" OR "tree planting")) AND ("group" OR "collectiv*" OR "commun*" OR "neighbourhood" OR "public") AND ("intervention" OR "programme" OR "social prescri*" OR "green prescri*" OR "initiative" OR "activi*" OR "volunt*" OR "help*" OR "steward*" OR "participati*") AND ("wellbeing" OR "well-being" OR "mental health" OR "mental illness" OR "distress" OR "stress" OR "self-esteem" OR "anxiety" OR "depression" OR "mood" OR "eco-distress" OR "eco-anxiety" OR "eco-depression" OR "benefits" OR "psychological" OR "life satisfaction" OR "happiness") (Topic and Humans (MeSH Headings) and Review Articles (Exclude – Document Types)

Appendix B: Excluded Sources (n=111)

Reasons for Exclusion

Article	Reason for exclusion
Anderson et al. (2021)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Andow et al. (2016)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Armsworth et al. (2013)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Bawa et al. (2020)	No group working
Bazyk et al. (2009)	Not pro-ecological
Begum et al. (2021)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Bellamy et al. (2017)	No group working
Bernard et al. (2022)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Black et al. (2004)	Not pro-ecological
Breyse et al. (2015)	No group working
Brooks et al. (2010)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Browder et al. (2002)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Brown et al. (2011)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Buijs et al. (2021)	No group working
Burgess et al. (2005)	Exclusion reason: Review articles;
Burgess et al. (2009)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Castell et al. (2020)	Exclusion reason: Review articles;
Chen et al. (2020)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Clinch et al. (2021)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Dallimer et al. (2014)	No group working
Dolrenry et al. (2016)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Duvall et al. (2014)	Not pro-ecological
EcoHealthOntario et al. (2019)	No group working
El-Zein et al. (2006)	No group working
Eley et al. (2014)	Exclusion reason: Research protocols;
ElZoghbi et al. (2014)	No group working
Gadd et al. (2005)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Gao et al. (2018)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Gibbs et al. (2013)	No group working
Gibson et al. (2021)	Not pro-ecological
Gilbertson et al. (2006)	No group working
Goffredo et al. (2010)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Høegmark et al. (2021)	Not pro-ecological
Halpenny et al. (2003)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Harper et al. (2006)	Not pro-ecological
Hartman et al. (2018)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Havlick et al. (2021)	Not pro-ecological
Heinze et al. (2018)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Hordyk et al. (2015)	No group working
Hughes et al. (2020)	No group working
Ihemezie et al. (2021)	Review or protocol
Janmaimool et al. (2016)	No group working
Januchowski-Hartley et al. (2012)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Jiricka-Puerrer et al. (2019)	Not pro-ecological
Jones et al. (2018)	Experience via paid employment
Jones et al. (2020)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Jung et al. (2017)	Not pro-ecological
Kaaya et al. (2017)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Kafeety et al. (2020)	Not pro-ecological
Kaiser et al. (2011)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Kalyanasundaram et al. (2021)	Review or protocol
Kamrowski et al. (2014)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Kauneckis et al. (2009)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Keane et al. (2016)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Khadka et al. (2010)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Kil et al. (2015)	Not pro-ecological
Kilpatrick et al. (2017)	Review or protocol

Kwok et al. (2017)	Experience via paid employment
Letcher et al. (2009)	Not pro-ecological
Li et al. (2017)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Lirman et al. (2016)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Liu et al. (2017)	No group working
Lumber et al. (2017)	No group working
Maraseni et al. (2014)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Marselle et al. (2015)	Not pro-ecological
Martin et al. (2008)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Maund et al. (2019)	Not pro-ecological
Mehta et al. (2001)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Mor et al. (2018)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Morón et al. (2006)	Review or protocol
Naeem et al. (2016)	Review or protocol
Nothwehr et al. (2019)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
OduorAMO et al. (2020)	Experience via paid employment
Oh et al. (2021)	No group working
Patrick et al. (2011)	No group working
Pearson et al. (2020)	Review or protocol
Pedersen et al. (2016)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Pfefferbaum et al. (2013)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Pich et al. (2020)	Review or protocol
Pillemer et al. (2017)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Pradyumna et al. (2020)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Pryor et al. (2006)	Not pro-ecological
Reese et al. (2020)	No group working
Richards et al. (2020)	No group working
Riehl et al. (2015)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Rogers et al. (2021)	No group working
Rostami et al. (2014)	Not pro-ecological
Schram-Bijkerk et al. (2018)	Review or protocol
Silva et al. (2005)	No group working
Soga et al. (2016)	No group working
Sotomayor et al. (2014)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Spiteri et al. (2008)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Stegeman et al. (2020)	Review or protocol
Suarez et al. (2018)	No group working
Timler et al. (2020)	No group working
Townsend et al. (2005)	Not pro-ecological
Ullah et al. (2021)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Wai et al. (2012)	No group working
Wallace et al. (2008)	No group working
Wang et al. (2021)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Ward et al. (2018)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Wheeler et al. (2015)	No group working
White et al. (2018)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
White et al. (2020)	No group working
Wickrama et al. (2011)	No group working
Woodgate et al. (2015)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment
Yessoufou et al. (2020)	Not pro-ecological
Young et al. (2020)	Not pro-ecological
Zhang et al. (2021)	Review or protocol
Zhao et al. (2019)	No group working
Zhao et al. (2021)	No mood, life satisfaction, mental health, affect or mental wellbeing assessment

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Appendix C: MMAT Criteria

Category of study designs	Methodological quality criteria
1. Qualitative	1.1. Is the qualitative approach appropriate to answer the research question?
	1.2. Are the qualitative data collection methods adequate to address the research question?
	1.3. Are the findings adequately derived from the data?
	1.4. Is the interpretation of results sufficiently substantiated by data?
	1.5. Is there coherence between qualitative data sources, collection, analysis and interpretation?
2. Quantitative randomized controlled trials	2.1. Is randomization appropriately performed?
	2.2. Are the groups comparable at baseline?
	2.3. Are there complete outcome data?
	2.4. Are outcome assessors blinded to the intervention provided?
	2.5. Did the participants adhere to the assigned intervention?
3. Quantitative non-randomized	3.1. Are the participants representative of the target population?
	3.2. Are measurements appropriate regarding both the outcome and intervention (or exposure)?
	3.3. Are there complete outcome data?
	3.4. Are the confounders accounted for in the design and analysis?
	3.5. During the study period, is the intervention administered (or exposure occurred) as intended?
4. Quantitative descriptive	4.1. Is the sampling strategy relevant to address the research question?
	4.2. Is the sample representative of the target population?
	4.3. Are the measurements appropriate?
	4.4. Is the risk of nonresponse bias low?
	4.5. Is the statistical analysis appropriate to answer the research question?
5. Mixed methods	5.1. Is there an adequate rationale for using a mixed methods design to address the research question?
	5.2. Are the different components of the study effectively integrated to answer the research question?
	5.3. Are the outputs of the integration of qualitative and quantitative components adequately interpreted?
	5.4. Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?
	5.5. Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?

Appendix D: Funding Sources for Included Studies

Article	Funding Details
Asah & Blahna (2012)	Funded by the U.S. Department of Agriculture Forest Service, Pacific Northwest Research Station.
Avon Wildlife Trust (2021)	National Lottery Community Fund; The Wildlife Trusts
Bellotti et al. (2011)	The VA Health Services Research and Development Postdoctoral fellowship program.
Birch (2005)	University of Brighton
Bond et al. (2019)	Not clear
Cardskadden & Lober (1998)	Duke University Nicholas School of Environment
Coventry et al. (2019)	University of York Research Priming Fund; UK Research and Innovation Closing the Gap Network.
Finnegan (2016)	Not clear
Fraser et al. (2009)	Institute of Museum and Library Services
Gagliardi et al. (2020)	Italian Ministry of Health; IRCCS INRCA
Gooch (2005)	University of Queensland & the Catchment Hydrology Cooperative Research Centre
Hoffman (2020)	Minnesota Agricultural Education Leadership Council
Hsiao et al. (2020)	No financial support received
Kogstad et al. (2014)	Not clear
Koss & Kingsley (2010)	Parks Victoria and Deakin University Research Partners Grant
Molsher & Townsend (2016)	State Natural Resource Management: Natural resources KI.
Moore et al. (2006)	Not clear
O'Brien et al. (2010)	Scottish Forestry Trust and Forestry Commission
O'Brien et al. (2011)	Part funded by the Scottish Forestry trust and the Forestry commission.
Pálsdóttir et al. (2014)	FORMAS
Pillemer et al. (2010)	Edward R. Roybal Center grant from the National Institute of Aging
Power & Smyth (2016)	Arts and Humanities Research Council
Puhakka et al. (2019)	TEKES
Reynolds (2000)	Not clear
Richardson et al. (2016)	Not clear
Richardson & McEwan (2018)	Not clear
Sobko et al. (2020)	General Research Grant
Takase et al. (2018)	Grants from JSPS KAKENHI
Tashiro (2022)	JSPS KAKENHI
Tharrey et al. (2020)	French National Research Agency; Agropolis Foundation; Olga Triballat Institute.
Townsend (2006; Study 1)	Parks Victoria, the People and Parks Foundation, Alcoa World Alumina Australia,
Townsend (2006; Study 2)	The Helen Macpherson Smith Trust, the Victorian Department of Sustainability and Environment,
Townsend (2006; Study 3)	The Trust for Nature, Barwon Health, Angair, Surf Coast Shire and the City of Hobsons Bay.
Weston et al. (2015)	World Vision
Wilkie & Michialino (2014)	Not clear
Wilson et al. (2009)	Forestry Commission Scotland; Glasgow Centre for Population Health; HSGGC; Glasgow Clyde Valley Green Network Partnership.
Yerrell (2008)	Oxford Brookes University