

Table S1 Participant characteristics by environment

	DASS-21				Hair cortisol			
	All participants (n=99)	Natural outdoor group (n=33)	Built outdoor group (n=33)	Indoor group (n=33)	All participants (n=16)	Natural outdoor group (n=6)	Built outdoor group (n=4)	Indoor group (n=6)
	Mean (SD)/N (%)	Mean (SD)/N (%)	Mean (SD)/N (%)	Mean (SD)/N (%)	Mean (SD)/N (%)	Mean (SD)/N (%)	Mean (SD)/N (%)	Mean (SD)/N (%)
Age, years	36.35 (5.53)	34.03 (4.50)	34.70 (3.55)	40.33 (6.00)	31.38 (8.16)	32.67 (12.11)	29.25 (4.50)	31.50 (5.96)
Gender								
Male	37 (37.37)	12 (36.36)	13 (39.39)	12 (36.36)	4 (25.00)	2 (33.33)	1 (25.00)	1 (16.67)
Female	62 (62.63)	21 (63.64)	20 (60.61)	21 (63.64)	12 (75.00)	4 (66.67)	3 (75.00)	5 (83.33)
Occupational group								
Undergraduate student	12 (12.10)	5 (15.20)	6 (18.20)	1 (3.00)	2 (12.50)	-	1 (25.00)	1 (16.70)
Postgraduate student	36 (36.40)	16 (48.50)	8 (24.20)	12 (36.4)	5 (31.30)	2 (33.33)	2 (50.00)	1 (16.70)
Staff	51 (51.50)	12 (36.40)	19 (57.60)	20 (60.6)	9 (56.30)	4 (66.67)	1 (25.00)	4 (66.70)

DASS-21, depression anxiety stress scales.