

## Appendix 1: Electronic databases &amp; Google

Database	APA PsycInfo
Date coverage	1816–present
Libraries	Psychology and behavioral sciences
Last date of search	Monday, December 19, 2022
Inclusion	English and full-text articles only
Search query	“blue space prescription” OR “blue space Rx” OR “campus nature contact” OR “campus nature prescription” OR “campus nature Rx” OR “green prescription” OR “green Rx” OR “green space contact” OR “green space prescription” OR “green space Rx” OR “greenspace contact” OR “greenspace prescription” OR “greenspace Rx” OR “nature contact” OR “nature prescription” OR “nature Rx” OR “nature-based contact” OR “nature-based prescription” OR “nature-based Rx” OR “natural environment contact” OR “natural environment prescription” OR “natural environment Rx” OR “outdoor prescription” OR “outdoor Rx” OR “park prescription” OR “Park RX”
Number of hits	589
Database	CINAHL Complete
Date coverage	1995–present
Libraries	Nursing and allied health
Last date of search	Monday, December 19, 2022
Inclusion	English and full-text articles only
Search query	“blue space prescription” OR “blue space Rx” OR “campus nature contact” OR “campus nature prescription” OR “campus nature Rx” OR “green prescription” OR “green Rx” OR “green space contact” OR “green space prescription” OR “green space Rx” OR “greenspace contact” OR “greenspace prescription” OR “greenspace Rx” OR “nature contact” OR “nature prescription” OR “nature Rx” OR “nature-based contact” OR “nature-based prescription” OR “nature-based Rx” OR “natural environment contact” OR “natural environment prescription” OR “natural environment Rx” OR “outdoor prescription” OR “outdoor Rx” OR “park prescription” OR “Park RX”
Number of hits	545
Database	PubMed
Date coverage	1907–present
Libraries	Biomedical sciences
Last date of search	Monday, December 19, 2022
Inclusion	English and full-text articles only
Search query	“blue space prescription” OR “blue space Rx” OR “campus nature contact” OR “campus nature prescription” OR “campus nature Rx” OR “green prescription” OR “green Rx” OR “green space contact” OR “green space prescription” OR “green space Rx” OR “greenspace contact” OR “greenspace prescription” OR “greenspace Rx” OR “nature contact” OR “nature prescription” OR “nature Rx” OR “nature-based contact” OR “nature-based prescription” OR “nature-based Rx” OR “natural environment contact” OR “natural environment prescription” OR “natural environment Rx” OR “outdoor prescription” OR “outdoor Rx” OR “park prescription” OR “Park RX”
Number of hits	5,802
Google	
Last date of search	Monday, December 19, 2022
Inclusion	English and full-text articles only
Search query	“blue space prescription” OR “blue space Rx” OR “campus nature contact” OR “campus nature prescription” OR “campus nature Rx” OR “green prescription” OR “green Rx” OR “green space contact” OR “green space prescription” OR “green space Rx” OR “greenspace contact” OR “greenspace prescription” OR “greenspace Rx” OR “nature contact” OR “nature prescription” OR “nature Rx” OR “nature-based contact” OR “nature-based prescription” OR “nature-based Rx” OR “natural environment contact” OR “natural environment prescription” OR “natural environment Rx” OR “outdoor prescription” OR “outdoor Rx” OR “park prescription” OR “Park RX”
Number of hits	490



#### Appendix 4: Eligible studies

Rayyan key	Article title	First author first initial and last name	Terminology to describe nature prescription	Publication year	Include or exclude	Length of prescription/ follow-up times	DOI or URL link	Database
rayyan-919299784	A Long-Term Follow-Up Of The Efficacy Of Nature-Based Therapy For Adults Suffering From Stress-Related Illnesses On Levels Of Healthcare Consumption And Sick-Leave Absence: A Randomized Controlled Trial	S. Corazon	Nature-based therapy	2018	Include	10 weeks/baseline & 12 months	10.3390/ijerph15010137	PubMed
rayyan-919299791	Activity In Nature Mediates A Park Prescription Intervention's Effects On Physical Activity, Park Use And Quality Of Life: A Mixed-Methods Process Evaluation	N. Petrunoff	Exercising in parks	2021	Include	26 weeks/baseline, 3 months, & 6 months	<a href="https://link.springer.com/article/10.1186/s12889-021-10177-1">https://link.springer.com/article/10.1186/s12889-021-10177-1</a>	Google
rayyan-919299793	Art, Nature And Mental Health: Assessing The Biopsychosocial Effects Of A 'Creative Green Prescription' Museum Programme Involving Horticulture, Artmaking And Collections	L. Thomson	Creative green for mental health	2021	Include	10 weeks/baseline, 3 months, & 6 months	<a href="https://journals.sagepub.com/doi/full/10.1177/1757913920910443">https://journals.sagepub.com/doi/full/10.1177/1757913920910443</a>	Google
rayyan-919299802	Clinic And Park Partnerships For Childhood Resilience: A Prospective Study Of Park Prescriptions	N. Razani	Park visits per week	2019	Include	3 months/baseline, 1 month, & 3 months	10.1016/j.healthplace.2019.04.008	PubMed
rayyan-919299818	Effect Of Park Prescriptions With And Without Group Visits To Parks On Stress Reduction In Low-Income Parents: Shine Randomized Trial	N. Razani	Park outings	2018	Include	3 consecutive Saturday's/ baseline, 1 month, & 3 months	10.1371/journal.pone.0192921	PubMed
rayyan-919299902	Pediatrician Prescriptions For Outdoor Physical Activity Among Children: A Pilot Study	R. Christiana	Outdoor physical activity	2016	Include	3 months/baseline, 1 month, & 3 months	10.1016/j.pmedr.2016.12.005	PubMed
rayyan-919299918	Prescribing Time In Nature For Human Health And Well-Being: Study Protocol For Tailored Park Prescriptions	C. Schultz	Self-guided nature-based physical activity	2022	Include	3 months/baseline & 3 months	10.3389/fdgth.2022.932533	PubMed
rayyan-919299936	The Association Of Knowledge, Attitudes And Access With Park Use Before And After A Park-Prescription Intervention For Low-Income Families In The U.S	N. Razani	Organized group outings and park visits on own	2020	Include	3 months/baseline, 1 month, & 3 months	10.3390/ijerph17030701	PubMed
rayyan-919299955	The Social Dimensions Of Therapeutic Horticulture	H. Harris	Community garden	2017	Include	Not reported/none	<a href="http://dx.doi.org.srv-proxy2.library.tamu.edu/10.1111/hsc.12433">http://dx.doi.org.srv-proxy2.library.tamu.edu/10.1111/hsc.12433</a>	APA PsycInfo
rayyan-920437114	The Promise of River Running as a Therapeutic Medium for Veterans Coping with Post-Traumatic Stress Disorder	D. Dustin	River trip	2011	Include	4 days/after day 4	<a href="https://www.bctra.org/wp-content/uploads/tr_journals/2439-9558-1-PB.pdf">https://www.bctra.org/wp-content/uploads/tr_journals/2439-9558-1-PB.pdf</a>	Citation references
rayyan-920437115	The positive impact of structured surfing courses on the wellbeing of vulnerable young people	C. Godfrey	Surfing sessions	2015	Include	6 weeks/baseline & 6 weeks	<a href="https://www.researchgate.net/publication/273404394_The_positive_impact_of_structured_surfing_courses_on_the_wellbeing_of_vulnerable_young_people">https://www.researchgate.net/publication/273404394_The_positive_impact_of_structured_surfing_courses_on_the_wellbeing_of_vulnerable_young_people</a>	Citation references
rayyan-920437116	Recovery under sail: Rehabilitation clients' experience of a sail training voyage	R. White	Sailing voyage	2016	Include	5 days/after 1 week, but before 3 months	10.3109/16066359.2015.1123252	Citation references