

Accepted Manuscript

Title: Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program

Authors: Ah-Reum Han, Sin-Ae Park, Byung-Eun Ahn

PII: S0965-2299(18)30140-7
DOI: <https://doi.org/10.1016/j.ctim.2018.03.011>
Reference: YCTIM 1826

To appear in: *Complementary Therapies in Medicine*

Received date: 13-2-2018
Revised date: 27-3-2018
Accepted date: 27-3-2018

Please cite this article as: Han Ah-Reum, Park Sin-Ae, Ahn Byung-Eun.Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program.*Complementary Therapies in Medicine* <https://doi.org/10.1016/j.ctim.2018.03.011>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.



Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program

Ah-Reum Han^a, Sin-Ae Park^{a,b,*}, Byung-Eun Ahn^c

^aDepartment of Horticultural Therapy, Graduate School of Agriculture and Animal Science, Konkuk University, Seoul 05029, South Korea

^bDepartment of Environmental Health Science, Sanghuh College of Life Science, Konkuk University, Seoul 05029, South Korea

^cHappy Our Town Mental Health Clinic, Suwon, 16565, South Korea

*Corresponding author

225 Building of Life and Environmental Science, 120 Neungdong-ro, Gwangjin-gu, Seoul 05029, South Korea. E-mail address: sapark42@konkuk.ac.kr (S.-A. Park).

Word count of the manuscript: 2763

Highlights

- Korean elderly with mental health problems significantly reduced their cortisol levels after a 10-session horticultural therapy program.
- A 10-session horticultural therapy program significantly improved physical functional abilities of elderly with mental health problems.
- This study demonstrates the potential ability of horticultural therapy to improve the stress

Download English Version:

<https://daneshyari.com/en/article/8563374>

Download Persian Version:

<https://daneshyari.com/article/8563374>

[Daneshyari.com](https://daneshyari.com)