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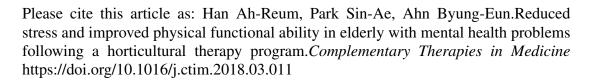
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Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program

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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

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