

# Green spaces boosts wellbeing of urban dwellers - study

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## **BBC:**

Using data from 5,000 UK households over 17 years, researchers found that living in a greener area had a significant positive effect.

The findings could help to inform urban planners and have an impact on society at large, they said.

The study is published in the journal *Psychological Science*.

The research team examined data from a national survey that followed more than 5,000 UK households and 10,000 adults between 1991 and 2008 as they moved house around the country.

They asked participants to report on their own psychological health during that time to estimate the “green space effect”.

Dr Mathew White and colleagues at the European Centre for the Environment and Human Health found that individuals reported less mental distress and higher life satisfaction when they were living in greener areas.

Read the whole story: [BBC](#)