

Connection to nature: useful research

Date	Author	Title	Link
2021	Richardson and Hamlin	Noticing nature, nature connectedness and time in nature: Associations with Human and Nature's Wellbeing during the Corona Pandemic.	
2020	Richardson et al	Opening doors to nature: Bringing calm and raising aspirations of vulnerable young people through nature-based intervention.	
2020	Nature Connectedness Research Group	A New Relationship with Nature: what it means and what we can do	
2020	Martin et al	Nature contact, nature connectedness and associations with health, wellbeing and pro-environmental behaviours	
2019	Eric Brymer, Elizabeth Freeman and Miles Richardson	Editorial: One Health: The Well-being Impacts of Human-Nature Relationships	
2019	Richardson et al	A Measure of Nature Connectedness for Children and Adults: Validation, Performance, and Insights	Link
2019	Pritchard et al	The Relationship Between Nature Connectedness and Eudaimonic WellBeing: A Metaanalysis	
2019	Miles Richardson	Beyond Restoration: Considering Emotion Regulation in Natural Well-Being	
2019	Dean Fido and Miles Richardson	Empathy Mediates the Relationship Between Nature Connectedness and Both Callous and Uncaring Traits	
2018	Miles Richardson and Kirsten McEwan	30 Days Wild and the Relationships Between Engagement With Nature's Beauty, Nature Connectedness and Well-Being	Link
2017	Bradshaw et al	Natural England Commissioned Report NECR232: Monitor of Engagement with the Natural Environment: exploring the relationship between visit frequency and attitudes towards the natural environment	
2017	Hunt et al	Natural England Commissioned Report NECR233: Monitor of Engagement with the Natural Environment: developing a method to measure nature connection across the English population (adults and children)	
2016	Natural England	Natural England Access to Evidence Information Note EIN015 Connection to Nature: evidence briefing	Link

2015	Bratman et al	The benefits of nature experience: Improved affect and cognition	
2015	Dr Rachel Bragg and Dr Carly Wood	Measuring connection to nature in teenagers: A robust methodology for the RSPB. Addendum Report for RSPB	
2014	Dr Rachel Bragg, Dr Carly Wood and Dr Jo Barton	Measuring connection to nature in adults: A robust methodology for the RSPB. Executive Summary	
2014	Dr Rachel Bragg, Dr Carly Wood and Dr Jo Barton	Measuring connection to nature in adults: A robust methodology for the RSPB. Addendum Report for RSPB	
2013	RSPB	Connecting with Nature: Finding out how connected with nature the UK's children are	
2013	Rachel Bragg, Carly Wood, Jo Barton and Jules Pretty	Measuring connection to nature in children aged 8 - 12 :A robust methodology for the RSPB. Executive Summary	
2013	Rachel Bragg, Carly Wood, Jo Barton and Jules Pretty	Measuring connection to nature in children aged 8 - 12 :A robust methodology for the RSPB. A Short Report for RSPB	
2013	Gladwell et al	The great outdoors: how a green exercise environment can benefit all	
2009	Pretty et al	Nature, Childhood, Health and Life Pathways	
2007	Hine, Peacock and Pretty	From Green exercise to Green Care: The National Care Farming Initiative (UK) and research into Care Farming in the UK.	
2006	Moore, Townsend, and Oldroyd	Linking Human and Ecosystem Health: The Benefits of Community Involvement in Conservation Groups	

More information

Find out more about [connection to nature](#) on our website. This resource is produced by the Growing Care Farming team at Social Farms & Gardens.

Growing Care Farming aims to increase access to health, care and educational services on care farms. Growing Care Farming is part of the Government's Children & Nature programme and is delivered by Social Farms & Gardens, in partnership with Thrive.

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