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Project Title

Green space, physical activity, and psychological well-being

Project Summary

Physical activity is associated with psychological well-being such that those who are more physically active tend to have better psychological well-being compared to those who are less physically active. A separate line of research suggests that living in areas with more local green space is also associated with better psychological well-being compared to living in areas with less local green space. Limited evidence points to potential interactions between physical activity, local green space, and psychological distress. However, previous research has demonstrated that psychological well-being involves several related but distinct constructs, including mental health (e.g., life satisfaction), mental illness (e.g., depression), and psychological distress. This study seeks to examine the associations between local green space and physical activity with various indices of psychological well-being among middle-aged and older adults in Canada.

Keywords

Green space, Physical activity, Psychological well-being, Healthy aging