

## **Impact of nature-based occupational therapy on the mental health of adults with chronic pain: A systematic review**

Chronic pain, a consistent pain that lasts longer than the typical healing period and normally longer than 3 months, can greatly impact an individual's quality of life (Treede et al., 2015). This pain can also be detrimental to the individual's mental health, increasing the negative impact on an individual's well-being and ability to engage in desired occupations and activities of daily living. Traditionally, chronic pain and mental health disorders have been treated with prescription medicines. However, nature-based therapy, a treatment taking place in and involving nature, is a promising non-pharmacological treatment for these conditions. In the medical field, current research reveals a gap in the research connecting the relationships among nature-based therapy, chronic pain, and mental health. Thus, our research team aims to systematically investigate and review current literature related to the impact of nature-based occupational therapy on the mental health of individuals with chronic pain. Group members will individually synthesize peer-reviewed quantitative and qualitative articles from journal databases. Articles will be selected based on predetermined inclusion criteria, with those not meeting the criteria being excluded. Quantitative articles will be assessed using the Downs and Black checklist, while qualitative articles will be evaluated using the CASP checklist (CASP, 2024; Downs & Black, 1998). We anticipate that our analysis will indicate a significant interplay between mental health, chronic pain management, and nature-based occupational therapy. Specifically, we expect to find that the mental health of individuals living with chronic pain will improve as a direct result of nature-based therapy interventions. By completing this systematic review, we will be able to add to the body of knowledge of how nature-based occupational therapy affects individuals with chronic pain and mental health disorders.

### References

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