# Article information:

Nature's contributions in coping with a pandemic in the 21st century: A narrative review of evidence during COVID-19 - ScienceDirect
<https://www.sciencedirect.com/science/article/pii/S004896972202188X?via%3Dihub>

# Article summary:

1. Evidence suggests that exposure to nature can improve mental and physical health during the COVID-19 pandemic.

2. Frequency of visits to outdoor natural areas depends on lockdown severity and socio-cultural contexts.

3. Nature exposure during lockdowns may have helped ameliorate health inequities by impacting the health of lower-socioeconomic populations more than their higher-socioeconomic counterparts.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally reliable and trustworthy, as it provides a comprehensive review of evidence regarding the role of nature in coping with a pandemic in the 21st century, specifically during the COVID-19 pandemic. The article is well researched and provides a balanced view of both positive and negative associations between nature exposure and various health outcomes. It also acknowledges potential risks associated with nature visits, such as increased rates of COVID-19 transmission when proper social distancing measures are not maintained.

The article does not appear to be biased or one-sided, as it presents both sides equally and does not make any unsupported claims or omit any points of consideration. Furthermore, it does not contain any promotional content or partiality towards any particular viewpoint or opinion.

In conclusion, this article is reliable and trustworthy due to its comprehensive review of evidence regarding the role of nature in coping with a pandemic in the 21st century, its balanced view on both positive and negative associations between nature exposure and various health outcomes, its acknowledgement of potential risks associated with nature visits, its lack of bias or one-sidedness, its absence of promotional content or partiality towards any particular viewpoint or opinion, and its lack of unsupported claims or omissions of points of consideration.

# Topics for further research:

* Nature-based interventions for pandemic coping
* Nature-based activities for mental health
* Nature-based activities for physical health
* Nature-based activities for stress relief
* Nature-based activities for social connection
* Nature-based activities for immune system support

# Report location:

<https://www.fullpicture.app/item/87dcf1a7c56396bfc40247f51ae81e2d>