Title: Exploring the impact of urban greenspaces on mental health in post-pandemic cities

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Abstract Text:
The COVID-19 pandemic has significantly altered urban living environments, placing an increased emphasis on the role of greenspaces in enhancing mental health. This study aims to explore the impact of urban greenspaces on the mental well-being of city residents in the aftermath of the pandemic. Data were collected from three diverse metropolitan areas: San Francisco, Toronto, and Mexico City, with a focus on greenspace accessibility, usage patterns, and associated mental health outcomes.

Through a mixed-methods approach combining quantitative surveys and qualitative interviews, we assessed the frequency of greenspace visits, types of activities performed, and the perceived mental health benefits. Our findings indicate a positive correlation between regular greenspace usage and improved mental health markers, such as reduced anxiety and depression levels, increased feelings of relaxation, and overall life satisfaction.

Furthermore, the study identifies key factors that influence the efficacy of greenspaces in promoting mental health, including proximity, quality, and perceived safety. Differences in cultural attitudes towards greenspace utilization were also examined, revealing unique patterns of engagement in each city. For instance, residents of Mexico City reported higher levels of community interaction in greenspaces, while Toronto participants emphasized the importance of solitary activities for mental restoration.

This research underscores the critical need for urban planners and policymakers to prioritize the development and maintenance of greenspaces as a public health strategy. By understanding the diverse ways in which different populations utilize these spaces, we can better design interventions that cater to the specific needs of urban residents, ultimately fostering resilient and healthy communities in the post-pandemic era.

The study concludes with recommendations for enhancing greenspace accessibility and quality, such as the integration of more inclusive and diverse green areas, improvements in infrastructure to ensure safety and usability, and community-driven initiatives to encourage regular use. This holistic approach aims to maximize the mental health benefits of urban greenspaces, contributing to the overall well-being of city dwellers in the wake of unprecedented global challenges.