



PARIS
LODRON
UNIVERSITÄT
SALZBURG

Sport- und Bewegungswissenschaft

23.09.2025 17:00 Uhr
Campus Schloss Rif
Hörsaal 3



Dr. Anders Rydstrom
Postdoctoral Scholar, Department of Biology, Doerr School of Sustainability, Stanford University

Dr. Anders Rydstrom is a Postdoctoral Scholar at the Department of Biology, Doerr School of Sustainability and Natural Capital Project at Stanford University. He completed his M.Sc. in Clinical Psychology at Lund University, followed by a Ph.D. in Neuropsychology at Karolinska Institute in Stockholm, Sweden. During his Ph.D. he worked with randomized controlled trials focused on prevention of Alzheimer's Disease and other dementias. His thesis work investigated how different subgroups of participants in randomized controlled trials (RCT) responded differently to prevention interventions like physical activity, diet and cognitive training. Dr. Rydstrom's research at Stanford focuses on how nature and greenspace exposure in urban and suburban areas affect mental and physical health outcomes. By using RCTs and ecological momentary assessment designs in clinical populations the research will give insights to how nature might be prescribed by doctors to patients in order to reduce the risk of stress related disorders, anxiety, depression.

Dr. Anders Rydstrom

Prescribing nature for mental health: A randomized controlled trial to investigate the effects of nature exposure on mental health

A large body of scientific evidence has linked higher nature and greenspace exposure to better mental and physical health outcomes. This evidence shows that individuals living close to greenspace and who more frequently visits nature areas and greenspace have better mental health outcomes (lower depression, anxiety etc.). However, there are very few studies that have investigated if nature and greenspace experiences can be prescribed by doctors in a health care setting to patients with chronic diseases. This would give insight to the question if nature experiences can be prescribed and if the effects of the prescription can improve mental health outcomes over a longer time period.