

# Happiness Is a Visit to a Public Garden:

## Research Review/Annotated Bibliography

### Related Public Garden Visitor Research:

Kohlleppel, Tammy, Jennifer C. Bradley, and Steve Jacob. 2002. "A Walk through the Garden: Can a Visit to a Botanic Garden Reduce Stress?" *HortTechnology* 12 (3): 489–92.  
Survey research was utilized to quantitatively show that visitors to three Florida botanical gardens experienced less stress after their visits.

Owen, Patricia. 1994. "The Influence of a Botanical Garden Experience on Human Health." MS Thesis, Kansas State University.  
The research demonstrated that blood-pressure readings of visitors to Wichita gardens improved following time spent there.

Wassenberg, Christopher. 2012. "Botanic Garden User Outcome: A Means-End Investigation." MS Thesis, California Polytechnic State University.  
Qualitative means-end investigation confirmed stress reduction for visitors to Leaning Pine Arboretum in California.

Waterson, Natsah, and Mike Saunders. 2012. "Delightfully Lost: A New Kind of Wayfinding at Kew." Presented at Museums and the Web 2012, San Diego, California, April 11–14.  
[http://www.museumsandtheweb.com/mw2012/papers/delightfully\\_lost\\_a\\_new\\_kind\\_of\\_wayfinding\\_at\\_html](http://www.museumsandtheweb.com/mw2012/papers/delightfully_lost_a_new_kind_of_wayfinding_at_html)  
A social psychology study of visitors' identity-related motives, documenting how audiences increasingly view public gardens as sites for relaxation and personal restoration.

### Related Positive Emotion Research:

Danner, Deborah D., David A. Snowdon, and Wallace V. Friesen. 2001. "Positive Emotions in Early Life and Longevity: Findings from the Nun Study." *Journal of Personality and Social Psychology* 80 (5): 804–13.  
A groundbreaking study linking depression/negative emotion to shorter life span.

Davidson, Karina W., Elizabeth Mostofsky, and William Whang. 2010. "Don't Worry, Be Happy: Positive Affect and Reduced 10-Year Incident Coronary Heart Disease: The Canadian Nova Scotia Health Survey." *European Heart Journal* 31 (9): 1065-70.  
The title says it all.

Thoresen, Carl J., Seth A. Kaplan, Adam P. Barsky, Christopher R. Warren, and Kelly de Chermont. 2003. "The Affective Underpinnings of Job Perceptions and Attitudes: A Meta-Analytic Review and Integration." *Psychological Bulletin* 129 (6): 914–45.  
This research demonstrated that positive emotions are linked to happiness at work.