Happiness Is a Visit to a Public Garden:
Research Review/Annotated Bibliography

Related Public Garden Visitor Research:

Survey research was utilized to quantitatively show that visitors to three Florida botanical gardens experienced less stress after their visits.

The research demonstrated that blood-pressure readings of visitors to Wichita gardens improved following time spent there.

Qualitative means-end investigation confirmed stress reduction for visitors to Leaning Pine Arboretum in California.

Presented at Museums and the Web 2012, San Diego, California, April 11–14.
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:

A groundbreaking study linking depression/negative emotion to shorter life span.

The title says it all.

This research demonstrated that positive emotions are linked to happiness at work.