Accepted Manuscript

Title: Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program

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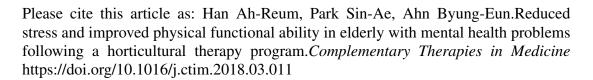
PII: S0965-2299(18)30140-7

DOI: https://doi.org/10.1016/j.ctim.2018.03.011

Reference: YCTIM 1826

To appear in: Complementary Therapies in Medicine

Received date: 13-2-2018 Revised date: 27-3-2018 Accepted date: 27-3-2018



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ACCEPTED MANUSCRIPT

Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program

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Word count of the manuscript: 2763

Highlights

- Korean elderly with mental health problems significantly reduced their cortisol levels after a 10-session horticultural therapy program.
- A 10-session horticultural therapy program significantly improved physical functional abilities
 of elderly with mental health problems.
- This study demonstrates the potential ability of horticultural therapy to improve the stress

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