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Definitions

- **Greenness**: The presence of natural green spaces like trees, bushes, and gardens.

- **PHQ-9**: A questionnaire used to measure the severity of depression.

- **Depressive Symptoms**: Indicators of depression, such as sadness, loss of interest, and sleep problems.

Key Findings

- Satisfaction with the amount of greenery in the neighborhood is linked to lower depression scores.

- Views of green spaces from home did not directly lower depression but increased satisfaction with neighborhood greenery.

- Higher self-esteem and better general health are also associated with lower depression scores.

Introduction

This study examines how views of green spaces and satisfaction with neighborhood greenery affect depression levels. It explores whether seeing greenery from home can reduce depressive symptoms and how personal satisfaction with local greenery impacts mental health.

Main Content

Background

Exposure to green spaces is known to benefit mental health, reducing stress and improving mood. This study aims to understand if just viewing green spaces, rather than physically interacting with them, can help reduce depression.

Methods

- **Participants**: 191 residents of South Louisville were surveyed.

- **Data Collection**: Participants completed the PHQ-9 questionnaire to assess depression and additional surveys about their views and satisfaction with neighborhood greenery.

- **Analysis**: Statistical tests examined the relationships between views of greenness, satisfaction with greenness, and depression scores.

Results

- **Satisfaction with Greenness**: Higher satisfaction with neighborhood greenery was linked to lower depression scores.

- **Views of Greenness**: Seeing green spaces from home was not directly associated with lower depression but increased satisfaction with local greenery.

- **Other Factors**: Better general health and higher self-esteem were also found to reduce depression scores.

Conclusion

The study suggests that satisfaction with local green spaces can help reduce depression, even if simply seeing green spaces does not directly affect it. Urban planning efforts should focus on improving residents' satisfaction with their green surroundings to enhance mental health. Further research is needed to explore these relationships more deeply.

Word Count: 309