

## Supplementary Materials

**Table S1.** Detailed data for the 47 nationalities of the participants. We include information for native language, gender and age of the respondents, and setting where the activity was performed.

Nationality	N	%	Language	Gender	Age	Setting
Albania	5	0.4	Italian: 1 English: 4	Women: 2 Men: 3	18-31: 3 32-45: 1 46-59: 1	Natural: 5
Andorra	1	0.1	Spanish: 1	Men: 1	60-79: 1	Urban park: 1
Argentina	84	7.4	Spanish: 73 English: 11	Women: 66 Men: 18	18-31: 11 32-45: 23 46-59: 27 60-79: 22 Unknown: 1	Natural: 79 Urban park: 5
Armenia	1	0.1	English: 1	Women: 1	60-79: 1	Natural: 1
Australia	1	0.1	English: 1	Men: 1	32-45: 1	Natural: 1
Austria	1	0.1	Spanish: 1	Women: 1	60-79: 1	Natural: 1
Bangladesh	1	0.1	English: 1	Women: 1	18-31: 1	Urban park: 1
Belgium	3	0.3	English: 3	Women: 2 Men: 1	32-45: 1 46-59: 1 60-79: 1	Natural: 3
Brazil	15	1.3	Portuguese: 14 Spanish: 1	Women: 13 Men: 2	18-31: 1 32-45: 5 46-59: 5 60-79: 4	Natural: 2 Urban park: 8 Other: 5
Canada	29	2.5	English: 29	Women: 20 Men: 9	18-31: 4 32-45: 8 46-59: 9 60-79: 6 Unknown: 2	Natural: 16 Urban park: 13
Chile	124	10.9	Spanish: 124	Women: 79 Men: 45	18-31: 45 32-45: 48 46-59: 22 60-79: 9	Natural: 83 Urban park: 39 Other: 2
China	14	1.2	English: 14	Women: 12 Men: 2	18-31: 4 32-45: 6 46-59: 2 Unknown: 2	Natural: 6 Urban park: 8
Colombia	12	1.1	Spanish: 12	Women: 11 Men: 1	18-31: 3 32-45: 7 46-59: 1 60-79: 1	Natural: 12
Costa Rica	8	0.7	Spanish: 8	Women: 12 Men: 2	18-31: 4 46-59: 2 60-79: 2	Natural: 8
Croatia	14	1.2	English: 14	Women: 12 Men: 2	32-45: 9 46-59: 4 60-79: 1	Natural: 11 Urban park: 2 Other: 1

Nationality	N	%	Language	Gender	Age	Setting
Czech Republic	1	0.1	English: 1	Women: 1	18-31: 1	Natural: 1
France	69	6.0	Spanish: 4 French: 64 English: 1	Women: 54 Men: 14 Non-binary: 1	18-31: 5 32-45: 27 46-59: 18 60-79: 18 Unknown: 1	Natural: 63 Urban park: 4 Other: 2
Germany	7	0.6	French: 1 English: 6	Women: 6 Men: 1	18-31: 1 32-45: 3 46-59: 2 60-79: 1	Natural: 5 Urban park: 2
Greece	1	0.1	English: 1	Women: 1 Men: 0	46-59: 1	Natural: 1
Hungary	1	0.1	English: 1	Women: 1 Men: 0	32-45: 1	Natural: 1
India	22	1.9	English: 22	Women: 21 Men: 1	32-45: 14 46-59: 7 Unknown: 1	Natural: 4 Urban park: 11 Other: 7
Ireland	15	1.3	English: 15	Women: 11 Men: 4	32-45: 5 46-59: 4 60-79: 5 Unknown: 1	Natural: 10 Urban park: 4 Other: 1
Italy	132	11.6	Spanish: 4 French: 2 Italian: 121 English: 5	Women: 97 Men: 35	18-31: 24 32-45: 33 46-59: 50 60-79: 13 Unknown: 3	Natural: 105 Urban park: 22 Other: 5
Ivory Coast	2	0.2	English: 2	Men: 2	32-45: 2	Urban park: 1 Other: 1
Japan	1	0.1	English: 1	Women: 1	32-45: 1	Natural: 1
Latvia	29	2.5	English: 29	Women: 22 Men: 7	18-31: 14 32-45: 12 46-59: 2 Unknown: 1	Natural: 29
Lithuania	22	1.9	English: 22	Women: 16 Men: 6	18-31: 11 32-45: 7 46-59: 2 60-79: 1 Unknown: 1	Natural: 15 Urban park: 5 Other: 2
Mexico	49	4.3	Spanish: 46 English: 3	Women: 33 Men: 15 Non-binary: 1	18-31: 8 32-45: 18 46-59: 15 60-79: 8	Natural: 34 Urban park: 15
Netherlands	23	2.0	Italian: 1 English: 22	Women: 20 Men: 3	18-31: 14 32-45: 4 46-59: 4 60-79: 1	Natural: 20 Urban park: 3
North Macedonia	1	0.1	English: 1	Women: 1 Men: 0	46-59: 1	Other: 1

Nationality	N	%	Language	Gender	Age	Setting
Peru	15	1.3	Spanish: 15	Women: 11 Men: 4	18-31: 3 32-45: 2 46-59: 9 60-79: 1	Natural: 8 Urban park: 5 Other: 2
Philippines	1	0.1	English: 1	Women: 1	46-59: 1	Other: 1
Poland	40	3.5	Spanish: 1 English: 9 Polish: 30	Women: 33 Men: 6 Non-binary: 1	18-31: 6 32-45: 28 46-59: 3 60-79: 2 Unknown: 1	Natural: 34 Urban park: 6
Portugal	35	3.1	Portuguese: 33 Spanish: 2	Women: 26 Men: 9	32-45: 9 46-59: 17 60-79: 9	Natural: 21 Urban park: 13 Other: 1
Romania	22	1.9	English: 22	Women: 22	32-45: 21 60-79: 1	Natural: 1 Urban park: 21
Russia	1	0.1	English: 1	Women: 1	60-79: 1	Urban park: 1
Slovenia	2	0.2	English: 2	Women: 1 Men: 1	32-45: 2	Natural: 1 Urban park: 1
South Africa	4	0.4	English: 4	Women: 3 Men: 1	18-31: 2 46-59: 1 60-79: 1	Natural: 2 Urban park: 2
Spain	167	14.6	Spanish: 166 English: 1	Women: 123 Men: 40 Non-binary: 4	18-31: 11 32-45: 58 46-59: 61 60-79: 36 Unknown: 1	Natural: 162 Urban park: 2 Other: 3
Sweden	1	0.1	English: 1	Women: 1	60-79: 1	Urban park: 1
Switzerland	9	0.8	French: 5 Italian: 4	Women: 5 Men: 4	32-45: 6 46-59: 3	Natural: 9
Turkey	1	0.1	Polish: 1	Men: 1	46-59: 1	Natural: 1
United Kingdom	40	3.5	French: 2 English: 38	Women: 24 Men: 16	18-31: 3 32-45: 4 46-59: 25 60-79: 8	Natural: 32 Urban park: 7 Other: 1
United States	103	9.0	Spanish: 3 English: 100	Women: 82 Men: 19	18-31: 19 32-45: 16 46-59: 29 60-79: 37 Unknown: 2	Natural: 53 Urban park: 32 Other: 18
Uruguay	6	0.5	Spanish: 6	Women: 4 Men: 2	18-31: 1 32-45: 1 60-79: 4	Natural: 4 Urban park: 2
Venezuela	4	0.4	Spanish: 4	Women: 3 Non-binary: 1	18-31: 2 32-45: 2	Natural: 4
Zimbabwe	3	0.3	French: 1 English: 2	Women: 3	18-31: 1 46-59: 2	Natural: 1 Urban park: 2
<b>Total</b>	<b>1142</b>	<b>100</b>				

**Table S2.** Detailed data for the 35 countries where Forest bathing sessions were performed. Membership within each category of the world area factor is also indicated. We include information on native language, gender and age of the respondents, and setting where the activity was performed.

Country	N	%	World Area	Language	Gender	Age	Setting
Albania	9	0.8	Mediterranean Europe	Italian: 4 English: 5	Women: 4 Men: 5	18-31: 6 32-45: 2 46-59: 1	Natural: 9
Argentina	85	7.4	Latin America	Spanish: 76 English: 9	Women: 64 Men: 20 Non-binary: 1	18-31: 13 32-45: 22 46-59: 26 60-79: 23 Unknown: 1	Natural: 83 Urban park: 2
Belgium	3	0.3	Northwest Europe	English: 3	Women: 2 Men: 1	32-45: 1 46-59: 1 60-79: 1	Natural: 3
Brazil	14	1.2	Latin America	Portuguese: 14	Women: 12 Men: 2	18-31: 1 32-45: 4 46-59: 5 60-79: 4	Natural: 1 Urban park: 8 Other: 5
Canada	28	2.5	North America	English: 28	Women: 24 Men: 4	18-31: 6 32-45: 4 46-59: 9 60-79: 6 Unknown: 3	Natural: 12 Urban park: 16
Chile	127	11.1	Latin America	Spanish: 127	Women: 82 Men: 45	18-31: 47 32-45: 49 46-59: 22 60-79: 9	Natural: 86 Urban park: 39 Other: 2
China	10	0.9	Asia	English: 10	Women: 7 Men: 3	18-31: 1 32-45: 8	Natural: 8 Urban park: 2
Colombia	11	1.0	Latin America	Spanish: 11	Women: 10 Men: 1	18-31: 2 32-45: 7 46-59: 1 60-79: 1	Natural: 11
Costa Rica	12	1.1	Latin America	Spanish: 8 English: 4	Women: 9 Men: 3	18-31: 7 46-59: 3 60-79: 2	Natural: 12
Croatia	14	1.2	Mediterranean Europe	English: 14	Women: 12 Men: 2	32-45: 9 46-59: 4 60-79: 1	Natural: 11 Urban park: 2 Other: 1
France	69	6.0	Mediterranean Europe	French: 69	Women: 53 Men: 15 Non-binary: 1	18-31: 4 32-45: 25 46-59: 21 60-79: 18 Unknown: 1	Natural: 63 Urban park: 4 Other: 2
Germany	10	0.9	Northwest Europe	English: 10	Women: 4 Men: 5 Non-binary: 1	18-31: 3 32-45: 7	Natural: 5 Urban park: 5
Greece	1	0.1	Mediterranean Europe	English: 1	Women: 1	46-59: 1	Natural: 1

Country	N	%	World Area	Language	Gender	Age	Setting
India	20	1.8	Asia	English: 20	Women: 19 Men: 1	32-45: 13 46-59: 6 Unknown: 1	Natural: 3 Urban park: 10 Other: 7
Ireland	13	1.1	Northwest Europe	English: 13	Women: 10 Men: 3	18-31: 32-45: 4 46-59: 3 60-79: 5 Unknown: 1	Natural: 7 Urban park: 4 Other: 2
Italy	111	9.7	Mediterranean Europe	Italian: 110 English: 1	Women: 84 Men: 27	18-31: 16 32-45: 28 46-59: 51 60-79: 13 Unknown: 3	Natural: 93 Urban park: 14 Other: 4
Latvia	29	2.5	Northwest Europe	English: 29	Women: 22 Men: 7	18-31: 14 32-45: 12 46-59: 2 Unknown: 1	Natural: 29
Lithuania	22	1.9	Northwest Europe	English: 22	Women: 16 Men: 6	18-31: 11 32-45: 7 46-59: 2 60-79: 1 Unknown: 1	Natural: 15 Urban park: 5 Other: 2
Luxembourg	2	0.2	Northwest Europe	English: 1 Polish: 1	Women: 2	32-45: 2	Natural: 2
Mexico	45	3.9	Latin America	Spanish: 45	Women: 29 Men: 15 Non-binary: 1	18-31: 8 32-45: 15 46-59: 14 60-79: 8	Natural: 33 Urban park: 12
Morocco	3	0.3	Other	English: 3	Men: 3	46-59: 3	Natural: 3
Netherlands	34	3.0	Northwest Europe	Portuguese: Italian: 9 English: 25	Women: 30 Men: 4	18-31: 16 32-45: 9 46-59: 8 60-79: 1	Natural: 20 Urban park: 14
Peru	14	1.2	Latin America	Spanish: 14	Women: 12 Men: 2	18-31: 3 32-45: 2 46-59: 8 60-79: 1	Natural: 8 Urban park: 4 Other: 2
Philippines	1	0.1	Asia	Spanish: 1	Women: 1	46-59: 1	Other: 1
Poland	35	3.1	Northwest Europe	English: 5 Polish: 30	Women: 28 Men: 7	18-31: 6 32-45: 22 46-59: 4 60-79: 2 Unknown: 1	Natural: 30 Urban park: 5
Portugal	33	2.9	Mediterranean Europe	Portuguese: 33	Women: 24 Men: 9	32-45: 7 46-59: 17 60-79: 9	Natural: 19 Urban park: 13 Other: 1
Romania	22	1.9	Northwest Europe	English: 22	Women: 22	32-45: 21 60-79: 1	Natural: 1 Urban park: 21

Country	N	%	World Area	Language	Gender	Age	Setting
Slovenia	2	0.2	Northwest Europe	English: 2	Women: 1 Men: 1	32-45: 2	Natural: 1 Urban park: 1
South Africa	4	0.4	Other	English: 4	Women: 3 Men: 1	18-31: 2 46-59: 1 60-79: 1	Natural: 2 Urban park: 2
Spain	188	16.5	Mediterranean Europe	Spanish: 187 English: 1	Women: 138 Men: 46 Non-binary: 4	18-31: 14 32-45: 69 46-59: 64 60-79: 40 Unknown: 1	Natural: 182 Urban park: 3 Other: 3
Sweden	4	0.4	Northwest Europe	English: 4	Women: 3 Non-binary: 1	32-45: 3 60-79: 1	Natural: 2 Urban park: 2
Switzerland	10	0.9	Northwest Europe	French: 6 Italian: 4	Women: 6 Men: 4	32-45: 7 46-59: 3	Natural: 10
United Kingdom	39	3.4	Northwest Europe	English: 39	Women: 23 Men: 16	18-31: 4 32-45: 1 46-59: 25 60-79: 9	Natural: 30 Urban park: 9
United States	116	10.2	North America	Spanish: 1 English: 115	Women: 95 Men: 20 Non-binary: 1	18-31: 18 32-45: 22 46-59: 35 60-79: 39 Unknown: 2	Natural: 55 Urban park: 40 Other: 21
Uruguay	2	0.2	Latin America	Spanish: 2	Women: 2	32-45: 1 60-79: 1	Urban park: 2
<b>Total</b>	<b>1142</b>	<b>100</b>					

**Table S3.** Detailed data for the six categories of the world area factor. We include information for native language, gender and age of the respondents, and setting where the activity was performed.

World area	N	%	Language	Gender	Age	Setting
Latin America	310	27.1	Portuguese: 14	Women: 220	18-31: 81	Natural: 234
			Spanish: 283	Men: 88	32-45: 100	Urban park: 67
			English: 13	Non-binary: 2	46-59: 79	Other: 9
					60-79: 49	
					Unknown: 1	
North America	144	12.6	Spanish: 1	Women: 119	18-31: 24	Natural: 67
			English: 143	Men: 24	32-45: 26	Urban park: 56
				Non-binary: 1	46-59: 44	Other: 21
					60-79: 45	
					Unknown: 5	
Asia	31	2.7	English: 31	Women: 27	18-31: 1	Natural: 11
				Men: 4	32-45: 21	Urban park: 12
					46-59: 7	Other: 8
					Unknown: 2	
Mediterranean Europe	425	37.2	Portuguese: 33	Women: 316	18-31: 40	Natural: 378
			Spanish: 187	Men: 104	32-45: 140	Urban park: 36
			French: 69	Non-binary: 5	46-59: 159	Other: 11
			Italian: 114		60-79: 81	
			English: 22		Unknown: 5	
Northwest Europe	225	19.7	French: 6	Women: 169	18-31: 54	Natural: 155
			Italian: 13	Men: 54	32-45: 98	Urban park: 66
			English: 175	Non-binary: 2	46-59: 48	Other: 4
			Polish: 31		60-79: 21	
					Unknown: 4	
Other	7	0.6	English: 7	Women: 3	18-31: 2	Natural: 5
				Men: 4	46-59: 4	Urban park: 2
					60-79: 1	
<b>Total</b>	<b>1142</b>	<b>100</b>				

**Table S4.** Spearman rho correlations between indicators for wellbeing (column names) and natural elements perceived during the forest bathing session (row names). Correlations higher than 0.33 (overall median) were highlighted in green color.

	<i>Happy</i>	<i>Calm</i>	<i>Important</i>	<i>Trust</i>	<i>Hope</i>	<i>Surprise</i>	<i>INS_Nature</i>	<b>Median</b>
<i>sounds</i>	0.34	0.26	0.20	0.32	0.33	0.26	0.28	<b>0.28</b>
<i>uniqueness</i>	0.41	0.30	0.26	0.40	0.46	0.31	0.39	<b>0.39</b>
<i>contact</i>	0.43	0.30	0.29	0.39	0.45	0.33	0.43	<b>0.39</b>
<i>positive</i>	0.39	0.28	0.28	0.40	0.44	0.32	0.37	<b>0.37</b>
<i>landscape</i>	0.31	0.22	0.23	0.32	0.35	0.27	0.32	<b>0.31</b>
<i>harmony</i>	0.40	0.31	0.28	0.41	0.46	0.35	0.48	<b>0.40</b>
<i>colours</i>	0.31	0.22	0.20	0.36	0.38	0.29	0.38	<b>0.31</b>
<i>discovering</i>	0.37	0.24	0.28	0.37	0.40	0.39	0.34	<b>0.37</b>
<i>scents</i>	0.31	0.22	0.22	0.33	0.35	0.28	0.37	<b>0.31</b>
<i>home</i>	0.36	0.26	0.26	0.36	0.41	0.30	0.43	<b>0.36</b>
<i>textures</i>	0.30	0.23	0.24	0.37	0.40	0.33	0.41	<b>0.33</b>
<i>meteorology</i>	0.31	0.23	0.23	0.32	0.36	0.31	0.33	<b>0.31</b>
<i>shines</i>	0.30	0.24	0.23	0.36	0.39	0.31	0.36	<b>0.31</b>
<i>shapes</i>	0.31	0.21	0.29	0.35	0.39	0.34	0.39	<b>0.34</b>
<i>sharing</i>	0.36	0.23	0.32	0.33	0.43	0.33	0.36	<b>0.33</b>
<i>animals</i>	0.21	0.15	0.23	0.23	0.27	0.26	0.25	<b>0.23</b>
<b>Median</b>	<b>0.33</b>	<b>0.24</b>	<b>0.25</b>	<b>0.36</b>	<b>0.40</b>	<b>0.31</b>	<b>0.37</b>	<b>0.33</b>





**Table S6.** Detailed  $p$ -values obtained in the Kruskal-Wallis tests computed on the 23 indicators for wellbeing and natural elements perceived (row names), by the sociodemographic and temporal factors (column names). Significant  $p$ -values were highlighted in green color ( $\alpha = 0.05$ ).

	Gender	Age	Setting	N Walk	World Area	Season	Month Week	Week Day
<i>Happy</i>	0.000	0.330	0.011	0.938	0.000	0.439	0.794	0.742
<i>Calm</i>	0.078	0.240	0.263	0.645	0.001	0.046	0.497	0.467
<i>Important</i>	0.933	0.023	0.002	0.964	0.000	0.209	0.109	0.988
<i>Trust</i>	0.019	0.152	0.014	0.570	0.000	0.020	0.821	0.763
<i>Hope</i>	0.000	0.165	0.017	0.269	0.000	0.026	0.276	0.712
<i>Surprise</i>	0.094	0.450	0.071	0.669	0.000	0.116	0.475	0.772
<i>INS_Nature</i>	0.035	0.000	0.000	0.570	0.000	0.001	0.641	0.556
<i>sounds</i>	0.000	0.461	0.048	0.964	0.000	0.027	0.383	0.954
<i>uniqueness</i>	0.000	0.932	0.019	0.328	0.000	0.285	0.676	0.697
<i>contact</i>	0.000	0.340	0.017	0.930	0.000	0.140	0.775	0.191
<i>positive</i>	0.000	0.847	0.003	0.833	0.000	0.000	0.689	0.243
<i>landscape</i>	0.000	0.302	0.001	0.063	0.000	0.004	0.100	0.424
<i>harmony</i>	0.000	0.230	0.041	0.962	0.000	0.000	0.997	0.332
<i>colours</i>	0.000	0.549	0.057	0.234	0.000	0.000	0.181	0.333
<i>discovering</i>	0.000	0.457	0.031	0.913	0.000	0.116	0.872	0.383
<i>scents</i>	0.001	0.389	0.131	0.725	0.000	0.007	0.672	0.677
<i>home</i>	0.000	0.393	0.025	0.995	0.000	0.169	0.321	0.714
<i>textures</i>	0.000	0.723	0.097	0.823	0.000	0.077	0.780	0.581
<i>meteorology</i>	0.000	0.918	0.003	0.440	0.000	0.266	0.253	0.937
<i>shines</i>	0.000	0.931	0.060	0.612	0.000	0.365	0.706	0.400
<i>shapes</i>	0.008	0.299	0.000	0.812	0.000	0.036	0.114	0.353
<i>sharing</i>	0.000	0.351	0.018	0.529	0.000	0.033	0.379	0.696
<i>animals</i>	0.023	0.017	0.001	0.261	0.000	0.077	0.118	0.207

**Figures S1–S4.** Sociodemographic patterns found within the dataset. The entire set of 23 indicators for wellbeing and natural elements perceived during the forest bathing session is drawn in bar graphs, by the sociodemographic factors which had showed strong patterns: gender (Figure S1), setting (Figure S2), world area (Figure S3) and season (Figure S4). Upper bars lines show the mean score, and error bars represent the 95% CI to visually reveal statistical differences among categories. Sample sizes are given at the bars base. The *p*-values obtained in the Kruskal-Wallis tests are shown below the indicator name (green= significant, red= non-significant). For this representation, the nature connection indicator INS was rescaled from 0-6 to 1-10 to bring it to a similar range of the other indicators (INS\_Nature\_R). Detailed *p*-values of Kruskal-Wallis analyses for all indicators by all factors can be seen in the Table S6.

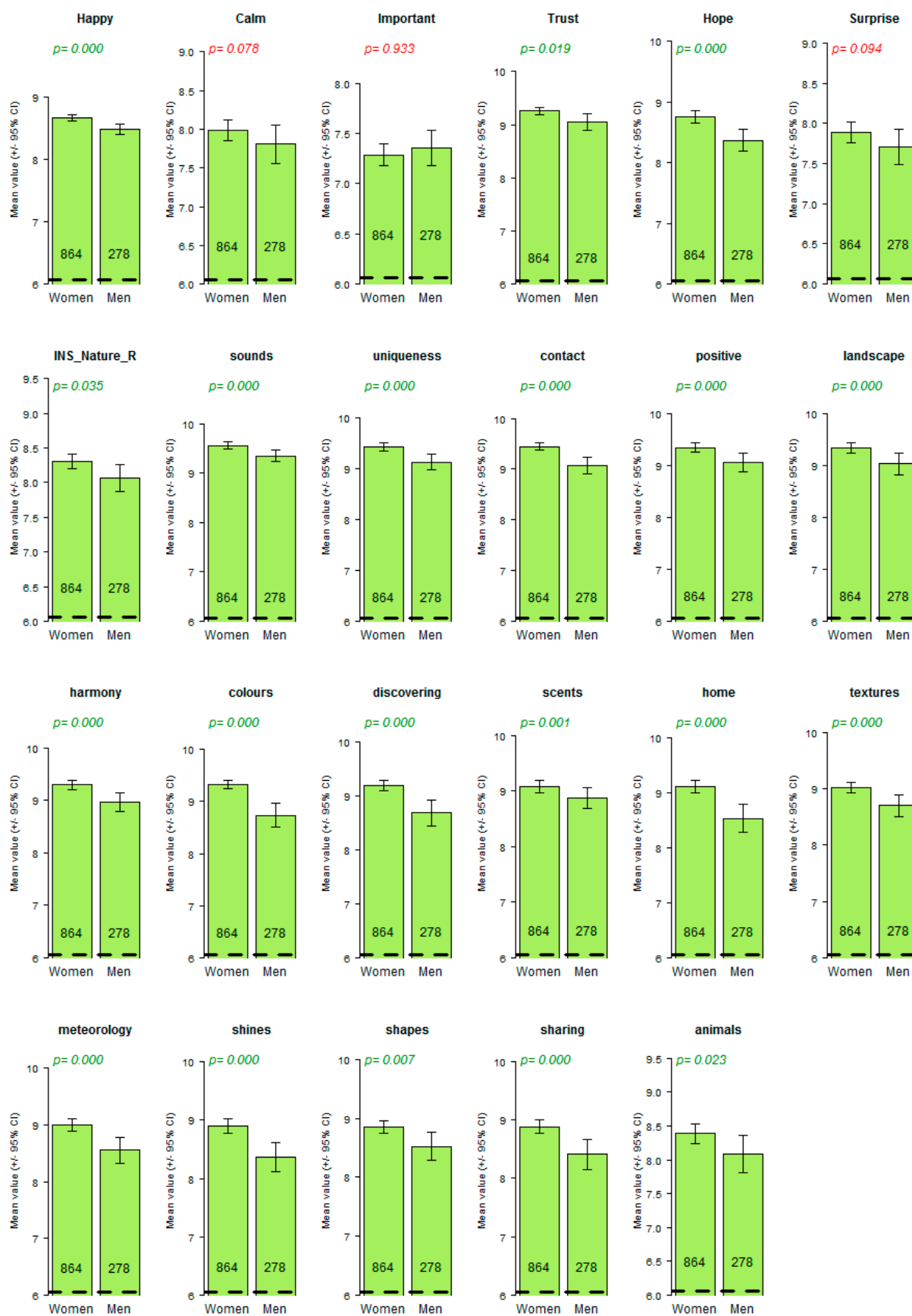


Figure S1. Bar graphs for the 23 indicators by sociodemographic factor gender.

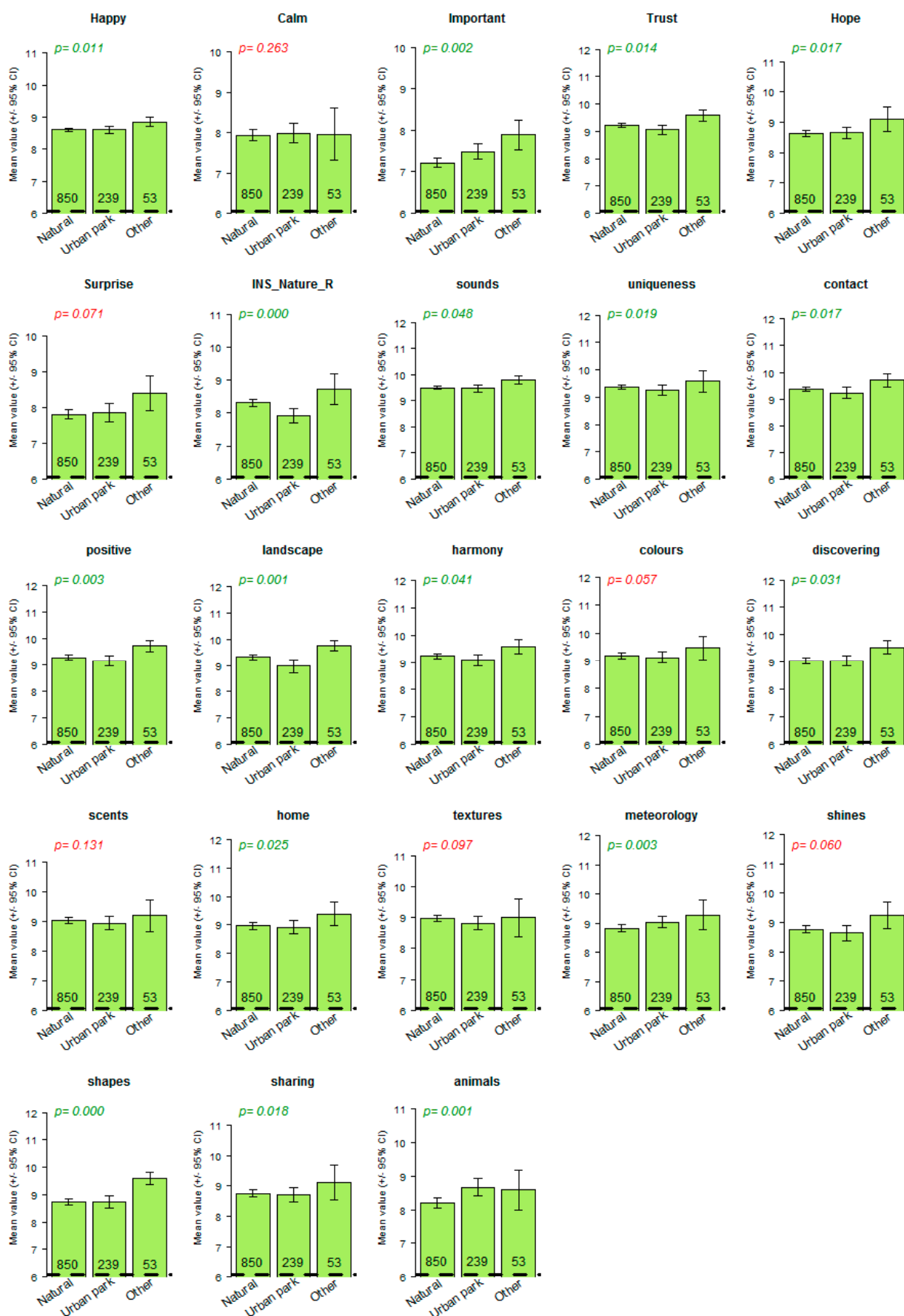


Figure S2. Bar graphs for the 23 indicators by sociodemographic factor setting.

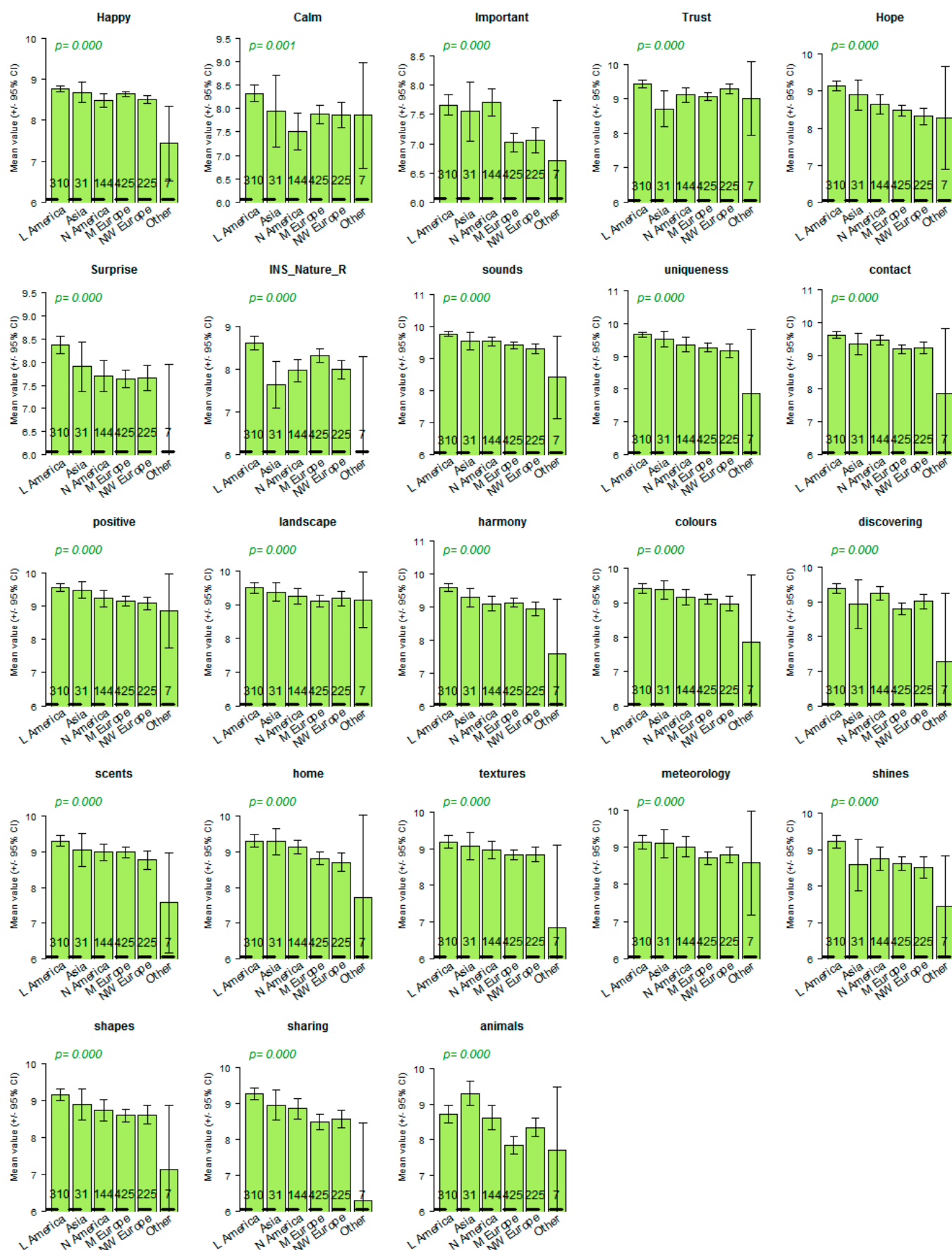


Figure S3. Bar graphs for the 23 indicators by sociodemographic factor world area.

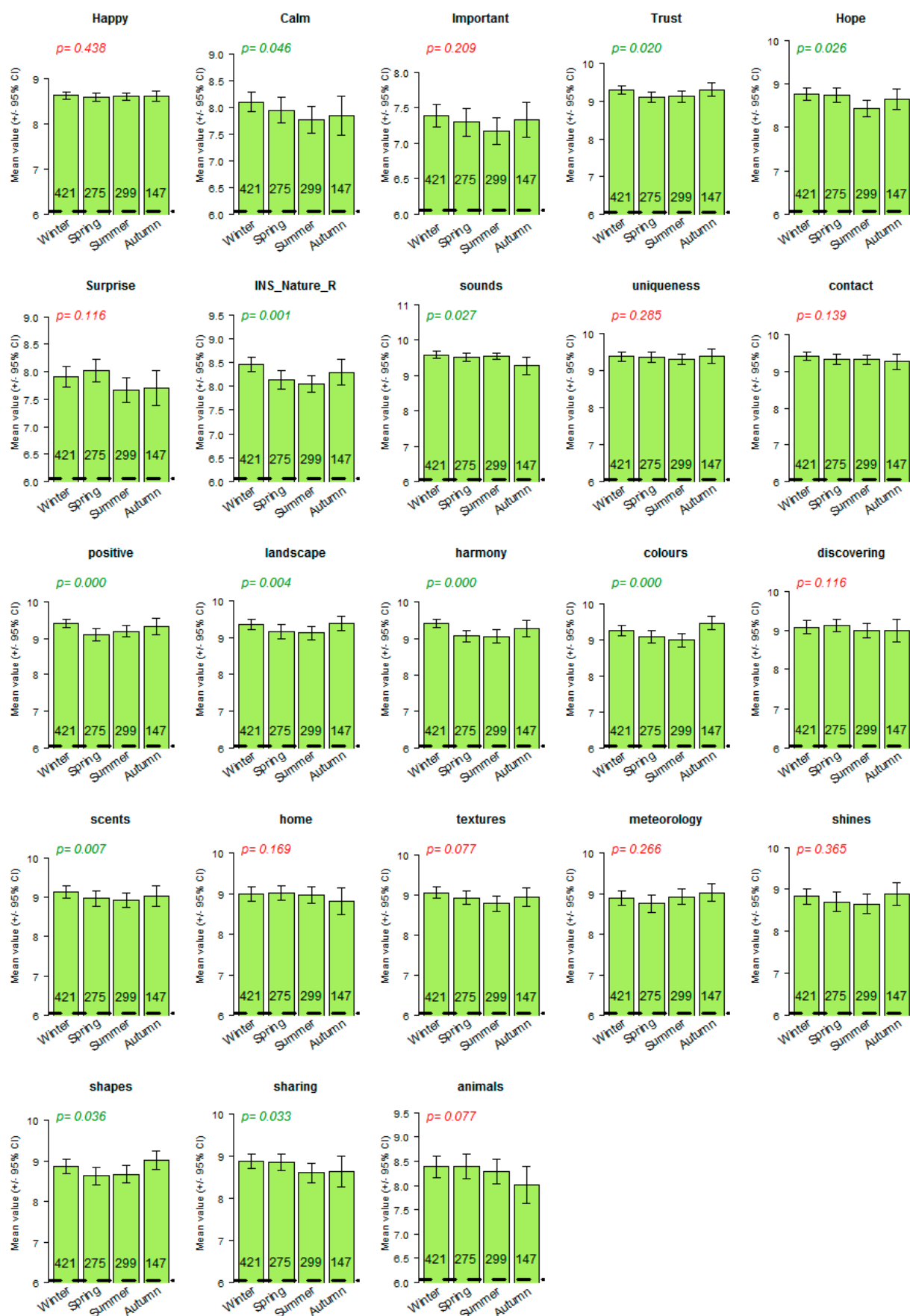


Figure S4. Bar graphs for the 23 indicators by sociodemographic factor season.