

### Supplementary Table S1

#### Search terms

Domains	Search terms
forest therapy program	forest therapy, shinrin-yoku, forest bathing
college students	college student(s), university student(s), young adult(s), university, college , tertiary education, academic

### Supplementary Table S2

Web of Science (Core Collection) was searched on 18/10/2023

	Search terms	Hits
#1	TS=(“forest therapy” OR shinrin-yoku OR “forest bathing”)	428
#2	TS=(“college student(s)” OR “university student(s)” OR “young adult(s)” OR university OR college OR “tertiary education” OR academic)	1660095
#3	#1 AND #2	61
#4	#3  Refined by: Articles (Document Types)	55
#5	#4  Refined by: English (Languages)	55

### Supplementary Table S3

PsycINFO was searched using on 18/10/2023

	Search terms	Hits
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#1	AB =("forest therapy" OR shinrin-yoku OR "forest bathing")	22
#2	AB= ("college student(s)" OR "university student(s)" OR "young adult(s)" OR university OR college OR "tertiary education" OR academic)	419772
#3	#1 AND #2	2
#4	#3  Narrow by Source Type: Academic Journals	2

#### Supplementary Table S4

CINAHL was searched using the EBSCOhost on 18/10/2023

	Search terms	Hits
#1	AB =("forest therapy" OR shinrin-yoku OR "forest bathing")	44
#2	AB= ("college student(s)" OR "university student(s)" OR "young adult(s)" OR university OR college OR "tertiary education" OR academic)	272335
#3	#1 AND #2	1
#4	#3  Narrow by Language: - English	1

#### Supplementary Table S5

PubMed was searched using the EBSCOhost on 18/10/2023

	Search terms	Hits
#1	All Fields=("forest therapy" OR shinrin-yoku OR "forest bathing")	213
#2	All Fields = ("college student(s)" OR "university student(s)" OR "young adult(s)" OR university OR college OR "tertiary education" OR academic)	17293939

	Search terms	Hits
#3	#1 AND #2	179

#### Supplementary Table S6

Medline was searched on 18/10/2023

	Search terms	Hits
#1	AB =(“forest therapy” OR shinrin-yoku OR “forest bathing”)	206
#2	AB= (“college student(s)” OR “university student(s)” OR “young adult(s)” OR university OR college OR “tertiary education” OR academic)	744382
#3	#1 AND #2	22
#4	#4  Narrow by Language: - English	22

#### Supplementary Table S7

EMBASE was searched on 18/10/2023

	Search terms	Hits
#1	mp “forest therapy” OR shinrin-yoku OR “forest bathing”	234
#2	mp “college student(s)” OR “university student(s)” OR “young adult(s)” OR university OR college OR “tertiary education” OR academic	1,437,329

	Search terms	Hits
#3	#1 AND #2	29

### Supplementary Table S8

Related review for hand search for other sources

No.	Author	Objective
1	Kang, Byung-Hoon, and Won-Sop Shin.	Forest therapy program reduces academic and job-seeking stress among college students.
2	He, Mei, Ye Wen, Quan Qiu, Gonghan Sheng, Yawei Wei, Zhiling Wang, and Yuan Hu.	The effects and gender-related differences of guided forest therapy program on physiological and psychological health of graduating college students.
3	신원섭, and 김진건.	The Influence of Self-Guided and Guided Forest Therapy Program on Students' Psychological Benefits.

No.	Author	Objective
4	Lee, Eun-Jin, and Chang-Duck Koo.	Effects of Forest Plant Healing Therapy on School Stress and Affectivity in College Students.
5	Bang, Kyung-Sook, Insook Lee, Sungjae Kim, Chun Soo Lim, Hee-Kyung Joh, Bum-Jin Park, and Min Kyung Song.	The effects of a campus forest-walking program on undergraduate and graduate students' physical and psychological health.
6	Chou, Wan-Yu, and Shih-Han Hung.	Cumulative frequency of nature dose: How continuous and regular forest walking improves nature relatedness, restorativeness, and learning engagement in college students.
7	Hassan, Ahmad, and Chen Qibing.	Effects of Sleeping in Forest Environments on Brainwave Activity.

No.	Author	Objective
8	Zeng, Chengcheng, Wei Lin, and Qibing Chen.	Psychophysiological Responses of College Students to Audio-Visual Forest Trail Landscapes.
9	<i>Kim, In-kyung, and Mi-ja Lee.</i>	The Effect of Forest Healing Program on Job Search Stress, Career Decision-making Self-efficacy, and Career Resilience among Nursing College Students.
10	<i>Cardoso, Jenna.</i>	Forest bathing for students: Current barriers and future opportunities.
11	<i>Ibes, Dorothy C., and Catherine A.</i>	The role of campus greenspace and meditation on college students' mood disturbance.
12	<i>Choi, Jihye.</i>	Perceptions of forest contact and its therapeutic role in university students in South Korea.