

Supplementary Information

The Effectiveness of Forest Bathing in Improving Mood: A Systematic Review and Meta-Analysis
of Randomized Controlled Trials

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Figure S1. Flowchart of study screening and selection.

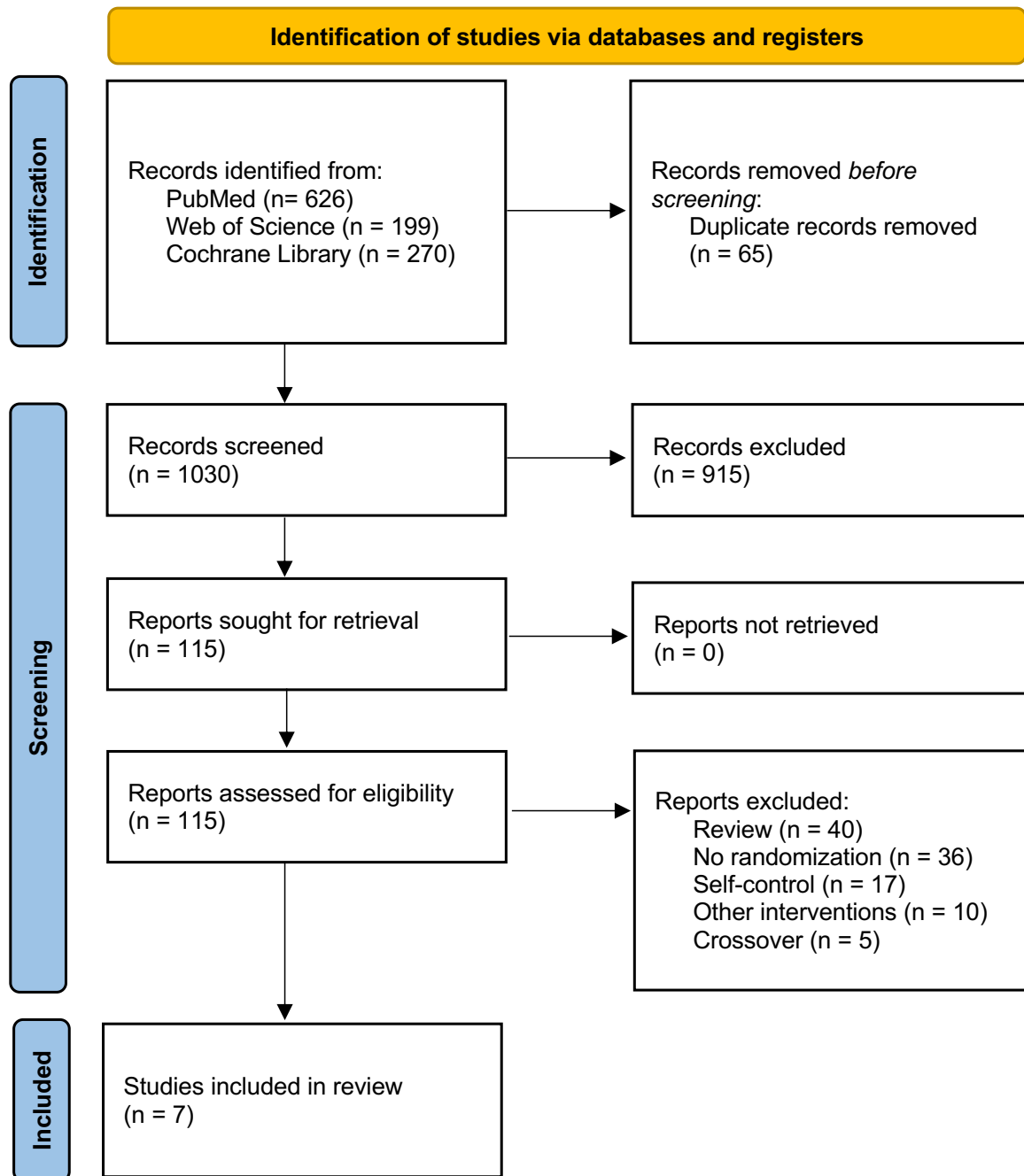


Figure S2. Sensitivity analysis of Confusion–Bewilderment

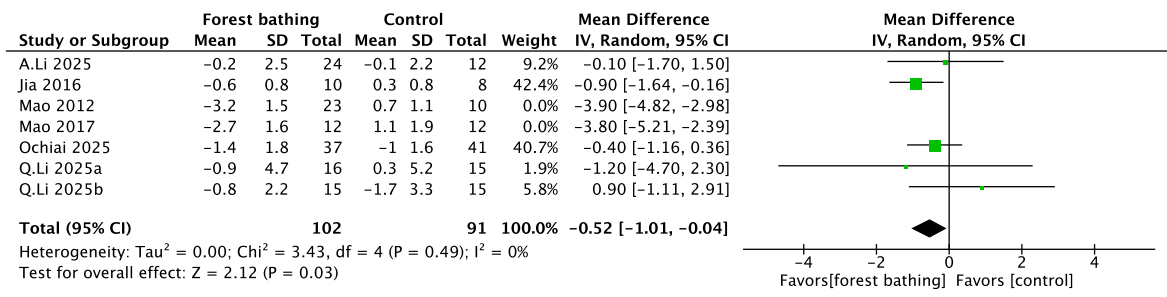


Figure S3. Sensitivity analysis of Fatigue–Inertia.

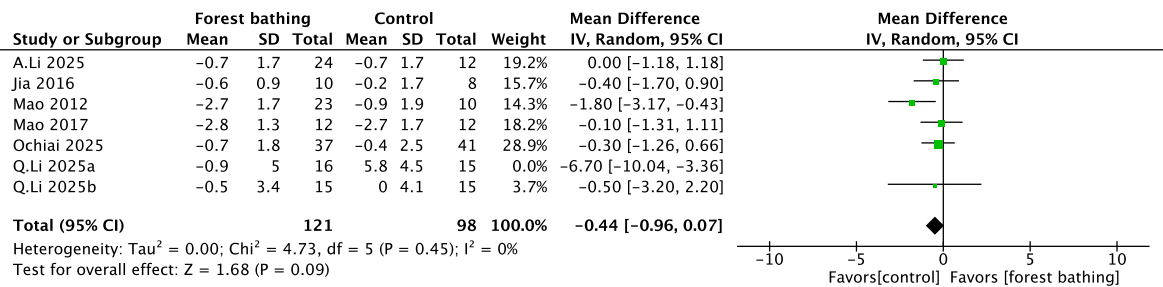


Figure S4. Sensitivity analysis of Depression–Dejection.

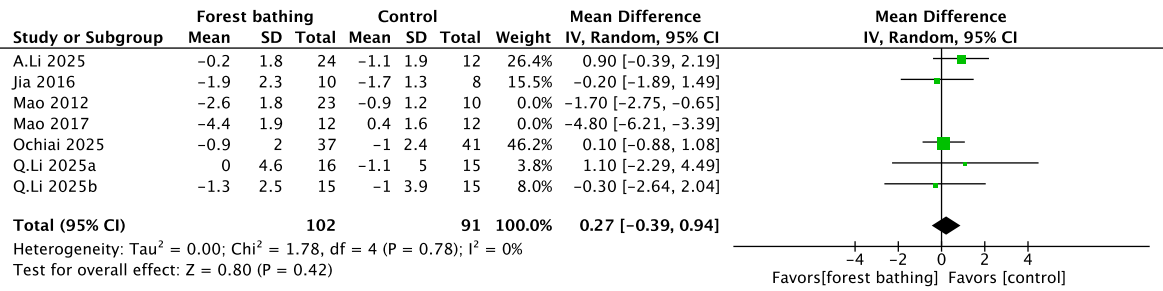
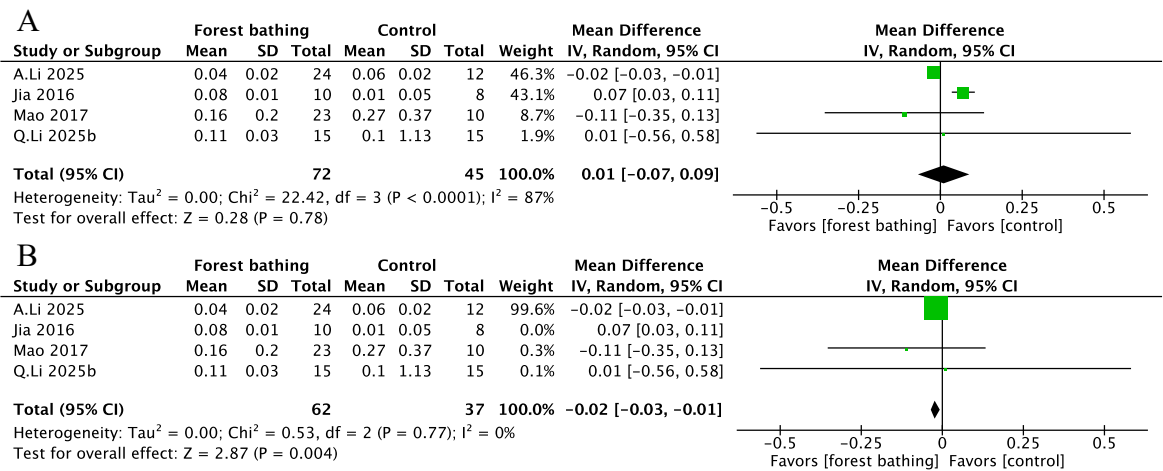
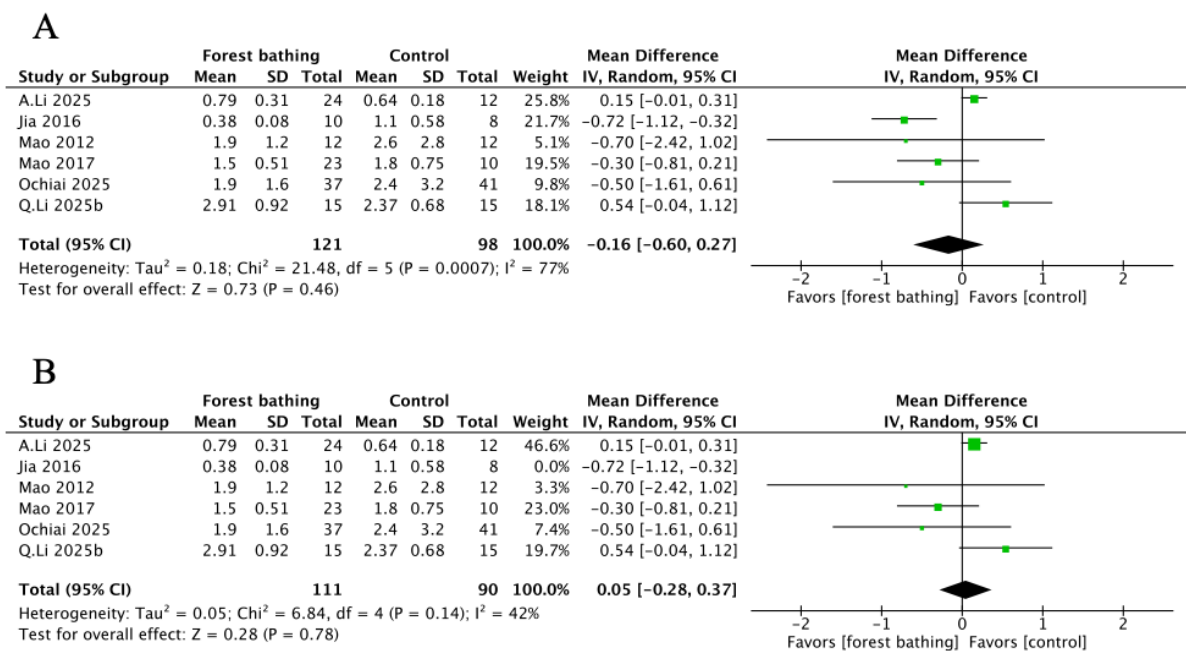


Figure S5. Meta-analysis of C-reactive protein.



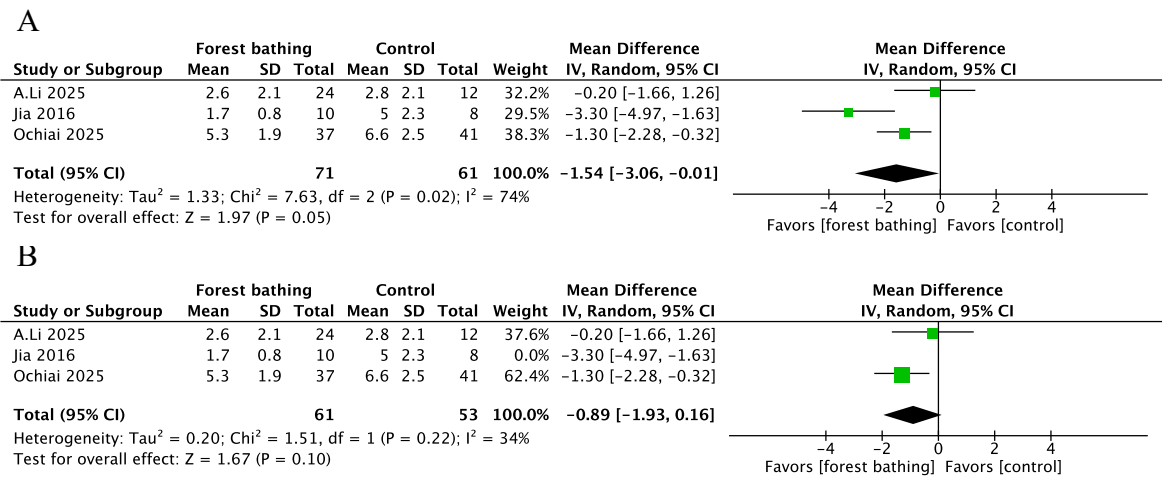
A: Original analysis; B: Sensitivity analysis.

Figure S6. Meta-analysis of Interleukin-6.



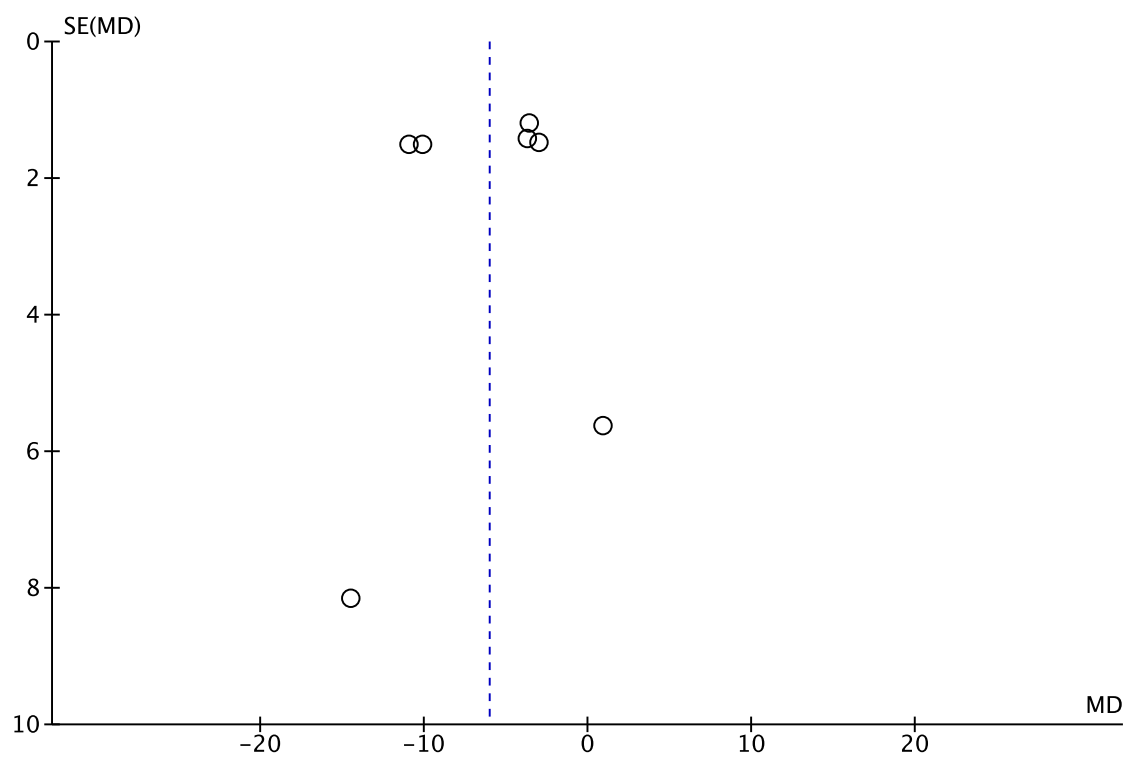
A: Original analysis; B: Sensitivity analysis.

Figure S7. Meta-analysis of Cortisol.



A: Original analysis; B: Sensitivity analysis.

Figure S8. Publication bias assessment for Total Mood Disturbance.



Egger's test: $p = 0.08$

Figure S9. Risk-of-bias assessment

