



Research on Green care in Norway

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Background

- Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing" (Voltaire, 1694-1778)

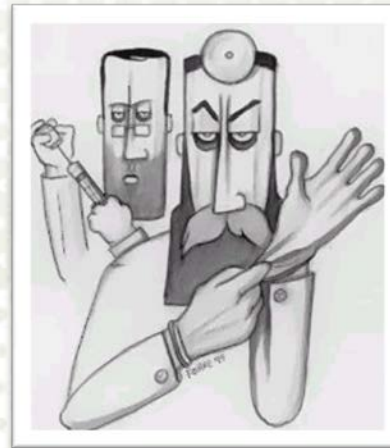


- New focus

From one-sidedly focus on diagnosis, symptoms and limitations

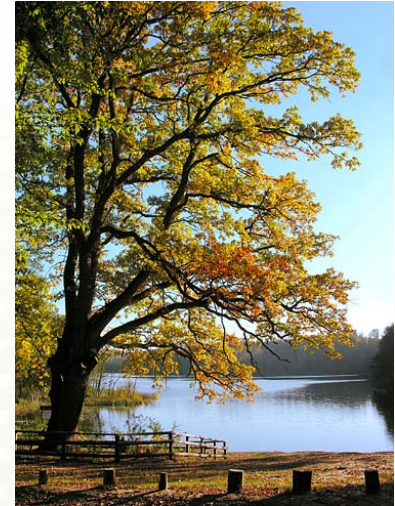
➤ to look at the persons resources, possibilities and coping ability

*Green care is
one possibility to
promote health, coping,
development and well-being*



Research on Green care in Norway

- Finished research projects (PhD)
- Effect studies:
 - Animal-assisted therapy (AAT): effects on persons with psychiatric disorders working with farm animals (Berget 2006)
 - Therapeutic horticulture (TH) for clinical depression in a Green care context: Prospective studies on mental health benefits, active components and existential issues (Gonzales 2010)
 - Farm animal-assisted interventions (AAI) in clinical depression (Pedersen 2011)



Results of the studies with TH and AAI

- Significant decline in depression during the interventions (TH and AAI) for patients with a clinical depression diagnosis (Gonzalez et al., 2009, 2010, 2011; Pedersen et al. 2011)
- Participants who experienced most fascination with participating in therapeutic horticulture also had the highest decrease in depression (Gonzalez, 2010)
- The AAT-study on patients with different serious psychiatric diagnosis showed increased self-efficacy and decreased anxiety at follow-up six months after the end of the intervention. Similar effects was not found in the control group (Berget et al. 2008, 2011)
- There was favorable correlations between complex and challenging work tasks like moving animals and milking procedures, and decline in depression and state-anxiety (Berget et. al. 2007; Pedersen et. al. 2011b)
- Interview of participants showed that a realistic working community is important and the farmer's attitude and commitment is essential (Pedersen et al. 2012)

Ongoing research projects (PhD's and single projects)

- The effect of the horse on adolescents' self-efficacy, self-esteem and social skills (Hauge et. al., UMB, finished 2013)

To examine what teenagers can learn from being on a farm with horses, and how this can enhance their self-esteem and feeling of mastery

- Effects of activities and work on a farm and its nature surroundings on health, social well-being and working ability for people out of work (Dalskau et al., UMB, finished 2014)

Reveal perceived success criteria among participants and farmers on which elements that are important to stimulate activity, working capacity and possibilities of return to work or education

- Mental health promotion by Recovery-oriented Green Care services (The University College of Hedmark, finished 2014)

The aim is to document possible health effects of various Green care services

- Inn på turet" (IPT) in the municipal service. From project to operation (Møreforskning, finished 2012)

Examine the knowledge of IPT in three municipalities in Western Norway

Thank you for your attention!

