

Tagging System Glossary

This glossary defines key tags used in the Horticultural Therapy/Therapeutic Horticulture Research Database. It provides examples of how tags should be applied and clarifies differences between similar tags to ensure consistency.

Program Type

- **Therapeutic** – Programs focused on direct therapeutic intervention, such as horticultural therapy for individuals with disabilities or chronic illnesses.
- **Social** – Programs that use horticulture to build community, social engagement, or teamwork without a primary clinical goal.
- **Vocational** – Programs designed to develop job readiness and workplace skills through horticulture-related activities.

Population Groups

- **Older Adults/Seniors** – Programs designed for aging populations, including those in assisted living.
- **Children/Youth** – Research focusing on young participants, including school-based programs.
- **Dementia/Traumatic & Acquired Brain Injuries** – Studies focusing on cognitive decline, memory care, or brain injury recovery.
- **Mental Health Challenges/Trauma** – Programs addressing anxiety, depression, PTSD, or emotional regulation.
- **Military/Veterans** – Research involving service members and veterans.
- **Immigrants/Refugees** – Programs supporting integration, trauma recovery, and social belonging.
- **Rehabilitation** – Studies focusing on individuals recovering from injuries, surgeries, or long-term illness.
- **General Population** – Broadly applicable programs not targeting specific groups.
- **LGBTQ+** – Research that considers the unique experiences of LGBTQ+ individuals.
- **Burnout/Workplace Stress** – Programs designed to reduce stress and improve well-being for professionals.
- **Physical Disabilities** – Programs adapted to mobility or physical limitations.
- **Chronic/Acute Health Conditions** – Programs and/or initiatives supporting those with ongoing or temporary health issues.
- **Grief/Loss** – Studies focusing on horticultural interventions for bereavement.
- **ICorrections/Justice-Involved Programs** – Research on rehabilitation programs in correctional settings.
- **Neurodevelopmental Differences** – Programs designed for autism spectrum disorder, ADHD, and other neurodivergent populations.

- **Unhoused/ Housing Insecurity** – Programs supporting individuals without stable housing.
- **Addiction/Substance Use Disorders** – Research on horticultural therapy for substance abuse recovery.
- **Caregivers/Healthcare Professionals** – Programs designed to reduce stress and burnout for caregivers.
- **Volunteers** – Research on the role and benefits of volunteer involvement in therapeutic horticulture.
- **Master Gardeners** – Studies focusing on trained horticulture volunteers contributing to therapy programs.

Setting or Context

- **Assisted Living/ Long-Term Care Homes** – Programs within residential care facilities.
- **Low Care/Independent Long-Term Homes** – Programs for older adults in lower-care settings.
- **Schools/Educational Settings** – School-based programs integrating horticulture for students.
- **Hospitals/Clinics** – Healthcare settings where horticultural therapy is incorporated into treatment plans.
- **Rehabilitation Centers** – Therapy programs supporting recovery from injury, illness, or surgery.
- **Community Gardens** – Urban or shared garden spaces used for therapy and community engagement.
- **Residential Programs** – Live-in facilities that integrate horticulture into daily routines.
- **Workplace Environments** – Corporate or business settings using plants and nature for employee wellness.
- **Urban vs. Rural Settings** – Studies comparing horticultural therapy in different geographic locations.
- **Public/Botanical Gardens** – Research on the role of public green spaces in therapy programs.
- **Jails/Prisons** – Correctional institutions integrating horticulture for rehabilitation.
- **Farms** – Agricultural settings used for therapy, employment training, or food production.
- **Natural Areas/Parks/Forest** – Outdoor spaces that provide therapeutic benefits.
- **Homes/Private Residences** – Studies examining horticultural therapy applied in home settings.

Health and Wellness Outcomes

- **Improved Mental Health** – Reduction in anxiety, depression, and related conditions.

- **Enhanced Emotional Well-being** – Increased feelings of happiness, hope, and stability.
- **Greater Sense of Purpose** – Strengthened motivation and self-worth.
- **Enhanced Spiritual Health** – Connection with nature as a source of spiritual or existential fulfillment.
- **Increased Sense of Belonging (Reduced Isolation)** – Greater community connection and social support.
- **Improved Stress Management** – Coping strategies through horticultural activities.
- **Improved Cognitive Function** – Enhanced memory, attention, and problem-solving skills.
- **Sensory Stimulation** – Increased sensory engagement, particularly in dementia care.
- **Improved Physical Health** – Increased mobility, flexibility, and strength.
- **Improved Balance** – Reduction in fall risk through movement-based gardening activities.
- **Increase in Standing or Walking Tolerance** – Physical endurance improvements.
- **Improved Sleep Quality** – Better rest patterns linked to time spent in nature.
- **Better Nutritional Awareness** – Understanding of healthy food choices through gardening.
- **Increased Social Engagement/Skills** – Improved communication and interpersonal connections.
- **Greater Job Readiness/Vocational Skills** – Employment preparation through gardening programs.
- **Faster Recovery Times** – Healing acceleration linked to nature exposure.
- **Decreased Need for Pain Medication** – Reduction in medication use due to therapeutic benefits.
- **Longevity/Aging Well** – Enhanced quality of life for older adults.
- **Increased Horticultural Knowledge** – Education on plant care and environmental stewardship.
- **Increased Self-Efficacy** – Strengthened confidence in one's abilities, fostering independence and resilience.

Allied Profession Intersections

- **Recreational Therapy** – Programs that use leisure activities to improve health and well-being.
- **Occupational Therapy** – Therapeutic use of activities to promote functional holistic recovery, including physical and mental health.
- **Physical Therapy** – Rehabilitation programs focused on improving movement, strength, and function.
- **Behavioral Therapy** – Approaches focusing on modifying negative behaviors and promoting mental health.
- **Social Work** – Programs integrating horticulture into social services and community support.

- **Nursing** – Research involving nursing interventions and patient care using horticulture.
- **Landscape Design** – The use of therapeutic landscapes to promote healing and well-being.
- **Counseling** – Programs that integrate horticulture with talk therapy for emotional well-being.
- **Education** – Research on horticulture-based curriculum and its impact on learning.
- **Forest/Ecotherapy** – Nature-based therapies incorporating forest environments.
- **Climate Psychology/Psychotherapy** – Research on how climate and environmental concerns impact mental health.

Type of Activity

- **Sensory Stimulation** – Activities designed to engage the senses, often used in dementia care.
- **Indoor Plant Care** – Programs involving houseplants, greenhouse therapy, and small-space gardening.
- **Outdoor Gardening** – Traditional gardening activities performed in outdoor environments.
- **Edible Plant Gardening** – Cultivation of fruits, vegetables, and herbs for therapeutic benefits.
- **Meal/Diet-Based Activities** – Programs that connect horticulture with nutrition and food preparation.
- **Medicinal Plants** – Growing and using plants with medicinal properties in therapeutic programs.
- **Nature-Based Arts & Crafts** – Creative activities involving plant materials (e.g., flower pressing, natural dyes).
- **Plant Propagation** – Growing plants from seeds, cuttings, or other methods for therapy and skill-building.
- **Plant Sales** – Vocational programs where participants grow and sell plants as part of therapy.
- **Vocational Skill Development** – Training individuals in horticulture-related job skills.
- **Greenhouse/Nursery Production** – Programs conducted in greenhouses to support plant cultivation and therapy.
- **Growing Plants from Seed** – Teaching individuals the full plant growth cycle as part of therapy.
- **Environmental Education** – Programs focused on sustainability, ecology, and conservation.
- **Forest/Natural Area Immersion** – Exposure to forested environments for therapeutic purposes.
- **Mindfulness/Visualizations** – Guided exercises using nature to promote relaxation and mental clarity.
- **AI/Digital Tools in Therapeutic Horticulture** – Use of technology and AI to support horticultural therapy interventions.

Evidence Type

- **Peer-Reviewed Studies** – Published research in academic journals.
- **Case Studies** – Detailed reports on specific programs or individual experiences.
- **Meta-Analyses/Systematic Reviews** – Comprehensive reviews comparing multiple studies.
- **Observational Research** – Studies that analyze behaviors and outcomes without intervention.
- **Randomized Controlled Trials** – Experimental research assessing intervention effectiveness.
- **Qualitative Research** – Studies focusing on interviews, narratives, and thematic analysis.
- **Quantitative Research** – Data-driven studies measuring specific outcomes.
- **Anecdotal Evidence/Testimonials** – Personal accounts or informal observations supporting horticultural therapy.

Measurement and Evaluation

- **Metrics for Mental Health** – Standardized assessments for measuring emotional and cognitive improvements.
- **Metrics for Physical Health** – Data on mobility, endurance, strength, and overall wellness.
- **Patient-Reported Outcomes** – Self-assessments or surveys documenting perceived benefits.
- **Standardized Assessment Tools** – Validated measurement instruments used in research.
- **Program Effectiveness** – Evaluations on how well a program meets its objectives.
- **Longitudinal Studies** – Research tracking participant progress over extended periods.
- **Efficacy of AI/Digital Interventions** – Measuring how technology-based tools contribute to therapeutic outcomes.

Research Source

- **Academic Journals** – Scholarly publications featuring peer-reviewed research.
- **Industry Reports** – Research conducted by professional organizations or trade groups.
- **Government Publications** – Studies or guidelines issued by public agencies.
- **Non-Profit Organizations** – Research conducted by mission-driven groups supporting horticultural therapy.
- **Books/Book Chapters** – Published literature offering in-depth exploration of horticultural therapy topics.
- **Theses/Dissertations** – Graduate-level research projects contributing new insights.

- **Magazine/Trade Articles** – Informal or industry-focused articles discussing key trends and findings.

Access

- **Paid** – Research that requires purchase or institutional access.
- **Free** – Open-access materials available without cost.