

Supplementary Materials

Adjunctive Therapeutic Effects of Forest Bathing Trip on Geriatric Hypertension: Results from On-Site Experiment in *Cinnamomum camphora* Forest Environment in Four Seasons

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Table S1. Basic information of participants and baseline comparison between the two groups before experiment.

Categories	Indicators	Time	Urban Center	Urban Forest
Information	Age	spring	75.1±5.67 (n=10)	71.55±7.21 (n=20)
		summer	74.9±5.9 (n=10)	72.4±6.7 (n=20)
		autumn	73.91±6.640 (n=11)	73.50±5.889 (n=20)
		winter	76.22±5.91 (n=9)	72.42±6.362 (n=19)
	Body Mass Index (BMI)	spring	23.77±2.71	24.55±2.22
		summer	23.80±1.55	24.49±1.38
		autumn	23.564±2.176	23.759±1.768
		winter	24.05±2.84	23.41±2.68
Blood pressure indicators	Systolic blood pressure(SBP)/mmHg	spring	135.9±15.74	140.05±17.69
		summer	139.5±11.4	135.6±15.43
		autumn	141.91±15.58	138.35±13.79
		winter	131.67±20.35	140.37±16.03
	Diastolic blood pressure(DBP)/mmHg	spring	83.9±16.01	80.5±12.71
		summer	72.8±5.65	77.1±7.79
		autumn	73.73±6.77	75.1±7.5
		winter	71.11±6.21B	79.05±8.44A
	Heart rate (HR)/bpm	spring	75.6±8.18	74.85±9.78
		summer	71.2±8.36	72.4±8.11
		autumn	72.64±7.53	72.95±7.33
		winter	77±6.56	78.42±8.31
	Oxygen saturation (SpO ₂)/%	spring	98±0.82	97.3±4.6
		summer	97.4±1.07	97.7±0.73
		autumn	97.82±0.87	97.45±1.57
		winter	97.67±1.12	97.47±1.43
Heart rate variability (HRV)	Low frequency (LF)	spring	46.66±19.25	45.23±20.3
		summer	48.2±24.17	50.26±19.2
		autumn	40.21±13.93	40.45±20
		winter	30.57±22.25B	51.89±17.12A
	High frequency (HF)	spring	53.34±19.25	56.72±22.38
		summer	51.38±24.18	49.22±19.28
		autumn	59.79±13.93	59.3±20.22
		winter	47.21±30.18	48.1±17.12
	Ratio of low frequency and high frequency (LF/HF)	spring	1.47±2.07	1.49±2.63
		summer	1.75±2.2	1.92±3.3
		autumn	9.82±30.24	0.98±1.02
		winter	0.59±0.56	1.44±1.23

Cardiovascular disease related pathological factors	Serum endothelin-1(ET-1)/(pg/ml)	spring	17.04±23.79	23.05±24.25
		summer	11.37±10.01	13.17±14.32
		autumn	11.56±13	12.63±12.51
		winter	23.09±26.3	18.06±22.41
	Renin (mIU/ml)	spring	161.58±140.41	191.82±166.17
		summer	377.93±377.22	382.01±379.09
		autumn	862.41±641.42	746.5±305.25
		winter	309.51±335.6	259.81±302.51
	Angiotensinogen (AGT) (pg/ml)	spring	22.07±28.23	45.25±46.48
		summer	10.03±9.85	14.31±22.26
		autumn	139.42±122	120.07±63.23
		winter	30.77±31.49	23.66±30.55
profile of mood states (POMS)	tension-anxiety (T)	spring	18.3±3.77	20.05±3.24
		summer	15.2±4.8	14.7±5.16
		autumn	13.36±3.53	10.85±3.18
		winter	10.56±3	12.56±3.84
	depression-dejection (D)	spring	33.9±6.97	35.3±7.31
		summer	33.4±9.23	30.15±8.94
		autumn	22.82±6.01	19.6±5.32
		winter	18.78±5.24	22.33±7.39
	anger-hostility (A)	spring	25.7±6.52	26.4±5.84
		summer	26.5±6.87	25.1±6.97
		autumn	20.73±5.57A	16.05±4.99B
		winter	16.33±3.81	18.67±5.31
	vigor-activity (V)	spring	23.8±4.05	24.2±5
		summer	20.7±4.08	20.45±4.2
		autumn	23.18±3.74	26.05±7.28
		winter	23.67±5.63	25.94±4.66
	fatigue-inertia (F)	spring	16.3±3.92	15.95±3.82
		summer	15.3±4.99	14.45±4.81
		autumn	12.45±2.77A	10.3±2.6B
		winter	10.56±3.13	10.89±2.97
	confusion-bewilderment (C)	spring	17±3.3	17.75±3.24
		summer	16.3±2.87	15.45±3.44
		autumn	13.73±3	13.25±2.9
		winter	13±4.15	13.67±2.25

Note: Different capital letters in the same line indicate significant differences between treatments.