

## Special Issue

# Urban Green Spaces, Human Health and Happiness

### Message from the Guest Editors

Happiness is an emotion or a state of the mind that a conscious being experiences when it reaches a moment of conformation and well-being, or certain desirable objectives have been achieved. One of the bases of happiness is having good health and an adequate living environment, which includes the setting in which most of the daily life takes place, such as the city. Among the urban elements that have the greatest contribution to the quality of life in cities are green spaces. There is numerous evidence that exposure to urban green spaces can be beneficial for human health, both physical and mental. Some studies have noted that urban green areas are likely to provide safe, accessible and attractive settings in which physical activities can be conducted, which in turn produce greater psychological and physiological benefits than physical activity performed in other settings. In this Special Issue, We will be delighted to receive works from broad perspectives and disciplines, providing a multidisciplinary approach to the relationship between green spaces and happiness.

---

### Guest Editors

Prof. Dr. Paloma Cariñanos

Department of Botany, Faculty of Pharmacy, Campus de Cartuja, University of Granada, 18071 Granada, Spain

Prof. Dr. María del Mar Ramos Lorente

Department of Sociology, University of Granada, E-18071 Granada, Spain

---

### Deadline for manuscript submissions

closed (31 October 2024)



## Forests

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.4  
CiteScore 4.4



[mdpi.com/si/197580](https://mdpi.com/si/197580)

*Forests*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[forests@mdpi.com](mailto:forests@mdpi.com)

[mdpi.com/journal/  
forests](https://mdpi.com/journal/forests)





# Forests

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.4  
CiteScore 4.4



[mdpi.com/journal/  
forests](https://mdpi.com/journal/forests)



## About the Journal

### Message from the Editorial Board

*Forests* (ISSN 1999-4907) is an international and cross-disciplinary, scholarly forestry journal. The distinguished editorial board and refereeing process ensures the highest degree of scientific rigor and review of all published articles. Original research articles and timely reviews are released online, with unlimited free access. Our goal is to have *Forests* be recognized as one of the foremost publication outlets for high quality, leading edge research in this broad and diverse field. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global forestry community.

---

### Editors-in-Chief

Prof. Dr. Cate Macinnis-Ng

Department of Biological Sciences, Faculty of Science, University of Auckland, Private Bag 92019, Auckland 1142, New Zealand

Prof. Dr. Giacomo Alessandro Gerosa

Department of Mathematics and Physics, Catholic University of Brescia, I-25121 Brescia, Italy

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, GEOBASE, PubAg, AGRIS, PaperChem, and other databases.

#### Journal Rank:

JCR - Q1 (Forestry) / CiteScore - Q1 (Forestry)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 16.9 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the first half of 2024).