

GreenME Project hosts key training on standardised data collection for Nature-Based Therapies

Barcelona, February 28, 2025 – The GreenME project recently held a **two-day training session** at the **Open University of Catalonia (UOC)** in Barcelona to prepare researchers and practitioners for the evaluation of **Nature-Based Therapies (NBTs)**. The training, part of **Work Package 3 (WP3), Tasks 3.2 and 3.3**, focused on ensuring **ethical, secure, and consistent data collection** across multiple countries.

GreenME is assessing **seven nature-based therapy programs** in **Sweden, the UK, Italy, and Spain** to understand how they support mental health. With different teams collecting data across locations, this training was essential to ensure **a standardized and reliable approach**.

Experts and practitioners from **UAB, UOC, Mataró Hospital, Sant Joan de Déu Hospital, SLU, Social Farms & Gardens, Northern Roots, UNIBO, ETA-BETA coop, and AEHJST** participated in the sessions.



Carola Domènech-Panicello (UOC) opening Day 1

The training covered:

- **Best practices in data collection** to maintain accuracy and reliability
- **Data security and privacy**, ensuring all information is handled ethically and in compliance with GDPR
- **How to engage with participants**, especially those facing mental health challenge
- **Hands-on practice**, including role-playing exercises to simulate real data collection
- **Expert talks on different research methods**, highlighting potential challenges and solutions

By bringing together researchers and practitioners, the training helped **align data collection methods** and reinforce **scientific integrity**.

💡 *"It was crucial for us to meet up for the training and discuss data collection and the online questionnaire. I feel very hopeful for the coming work."* – Researcher

This ensures that the data collected is **consistent, comparable, and meaningful**, strengthening the research on **how nature-based interventions can support mental health and well-being**.

💡 "It was great to be a part of it!" – Researcher & Practitioner

With this training completed, the GreenME team is now ready to begin the data collection phase, bringing us one step closer to understanding the **real impact of nature on mental health**.

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