

Results of the questionnaire from Lesná pedagogika (Forest Pedagogy NGO) about forest bathing impact for the nurses of the AGEL Levoča Hospital

Lesny Kupel has collaborated with AGEL Levoča Hospital, which is linked with hospitals in Kežmarok and Krompachy, for four years. In 2025, they summarised and evaluated the results of a simple psychological test using the abbreviated version of the POMS (Profile of Mood States) questionnaire, which participants completed voluntarily and anonymously at the beginning and end of their stay. The questionnaire analyses changes in mood and the impact of forest bathing on participants' mood.

The research included 64 questionnaires that participants completed over three days, the first time at the beginning of the period and the second time after its conclusion. For each of the eight statements, participants chose an answer from a scale of four values (from 'not at all' to 'extremely').

The participants were women aged between 30 and 60. For the sake of simplicity, age, gender and other parameters were not considered in the evaluation.

The research provided the following results:

- The average response to the statement 'I feel tense and stressed' decreased by 77.6%.
- A significant change was observed, with a decrease of up to 85.91% for the statement 'I feel rushed and tired from work'.
- The percentage decrease for the response 'I feel exhausted and drained of energy' was 78.91%.
- The average response of participants to the statement 'I feel overwhelmed by responsibilities' decreased by 72.44%.
- Regarding the observed mood 'I feel strong and full of life', the average response of participants increased by 41.60%.
- The average response to the statement 'I feel very good in my body' increased by 43.44%.
- A percentage increase of 47.66% was observed for the response to the affective state 'I feel light and full of joy'.
- The statement 'I feel relaxed and satisfied' saw an increase of 64.17%.