



## **Effects of Urban Built Environment on Mental Health: A Review**

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### **ABSTRACT**

This paper presents a systematic review of how prior research on the influence of the built environment on mental health has progressed. The study utilised open-access journals to cover environmental, public health, landscape, and urban planning databases from 2000 to 2021, focusing on specific keywords. Five major themes emerged from the research. Most studies from the early 2000s to 2014 focused on the negative consequences of a poorly constructed built environment on mental health. Since 2015, the focus has shifted to a broader context, primarily the urban environment, its relationship with mental health and how it contributes to positive mental health. Finally, evidence of changes in the context and circumstances may shed light on the research's future trajectory.

**Keywords:** physical environment, built environment, mental health, mental well-being

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### ARTICLE INFO

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<https://doi.org/10.33736/jcshd.4398.2022>

e-ISSN: 2550-1623

Manuscript received: 30 December 2021; Accepted: 23 March 2022; Date of publication: 31 March 2022

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