



UNIVERSITÀ
DEGLI STUDI
FIRENZE

NEUROFARBA
DIPARTIMENTO DI NEUROSCIENZE,
PSICOLOGIA, AREA DEL FARMACO
E SALUTE DEL BAMBINO

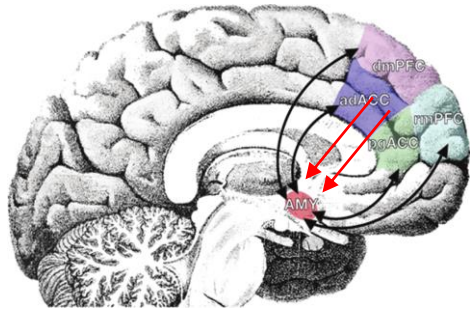
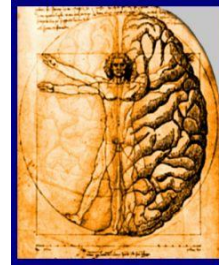
Prospettive di ricerca.....



TERAPIA FORESTALE



PSICOFISICO



PSICO

FISICO



Immunologico
Cardiaco
Endocrinologico
...

EMOTIVO

COGNITIVO



Ansia
Depressione
Stress
...

Attenzione
Memoria
Decisione
Controllo Cognitivo
...



?

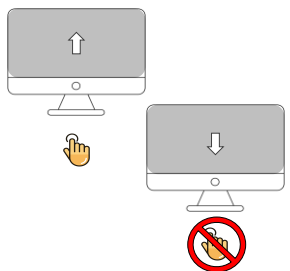


EEG → controllo inibitorio

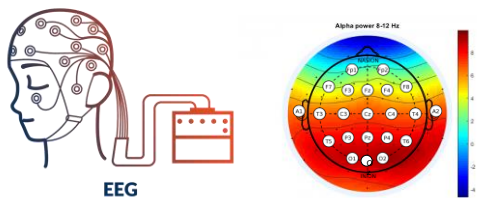
- Antonelli, 2022
- Seo et al., 2022
- Roviello et al., 2022
- Bermejo et al., 2022
- Tsao, et al., 2022
- Li, 2022
- Weitzel et al., 2022
- Piva et al., 2022
- Fu et al., 2022
- Bikomeye et al., 2022
- Zoric et al., 2022
- Takayama et al., 2022
- Ecc..

CONTROLLO COGNITIVO/INIBIZIONE DELLA RISPOSTA

Compito go/nogo



Registrazione EEG → baseline



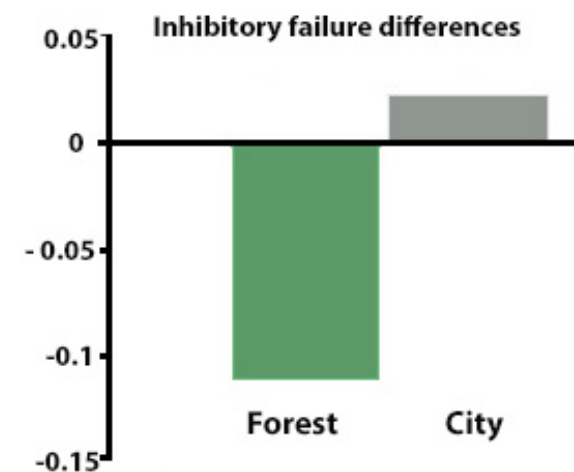
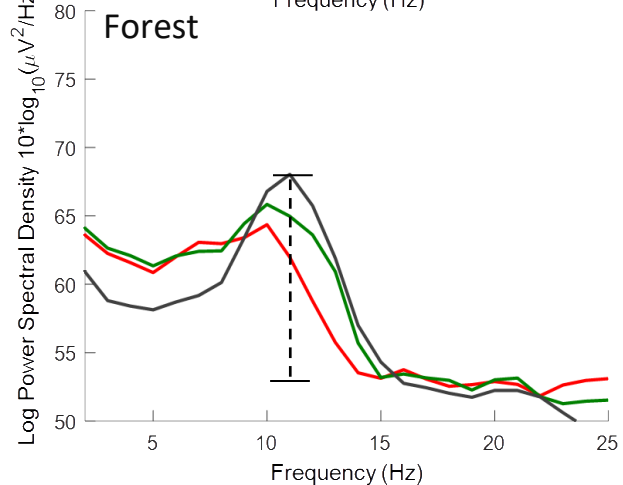
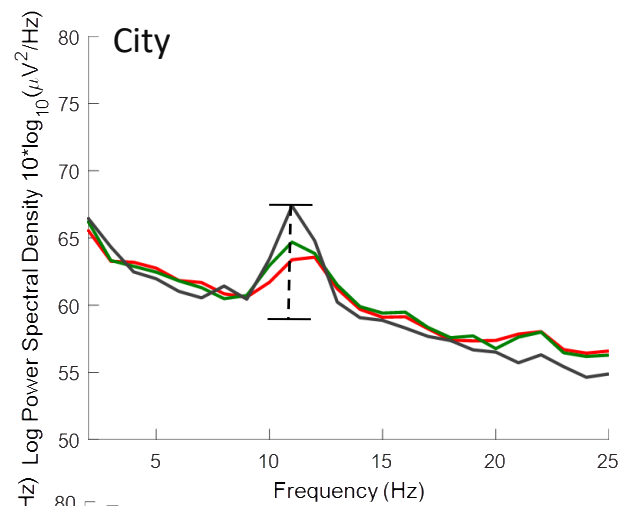
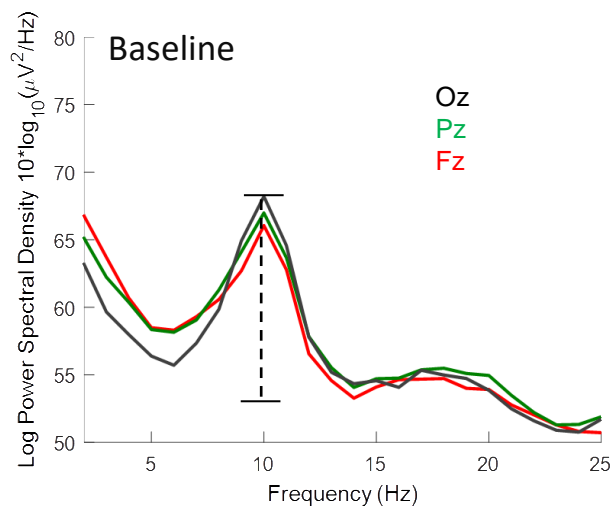
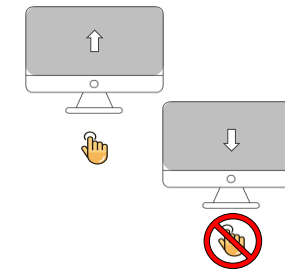
Esposizione

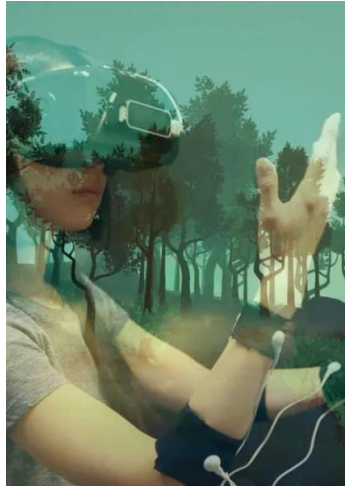


Registrazione EEG



Compito go/nogo

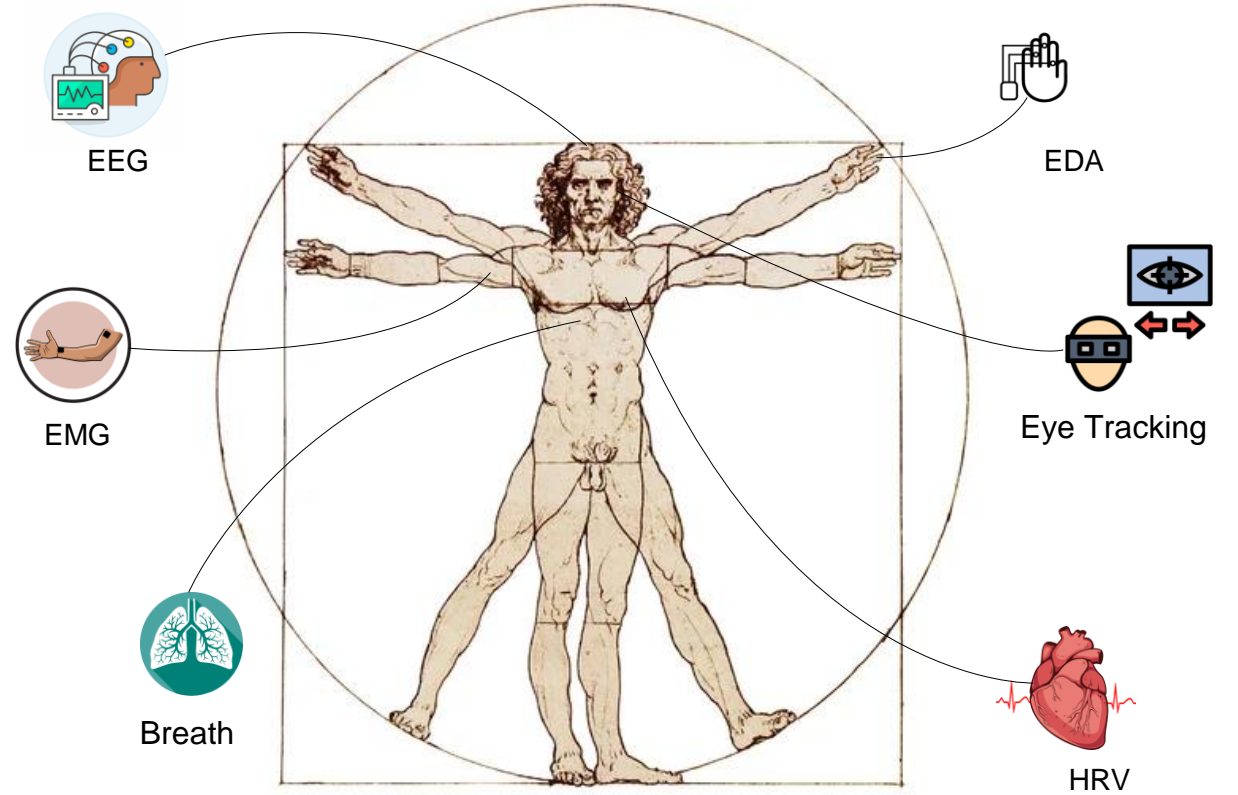




Realtà virtuale



La TF fa bene anche al sonno?





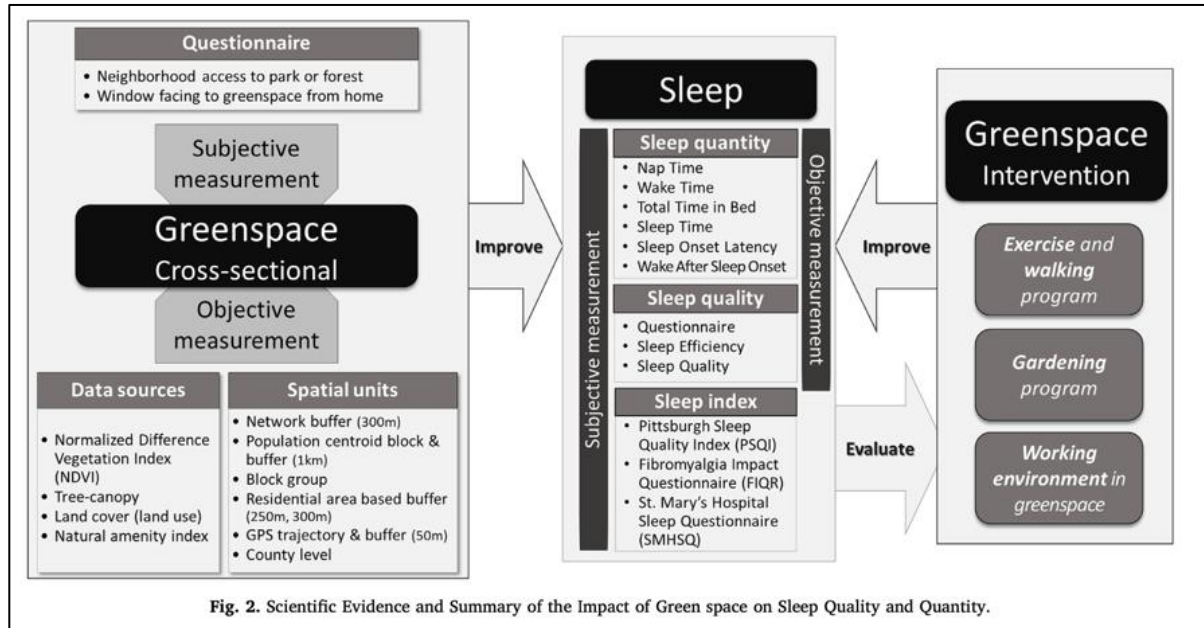
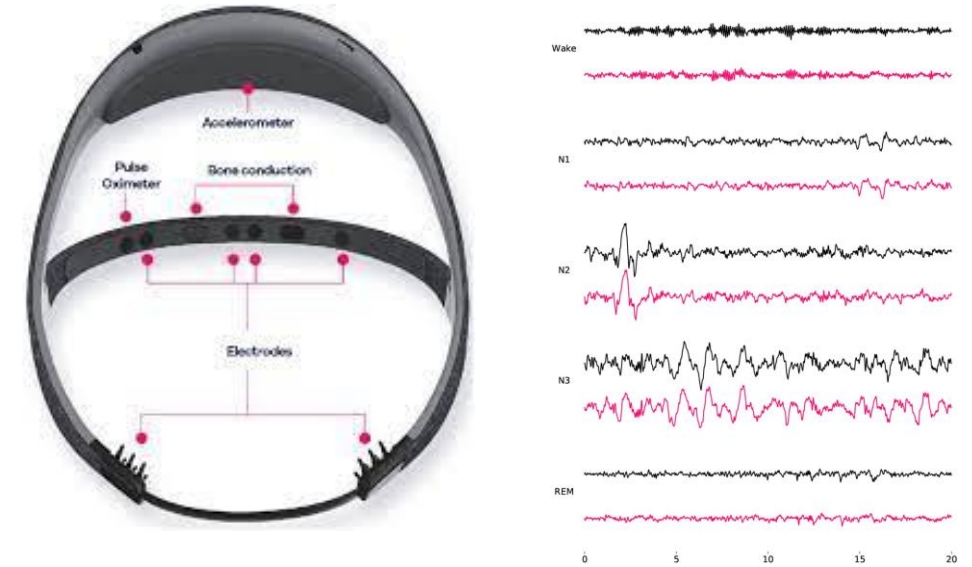


Fig. 2. Scientific Evidence and Summary of the Impact of Green space on Sleep Quality and Quantity.

Shin, et al. 2020





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Cognitive Psychophysiology Lab
Sleep Lab

