Appendix A. Reasons for excluding studies.

Study	Reason(s) for exclusion
A'Court & Beverley (2017)	No greenspace-based walking is involved.
Abraham, A *et al.* (2010)	This is a review article.
Adevi, A. A *et al.* (2018)	Case study, no control group.
Ainslie & Philip N (2002)	No control group; dependent variables are not specific in well-being.
Ambrey, C. L (2016)	This is a survey-based study; no intervention conducted.
Astell-Burt, T *et a*l. (2013)	This is a survey-based study; no intervention conducted.
Baklien, B *et al.* (2016)	Participants are children; qualitative research.
Balter, O *et al.* (2018)	No control group, the walking intervention is not specific green based.
Bartion J *et al.* (2009)	Control group is not eligible.
Beaney & Katharine (2009)	Participants are children; qualitative research.
Berman, M. G *et al.* (2008)	No eligible control group; dependent variables are not well-being related.
Brown, D.K *et al.* (2014)	Dependent variables are not well-being related.
Browne, J *et al.* (2015)	There is no real intervention conducted.
Brownson, R. C *et al.* (2004)	Walking intervention is not natural-green-based.
Brownson, R. C *et al.* (2005)	The walking intervention is not green based; did not measure well-being lev
Carman, J & Carman, N (2007)	Irrelevant to this topic.
Chen, L. J *et al.* (2018)	Survey-based and self-report research; no real intervention conducted.
Coles & Richard (2014)	No walking/hiking intervention conducted.
Cook & Mandy (2017)	No intervention conducted.
Chippendale (2021)	No control group(s).
Davis, Deborah S *et al.* (2003)	No eligible control groups.
De Bloom, J *et al.* (2014)	No walking/hiking intervention involved.
Degenhardt & Buchecker (2012)	No control group; outdoor activities are not natural-green-based.
Diessner, R *et al.* (2015)	The dependent variable is not well-being related.
Doughty *et al.* (2011)	No control group(s).
Duvall (2011)	The walking intervention is not natural-green-based.
Ellison & Andrew,M (2010)	Not aim at testing effectiveness of natural-green-based intervention(s).
Faulkner, J. *et al.* (2013)	No eligible control group; not mentioned the walking was greenspace-based
Freeman *et al.* (2017)	Not specifically mentioned the walking took place in the green space
Gidlow *et al.* (2016)	Control groups walked in both blue and urban areas.
Gilchrist & Kathryn (2014)	Case study, no intervention(s).
Gladwell, V. F *et al.* (2016)	No eligible control group; the control group was involved in built walk.
Grant, G *et al.* (2017)	No control groups.
Gueguen, N & Stefan, J (2016)	Dependent variable is not relating to psychological well-being.
Hadavi (2017)	No intervention conducted.
Haluza, D *et al.* (2014)	Review article, not relevant.
Han, K. (2017)	No control groups.
Hanson, S & Jones, A (2015)	Review article, not relevant.
Hartig *et al.* (2003)	No eligible control group; the control group was walking in urban setting.
Ireland, A. V *et al.* (2018)	Walking intervention is not natural-green-based.
Ivarsson, C. T & Grahn, P (2012)	No eligible control groups.
Jackson, C (2003)	No abstract and full text.
Kelley *et al.* (1997)	No eligible control groups.
Kalevi M et al. (2016)	Control group is walking indoor.
Korpela, K *et al.* (2017)	No control group; not aimed at testing effectiveness of walking intervention
Korpela & Kalevi (2007)	Not mentioned walking in green space; not test effectiveness of intervention
Kreitzer, M. J (2015)	No abstract and full text.
Lepille, R *et al.* (2017)	No walking/hiking intervention conducted.
Lauwers et al., (2021)	I appropriate method.
Mapes & Neil (2010)	A case study.
Marselle, M *et al.* (2012)	No real walking intervention involved, not specific natural-green-based setti
Marselle, M.R *et al.* (2013)	Non-experimental settings.

Marselle, M. R *et al.* (2015)	Not green-based intervention; not aimed at testing effectiveness of interven
Marselle, M. R et al. (2016)	Walking intervention is not greenspace-based.
Marselle & Melissa (2013)	Non-experimental settings; walking group may not green-based.
Marselle *et al*. (2014)	Non-experimental settings.
McManus & Maria (2012)	No intervention conducted.
Mitchell, B. L *et al.* (2014)	Dependent variables are irrelevant to psychological well-being.
Mobily, K. E *et al.* (1996)	No intervention conducted.
Mutz, M & Muller, J (2016)	Participants under 18-years-old.
Mygind *et al., (2021)*	Review article.
Nielsen, T. S & Hansen, K. B (2007)	Survey-based research; no real intervention conducted.
Nose, H (2014)	Waking intervention is not natural-green-based.
Niedermeier, M, *et al.* (2017)	Dependent variable is not well-being related.
Nordbo & Prebensen (2015)	Non-experimental setting; no control group.
O'Brien, L (2014)	Qualitative research.
Patel & Deven (2017)	No intervention conducted.
Perkins *et al.* (2011)	Participants under 18-years-old.
Plante *et al.* (2007)	Lab-based experimental condition; not natural-green-based intervention.
Pretty, J *et al.* (2007)	No eligible control group.
Raine, R *et al.* (2017)	No control group; walking intervention irrelevant to natural green space.
Revell, S & McLeod, J (2017)	Not natural-green-based walking; dependent variables are wellbeing irreleva
Richards, J *et al.* (2015)	Not mentioned natural-green-based.
Robertson, R *et al.* (2012)	Review article; physical activities not natural-green-based.
Roderer, K & Cervinka, R (2012)	No intervention conducted.
Roe, J & Aspinall, P (2011)	No eligible control group.
Rogerson, M *et al.* (2016)	Green exercise irrelevant to walking/hiking.
Romagosa, F *et al.* (2015)	No intervention conducted.
Shanahan, D. F *et al.* (2016)	No intervention conducted.
Stigsdotter *et al*. (2017)	Participants were viewing pictures before walking.
Song *et al.* (2013)	Not greenspace-based walking.
Sugiyama, T. & Thompson,C.W. (2007)	No intervention conducted.
Sugiyama, T *et al.* (2008)	Survey-based, no intervention conducted.
Takayama, N *et al.* (2014)	No control group(s).
Coon *et al.* (2011)	Review article.
Triguero-Mas, M *et al.* (2017)	No walking/hiking intervention conducted in the natural green space.
Turner, T. L & Stevinson, C (2017)	No eligible control group(s).
Tsunoda, et al., (2021)	Irrelevant topics.
Verra, M. L *et al.* (2015)	Dependent variables are irrelevant to psychological well-being.
Wang, D *et al.* (2015)	Dependent variables are irrelevant to psychological well-being.
Willis, K *et al.* (2016)	Not specific walking/hiking interventions.
Wilson, M *et al.* (2012)	Online survey measurement; no intervention; no control group(s).
Wolf, I. D & Wohlfart, T (2014)	No intervention, no control group(s).
Wolf, I. D *et al.* (2015)	No control group(s).
Wood, L *et al.* (2017)	No intervention conducted.
Woods & Allen Dale (1985)	No intervention.
Wu, L. L *et al*. (2015)	The intervention is not green based.
Yang *et al*. (2018)	No control group.
Yamaguchi, M *et al.* (2006)	No eligible control group.
Young et al., (2021)	Irrelevant topic.