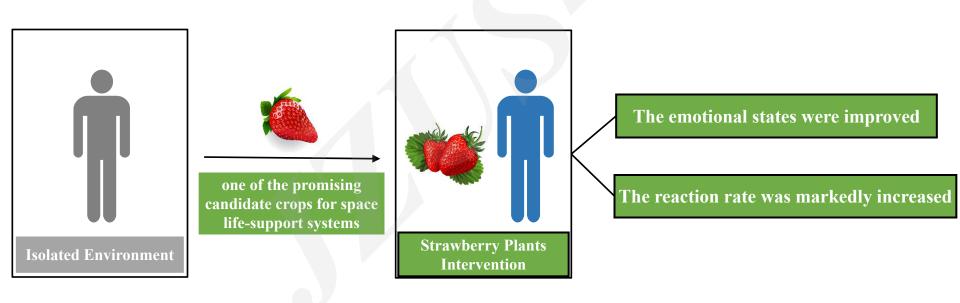
<u>Cite this as</u>: Zhao-ming LI, Hui LIU, Wen-zhu ZHANG, Hong LIU, 2020. Psychophysiological and cognitive effects of strawberry plants on people in isolated environments. *Journal of Zhejiang University-Science B (Biomedicine & Biotechnology)*, 21(1):53-63. https://doi.org/10.1631/jzus.B1900331

## Psychophysiological and cognitive effects of strawberry plants on people in isolated environments

Key words: Isolated environment, Horticultural welfare, Strawberry, Mood, Cognition

## Research Summary

This study mainly focused on the effects of strawberry plants intervention on mood and cognition of people in isolated environments.



## Important Results

- > Strawberry plants had an impact on heart rate.
- Strawberry plants induced a decrease in salivary cortisol concentration.
- Negative emotional states were improved by strawberry plants.
- > The reaction rate was increased markedly after viewing strawberry plants for 15 min.