

USP



ESALQ

Cycling in an urban and in a natural area. What is best for mental health?

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Cyclists answered a questionnaire **before and after a bicycle ride** in an **urban area** and a **natural protected area** in São Paulo- Brazil

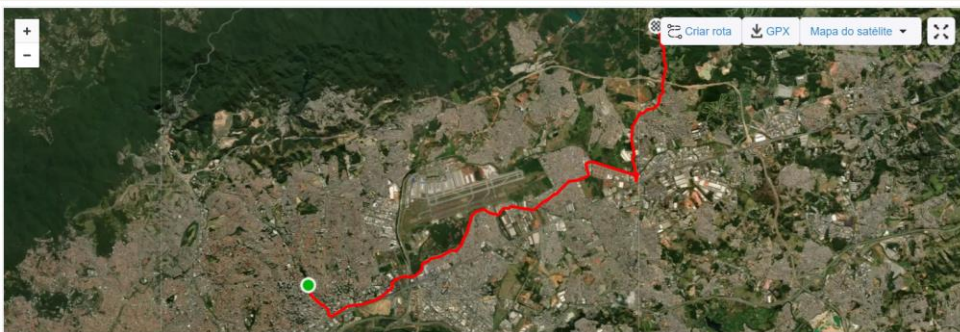
Two psychometric scales were used: **Perceived Stress Scale (PSS)** and **The World Health Organization- Five Well-Being Index (WHO-5)**



Cyclists answered a questionnaire **before and after** a **bicycle ride** in an **urban area** and a **protected area** in São Paulo- Brazil



Urban area



distance=**23km**, duration=**1h:31'**, temperature=**21°C**

n=19; age=47.2 sd 9.3; M=63.2%, F=36.8%

Protected area



distance=**14km**, duration=**1h:21'**, temperature=**21°C**

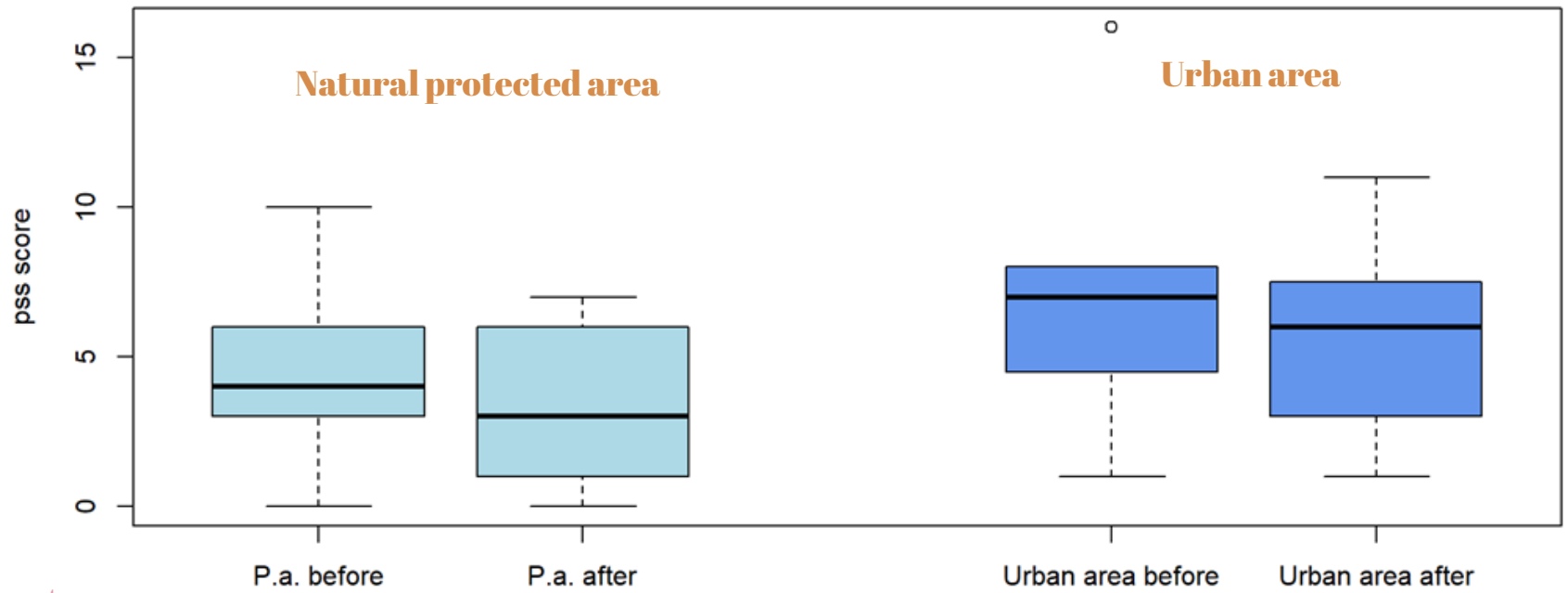
n=13; age=48.8 sd 10.9; M=84.6%, F=15.4%

Cyclists self-reported, on a Likert scale from 1 to 5, the same median for the **degree of physical effort (3)**, **thermal comfort (4)**, and **satisfaction with the ride (4)**.



Perceived Stress

PSS-4 before and after



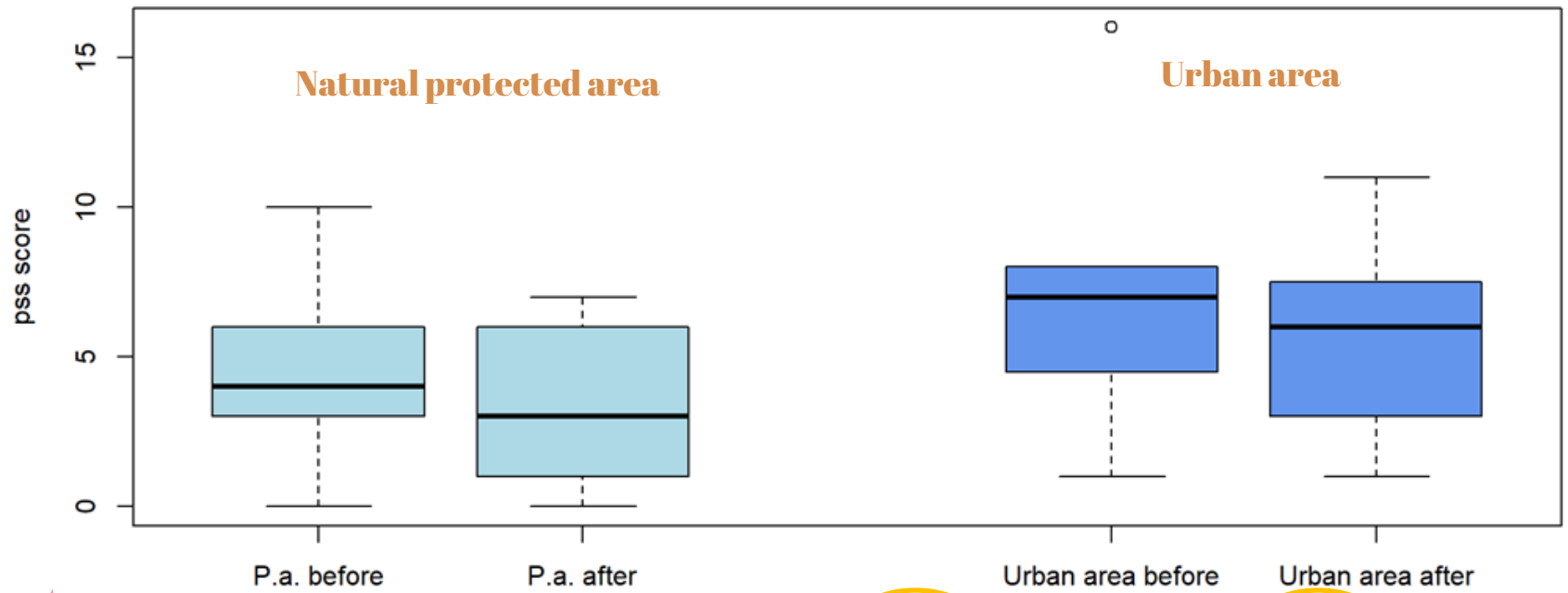
Wilcoxon signed-rank test $p=0.028$, effect size $r=0.61$ / $p=0.014$, effect size $r=0.56$





Perceived Stress

PSS-4 before and after



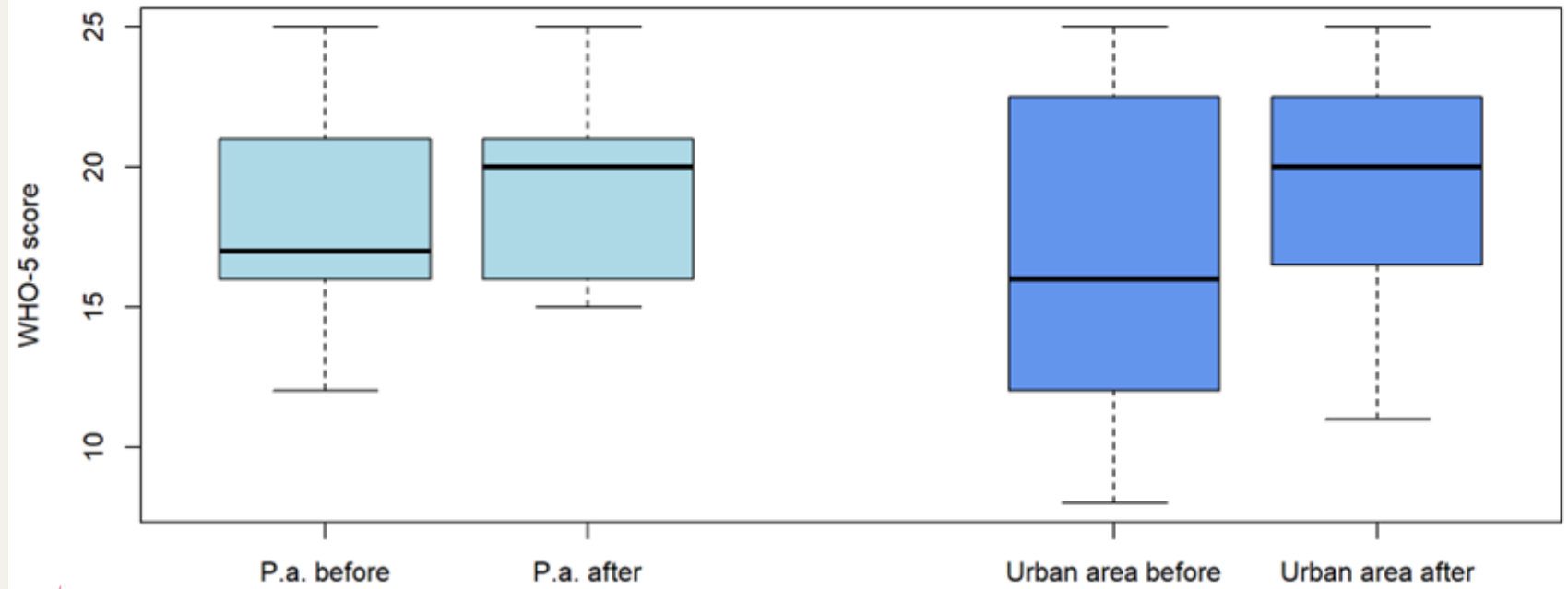
Wilcoxon signed-rank test $p=0.028$, effect size $r=0.61$ / $p=0.014$, effect size $r=0.56$





Well-Being Index

WHO-5 score before and after
Natural protected area **Urban area**



Wilcoxon signed-rank test $p=0.032$, effect size $r=0.59$ / $p=0.092$, effect size $r=0.39$



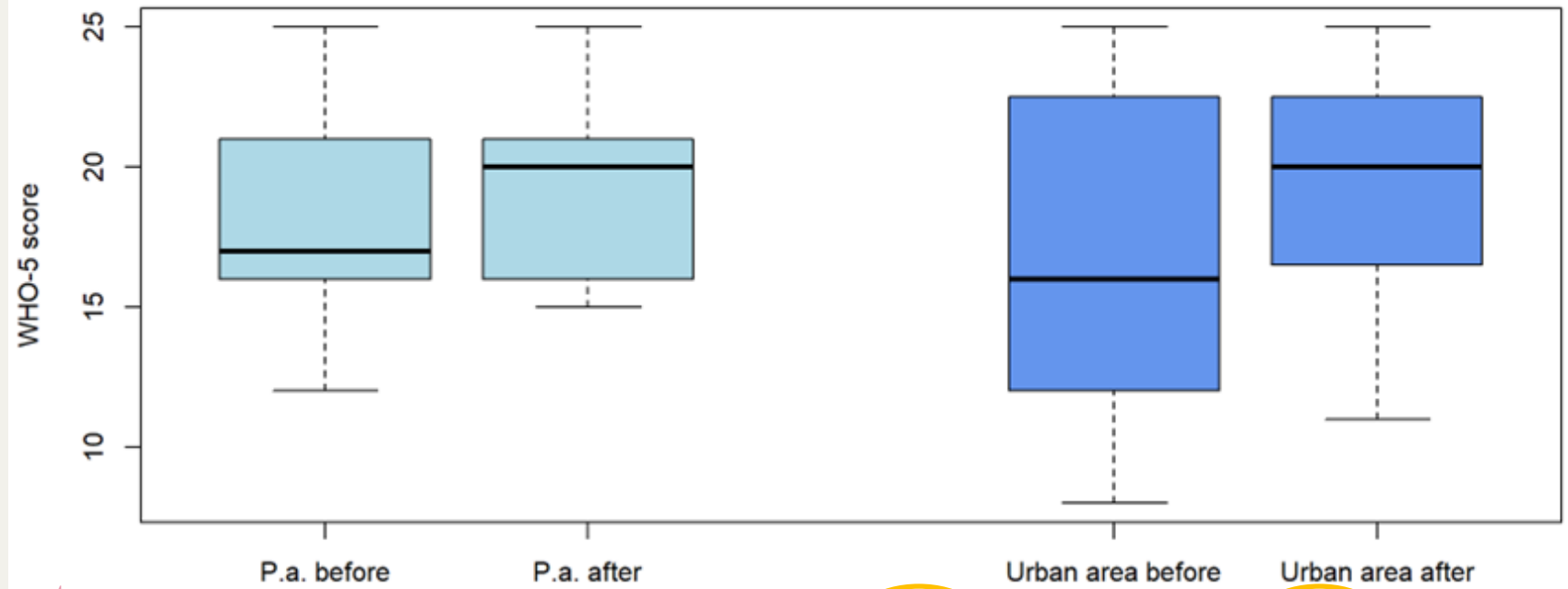


Well-Being Index

WHO-5 score before and after

Natural protected area

Urban area



Wilcoxon signed-rank test $p=0.032$, effect size $r=0.59$ / $p=0.092$, effect size $r=0.39$



Thanks!!

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