3 possibles mechanisms

Psychosocial pathway as = **biologic plausible pathway**

Physiological pathway as = **hypothetical pathway**

Environmental pathway as = **indirect plausible pathway**

**Green space**

**Maternal stress**

- Promotes psychological restoration
- Improves attention
- Reduces stress and anxiety

**Psychoneuroendocrine mechanism**
Direct impact on an individual's brain and body
Activation HPA → regulate cortisol secretion

**Green space**

**Maternal health**

- Mental disorders
  - Poor mental health
  - Depression
  - Cognitive function
- Cardiovascular disease
  - Stroke, heart, blood pressure
- Metabolic disruption
  - Diabetes
  - Obesity

**Physiological benefit**

**Environmental risk factors**

- Reduced air pollution: NO2, PM
- Reduced noise level
- Improved microclimates (temperature and heat island effect)

**Maternal exposure**

**Unhealthy behaviors**

- Smoking, self-medication
  ...

**Beneficial impact on pregnancy outcome**

Reduction of maternal stress and associated neuroendocrine and immune mechanism