

## Appendix 1. Studies included in Meta-analysis

1. Kang HY, Bae YS, Kim EH, Lee KS, Chae MJ, Ju RA. An integrated dementia intervention for Korean older adults. *Journal of Psychosocial Nursing and Mental Health Services*. 2010; 48(12):42-50. <https://doi.org/10.3928/02793695-20100930-01>
2. Kim D. The effects of a recollection-based occupational therapy program of Alzheimer's disease: a randomized controlled trial. *Occupational Therapy International*. 2020. <https://doi.org/10.1155/2020/6305727>
3. Ki HJ, Yang Y, Oh JG, Oh S, Choi H, Kim KH, et al. Effectiveness of a community-based multidomain cognitive intervention program in patients with Alzheimer's disease. *Geriatrics & Gerontology International*. 2016;16(2):191-199. <https://doi.org/10.1111/ggi.12453>
4. Yun SY. Effects of the horticultural therapy on demented elders's reaction time to external stimuli. *Journal of People, Plants, and Environment*. 2010;13(4):1-6.
5. Gang MH. Effects of horticultural intervention program on cognition, emotion, communication and problematic behavior in older adults with alzheimer [dissertation]. [Daejeon]: Chungnam National University; 2005.
6. Geum MH. Horticultural therapy effect of cognitive function and depression on the old with dementia [master's thesis]. [Daejeon]: Daejeon University; 2006.
7. Kim KS. Effect of horticultural therapy on the depression and functional rehavilitation in dementia. [master's thesis]. [Jeju]: Tamla University; 2008.
8. Kim MH, Kim JM. The effect of an occupational therapeutic intervention program using horticultural therapy on cognition and daily living performance of the elderly with dementia. *The Journal of Korean Society of Community Based Occupational Therapy*. 2012;2(1):75-84.
9. Kim CM. Development and effect analysis of nature-friendly integrated program for the elderly with mild cognitive impairment [master's thesis]. [Asan]: Sunmoon University; 2017.
10. Song GJ. The effects of horticultural therapy using the rehabilitation assessment on the changes of cognitive and upper extremity function in the demented old adults [master's thesis]. [Seoul]: Konkuk University; 2007.
11. Yoon MJ, Sung KM. The effects of a horticultural program based on Cox's interaction model on ability for daily life and depression in older patients with mild dementia. *Korean Journal of Rehabilitation Nursing*. 2017;20(1):12-21. <https://doi.org/10.7587/kjrehn.2017.12>
12. Yun SY. Effects of the application of horticultural therapy based on pincus' theory of rehabilitation practice on demented elders' daily activity functions and physiological changes [dissertation]. [Daegu]: Catholic University of Daegu; 2007.
13. Yun SY, Kim HY. Effect of the horticultural therapy on activities of daily living and cognitive function of demented old adults. *Journal of Agriculture and Life Science*. 2009;43(5):27-32.
14. Yun SY, Choi BJ. Effect of horticultural therapy on the stress and serum cortisol of demented elders. *Korean Journal of Horticultural Science and Technology*. 2010;28(5):891-894.
15. Lee WS. The Effect of Horticultural Therapy Program based on Reminiscence for The Elderly in Memory School [master's thesis]. [Daegu]: Keimyung University; 2017.
16. Lee JH. Effects of horticultural activities and flower tea drinking based on reminiscence storytelling on demented elders' cognitive and emotional functions [master's thesis]. [Daegu]: Catholic University of Daegu; 2016.
17. Lee HJ. Effects of horticultural therapy program using reminiscence stimulation materials on cognition and depression of the elderly with dementia [master's thesis]. [Cheonan]: Dankook University; 2013.
18. Lee HJ. Effects of horticultural therapy on the hand functions and cognitive abilities in the old adults and demented old adults. [master's thesis]. [Daegu]: Catholic University of Daegu; 2008.
19. Lim HS. Effects of horticultural therapy on the mental health of the delderly with dementia in recuperation centers for the aged. *Journal of People, Plants, and Environment*. 2015;18(1): 29-34. <https://doi.org/10.11628/ksppe.2015.18.1.029>
20. Chon SY, Choi KH, Ahn JS, Kim HJ, Park YJ. Effect of horticultural therapy on the small muscles of senile dementia for long-term. *Journal of Life Science and Nature Research*. 2009;31(1): 62-69.
21. Cho ML. Development and effects of horticultural program using group reminiscence for the elderly with dementia in geriatric hospital [dissertation]. [Busan]: Kosin University; 2017.