



Green Space Access and Mental Health in Urban Cairo: A Comparative Study

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Abstract

Urban green spaces are essential for mental health in urban environments, yet their accessibility varies significantly across different cities and communities. The research employs a mixed-methods approach combining quantitative surveys with qualitative interviews to gather data from residents of various socio-economic backgrounds across Cairo's districts. Analysis revealed that residents living in areas with higher green space coverage reported significantly lower levels of stress and anxiety compared to those residing in less green environments ($p < 0.05$). Green spaces play a pivotal role in improving mental health outcomes, particularly among marginalized communities who have limited access to natural environments. Urban planners should prioritise the inclusion of diverse and accessible green spaces in urban development projects to enhance overall public well-being. Cairo, Urban Green Spaces, Mental Health, Access Disparities

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