

Annotated References Supporting the BPSE Model Approach

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This annotated list of key scholarly references provides the theoretical and empirical foundation for the Biopsychosocial-Ecological (BPSE) model that underpins the Pamlico Rose Institute's wellness garden approach. These sources span health psychology, environmental science, public health, sociology, and anthropology.

Engel, G. L. (1977). The need for a new medical model: a challenge for biomedicine. *Science*, 196(4286), 129–136.

Seminal paper introducing the biopsychosocial model, arguing that medical care must integrate psychological and social dimensions alongside biological factors.

Swarbrick, M. (1997; 2006; 2011). Wellness models and their application to mental health recovery. Swarbrick's work provides an applied wellness framework with eight dimensions, forming a bridge between theory and programs for recovery and resilience.

Bronfenbrenner, U. (1979). *The Ecology of Human Development*.

Foundational text establishing how human development is shaped through nested environmental systems from immediate settings to broader sociocultural contexts.

Walker, B. & Salt, D. (2006). *Resilience Thinking: Sustaining Ecosystems and People in a Changing World*.

Introduces resilience theory and panarchy as tools to understand adaptability in coupled social-ecological systems.

McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). *An Ecological Perspective on Health Promotion Programs*.

Expands health promotion frameworks to consider individual, interpersonal, organizational, community, and public policy factors.

Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*.

Explores how natural environments can reduce mental fatigue and stress, aligning with the psychological components of the BPSE model.

Chawla, L. (2015). Benefits of nature contact for children. *Journal of Planning Literature*.

Highlights how regular interaction with nature supports cognitive, emotional, and social development in youth.

Stuckey, H. L., & Nobel, J. (2010). *The Connection Between Art, Healing, and Public Health*.

Reviews how creative expression contributes to psychological/physiological healing.

Raymond, C. M., Frantzeskaki, N., et al. (2017). A framework for assessing and implementing the co-benefits of nature-based solutions in urban areas.

Useful for connecting nature-based public health approaches with urban planning and community wellbeing.