Review of: "The Impact on People's Well-being of Utilizing Greenery in the Design of High-rise Residential Building Balconies"

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Potential competing interests: No potential competing interests to declare.

Based on the article "The Effects of Greenery in Balconies of Apartments on People's Well-Being: Using Virtual Reality" by Hasan Nazif and Niloofar Fiouzi Yousefi, here is the analysis:

The Strength of the Article, Which Is Innovative Use of Technology: The study's utilization of virtual reality (VR) technology to simulate balcony environments and their effects on well-being is innovative. It allows participants to experience and evaluate the impact of greenery in a controlled, immersive setting.

Some reviews and suggestions:

1. **Small Sample Size**: The study's sample size (45 participants) might limit the generalizability of the findings. *Suggestion*: Future studies should aim for a larger, more diverse sample to increase the reliability and generalizability of the results.
2. **Limited Environmental Variation:** Only balcony environments were tested, which might not account for the varied impact of greenery in different living spaces. *Suggestion*: Include a wider range of environments, such as indoor greenery and community gardens, to explore their effects on well-being.
3. **Lack of Long-term Follow-up:** The study does not discuss the long-term effects of balcony greenery on well-being. *Suggestion*: Implement longitudinal studies to assess the sustainability of the positive effects identified.
4. **VR Experience vs. Real-Life Experience:** The reliance on VR might not fully capture the sensory experiences associated with actual green spaces. *Suggestion*: Complement VR experiments with real-life interventions to validate and compare findings.
5. **Demographic Specificity:** The participant demographic was relatively narrow (university-educated individuals aged 20-60). *Suggestion*: Future research should include a broader demographic spectrum, including different educational backgrounds, ages, and living situations, to enhance the study's inclusivity and applicability.

This article provides valuable insights into the positive effects of balcony greenery on well-being, using VR as a novel research tool. Addressing its limitations could further enrich understanding and application in urban design and well-being studies.