

# Biophilic Design: Importance for Health

<p><b>Attention Restoration Theory</b></p> <p>Stephen Kaplan, 197</p> <p>Note : ATR is a theory developed by Stephen and Rachel Kaplan to explain restoration from attentional fatigue that occurs after prolonged engagements in tasks that are mentally fatiguing. The subsequent Directed Attention Fatigue can be countered by restorative qualities of nature.</p> <ol style="list-style-type: none"> <li>1. Fascination</li> <li>2. Being Away</li> <li>3. Extent</li> <li>4. Compatibility</li> </ol>	<p><b>Stress Recovery Theory</b></p> <p>Roger Ulrich, 1983</p> <p>SRT also referred as Evolutionary Restoration Theory and Psycho evolutionary Theory . Roger Ulrich stated that people’s initial response towards an environmental is one of the generalized affect. This is an automatic response that occurs without conscious recognition or processing of the environment. Initial positive affective response come about when specific environmental features or preferenda are present in the environment. This features include:</p> <ol style="list-style-type: none"> <li>1. The presence of nature content, such as vegetation</li> <li>2. Structural features, such as complexity</li> <li>3. Gross structural features, such as symmetry</li> <li>4. Depth, spatiality cues</li> <li>5. Even ground surface texture</li> <li>6. Deflected vista, such as a path bending away</li> <li>7. Absence of threats</li> </ol>	<p><b>Cumulative Effect Assumption</b></p> <p>Florian Hartig, 2011</p> <p>The cumulative effect assumption is based on the comparison between “discrete” exposure, the term that is used to refer isolated experiences, repeated exposure to restorative experiences, which is argued to have cumulative effect on health and well being. The assumption is that people will, over long run, have greater restorative benefits when they have access to environments with higher restorative quality in comparison to spending time in environments that have a lower restorative quality.</p> <p><b>Three fundamental components of cumulative effect:</b></p> <ol style="list-style-type: none"> <li>1. The environments to which a person has visual or physical access</li> <li>2. The period in which restoration can occur, whether brief and in passing or of substantial duration and dedicated to the purpose of restoration</li> <li>3. The span of the time over which repeated restorative experience will generative cumulative effect</li> </ol>	<p><b>Associations between Latent Health Classes and Environmental Characteristics</b></p> <p>ENVIRONMENTAL PSYCHOLOGY</p> <p><b>Low-stress Youth</b> characterized by good access to and good use of local green space, and reasonable satisfaction ratings. The probability of good access to local green space is high: the probability of living “within a 5–15 min walk” is 74%, the probability of visiting green space “at least once a week/every day in summer” is 64% and the chance of being very satisfied/satisfied with the quality of local green space is 56%. The probability of having a view from home and/or a garden is low.</p> <p><b>Low-stress Seniors</b> characterized by good access to a garden and local green space, but infrequent use. The probability of having a garden is 61%; the probability of living close to green space is also high (a 75% chance of living “within a 5–15 min walk”) but the probability of visiting that green space frequently is relatively low (43% probability of visiting “at least once a week/every day in summer”) despite a high probability of being “very satisfied/satisfied” with local green space (78%).</p> <p><b>High-stress Mid-age</b> characterized by good access to local green space, reasonable use but poor satisfaction ratings. The probability of having good access to green space is very high (90% chance of being “within a 5–15 min walk/less than 5 min walk”); likely to visit green space fairly regularly in summer (65% probability of visiting “at least once a week/ every day in summer”), but less likely to be satisfied with it (48% in lowest satisfaction categories). The probability of having a view from home and/or a garden is low.</p>	<p><b>Healthy Environments, Healing Spaces: Practices and Directions in Health, Planning, and Design</b></p> <p>TIMOTHY BEATLEY CARLA JONES REUBEN RAINEY</p> <p><b>1. Nature:</b> Design that is inspired by the natural world. We feel better and less anxious when we can see living and growing things, as well as natural materials. Layouts that echo natural shapes encourage us to move beyond rigid boundaries.</p> <p><b>2. Authenticity:</b> Design that draws on meaningful local influences. These are places that reflect the values and aspirations of the people who work there. They motivate citizens to care and become stewards with a personal interest in its ongoing revitalization.</p> <p><b>3. Variety:</b> Design that offers a range of experiences and a sense of discovery. Diverse places stimulate the mind. Interesting spaces motivate people to walk and interact with others.</p> <p><b>4. Vitality:</b> Energetic, regenerative space that facilitates flow of people and ideas. Healthy places reflect the way people really function in today’s active, connected world: providing choices and drawing people together for various activities.</p> <p><b>5. Legacy:</b> Design that makes a lasting contribution to health, by being responsible and durable beyond basic requirements for sustainability. People gain a sense that they are part of something bigger than themselves.</p>
<p><a href="https://journals.sagepub.com/doi/pdf/10.1177/1937586715578644">https://journals.sagepub.com/doi/pdf/10.1177/1937586715578644</a></p>	<p><a href="https://journals.sagepub.com/doi/pdf/10.1177/1937586715578644">https://journals.sagepub.com/doi/pdf/10.1177/1937586715578644</a></p>	<p><a href="https://journals.sagepub.com/doi/pdf/10.1177/1937586715578644">https://journals.sagepub.com/doi/pdf/10.1177/1937586715578644</a></p>	<p>Roe JJ, Aspinall PA and Ward Thompson C (2017) Coping with Stress in Deprived Urban Neighborhoods: What Is the Role of Green Space According to Life Stage? Front. Psychol. 8:1760. doi: 10.3389/fpsyg.2017.01760</p>	<p>BEATLEY, TIMOTHY, et al., editors. Healthy Environments, Healing Spaces: Practices and Directions in Health, Planning, and Design. University of Virginia Press, 2018. JSTOR, www.jstor.org/stable/j.ctv8d5sgp.</p>