



Noticing nature:

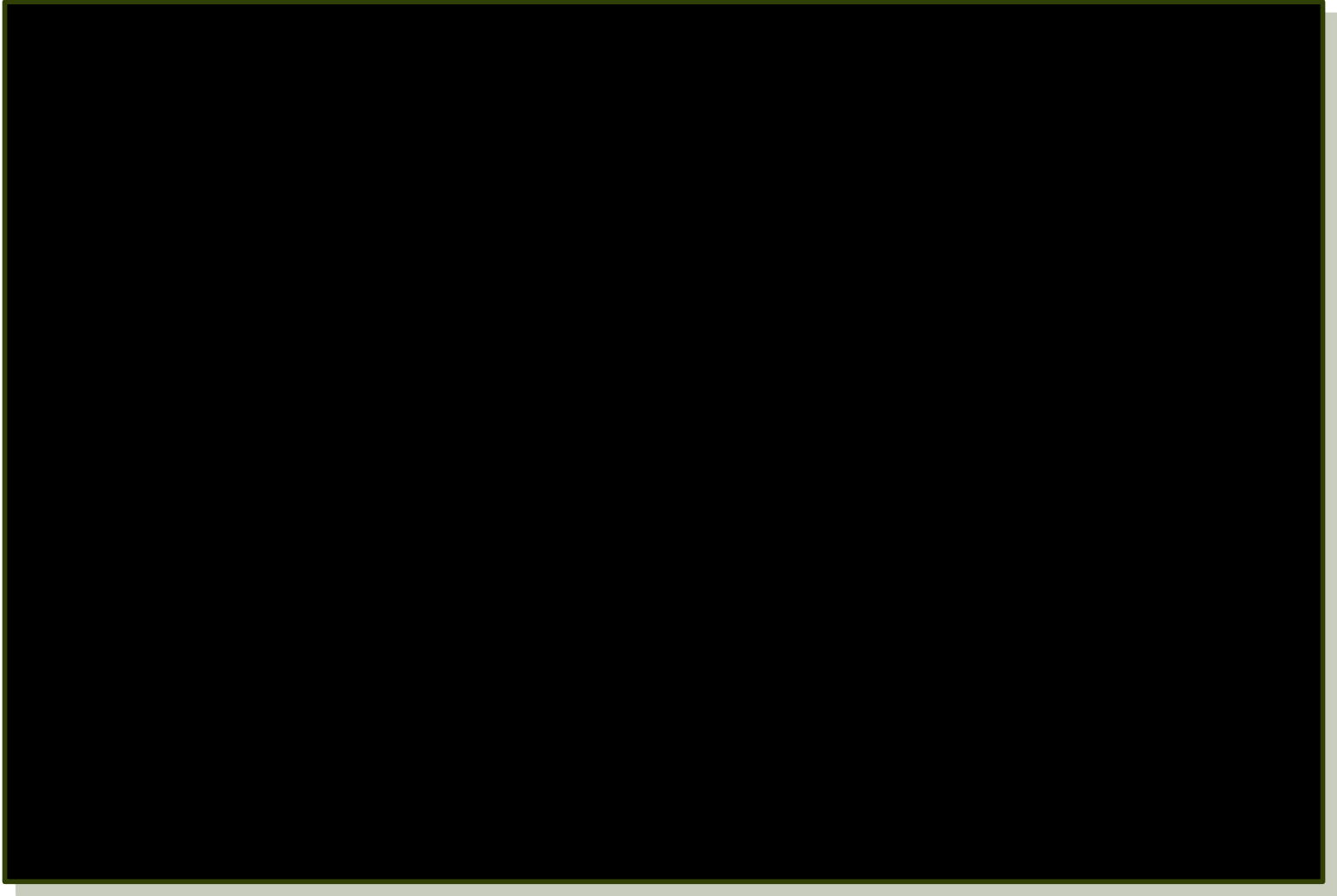
Individual and social benefits of a two-week intervention

Holli-Anne Passmore | CPPA | July, 2016

nature



nature

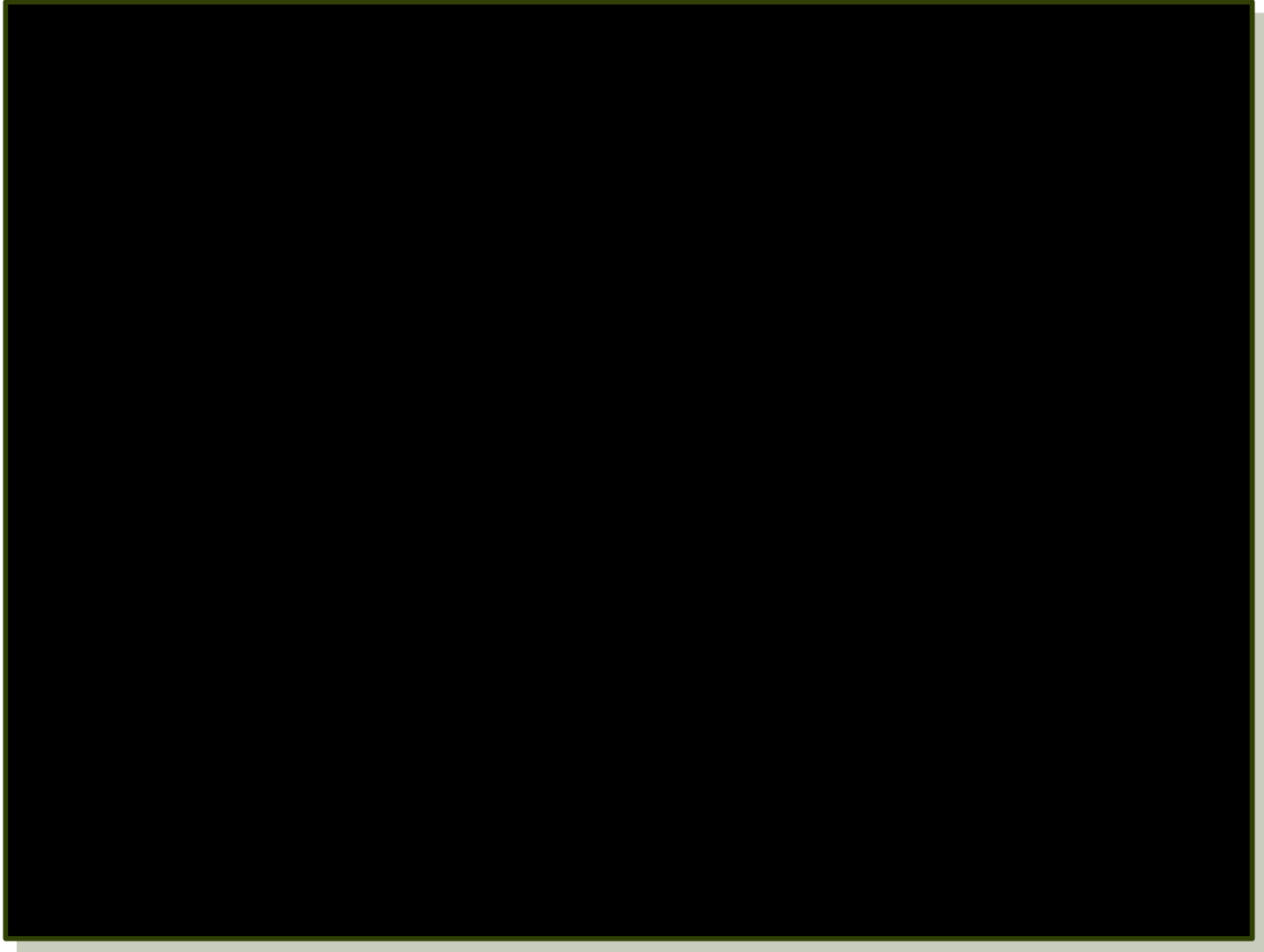


nature



© S. Lehnert

nature

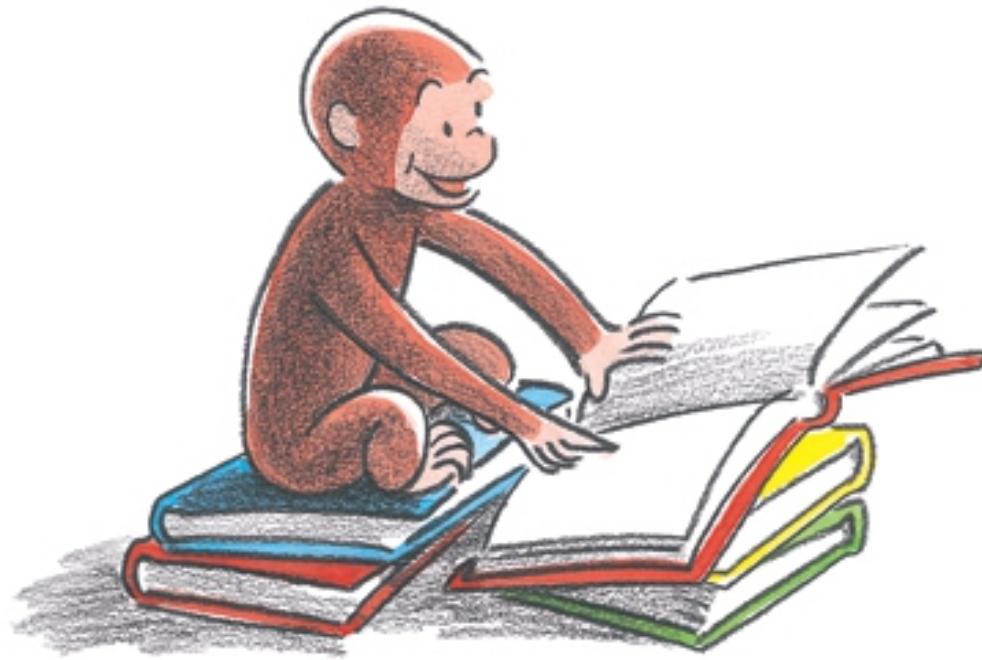




*“one of the most basically important ingredients of
human psychological existence –
that if ignored,
is done so at peril to our psychological well-being”*

- Harold Searles, 1960

nature

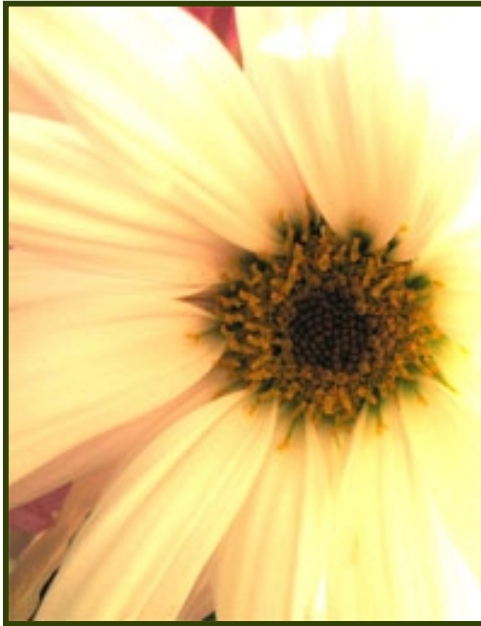


nature, happiness, & well-being



growing body of literature findings

- *Capaldi, Passmore, Nisbet, Zelenski, & Dopko, 2015*
- Capaldi, Dopko, & Zelenski, 2014
- *Howell & Passmore, 2013*
- McMahan & Estes, 2015
- Russell et al., 2013

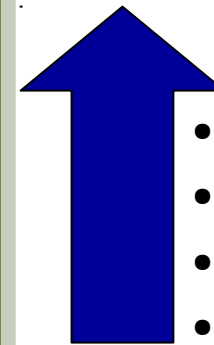


nature, happiness, & well-being



growing body of literature findings

- *Capaldi, Passmore, Nisbet, Zelenski, & Dopko, 2015*
- Capaldi, Dopko, & Zelenski, 2014
- *Howell & Passmore, 2013*
- McMahan & Estes, 2015
- Russell et al., 2013



- happiness
- life satisfaction
- vitality
- overall well-being

nature, happiness, & well-being



- clear, consistent evidence that nature ↑ well-being

yet ...



nature, happiness, & well-being



- clear, consistent evidence that nature ↑ well-being

yet ...



- overlooked
- underestimated
- underutilized

nature – well-being studies



- brief exposures to nature



nature – well-being studies



- ongoing nature involvement



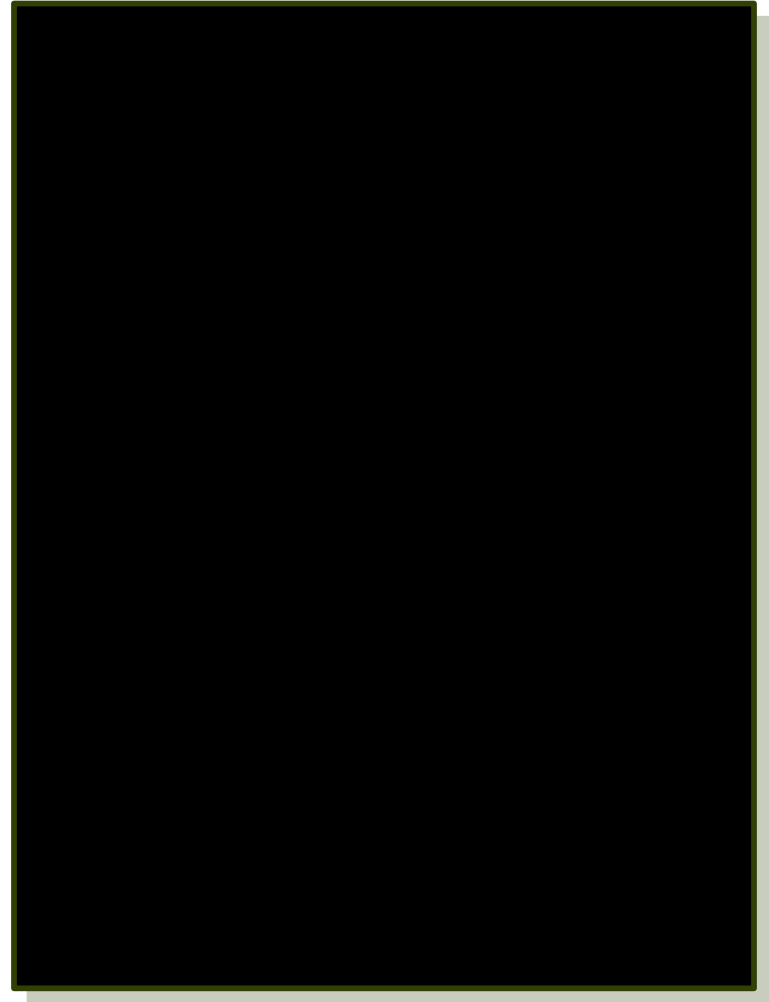
current nature intervention study



current nature intervention study



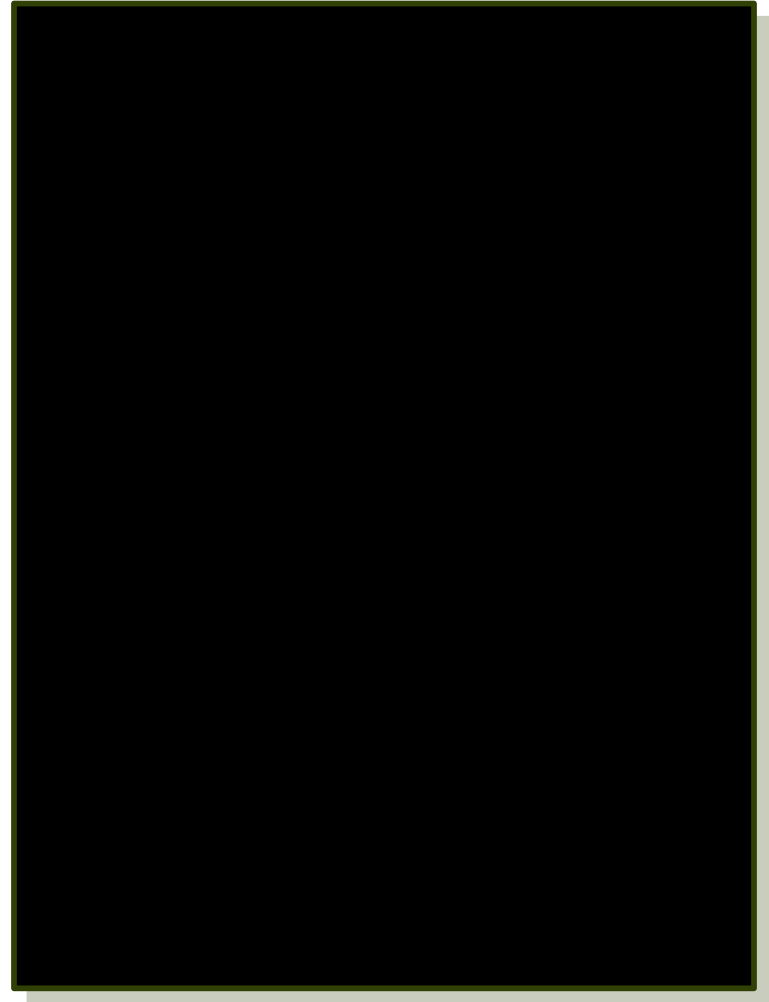
- longer-duration, ongoing nature intervention



current nature intervention study



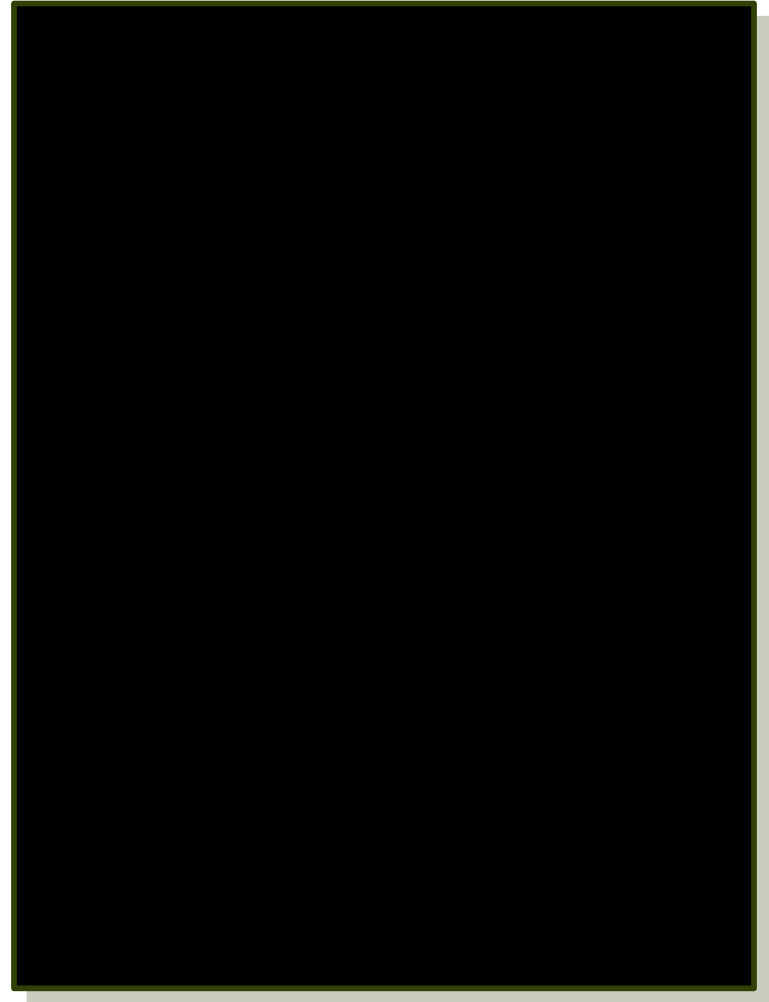
- longer-duration, ongoing nature intervention
- similar to Passmore & Howell (2014)



current nature intervention study



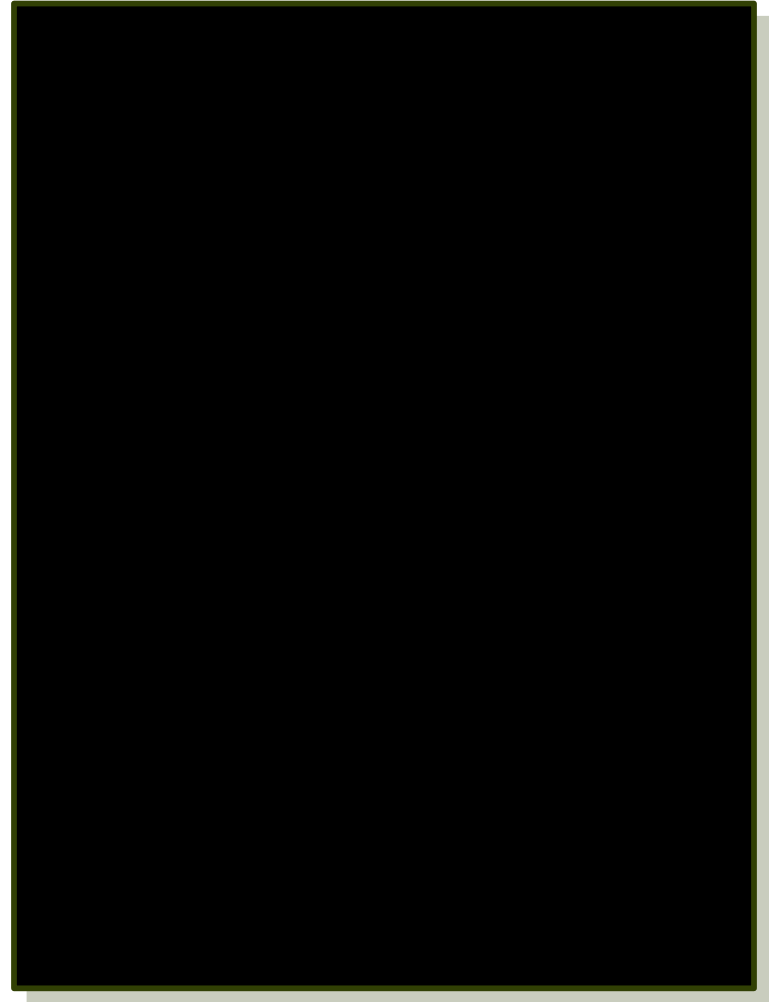
- longer-duration, ongoing nature intervention
- two control conditions including business-as-usual condition



current nature intervention study



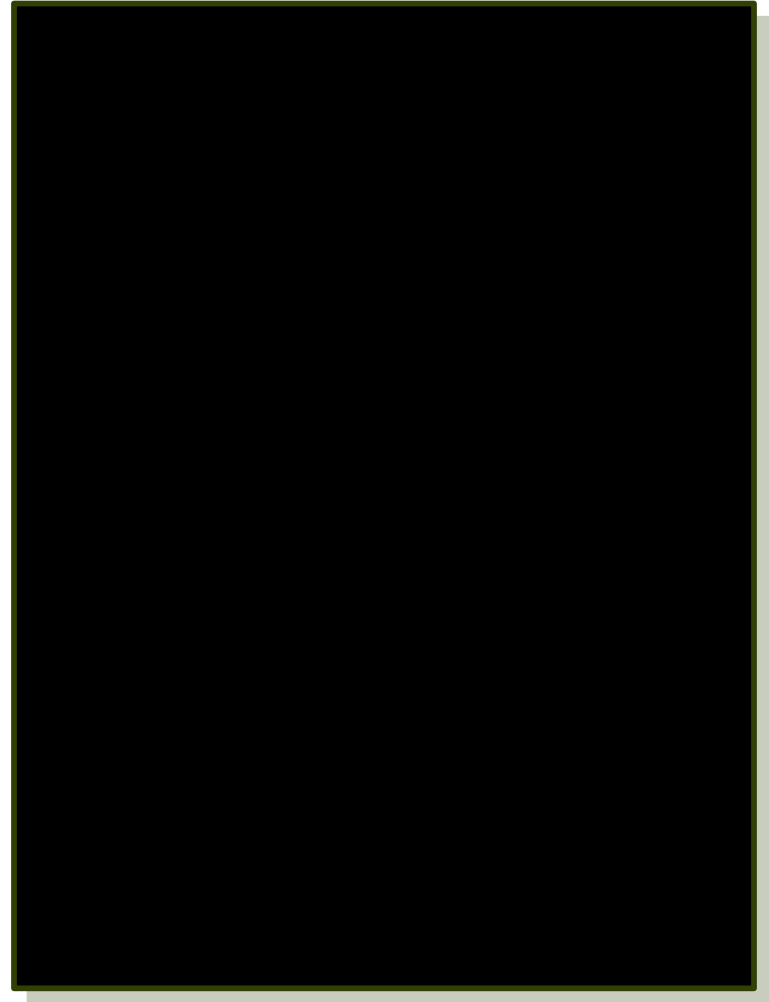
- longer-duration, ongoing nature intervention
- two control conditions including business-as-usual condition
- unique methodology



current nature intervention study



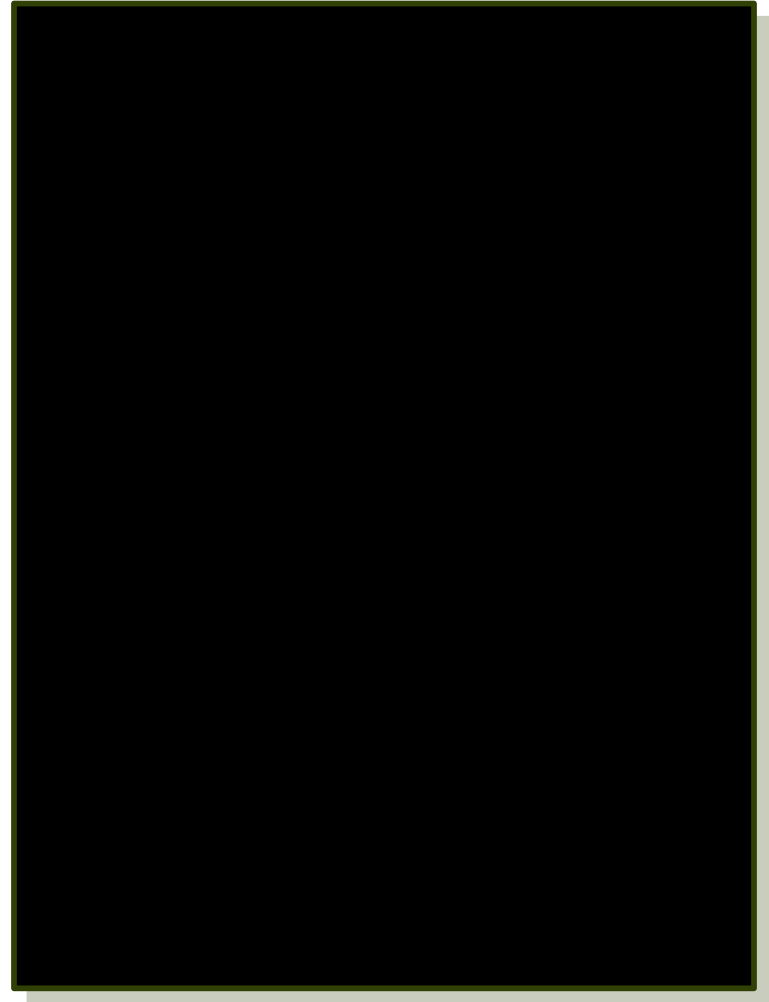
- longer-duration, ongoing nature intervention
- two control conditions including business-as-usual condition
- unique methodology
- noticing & attending to nature



current nature intervention study



- longer-duration, ongoing nature intervention
- two control conditions including business-as-usual condition
- unique methodology
- noticing & attending to nature
- well-being + general connectedness
prosocial orientation



nature intervention study



- $N = 395$



nature intervention study



- $N = 395$
- randomly assigned



nature intervention study



- $N = 395$
- randomly assigned
- nature OR built OR control



nature intervention study



- $N = 395$
- randomly assigned
- nature OR built OR control
- “*don't change your daily routine*”



nature intervention study



- $N = 395$
- randomly assigned
- nature OR built OR control
- *“don't change your daily routine”*
- *“just pay attention to how the objects around you make you feel”*



nature intervention study



- when emotion evoked – take a photo

Nature



Built



nature intervention study



- when emotion evoked – take a photo

Nature



Built



with brief description of emotions evoked by the object/scene

nature intervention study



- when emotion evoked – take a photo

Nature



nature intervention study



- when emotion evoked – take a photo

Nature



Built



nature intervention study



- when emotion evoked – take a photo

Nature



Built



Control



nature intervention study



- two weeks later completed measures of:



nature intervention study



- two weeks later completed measures of:
 - netPA



nature intervention study



- two weeks later completed measures of:
 - netPA
 - elevating experiences



nature intervention study



- two weeks later completed measures of:
 - netPA
 - elevating experiences
 - sense of meaning



nature intervention study



- two weeks later completed measures of:
 - netPA
 - elevating experiences
 - sense of meaning
 - general connectedness



nature intervention study



- two weeks later completed measures of:
 - netPA
 - elevating experiences
 - sense of meaning
 - general connectedness
 - pro-social orientation



results



results



results



results



results



results



results



$d = 0.47$



$d = 0.46$

- netPA

results



- netPA

$$d = 0.47$$

$$d = 0.46$$

- elevation

$$d = 0.49$$

$$d = 0.38$$

results



• netPA	$d = 0.47$	$d = 0.46$
• elevation	$d = 0.49$	$d = 0.38$
• connected	$d = 0.29$	$d = 0.42$

results



• netPA	$d = 0.47$	$d = 0.46$
• elevation	$d = 0.49$	$d = 0.38$
• connected	$d = 0.29$	$d = 0.42$
• pro-social	$d = 0.30$	$d = 0.38$

results



- average effect size of positive psychology interventions
- $d = 0.20 \dots 0.34$
 - *Bolier et al., 2013*
- $d = \dots 0.29 \dots 0.30 \dots 0.47 \dots 0.49$
 - connected pro-social netPA elevation



-

results



results



- beneficial effects emerged not from spending more time in nature



results



- beneficial effects emerged not from spending more time in nature
- but merely from noticing and attending to nature encountered in everyday routines



results - qualitative



results - qualitative



- pos. emotions $z = 3.3$

results - qualitative



- pos. emotions $z = 3.3$

- neg. emotions $z = -5.2$

results - qualitative



- pos. emotions

$$z = 3.3$$



$$z = -3.7$$

- neg. emotions

$$z = -5.2$$

results - qualitative



- pos. emotions $z = 3.3$ $z = -3.7$
- neg. emotions $z = -5.2$ $z = 5.9$

results - qualitative



- pos. emotions

$$z = 3.3$$

$$z = -3.7$$

- neg. emotions

$$z = -5.2$$

$$z = 5.9$$

$$\text{netPA: } d = 0.47$$

results – qualitative - themes



- word size proportionate to standardized residual

results – qualitative - themes



built

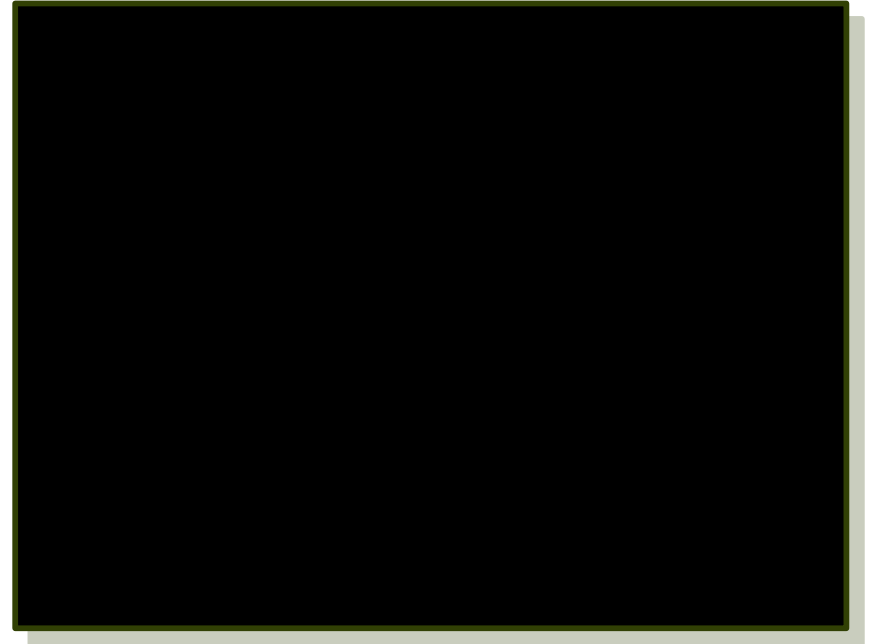


- word size proportionate to standardized residual

results – qualitative



- inherent appeal of nature



results – qualitative



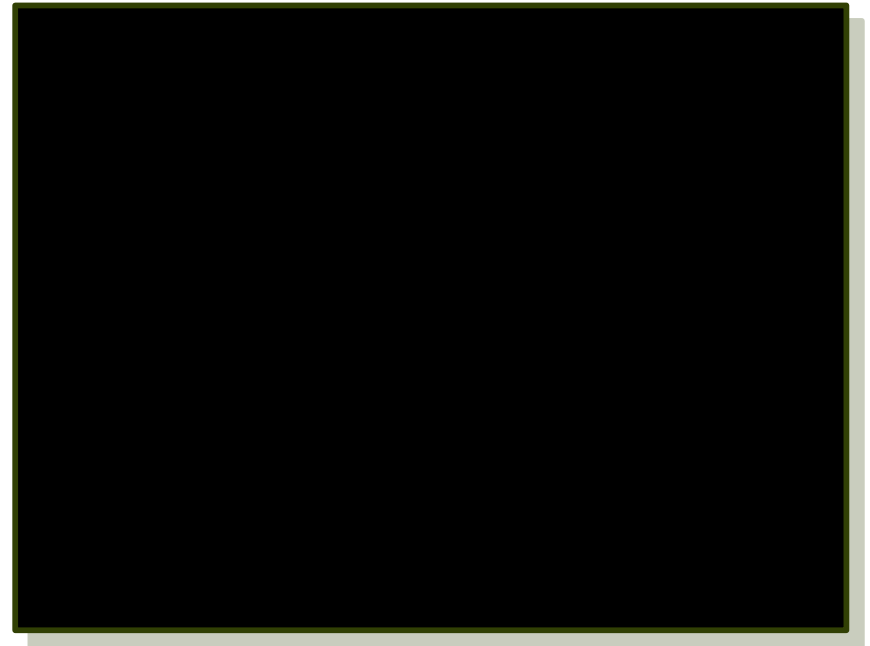
- inherent appeal of nature
- emotional reactions evoked directly by nature



results – qualitative



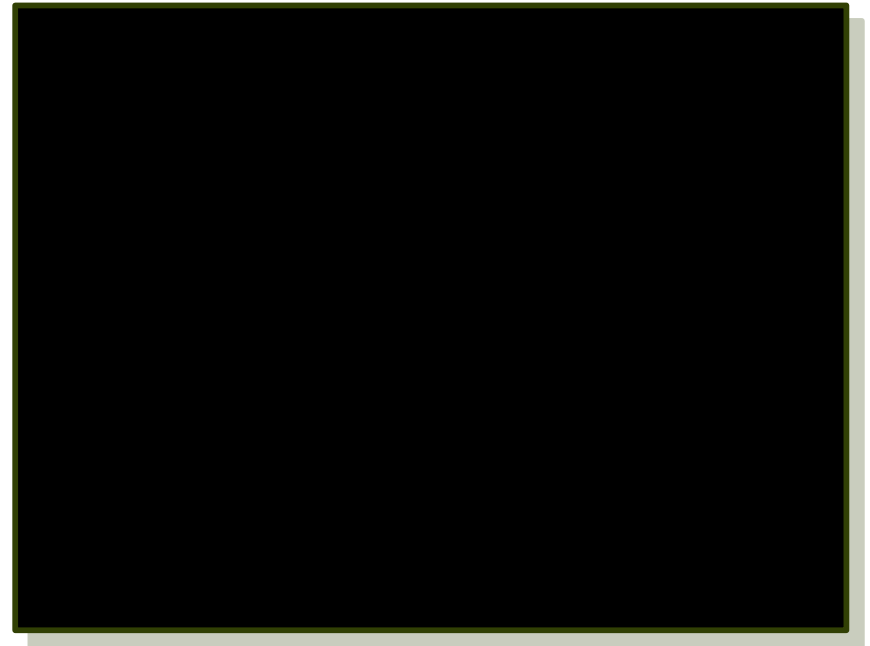
- inherent appeal of nature
- emotional reactions evoked directly by nature
- built condition submitted at least 1 photo of nature



results – qualitative



- inherent appeal of nature
- emotional reactions evoked directly by nature
- built condition submitted at least 1 photo of nature
- built condition comments expressed affinity for nature



implications



- call of everyday nature is strong



implications



- call of everyday nature is strong
- practical implications for practitioners prescribing nature activities ...



implications



- call of everyday nature is strong
- practical implications for practitioners prescribing nature activities ...
- ... clients likely to remain motivated & committed to nature-based therapeutic assignments



implications



- call of everyday nature is strong
- practical implications for practitioners prescribing nature activities ...
- ... clients likely to remain motivated & committed to nature-based therapeutic assignments
- ... experience boost in mood



implications



- unique contribution to current literature



implications



- unique contribution to current literature
- intervention did not involve an increase in the time spent in nature



implications



- unique contribution to current literature
- intervention did not involve an increase in the time spent in nature
- increases in well-being achieved simply by asking participants to pay attention to, and reflect on, emotions evoked by everyday nature encountered (so often overlooked)



implications



- effective nature-based well-being interventions do not necessarily have to involve ...



implications



- effective nature-based well-being interventions do not necessarily have to involve ...
- lifestyle changes



implications



- effective nature-based well-being interventions do not necessarily have to involve ...
- lifestyle changes
- travelling to more natural areas



implications



- effective nature-based well-being interventions do not necessarily have to involve ...
- lifestyle changes
- travelling to more natural areas
- modification of one's immediate environment



implications



- effective nature-based well-being interventions do not necessarily have to involve ...
- lifestyle changes
- travelling to more natural areas
- modification of one's immediate environment
- practical implications for ease of implementation



results – additional qualitative



results – additional qualitative



- reaffirmed positive feelings towards nature



results – additional qualitative



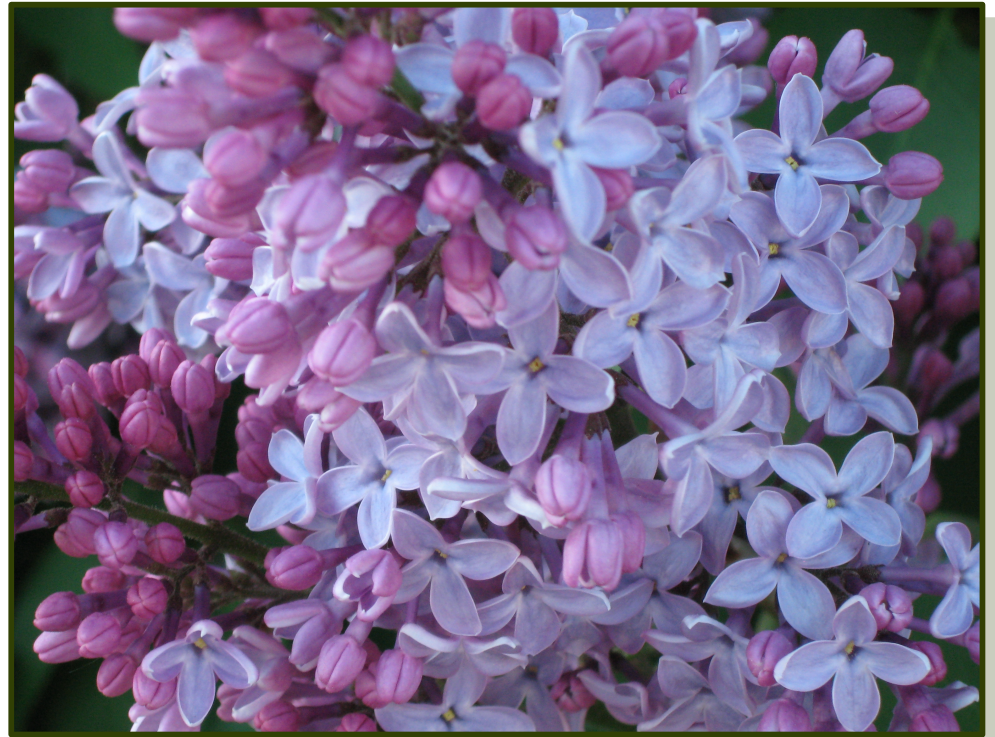
- reaffirmed positive feelings towards nature
- surprise at how, and to what degree, nature affected their emotions



results – additional qualitative



- reaffirmed positive feelings towards nature
- surprise at how, and to what degree, nature affected them
- consistent with previous research that on average, people underestimate the well-being benefits of nature contact
 - Nisbet & Zelenski, 2011



going forward

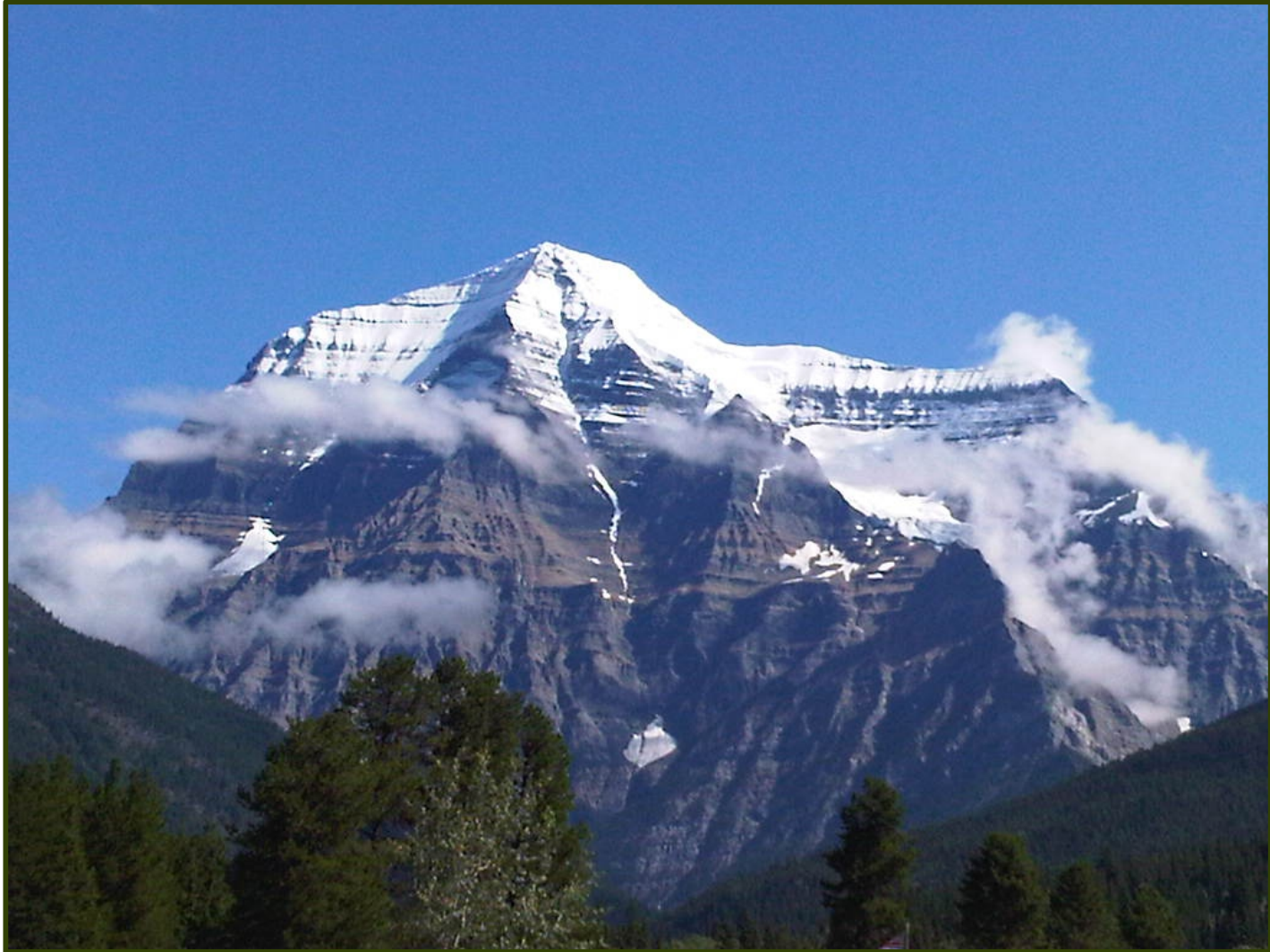


© K. Johnston

nature – pay attention



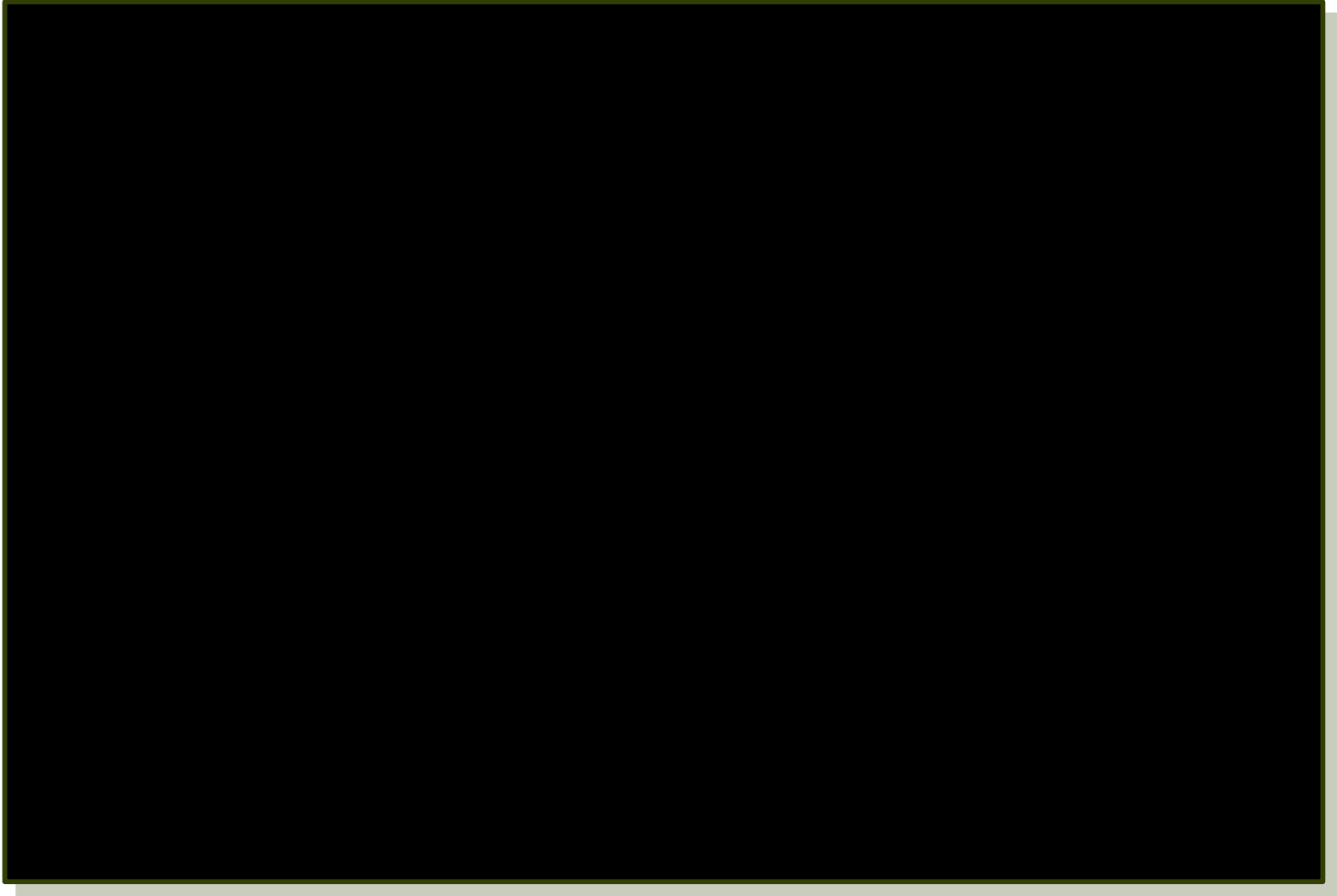
nature – pay attention



nature – pay attention



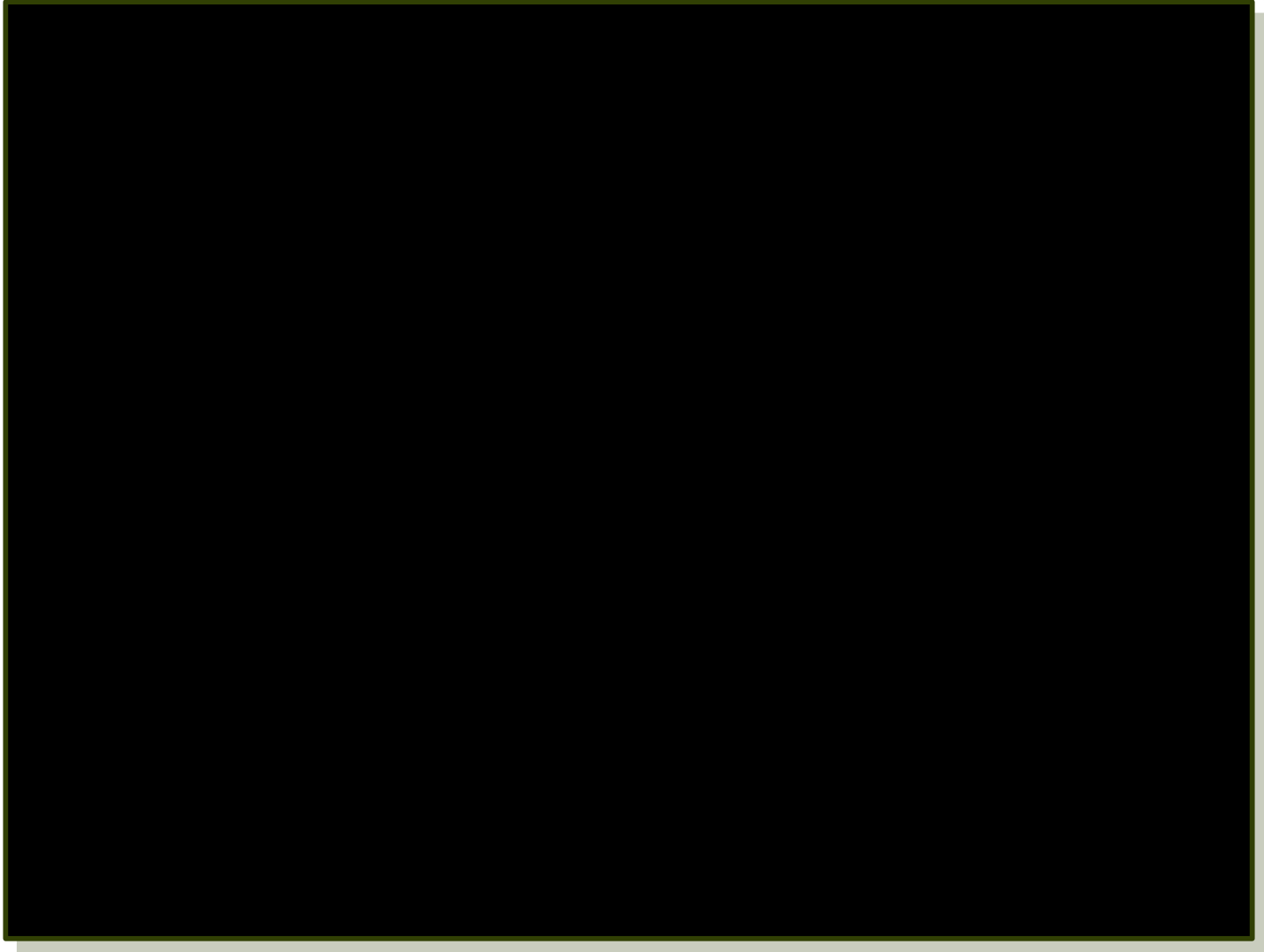
nature – pay attention



nature – pay attention



nature – pay attention



“I found that nature gave me an underlying appreciation for both the people I have in my life and the world in which I live in.”

- participant N155



Noticing nature: Individual and social benefits of a two-week intervention

Holli-Anne Passmore | CPPA | July, 2016

Questions?



Noticing nature:
Individual and social benefits
of a two-week intervention

Holli-Anne Passmore | CPPA | July, 2016

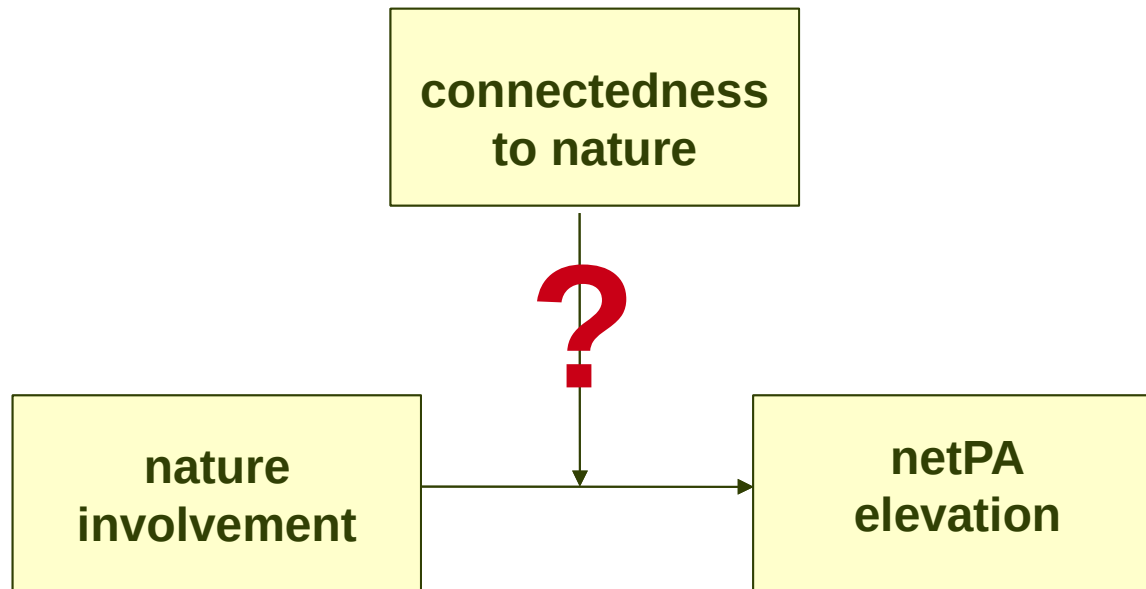
results



- is nature “attention” beneficial for a wide variety of people?



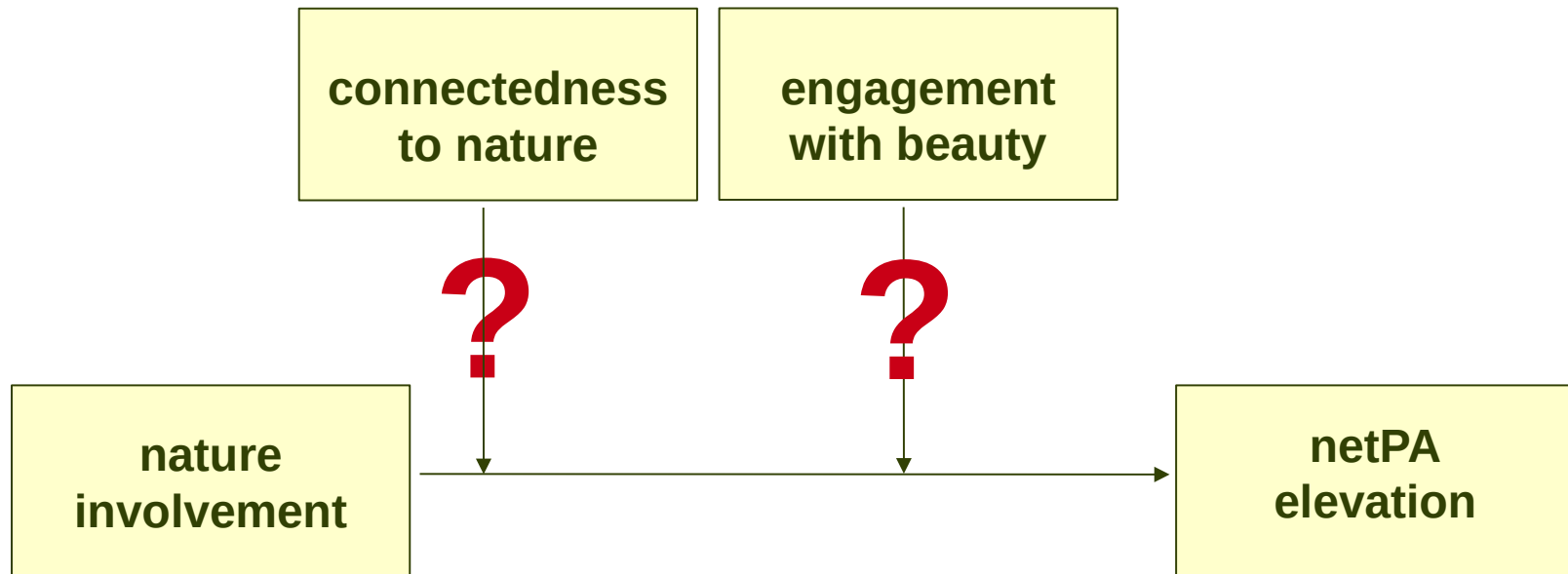
- is nature involvement beneficial for a wide variety of people?



results study #2



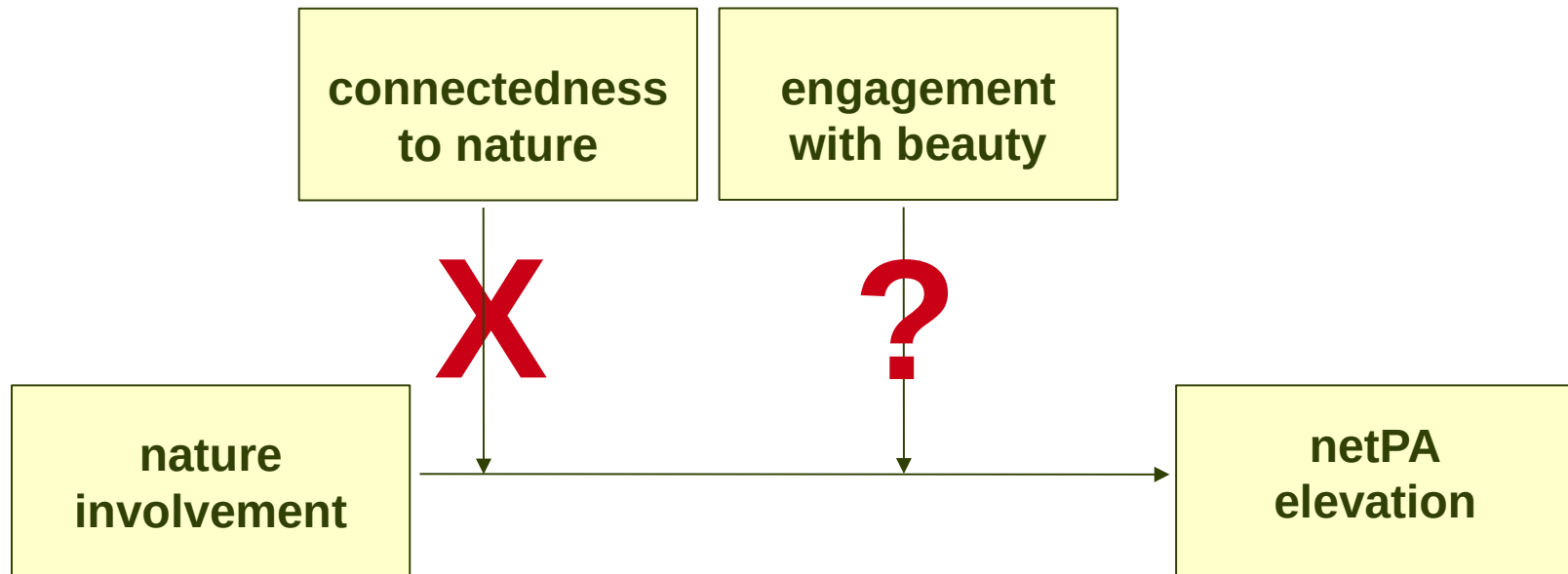
- is nature involvement beneficial for a wide variety of people?



results study #2



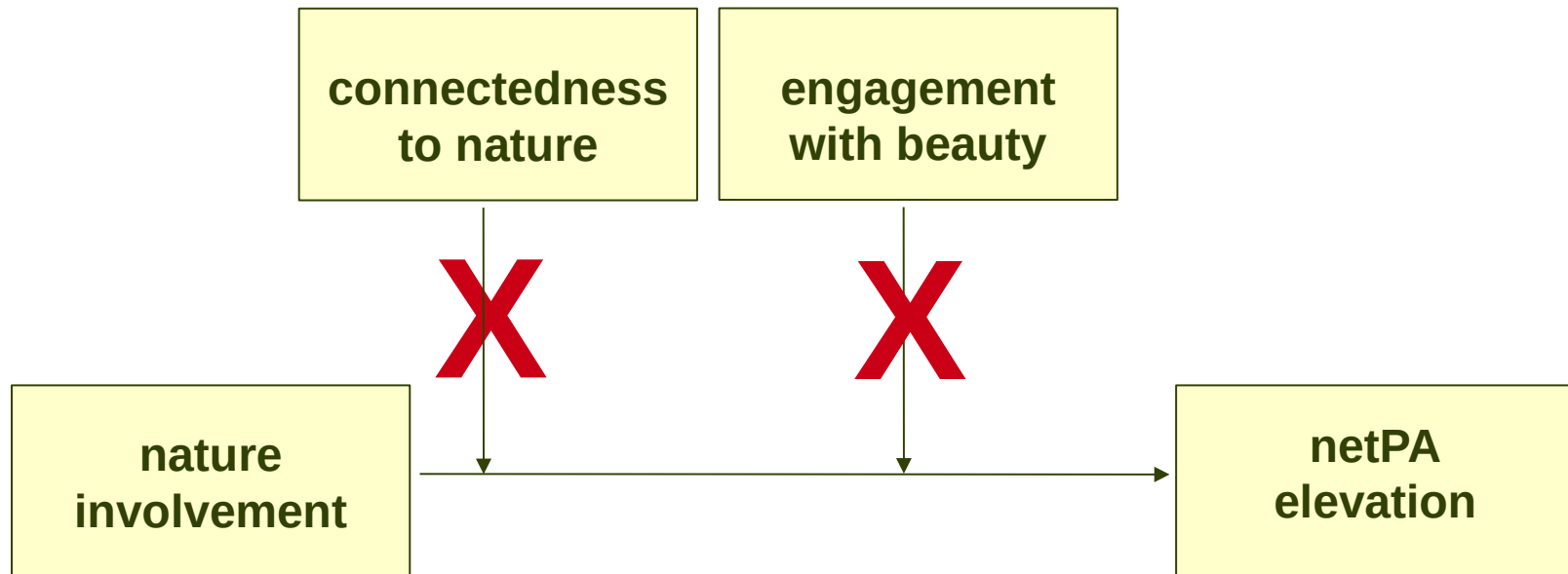
- is nature involvement beneficial for a wide variety of people?



results study #2



- is nature involvement beneficial for a wide variety of people?



effect size side-bar explanation



effect size side-bar explanation



- $p < .05$ statistically significant differences between groups

effect size side-bar explanation



- $p < .05$ statistically significant differences between groups
- but does $p = .051$ mean there aren't any noteworthy differences between the groups?

effect size side-bar explanation



- $p < .05$ statistically significant differences between groups
- but does $p = .051$ mean there aren't any noteworthy differences between the groups?
- how big is the difference between the groups?

effect size side-bar explanation

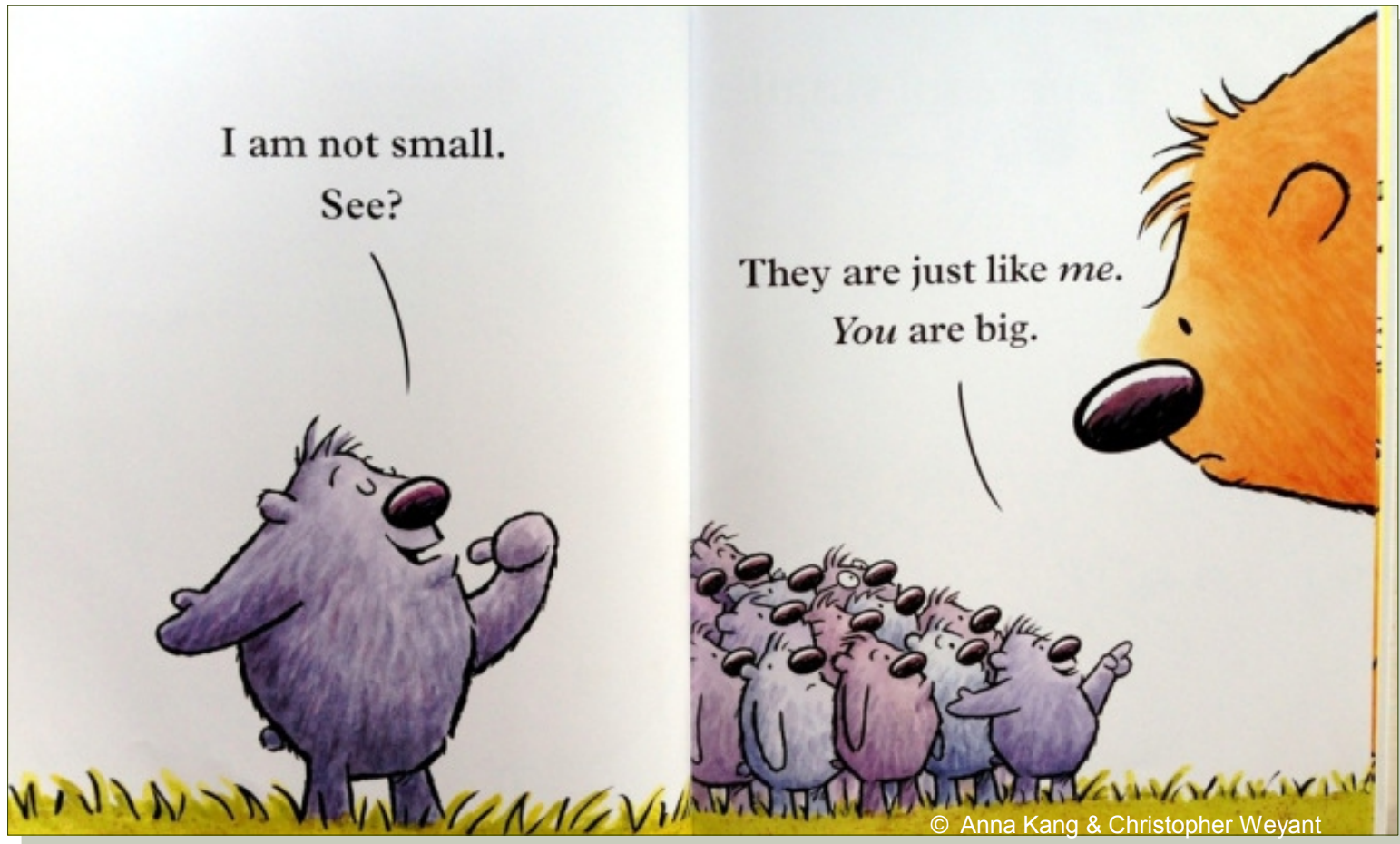


- $p < .05$ statistically significant differences between groups
- but does $p = .051$ mean there aren't any noteworthy differences between the groups?
- how big is the difference between the groups?
- standardized effect size: d

effect size side-bar explanation



effect size side-bar explanation



effect size side-bar explanation



- average effect size of positive psychology interventions