

# Restorative Environments

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Main source:

Joye, Y. van der Berg, A. (2019) Restorative Environments. In Steg, L. & de Groot, J.I.M. Environmental Psychology: An Introduction. Wiley.



# Two main theories

about the ways certain environments promote  
psychological or physiological recovery process

# Stress recovery theory (SRT)

Roger Ulrich



*Quick positive emotional reaction to environment  
initiate the restorative process*

# Attention restoration theory (ART)

Kaplan & Kaplan

People have limited capacity to direct their attention



Directed attentional fatigue (DAF) after prolonged engagement in tasks that are mentally fatiguing



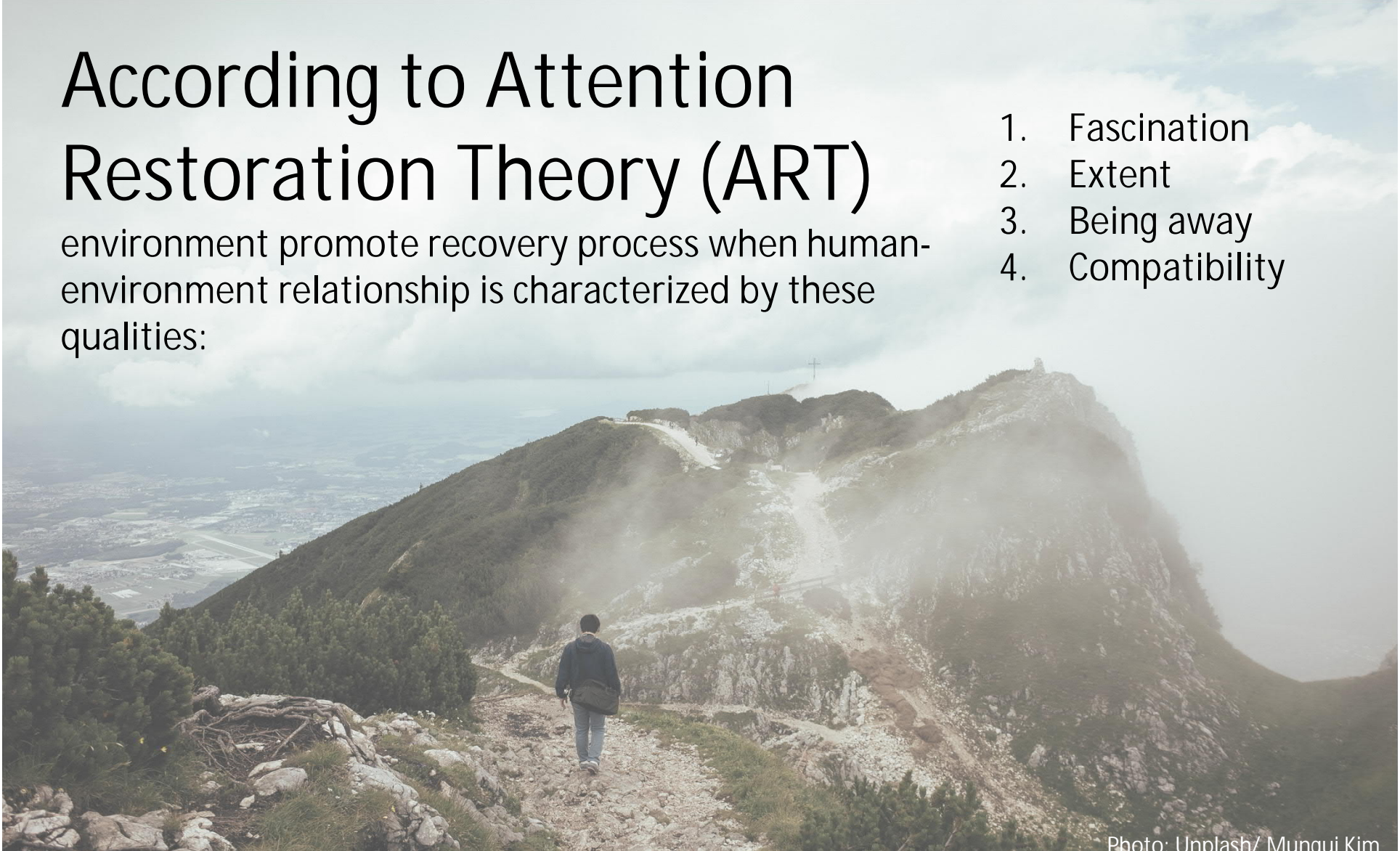
Certain environments provide restoration


Slow, cognitive mechanisms in environmental restoration

# According to Attention Restoration Theory (ART)

environment promote recovery process when human-environment relationship is characterized by these qualities:

1. Fascination
2. Extent
3. Being away
4. Compatibility





How to study  
restorative  
experiences?

# Measuring the perceived restorative potential of environments

An operationalization of Attention Restoration Theory:

Perceived restorativeness scale (PRS) (Hartig, Korpela, Evans & Gärling, 1996, 1997)

Examples of  
survey items

## FACHINATION

- My attention is drawn to many interesting things
- In places like this it is hard to be bored

## COHERENCE

- In places like this it is easy to see how things are organized
- There is too much going on

## BEING AWAY

- Spending time here gives me a break from my day-to-day routine
- Places like that are a refuge from nuisance

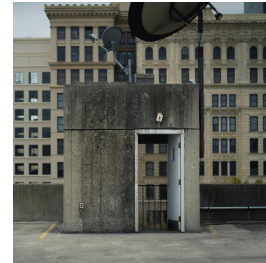
## COMPATIBILITY

- I have a sense that I belong here
- Being here suits my personality.

# Experimental paradigm in restorative environments research

1. Stress or fatigue treatment

2. Random exposure to natural vs built environment photos



STRESS OR FATIGUE MEASURE

Affective measure  
Cognitive measure  
Physiological measure

1  
Before treatment

2  
After the stress induction

3  
After exposure to the natural or built environment

Change:  
RESTORATIVE EFFECT





Can also built  
environment  
settings be  
restorative?

# How about instorative environments?

