Similarly, in what ways are our perceptions of nature's restorative benefits culturally determined?

Additionally, what role does the economic status of a community play in the restorative potential of nature, given the privilege of leisure and access to the outdoors. Can you speak about the connection between this issue and the regulation of time to seek restoration and leisure?

You're speaking about restoration by means of relaxing in nature. What does research say about restoration by working in nature?

Working or engaging: not simply passive
Further, can technology expand access to imagined natural environments? Eg. Virtual reality simulations of nature for the immobile, or those geographically far from certain environments.

Can you speak to what processes might be going on while people are spending time in restorative environments (i.e., what might be the mechanisms that lead to restoration)?

At what point of design are parks no longer "natural" and no longer offer that benefit?

I lived in Sweden & noticed a greater cultural appreciation for nature and expectation that they will feel better in nature. Is there data in other countries without such expectations?

The two main theories are Ulrich's "Stress Restoration" theory and the Kaplan's ART. They're overlapping but distinct. In your opinion, how much should we be discussing them as distinctly separate?

Are the changes in attention restoration durable over time?
Anonymous • 01 Oct 09:35AM
Do we know the "dose" effect from different exposure in nature?

Votes: 4

Anonymous • 01 Oct 09:27AM
How can we get other disciplines to recognize "nature" as integral to health and wellbeing?

Votes: 3

Anonymous • 01 Oct 09:38AM
What kinds of variables influence the healing effects of nature?

Votes: 3

Anonymous • 01 Oct 09:48AM
Necker cube - do you just ask them how many times they reversed perception?

Votes: 3

Anonymous • 01 Oct 10:03AM
Could you say more about how you stay calm, humble, compassionate when people are having a strong bah-humbug response to your research? Does a negative response ever trigger you?

Votes: 3

(Custom) Julie Weinans-heuvels • 01 Oct 10:00AM
What constitutes "green space"? Can it be a backyard with a garden, a small park? Or are we only talking about large nature areas?

Votes: 2

Anonymous • 01 Oct 10:20AM
How can restoration in nature effect people's understanding of climate change?

Votes: 2
Anonymous • 01 Oct 10:27AM

Your original model did not appear to have psychological component. Why.

Votes: 2

(Facebook) Sven Hultman • 01 Oct 09:33AM

So far the word animal has not been mentioned (except coli): why?

Votes: 1

Anonymous • 01 Oct 10:01AM

How can we make research more accessible and understandable to policy makers to help influence legislation change?

Votes: 1

(Private) Kurt B. • 01 Oct 10:15AM

In Freddy’s study, is there any known reason for the differences at baseline/pre-test? Was this accounted for in other analyses?

Comments (1)

(Facebook) Cindy • 0 upvotes • 0 downvotes

would love to hear more about this study & what it implies about combining mindfulness with hort therapy interventions, in particular with people with attention deficits like SPMI.

Anonymous • 01 Oct 10:38AM

Is there research on using technology to expand access to healthful experiences of nature? Eg. Virtual reality simulation for immobile, or those geographically far away (eg. in the frigid MN winter!)

Votes: 1

Anonymous • 01 Oct 10:39AM

Related to the question before, could a virtual natural reality be as powerful as “the real thing”?
What do you see the role of qualitative research methods in advancing our understanding of the lived experience and impact of being and healing in natural green spaces?

Does the Astell-Burt study also sort data by socioeconomic status?

Are there any standardized testing for restoration in nature?

Do you imagine a future where collaboration across different fields, architecture and nature therapies, will create opportunities for entrepreneurs to provide services to transform life experience?

What about the factor of "intention" on results of time in nature (i.e. Work vs relaxation vs relaxation)?

How does the distinction between 'instorative' and 'restorative' benefits impact research questions and potential implications for landscape/urban design?

How might we envision healing nature spaces that can be culturally responsive for populations who are generationally impoverished and experience many opportunity gaps - high levels of stress?