



**ELIZABETH (LISA) K. NISBET, PH.D.**

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LISA NISBET'S research focuses on individual differences in subjective connectedness with nature ("nature relatedness") and the links with health, well-being/happiness, and environmentally sustainable behaviour. Research questions she is investigating include:

1. How does nature contact and exposure to nature images influence human psychological and physical health (e.g., well-being, happiness, stress and coping)?
2. What are the consequences of disconnection from nature for environmental decision-making and sustainable behaviours?
3. What are the personality correlates (e.g., materialism, Big 5, self-concept/identity) of nature relatedness and how do life experiences shape it (e.g., growing up in urban/rural environments)?
4. How malleable is connectedness and what interventions influence nature relatedness (e.g., environmental education, nature experiences, virtual immersion)?

**Courses Taught**

Environmental Psychology  
Health Psychology  
Motivation and Emotion  
Personality Psychology

**Journal Articles**

- Nisbet, E. K., & Gick, M. L. (2008). Can health psychology help the planet? Applying theory and models of health behaviour to environmental actions. *Canadian Psychology*, 49, 296-303.
- Nisbet, E. K., & Zelenski, J. M. (2011). Underestimating nearby nature: Affective forecasting errors obscure the happy path to sustainability. *Psychological Science*, 22(9), 1101-1106.
- Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2011). Happiness is in our nature: Exploring nature relatedness as a contributor to subjective well-being. *Journal of Happiness Studies*, 12, 303-322.
- Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2009). The Nature Relatedness Scale: Linking individuals' connection with nature to environmental concern and behavior. *Environment and Behavior*, 41, 715-740.
- Zelenski, J. M., & Nisbet, E. K. (2012). Happiness and feeling connected: The distinct role of nature relatedness. *Environment and Behavior*.

**Other Publications**

- Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2007). The human nature connection: Sustainable development policy implications. In G. B. Doern (Ed.), *Innovation, Science, Environment: Canadian Policies and Performance, 2007-2008* (pp. 200-218). Montreal: McGill-Queen's University Press.