

7 DAYS with GEN. Z

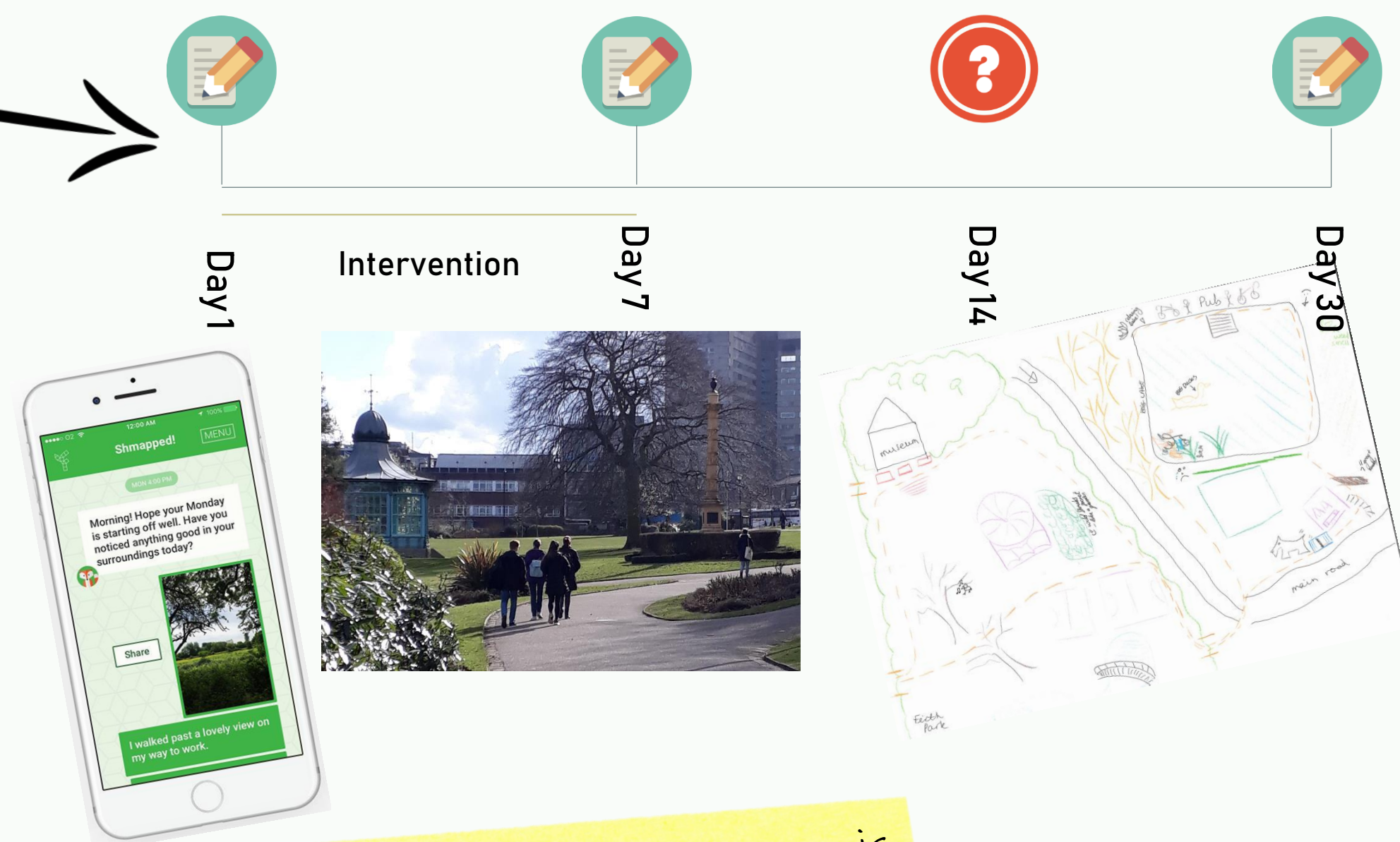
Focus Group

Method

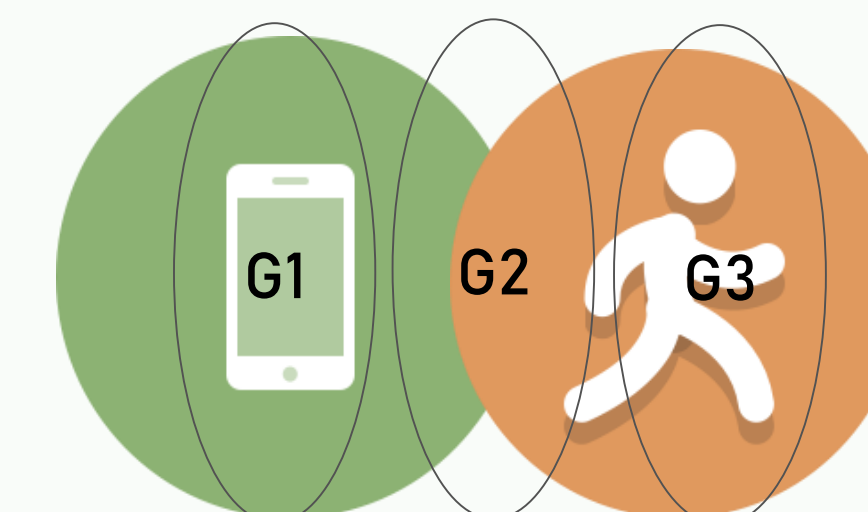
- University students aged 18-24
- Two waves
- Spring 2018
- Three conditions:

Measurements:

- Wellbeing Score (EQ5D)
- Nature Connection
- Quality of Life (ReQoL)



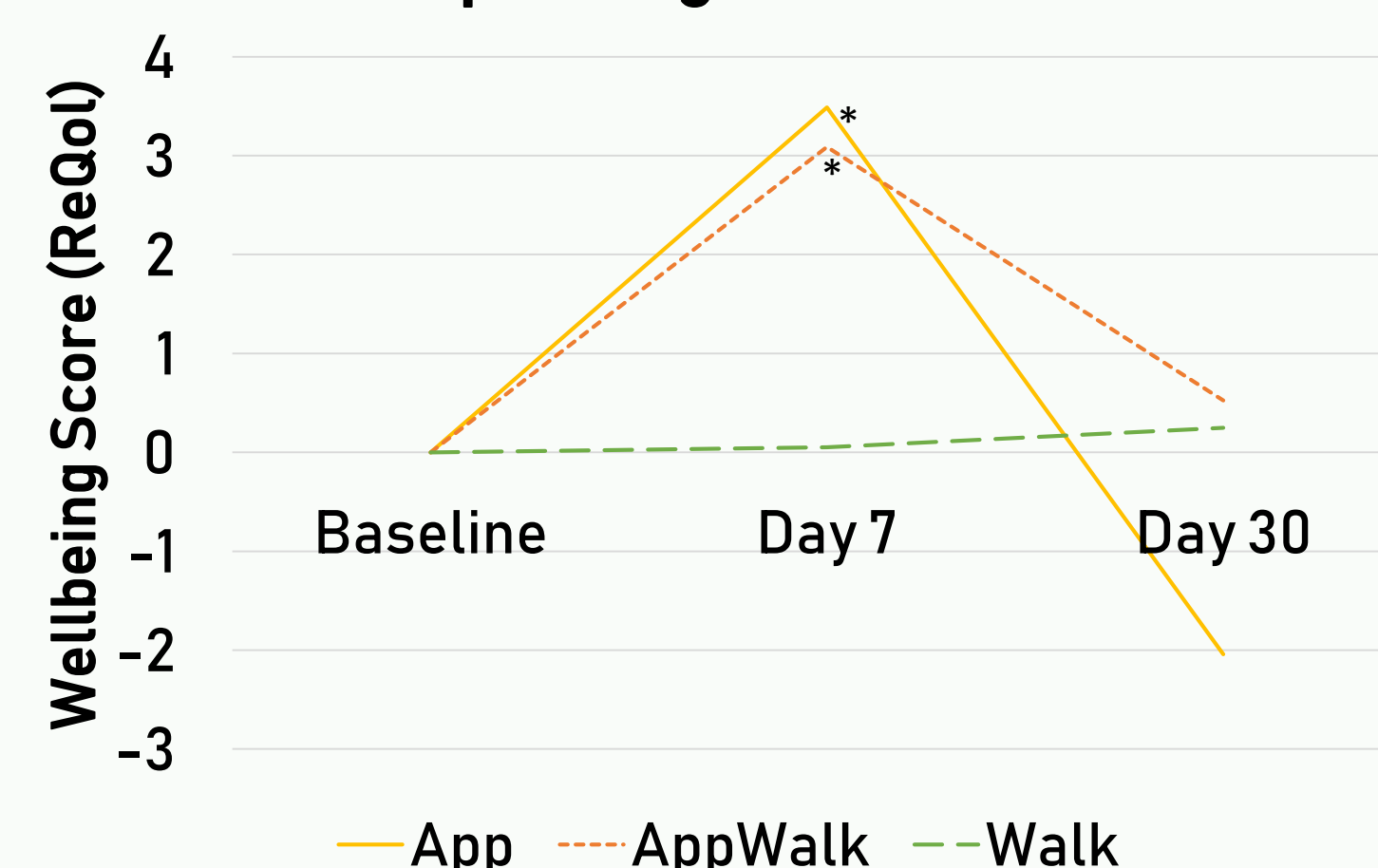
App
An app specially designed to support participants to notice something once a day.



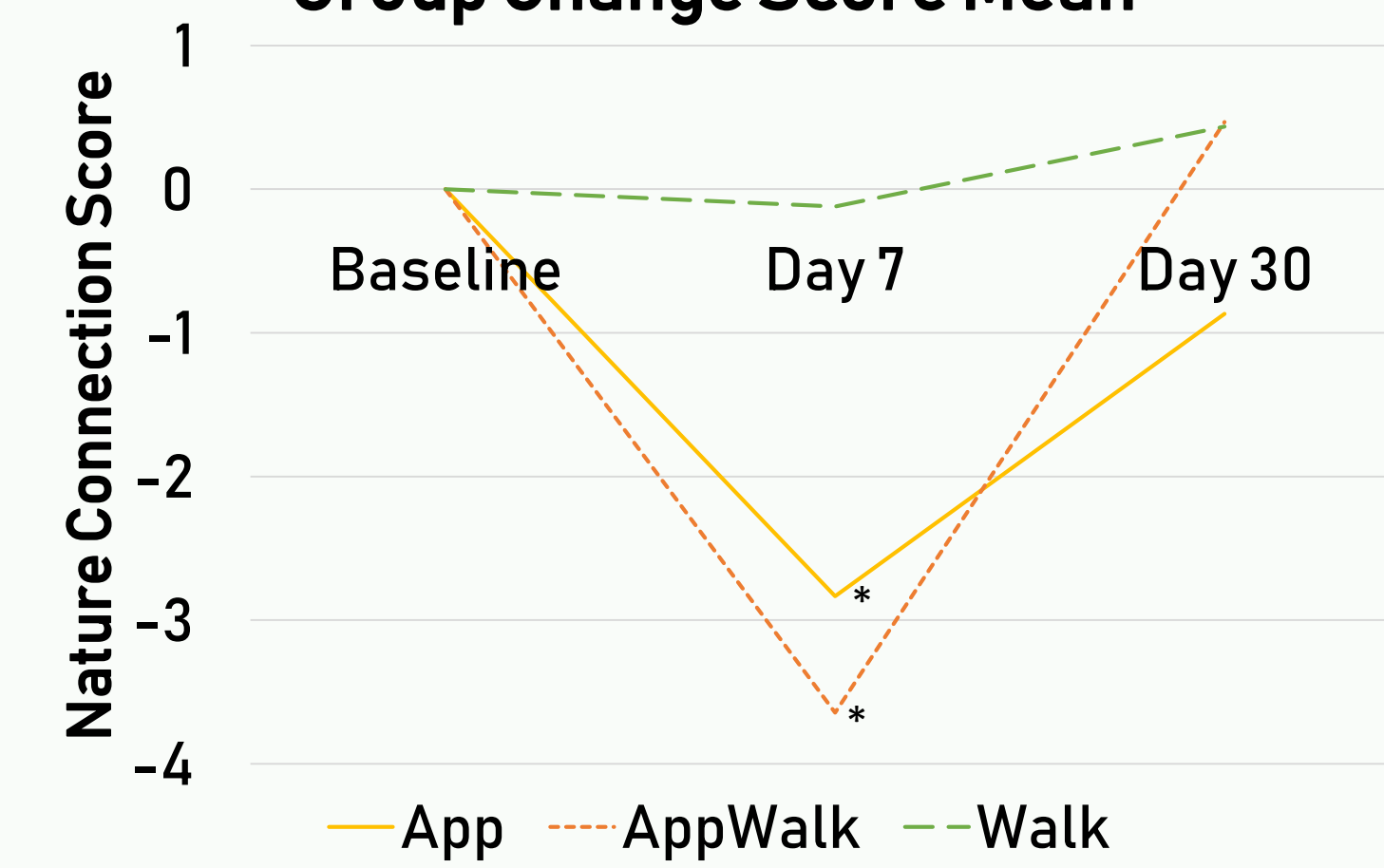
Walk
Two walks; one 30min facilitated group walk around a local park and one by themselves.

Results

Group Change Score Mean



Group Change Score Mean



* 0.05 significance

Discussion

Reflective of the challenges in green care, participants' adherence was low, which has effected the statistical power of the data. Participants that used the app reported improved wellbeing scores at the end of the 7 days returning to baseline 30 days.

In focus groups participants discussed the change to their routine post intervention, often describing **more little moments noticing nature**. Most participants spoke about the desire for urban green spaces within their routine but that this became a risk factor after dark.

How could little moments noticing nature be integrated into young adult's lives?

The Solution?

Use of nature and the natural environment to provide a therapeutic experience for an individuals with a specific need is currently being used in some parts of the UK in response to a variety of conditions including: **loneliness**, cardiovascular conditions, **depression** and physical ailments [3].

Known as **Green care**, this is a form of social prescribing which brings together the sense of achievement from reaching the top of the hill, the joy of a chat over coffee and the stress reduction attributes of spending time with nature.

References: [1] Universities UK, "Minding our future: starting a conversation about the support of student mental health," 2018. [2] F. Boyd, M. P. White, S. L. Bell, and J. Burt, "Who doesn't visit natural environments for recreation and why: A population representative analysis of spatial, individual and temporal factors among adults in England," Landsc. Urban Plan., vol. 175, pp. 102–113, Jul. 2018. [3] R. Bragg and G. Atkins, "A review of nature-based interventions for mental health care," Nat. Engl. Comm. Reports, vol. 204, 2016. Images – authors own or IWUN projects

"The thing I notice now is like the birds in the morning, because I usually work at my desk in the morning and have a huge window, so when I open that you can hear all the birds, it's really nice." Female participant aged 21

"I think you're asking for trouble if you're walking through a public green space if it's dark and late at night." Male participant aged 22

"I was like 'ah it's going to be quiet easy' but then I feel like when I was looking at things like flowers in the city centre there's so much litter." Female participant age 20



Diagram simplified from Bragg and Atkins 2016 [3]



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Tailoring nature-based intervention to meet the needs of young adults in urban natural environment.

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