

## Sustainability | Poster

### PP - (20854) - ANXIETY MEETS NATURE: TWO MODERATED MEDIATION MODELS OF THE RELATIONSHIP BETWEEN PERCEIVED SOCIOECONOMIC STATUS AND SUBJECTIVE WELL-BEING

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#### **Research or practical problem and objectives**

People with low socioeconomic status can strongly benefit from spending more time in natural spaces. However, it is not yet clear how nature can act as a buffer against the negative effects of low socioeconomic status. Hence, the present study aims to explore the moderating effect of time spent outdoors in green (Green Model) and blue spaces (Blue Model) on the relationship between perceived socioeconomic status and subjective well-being via the potential mediator anxiety.

#### **Methods and process (for empirical research)**

This study was conducted in collaboration with the Blue Health project. Only the measures of perceived socioeconomic status, subjective well-being, anxiety, and time spent in green and blue spaces were considered. Data was collected through an online questionnaire, resulting in a community sample of 946 Portuguese respondents, of which 52.9% were male and 39.7% were under 40 years old.

#### **Main results preview and importance (or main arguments in the case of critical reviews)**

The moderated mediation models were tested using the PROCESS macro, model 14 (version 4.0) in SPSS (version 28). Data corroborated both hypothesized moderated mediation models. In the Green Model, anxiety was found to fully mediate the relationship between perceived socioeconomic status and subjective well-being. In addition, time spent in green spaces was found to moderate the effect of anxiety on subjective well-being. The same pattern was observed in the Blue Model, using blue spaces as the moderator. These results show that a stronger relationship between higher anxiety level and lower subjective well-being was found for those who spent less time in natural spaces. These results held while controlling for age and sex. The present findings show that when Portuguese people that belong to economically disadvantaged groups spend more time outdoors in green and blue spaces, anxiety has a lesser impact on their subjective well-being. Thus, nature acted as a buffer against the negative effects of anxiety that can result from low perceived socioeconomic status.

**Palavras-chave :** green spaces, blue spaces, perceived socioeconomic status, subjective well-being, anxiety