

Sustainability | Individual communication

IC - (20966) - RESTORATIVE HOUSING QUALITIES BASED ON IMAGINARY SCENARIOS AND ARTS-BASED INTERVIEWS

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Background and objectives

The home is one of the most significant built environments for residents' health and wellbeing, offering various opportunities to rest, relax and restore. This research aims to understand expectations of an ideal healthy and restorative home based on psychological needs and coping mechanisms.

Process and methods (for empirical research)

Arts-based interviews (n=30) were used to collect data from Edinburgh residents living in different housing types. Interviews took around one hour and were split into two half-hour activities. Volunteers were given a pre-assignment to complete in their own time and return in 2 weeks for the first activity. This activity was flexibly outlined to encourage volunteers' imagination and creativity, as well as provide them with the opportunity to present, describe, or visualise their dream and imaginary house using a variety of media. These interviews were based on imagined scenarios in which they could be either a) in a negative mood, perhaps after an argument or b) mentally fatigued after working hard on a task and finding it difficult to concentrate. Interviews were analysed through content and thematic analysis with Nvivo.

Main results (or main arguments in the case of critical reviews)

The findings demonstrated the importance of providing indoor-outdoor connections, connection to nature, sensory experiences, proximity to sensory stimulations and opportunities for restorative activities based on different psychological needs.

Implications for research and practice/policy | Importance and originality of the contribution

The recent Covid-19 pandemic has raised awareness among designers, planners, and policymakers that how our homes are designed and built can impact our health and wellbeing. Consequently, design guidelines that prioritise resident health and wellbeing are emerging, but they are not yet comprehensive and easy to use. This study is one of the first focusing on exploring relations between healthy home design and needs for restoration based on the current housing development projects and different groups of urban residents using an innovative method. It will provide recommendations for future residential buildings with access to suitable at-home restorative environments.

Palavras-chave : arts-based interviews, restoration, wellbeing, sustainability, Home design