

OPENspace LITERATURE REVIEW*H, W-B ref:**Project Title***1****EFFECTS OF A THERAPEUTIC CAMPING PROGRAM ON ADDICTION RECOVERY**

Description	13 men and women in substance abuse treatment participated in a 3-day residential program based on integrated principles from adventure therapy, therapeutic camping, and relapse prevention.
Methodology	Experimental group compared with 18 men and women who received the usual relapse prevention program. Pre- and post-intervention questionnaires. Interviews 10 months later. Measured drinking-related locus of control, stress arousal, confidence in problem solving, frequency of negative thoughts, and craving.
Results	Significant improvements in autonomic arousal, frequency of negative thoughts, and alcohol craving. Relapse after 10 months = 31% for experimental group, 58% for comparison group. Study very preliminary.
Published	Journal of Substance Abuse Treatment 15 (5): 469 - 474.
Author	Bennet, L. W., Cardone, S. and Jarczyk, J.
Date	1998
Publisher	Elsevier Science
Price	
Keywords	Adventure therapy, relapse prevention, therapeutic camping.
Comments	Application of adventure therapy programs has received limited empirical attention (p. 469). Wilderness therapy, therapeutic camping, experiential education, and stress-challenge programs have an intuitive appeal when it comes to children and adolescents with problems. Similar programs are being used with adults who abuse alcohol and drugs. Enthusiasm is high but evaluation of effectiveness is limited (p. 470). These sorts of therapies have been used with emotionally disturbed teens, incest victims, couples and families, psychiatric patients, and adolescents in the child welfare system. <i>Algonquin-Haymarket relapse prevention program</i> Collaborative effort of 2 non-profit agencies (p. 470). 115 acres near Fox River, 50 miles NW of Chicago.

<i>P, T & W ref:</i>	<i>Project Title</i>
1	EFFECTS OF A THERAPEUTIC CAMPING PROGRAM ON ADDICTION RECOVERY

Comments Built during fresh air movement of 19th C and has been a pastoral retreat since 1907.

Evaluated a 3-day intervention program

- community meetings round camp fire and 'in the field': process activities and application back home
- journalling: facilitate introspection
- dream-catcher project
- wellness/relaxation workshop

teams course

ISSN

ECA/HW
OPENspace

July 2002

*P, T & W ref:**Project Title***2****THE VALUE OF FOOTPATH PROVISION IN THE COUNTRYSIDE: A CASE-STUDY OF PUBLIC ACCESS TO URBAN-FRINGE WOODLAND**

Comments

Bennet *et al* accept that access to the countryside for walking is of substantive value to the general public (Walker, 1994). Yet provision of access can incur significant costs in terms of path maintenance and site management the bulk of which are borne by local authorities or other public bodies (Thomson and Whitby, 1976). The cost of provision of public access to paths in commercial forests is c. £27 per ha of woodland annually (Forestry Commission, 1992). These bodies require assurance that the costs they incur are outweighed by the benefits of access.

The authors highlight the fact that countryside areas rarely have a market price (i.e. in the form of entrance fees) and therefore quantification of their relative benefits is difficult. Such benefits have gone unvalued in any quantitative, monetary way. They conclude that ‘contingent valuation is an appropriate and very useful technique for assessing countryside access and recreational benefits’ (p. 416).

The article provides an in-depth discussion of contingent valuation.

References:

- Forestry Commission (1992) *72nd Annual Report*, HC Paper 187. London, HMSO.
- Thomson, K. J. and Whitby, M. C. (1976) ‘The economic of public access in the countryside’, *Journal of Agricultural Economics* 27: 307 – 320.
- Walker, S. (1994) ‘The 1993 day visits survey’, *Countryside Recreation Network News* 2 (1): 7 – 12.

Other references:

- Batemen, I., Willis, K. and Garrod, G. (1994) ‘Consistency between contingent valuation estimates: a comparison of two studies of UK National Parks’, *Regional Studies* 28: 457 – 474.
- Bishop, K. (1992) ‘Assessing the benefits of community forests: an evaluation of the recreational use benefits of two urban fringe woodlands’, *Journal of Environmental Planning and Management* 35: 63 – 76.
- Hanley, N. D. and Ruffell, R. J. (1993) ‘The contingent valuation of forest characteristics: two experiments’, *Journal of Agricultural Economics* 44: 218 – 229.
- Mitchell, R. C. and Carson, R. T. (1989) *Using Surveys to Value Public Goods: The Contingent Valuation Method*. Washington, DC, Resources for the Future.

ISSN

0964 0568

ECA/HW

August 2002

OPENspace

OPENSspace LITERATURE REVIEW*P, T & W ref:* *Project Title***3 NATURE-GUIDED THERAPY: BRIEF INTEGRATIVE STRATEGIES FOR HEALTH AND WELL-BEING**

Description	This provides a discussion on the use on nature-guided therapy.
Methodology	Literature review and case studies.
Results	N/A
Published	N/A
Author	Burns, G. W.
Date	1998
Publisher	Taylor and Francis, London.
Price	c. £26.95
Keywords	Nature-guided therapy, health, well-being, ecotherapy.
Comments	<p>The book is divided into sixteen chapters. Chapter One provides a historic and evolutionary exploration of humans' relationship with nature and investigates the psychological and physical healing powers of nature as evidenced in traditional models of healing, recent scientific findings, clinical applications, and anecdotal accounts. Chapter Two focuses on 'ecopsychotherapy', for example, one aim of the book is to examine what nature can contribute to our well-being whilst maintaining a focus on the dynamic person-nature relationship.</p> <p>Chapter Three looks at sensual awareness as it is this that provides us with contact with nature. Much psychological research into the senses has been based predominantly on the mechanisms of knowing, and little on the therapeutic potential of sensory experience. Chapter Four looks at the use of sensual awareness inventories in client-sourced directives.</p> <p>Chapter Five examines strategies that can shift people from an inner symptom focus to more pleasurable experiences: techniques that can facilitate our life-nourishing energies, assist us toward peak experiences, and promote a sense of health. Chapter Six looks at sensate focusing and techniques for helping people tune into sensations of pleasure, comfort, and well-being, whilst Chapters Seven and Eight and Nine discuss nature-based assignments, natural ordeals and experiential metaphors respectively. Chapter Ten outlines the 'three r's of nature-guided therapy'.</p>

<i>P, T & W ref:</i>	<i>Project Title</i>
3	NATURE-GUIDED THERAPY: BRIEF INTEGRATIVE STRATEGIES FOR HEALTH AND WELL-BEING
Comments	<p>Chapters Eleven, Twelve, Thirteen look at the use of ‘ecotherapy’ for relaxation and comfort, happiness and pleasure, and enhanced relationships.</p> <p>Chapter Fourteen examines the connection between the mind, body and nature. Following on from this, Chapter Fifteen looks at nature-guided mind-body healing and discusses the work of Ulrich. Chapter Sixteen discusses being well naturally and the therapeutic use of the ecopsychobiological model.</p> <p>Key References: Driver, B, Brown, P. and Peterson, G. (eds) (1991) <i>Benefits of Leisure</i>. State College, PA, Venture. Kaplan, R. (1973) ‘Some psychological benefits of gardening’, <i>Environment and Behaviour</i> 5: 145 – 165. Parson, R. (1991) ‘The potential influences of environmental perception on human health’, <i>Journal of Environmental Psychology</i> 11: 1 – 23. Stokols, D. (1992) ‘Establishing and maintaining health environments: towards a social ecology health promotion’, <i>American Psychologist</i> 47: 6 – 22.</p>
ISBN	0 87630 850 7
ECA/HW OPENspace	August 2002

P, T & W ref:

Project Title

4

**EVALUATION OF A HEALTH WALKS SCHEME:
LED WALKS IN THE THAMES VALLEY (CRN 6)**

ISBN

ECA/HW
OPENspace

August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:**Project Title***6****THE WIDLERNESS THERAPY PROGRAM: AN EMPIRICAL STUDY OF ITS EFFECTS WITH ADOLESCENTS IN AN OUTPATIENT SETTING**

Description	Results of a study of the Wilderness Therapy Program involving 23 adolescents in outpatient counselling.
Methodology	<p>Literature review.</p> <p>23 adolescents - 15 male, 8 female aged 13 - 18. Generally dealing with family problems, relationship difficulties, depressive symptoms, and difficulty with anger and impulse control. 4 instruments administered to all participants pre- and post-test.</p> <ol style="list-style-type: none"> 1. Internal-external locus of control scale (Rotter, 1966) 2. Perceptions of self-efficacy (Sherer <i>et al</i>, 1982) 3. Self-esteem (Piers and Harris, 1969) 4. Behavioural symptoms (Derogatis, 1975) <p>4 10 - 13 day backpacking trips in Allegheny National Forest, Pennsylvania and Daniel Boone National Forest, Kentucky. 2 orientation meetings. Counselling integral - daily group therapy, individual as needed, and journal writing.</p>
Results	Significant change found for locus of control, self-esteem and symptom reduction.
Published	Journal of Contemporary Psychotherapy 19 (4): 271 - 281.
Author	Davis-Berman, J. and Berman, D. S.
Date	1989
Publisher	Human Sciences Press
Price	Unknown.
Keywords	Wilderness therapy, adolescents.
Comments	<p>Prior to 1980s reports on effectiveness were somewhat anecdotal (p. 272).</p> <p><i>Literature review</i> Inpatient programs - Adams (1970), Jerstad and Selzer (1973), Berman and Anton (1988) Outpatient programs - Kaplan (1974), Burdsal and Force (1983) Literature on the effectiveness of outdoor approaches to therapy with adolescents is fraught with methodological and interpretative problems. Lack of scientific rigor in the design and execution of the program evaluations (p. 274). Also lack of comparison groups, small sample sizes, and the absence of follow-up data.</p>

<i>P, T & W ref:</i>	<i>Project Title</i>
6	THE WIDLERNESS THERAPY PROGRAM: AN EMPIRICAL STUDY OF ITS EFFECTS WITH ADOLESCENTS IN AN OUTPATIENT SETTING

Comments	<p><i>The study</i> WTP provides adolescents, in groups of 6 - 8 male and female participants, with an intensive therapeutic experience in the wilderness in which treatment goals are specified and counselling is provided by licensed mental health professionals (pp. 274 - 275).</p> <p><i>Discussion</i> Had beneficial effects, most dramatic in the areas of behavioural symptoms, self-efficacy and self-esteem. Positive change also noted on treatment plans and on affect and cooperation.</p> <p>Studies need to be done with larger samples.</p> <p><i>Social work practice implications</i> WTP especially applicable to social work practice.</p>
-----------------	---

ISSN

ECA/HW
OPENspace

July 2002

OPENSspace LITERATURE REVIEW*P, T & W ref:**Project Title***7****RANDOMIZED PLACEBO-CONTROLLED TRIAL OF BRISK WALKING IN THE PREVENTION OF POSTMENOPAUSAL OSTEOPOROSIS**

Description The objective of this study was to evaluate the effects of brisk walking on bone mineral density in women who had suffered an upper limb fracture.

Methodology Randomised placebo-controlled trial.
Study population: 165 women with a limb fracture in the previous two years.

Results Drop out rates were substantial from both the intervention and placebo groups. After two years bone mineral density had fallen in the placebo group to a greater extent than in the brisk walking group. However, the cumulative risk of falls was higher in the brisk walking group.

Published Age and Ageing 26 (4): 253 – 260.

Authors Ebrahim, S., Thompson, P. W., Baskaran, V. and Evans, K.

Date 1997

Publisher Oxford University Press, Oxford.

Price Subscriptions £115 p.a.

Keywords Bone mineral density, elderly people, osteoporosis, physical activity, randomised controlled trial.

Comments Under supervision the research subjects were given advice about general health and a balanced diet and encouraged to work up to walking for 40 minutes three times per week. The authors concluded that brisk walking may have a small, but important, impact on bone mineral density but it is associated with an increased risk of falls. They suggest that further work is needed to evaluate the safest way of achieving increased activity levels in different groups, such as older women and those at risk of fractures. In addition, further efforts are required to increase the acceptability of and adherence to programmes of brisk walking and other physical activities among older women. This might include group walking programmes, defined walking routes, comparisons with other exercise such as strength training, psychological reinforcement (rewards) and more specific advice on how to avoid falls, how to walk carefully and choice of footwear.

The authors tend to concentrate on changes in the behaviour of older women rather than extending their discussion to footpath maintenance, access, etc.

Other references:

Hardman, A. E. and Hudson, A. (198) 'Walking for health: a closer look at exercise', *Health Trends* 21: 91 – 92.

<i>P, T & W ref:</i>	<i>Project Title</i>
7	RANDOMIZED PLACEBO-CONTROLLED TRIAL OF BRISK WALKING IN THE PREVENTION OF POSTMENOPAUSAL OSTEOPOROSIS

Comments	Other references: Young, A. and Dinan, S. (1994) 'Fitness for older people', <i>British Medical Journal</i> 309: 331 – 334.
-----------------	---

ISSN	0002 0729
-------------	-----------

ECA/HW OPENspace	August 2002
---------------------	-------------

P, T & W ref:

Project Title

8

WALKING IN THE BRITISH COUNTRYSIDE: REFLEXIVITY, EMBODIED PRACTICES AND WAYS TO ESCAPE

Comments

In the last two centuries walking has shifted from central mode of transport to leisure activity. According to the Dept. of Transport, it is now the most popular physical activity undertaken for pleasure and is widely advocated as a valuable form of aerobic exercise (HMSO, 1998). Walking has developed into a practice that can restore natural perception and reconnect human beings with the physical world of nature and the moral order inherent within it. Walking in the natural environment is widely conceived to be a valuable and enjoyable antidote to the stresses, complication, regulation and non-reflexive nature of modern urban life, a time in which the body 'comes alive' (Duerden, 1978; Wallace, 1993). Walking is said to be a multi-sensual and stimulating experience which frees the mind and generates reflexivity, philosophical and intellectual thought, aesthetic contemplation and opening up a more 'natural' self (Leed, 1991; Wallace, 1993).

In considering the reflexive body Kay and Moxham (1996) contend that rural walking for leisure can be distinguished according to two groups of walking practices:

- Relaxing, spontaneous and sociable: sauntering, ambling, strolling, plodding, promenading, wandering, and roaming.
- Strenuous, challenging and planned: marching, trail walking, trekking, hiking, hill-walking, yomping and peak-bagging.

(Rambling falls somewhere in-between)

Edensor highlights the tensions which surround walking and the contested practices which generate embodied forms of distinction that relate to particular notions of the body and its relationship with nature:

- *To walk alone or accompanied?* For some, walking with others strengthens and develops friendship, is conducive to conversation and offers a chance to share impressions and thoughts. For others, walking alone cultivates self-reliance, allows contemplation and uninterrupted sensual experience of nature. The latter is sometimes associated with cultural superiority and disdain for the 'masses'.
- *Trailing nature and mapping space.* In some cases widespread way-marking and organised tours are disdained as a domestication of nature, a restricted, normalised and mediated experience (Buzard, 1993; Urry, 1992; Jarvis, 1997).
- *How far and fast? Long distance and challenge walking.* Long-distance walking is characterised by specific notions of achievement, an idealised endeavour that produces a superior physical condition and more intense bodily experience. Such a construction relies upon the idea that long-distance walking forms character through a highly *masculinised* and idealised sense of fulfilment.

P, T & W ref: *Project Title*

8 **WALKING IN THE BRITISH COUNTRYSIDE:
REFLEXIVITY, EMBODIED PRACTICES AND
WAYS TO ESCAPE**

Comments

Edensor concludes that the body ‘can never mechanically pass seamlessly through rural space informed by discursive norms and practical techniques. The interruptions of stomach cramps and hunger, headaches, blisters, ankle strains, limbs that “go to sleep”, muscle fatigue, mosquito bites and a host of other bodily sensations may foreground an overwhelming awareness of the body that can dominate consciousness [...] the terrain and climate are apt to impose themselves upon the body, irrespective of discourses about the rural idyll and the Romantic countryside. The body must perform certain tasks, which may be painful or pleasurable in their novelty, or challenging in their awkwardness’ (p. 101). Ordinary walking is disrupted by sensory, material and imaginative intrusions.

The article also discusses the work of sculptor Richard Long (pp. 102 – 105).

References:

- Buzard, J. (1993) *The Beaten Track: European Tourism, Literature and the Ways to Culture 1800 – 1914*. Oxford, Clarendon Press.
- Duerden, F. (1978) *Rambling Complete*. London, Kaye and Ward.
- HMSO (1998) *Walking in Great Britain: Transport Statistics Report*. London, HMSO.
- Jarvis, R. (1997) *Romantic Writing and Pedestrian Travel*. Basingstoke, Macmillan.
- Kay, G. and Moxham, N. (1996) ‘Paths for whom? Countryside access for recreational walking’, *Leisure Studies* 15: 171 – 183.
- Leed, E. (1991) *The Mind of the Traveller: From Gilgamesh to Global Tourism*. New York, Basic Books.
- Urry, J. (1992) ‘The tourist gaze revisited’, *American Behavioural Scientist* 36: 172 – 186.
- Wallace, A. (1993) *Walking, Literature and English Culture*. Oxford, Clarendon Press.

Other references:

- Butler, R. (1998) ‘Rural recreation and tourism’, in Ilbery, B. (ed) *The Geography of Rural Change*. London, Longman.
- Castle, A. (1991) *Challenge Walking*. London, A. and C. Black.
- Csordas, T. (ed) (1994) *Embodiment and Experience*. Cambridge, Cambridge University Press.
- Desmond, J. (1994) ‘Embodying difference: issues in dance and cultural studies’, *Cultural Critique* Winter: 33 – 63.
- Edensor, T. (2000) ‘Moving through the city’, in Bell, D. and Haddour, A. (eds) *City Visions*. London, Longman.
- Seamon, D. (1979) *A Geography of the Lifeworld*. London, Croom Helm.
- Sennett, R. (1994) *Flesh and Stone*. London, Faber.
- Tuan, Y-F. (1974) *Topophilia: A Study of Environmental Perception, Attitudes and Values*. Eaglewood Cliffs, NJ, Prentice-Hall.

P, T & W ref: *Project Title*

8

**WALKING IN THE BRITISH COUNTRYSIDE:
REFLEXIVITY, EMBODIED PRACTICES AND
WAYS TO ESCAPE**

Comments

Other references:

Williams, S. and Bendelow, G. (1998) *The Lived Body: Sociological Themes, Embodied Issues*. London, Routledge.

ISSN

1357 034X

ECA/HW
OPENspace

August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***9****BEYOND TOXICITY: HUMAN HEALTH AND THE NATURAL ENVIRONMENT**

Description	Research and teaching in environmental health have centred on the hazardous effects of various environmental exposures, however, some kinds of exposures may have positive health effects. E. O. Wilson's (1992, 1984) 'biophilia' hypothesis states that humans are innately attracted to other living organisms and later authors have expanded upon this to suggest that humans have an innate bond with nature more generally. This article provides evidence to support this from four aspects of the natural world: animals, plants, landscapes, and wilderness.
Methodology	Literature review
Results	<p>Frumkin concludes that a paradigm of environmental health that includes health as well as illness, has implications in the following arenas.</p> <p><i>Research</i> A research agenda is needed that not only looks at unhealthy exposures but also those which we suspect are healthy.</p> <p><i>Collaboration</i> Between research professionals.</p> <p><i>Intervention</i> We need to act upon findings and on a clinical level this may have implications for patient care. As we learn more about the health benefits of the natural world, we need to apply this knowledge in ways that directly enhance the health of the public.</p>
Published	American Journal of Preventive Medicine 20 (3): 234 – 240.
Author	Frumkin, H.
Date	2001
Publisher	Elsevier Science INC.
Price	Unknown.
Keywords	Animals, ecology, environmental health, nature, plants, trees.
Comments	Certain environmental exposures can threaten health, yet broadly conceived, the natural environment can also enhance health. The most obvious example of this is the fact that many pharmaceuticals derive from plants and animals. Frumkin questions the extent to which enjoying 'a walk in the park', the 'sound of birds' or 'the sight of the ocean' can be considered to be more than aesthetic preferences. Do we as a species find tranquillity in certain natural environments and, if so, might nature be an important component of well-being and the restoration of health?

P, T & W ref:

Project Title

9

BEYOND TOXICITY: HUMAN HEALTH AND THE NATURAL ENVIRONMENT

Comments

Animals

Animals play a prominent part in human life and a wide body of literature links animals with human health.

Plants

Research indicates that being around plants helps people to relax. Horticultural therapy has evolved as a form of mental health treatment, based on the therapeutic effects of gardening so could contact with the natural environment also contribute to healing from physical ailments?

Landscapes

Natural landscapes may have a similar effect. Frumkin discusses studies into the views from hospital windows and prison cells.

Wilderness experience

Frumkin remarks that wilderness experiences – entering the landscape rather than viewing it – may also be therapeutic (Cumes, 1998a, 1998b). For example, such experience is associated with rapture, awe, comfort, increased appreciation of others, renewal and vigour. However, much of this literature comes from proponents with personal or commercial interests in wilderness experiences, such as companies that market such adventures. In addition this research tends to refer to structured trips or summer camp programs.

References:

- Cumes, D. (1998a) 'Nature as medicine: the healing power of the wilderness', *Alternative Therapies* 4: 79 – 86.
- Cumes, D. (1998b) *Inner Passages Outer Journeys: Wilderness, Healing, and the Discovery of Self*. Minneapolis, Llewellyn Publications.
- Wilson, E. O. (1992) *The Diversity of Life*. Cambridge, Harvard University Press.
- Wilson, E. O. (1984) *Biophilia: The Human Bond With Other Species*. Cambridge, Harvard University Press.

Other references:

- Browne, A. (1992) 'The role of nature for the promotion of well-being in the elderly', in Relf, D. (ed) *The Role of Horticulture in Human Well-Being and Social Development: A National Symposium, 9 – 12th April 1990*, Arlington, Virginia. Portland, OR, Timber Press: 75 – 79
- Hartig, T., Mang, M. and Evans, G. (1991) 'Restorative effects of natural environmental experiences', *Environment Behaviour* 23: 3 – 26.
- Kellert, S. and Wilson, E. O. (eds) (1993) *The Biophilia Hypothesis*. Washington, DC, Island Press.
- Kaplan, R. (1983) 'The role of nature in the urban context', in Altham, I. and Wohlwill, J. (eds) *Behaviour and the Natural Environment*. New York, Plenum: 127 – 161.
- Korpela, K. and Hartig, T. (1996) 'Restorative qualities of favourite places', *Journal of Environmental Psychology* 16: 221 – 233.

<i>P, T & W ref:</i>	<i>Project Title</i>
9	BEYOND TOXICITY: HUMAN HEALTH AND THE NATURAL ENVIRONMENT

Comments	Other references: Ulrich, R. S. (1993) 'Biophilia, biophobia, and natural landscapes', in Kellert and Wilson, <i>op. cit.</i> : 73 – 137.
-----------------	--

ISSN	0749 3797
-------------	-----------

ECA/HW OPENspace	August 2002
---------------------	-------------

OPENspace LITERATURE REVIEW

P, T & W ref: *Project Title***10** **‘YOU’RE NEVER TOO OLD’: BELIEFS ABOUT PHYSICAL ACTIVITY AND PLAYING SPORT IN LATER LIFE**

Description	This paper examines participation in physical activity during later life. The author acknowledges that although significant numbers of elderly persons are beginning to take part in some form of physical activity, for some this may not be as easy as it sounds. For example, for some, changes in functional capacity often serve as a deterrent whilst for others the physical, social and psychological challenges created by the stigma associated with being older far outweigh the perceived benefits of physical activity. The paper examines the ways in which physical activity has been articulated within the literature on age and ageing, examines the beliefs of older people, and attempts to draw upon these beliefs in order to consider some of the issues older people encounter in negotiating socio-cultural expectations and personal circumstances when endeavouring to incorporate physical activity into their lifestyle.
Methodology	Literature review. Interviews with seven men and eight women aged 70+. Focus group.
Results	The results of this research signify that much is to be gained by regularly partaking in deliberate physical activity during later life. However, changes are required at a personal and societal level before a greater proportion of the older population become more physically active. For the study group, the first experiences of sport or other forms of physical activity had often been embarrassing and had required a certain degree of perseverance, although, in time the health and social benefits derived from physical activity became a highly valued part of their existence.
Published	Ageing and Society 21 (6): 777 – 798.
Authors	Grant, B. C.
Date	2001
Publisher	Cambridge University Press, Cambridge.
Price	Subscription £118 p.a. (Institutions), £54 p.a. (Individuals).
Keywords	Physical activity, sport, health, beliefs, barriers.

'YOU'RE NEVER TOO OLD': BELIEFS ABOUT PHYSICAL ACTIVITY AND PLAYING SPORT IN LATER LIFE

Comments

Grant highlights the fact that there is overwhelming evidence to support the benefits of maintaining a physically active lifestyle and that such behaviour can contribute to quality of life and the 'feel better phenomenon' (Mathieu, 1999; Ruchlin and Lachs, 1999; Spirduso, 1995; Chodzko-Zajko, 2000; Huber, 1997; Kilgman *et al*, 1999; O'Brien Cousins and Horne, 1999; Shepherd, 1997). Increasing numbers of older people are choosing to participate in a diverse range of leisure pursuits. As a result the stereotypical views and images associated with old age are gradually being challenged (Greenwald, 1997). Yet, despite agreeing that exercise is 'good for you', a high proportion of elderly people continue to 'allow physical activity to become a memory rather than a regular occurrence' (p. 778) (Dishman, 2001; Blair and Wei, 2000; O'Brien Cousins, 2000). Several barriers (both real and perceived) may contribute to this:

1. Lack of childhood participation in sport or outdoor activity.
2. The feeling of physical and social vulnerability whilst undertaking physical exercise alone.
3. The fear of 'wearing out' or injury (O'Brien Cousins, 2000; Vertinsky, 1995).
4. Negative perceptions of personal health and fitness including beliefs about what the older body should and should not do (e.g. older people should rest and not take part in physical activity).

The author strongly believes that studies of ageing often lose sight of the lived body (Featherstone and Wernick, 1995). For example, the study of ageing should consist not only of 'reports about so-called facts and scientific explanations about physiological and psychological processes, but also descriptions of the meaning people attribute to their experiences of physical activity' (p. 781). Grant stresses the fact that physicality means different things to different people, and many of the benefits are subjective, intangible and impossible to quantify. As a consequence, he believes that the development of an alternative theoretical position would be desirable. However, to date, studies seeking alternative bodies of knowledge remain seriously under-represented in the field of gerontology.

References:

- Blair, S. and Wei, M. (2000) 'Sedentary habits, health and function in older men and women', *American Journal of Health Promotion* 15 (2): 84 – 93.
- Chodzko-Zajko, W. (2000) 'Successful ageing in the new millennium: the role of regular physical activity', *Quest* 52: 333 – 343.
- Featherstone, M. and Wernick, M. (1995) *Images of Ageing; Cultural Representation in Later Life*. London, Routledge.
- Greenwald, J. (1997) 'Age is no barrier', *Time Magazine*, 22 September.
- Huber, G. (1999) 'Introduction', in Huber, G. (ed) *Healthy Ageing*. Proceedings of the International Congress, Physical Activity, Ageing and Sports. Heidelberg, Health Promotion Publications: 17 – 24.

P, T & W ref: Project Title

110 **'YOU'RE NEVER TOO OLD': BELIEFS ABOUT PHYSICAL ACTIVITY AND PLAYING SPORT IN LATER LIFE**

Comments

References:

- Kilgman, E., Hewitt, M. and Crowell, E. (1999) 'Recommending exercise to healthy older adults', *The Physician and Sport Medicine* 27 (11): 42 – 62.
- Mathieu, M. (1999) 'The Surgeon General's report and leisure services for older adults', *Journal of Physical Education, Recreation and Dance* 70 (3): 2 – 31.
- O'Brien Cousins, S. (2000) 'My heart couldn't take it: older women's belief about exercise and risks', *Journal of Gerontology: Psychological Sciences* 55: 283 – 294.
- O'Brien Cousins, S. and Horne, T. (1999) *Active Living Among Older Adults: Health Benefits and Outcomes*. Philadelphia, Taylor and Francis.
- Ruchlin, H. and Lachs, M. (1999) 'Prevalence and correlates of exercise among older adults', *Journal of Applied Gerontology* 18: 341 – 357.
- Shepherd, R. (1997) *Ageing, Physical Activity and Health*. Champaign, Human Kinetics
- Spirduso, W. (1995) *Physical Dimensions of Ageing*. Champaign, Human Kinetics.
- Vertinsky, P. (1995) 'Stereotypes of ageing women and exercise: a historical perspective' *Journal of Ageing and Physical Activity* 3: 223 - 237.

Other References:

- Dunlap, J. and Barry, H. (1999) 'Overcoming exercise barriers in older adults', *The Physician and Sport Medicine* 27 (11): 69 – 75.
- Grant, B. and Stothart, B. (1999) 'Ageing, leisure and active living. The Australian Council for Health Physical Education and Recreation', *Healthy Lifestyles Journal* 46 (2): 29 – 32.
- Markula, P., Grant, B. and Deniso, J. (2001) 'Qualitative research and ageing and physical activity: multiple ways of knowing', *Journal of Ageing and Physical Activity* 9 (3): 245 – 264.
- O'Brien Cousins, S (ed) (1998) *Exercise, Ageing and Health: Overcoming Barriers to an Active Old Age*. Philadelphia, Taylor and Francis.
- Satariano, W., Haight, T. and Tager, I. (2000) 'Reasons given by older people for limitation of leisure time and physical activity', *Journal of the American Geriatrics Society* 48: 505 – 512.

Correspondence Department of Sport and Leisure Studies, University of Waikato, Bag 3105, Hamilton, New Zealand. E-mail: bcg@waikato.ac.nz

ISSN 0144 686X

ECA/HW August 2002

OPENspace

OPENspace LITERATURE REVIEW*P, T & W ref:**Project Title***11****THE BIOPHILIA HYPOTHESIS AND LIFE IN THE 21ST CENTURY: INCREASING MENTAL HEALTH OR INCREASING PATHOLOGY?**

Description	Discussion of biophilia.
Methodology	Literature review.
Results	More research is required, however, there is substantial evidence to suggest that, as a species, our modern lifestyle may have strayed too far from that to which we have adapted (p. 315). Including elements of nature or ancient lifestyle into modern lives may serve to enhance our psychological well-being (p. 315).
Published	Journal of Happiness Studies 1: 293 - 321.
Author	Gullone, E.
Date	2000
Publisher	Kluwer Academic Publishers.
Price	
Keywords	Mental health, psychopathology, evolutionary, biophilia, natural environment.
Comments	<p><i>OUR ANCESTORS AND OUR EVOLUTIONARY HISTORY</i> Certain landscape features that we find aesthetically pleasing today may have those that enhanced the survival of the species (p. 293) - bodies of water, plants and animals, higher areas, trees with low trunks, trees with high canopies (Kahn, 1997; Wilson, 1984).</p> <p>Currently witnessing human manufactured change at a pace unprecedented in history of human species (Saunders, 1999) - technology allows us to plough/pave unlikely landscapes, travel/communicate great distances, produce/manipulate material goods/sentient beings.</p> <p>Wilson (1993): natural environment is as central to human history as social behaviour (p. 294).</p> <p><i>Biophilia hypothesis</i> Wilson (1984): a human 'innate tendency to focus on life and lifelike processes' (p. 294). Humans have tendency to maintain contact with nature. Green places provided and extensively frequented.</p> <p>Significance of biophilia has profound implications (p. 295). Process through which it has evolved has been proposed to be a biocultural one during which hereditary learning principles have elaborated upon culture while the genes which prescribed the biophilic propensities spread by natural selection in a cultural context (p. 295).</p>

P, T & W ref:

Project Title

11

THE BIOPHILIA HYPOTHESIS AND LIFE IN THE 21ST CENTURY: INCREASING MENTAL HEALTH OR INCREASING PATHOLOGY?

Comments

Wilson (1993): biophilia mediated by rules of prepared and counter prepared learning. When humans become removed from the natural environment, the biophilic learning rules do not become replaced by modern versions (p. 296).

Biophobia

Biophilia is mediated by inherited or prepared rules relating to emotional experiences of a negative and positive kind, are date related to fears and phobias (p. 296).

Biophilia

Research seeking to identify humans' positive relationships with nature, has gradually expanded over the last 20 years, particularly in the area of aesthetic preferences for varying landscapes (p. 300).

Ulrich (1993): certain advantages afforded by specific natural settings during our evolutionary history may have been so central to survival that natural selection favoured those individuals who acquired and retained certain positive or approach responses toward them (p. 300).

ADAPTIVE APPROACH BEHAVIOURS

Proposed that humans are genetically predisposed to acquire and retain liking, attention, or approach responses to natural features and landscapes that are associated with adaptation or survival such as provision of resources including water, food, and places of refuge (p. 300).

Savannas - natural settings that have 'park-like' properties such as spatial openness, scattered trees, small groupings of trees, domination of grassy ground cover (Kaplan and Kaplan, 1989; Ulrich, 1983).

1. Research into peoples' affective responses to nature and natural landscapes: landscape scenes in photos. Concerns over methodology but findings are largely supportive of conceptualisation described above.
2. Research into aesthetic preferences for natural rather than urban scenes (Kaplan et al, 1972).

RESTORATION, STRESS RECOVERY, AND ENHANCED COGNITIVE FUNCTIONING

A capacity for restorative responding may be adaptive by promoting recovery from physical or mood states often associated with a decline in cognitive functioning or performance, such as illness or fatigue, that interfere with survival behaviours (Kaplan and Kaplan, 1989) (p. 302).

Ulrich (1993): elements of a restorative experience should include attention or interest accompanied by increased positive affect and decreased negative affect as well as decreases in sympathetic nervous system activity (p. 302).

<i>P, T & W ref:</i>	<i>Project Title</i>
11	<p>THE BIOPHILIA HYPOTHESIS AND LIFE IN THE 21ST CENTURY: INCREASING MENTAL HEALTH OR INCREASING PATHOLOGY?</p>
Comments	<ol style="list-style-type: none"> 1. Studies show that leisure activities in natural settings or exposure to natural features have important stress reduction or restoration effects (Parsons et al, 1998; Sheets and Manzer, 1991; Ulrich, 1981; Ulrich, 1984). 2. Studies on encounters with wilderness settings: specific role of nature is problematic as other elements of activities such as physical activity (Hartig, Mang and Evans, 1991). But has been consistency in outcomes (Kaplan and Talbot, 1983). 3. Studies about spending time in urban parks and other urban natural settings. <p>In summary, studies examining the restoration benefits of recreation experiences in settings comprising natural features or in wilderness settings have provided further support for the hypothesis (p. 304).</p> <p><i>A typology of humans' attitudes toward nature</i> Kellert (1993): 9 perspectives - complex of learning rules that are fundamentally biologically based. Include physical, emotional and intellectual expressions of humans' association with nature that essentially, describe human evolutionary dependence on nature for both survival and personal fulfilment (p. 304). Research related to humanistic perspective is particularly relevant to the biophilia hypothesis - human experience of a deep emotional connection with the sentient aspects of nature. Human-dog relationships (p. 306). Presence of animals aids relaxation, increases social interaction and attractiveness (p. 306).</p> <p><i>Culture and mental health</i> SCHIZOPHRENIA ACROSS CULTURE WHO studies (1973, 1979) in 9 nations: China, Colombia, Czechoslovakia, Denmark, India, Nigeria, Soviet Union, UK, USA. Core symptoms the same, prognosis different. More rapid recovery in poorer and less developed countries.</p> <p>DEPRESSION ACROSS CULTURE WHO (1983) study in Japan, Iran, Canada, Switzerland. Incidence of depression substantially lower in Africa and Asia than W. Europe and N. America. But there are problems with different types of expression. Depression in 1990s (p. 309).</p> <p><i>Evolutionary psychopathology</i></p> <p><i>Integration and concluding remarks</i> Several caveats</p> <ol style="list-style-type: none"> 1. Only a small proportion of the population suffer from psychopathology. 2. Subjective well-being literature has demonstrated that community levels of life satisfaction have remained stable over time despite modernisation.

<i>P, T & W ref:</i>	<i>Project Title</i>
11	<p>THE BIOPHILIA HYPOTHESIS AND LIFE IN THE 21ST CENTURY: INCREASING MENTAL HEALTH OR INCREASING PATHOLOGY?</p>
Comments	<p>3. Cross-cultural literature on subjective well-being has indicated that individuals in collectivist countries report lower levels of subjective well-being than those in individualist nations.</p> <p>Discussion (p. 313 - 314).</p> <p>The documented benefits that can be derived from exposure to features of the natural environment or from choosing a life style that shares elements with that of our ancestors may be explained through the experiencing of flow (p. 314).</p> <p>Binkerhoff and Jacob, 1986; Jacob and Binkerhoff, 1997, 1999): people who adopt semi-subsistence agriculture lifestyle.</p> <p>References</p> <p>Binkerhoff, M. B. and Jacob, J. C. (1986) 'Quality of life in and alternative lifestyle: the smallholding movement', <i>Social Indicators Research</i> 18 pp. 153 - 173.</p> <p>Hartig, T., Mang, M. and Evans, G. W. (1991) 'Restorative effects of natural environment experiences', <i>Environment and Behaviour</i> 23 pp. 3 - 26.</p> <p>Jacob J. C. and Binkerhoff, M. B. (1997) 'Values, performance and subjective well-being in the sustainability movement: an elaboration of multiple discrepancies theory', <i>Social Indicators Research</i> 42 pp. 171 - 204.</p> <p>Jacob J. C. and Binkerhoff, M. B. (1999) 'Mindfulness and subjective well-being in the sustainability movement: a further elaboration of multiple discrepancies theory', <i>Social Indicators Research</i> 46 pp. 341 - 368.</p> <p>Kahn, P. H. (1997) 'Developmental psychology and the biophilia hypothesis: children's affiliation with nature', <i>Developmental Review</i> 17 pp. 1 - 61.</p> <p>Kaplan, S., Kaplan, R. and Wendt, J. S. (1972) 'Rated preference and complexity for natural and urban visual material', <i>Perception and Psychophysics</i> 12 pp. 354 - 356.</p> <p>Kaplan, R. and Kaplan, S. (1989) <i>The Experience of Nature: A Psychological Perspective</i>. Cambridge University Press, New York.</p> <p>Kaplan, S. and Talbot, J. F. (1983) 'Psychological benefits of a wilderness experience', in Altman, I. and Wohlwill, J. F. (eds) <i>Human Behaviour and Environment: Advances in Theory and Research, Volume 6: Behaviour and the Natural Environment</i>. Plenum, New York.</p> <p>Kellert, S. R. (1993) 'The biological basis for human values of nature', in Kellert, S. R. and Wilson, E. O. (eds) <i>The Biophilia Hypothesis</i>. Island Press, Washington DC.</p> <p>Parsons, R., Tassinary, L. G., Ulrich, R. S., Hebl, M. R. and Grossman-Alexander, M. (1998) 'The view from the road: implications for stress recovery and immunisation', <i>Journal of Environmental Psychology</i> 18 pp. 113 - 140.</p> <p>Saunders, P. (1999) 'Capitalism and the environment', in Smith, M. J. (ed) <i>Thinking Through the Environment</i>. Routledge, London pp. 269- 279.</p>

<i>P, T & W ref:</i>	<i>Project Title</i>
11	THE BIOPHILIA HYPOTHESIS AND LIFE IN THE 21ST CENTURY: INCREASING MENTAL HEALTH OR INCREASING PATHOLOGY?
Comments	<p>Sheets, V. L. and Manzer, C. D. (1991) 'Affect, cognition, and urban vegetation: some effects of adding trees along city streets', <i>Environment and Behaviour</i> 23 pp. 285 - 304.</p> <p>Ulrich, R. S. (1981) 'Psychological and recreational benefits of a neighbourhood park', <i>Journal of Leisure Research</i> 13 pp. 43 - 65.</p> <p>Ulrich, R. S. (1984) 'View through a window may influence recovery from surgery', <i>Science</i> 224 pp. 420 - 421.</p> <p>Ulrich, R. S. (1993) 'Biophilia, biophobia, and natural landscapes', in Kellert, R. S. and Wilson, E. O. (eds) <i>The Biophilia Hypothesis</i>. Island Press, Washington DC pp. 73 - 137.</p> <p>Wilson, E. O. (1984) <i>Biophilia</i>. Harvard University Press, Massachusetts.</p> <p>Wilson, E. O. (1993) 'Biophilia and the conservation ethic', in Kellert, S. R. and Wilson, E. O. (eds) <i>The Biophilia Hypothesis</i>. Island Press, Washington DC.</p> <p>WHO (1973) <i>Report of the International Pilot Study of Schizophrenia</i>. Author, Geneva.</p> <p>WHO (1979) <i>Schizophrenia: an International Follow-up Study</i>. John Wiley, New York.</p> <p>WHO (1983) <i>Depressive Disorders in Different Cultures: Report of the WHO Collaborative Study of Standardized Assessment of Depressive Disorders</i>. Author, Geneva.</p>
ISBN	
ECA/HW OPENspace	August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***12 THE RELATION BETWEEN BEING AWAY AND
PRIVACY IN URBAN FOREST RECREATION
ENVIRONMENTS**

Description	This article seeks to investigate the construct of being away and its association with desire, achievement, and functions of privacy during on-site visits. Past research has highlighted that peace and quiet, tranquillity, and moments of privacy are important parts of leisure time in natural places (Hammit, 1982; Hammit and Brown, 1984). However, the importance of privacy as a reason for being away, how much privacy is achieved and what functions privacy may be serving in our everyday lives is largely unknown. This study claims that being away forces and attributes of restorative environments may be important variables in motivating use of urban forests.
Methodology	Literature review. Intercept surveys (610 participants) and mail questionnaire (422 respondents). Factor analysis. Urban forests / park locations: Huntington Beach, Rocky River, North Chagrin and Garfield in Cleveland, Ohio.
Results	Hammit concluded that 'being away-from and being away-to are distinct concepts in the minds of visitors and that attributes of being away-to are more important than attributes of being away-from' (p. 521).
Published	Environment and Behaviour 32 (4): 521 – 540.
Authors	Hammit, W. E.
Date	2000
Publisher	Sage, London.
Price	Subscription £348 (Institutions), £82 (Individuals).
Keywords	Benefits, forest, being away, privacy.
Comments	Kaplan and Kaplan (1989) have developed the being-away approach in their treatment of natural areas as restorative environments. However it is important not to simply equate being away with escape a term typically grounded in distancing oneself from a negative situation. Similarly travel to natural environments does not necessarily have to involve great distances (Kaplan, 1995). In addition, privacy is not a permanent state of being, rather a temporary and voluntary withdrawal of a person from the general society through physical or psychological means (Westin, 1967).

*P, T & W ref:**Project Title***12****THE RELATION BETWEEN BEING AWAY AND
PRIVACY IN URBAN FOREST RECREATION
ENVIRONMENTS**

Comments

Hammit suggests that when researching the privacy benefits of urban forest visitors in the future, 'one should also investigate the role of being away on privacy desired and achieved and on functions served' (p. 521). The author also suggests that future research is needed on the 'phenomenon of being away and its association with achieving privacy and other factors affecting the being away / privacy phenomenon during restorative experiences to natural environments' (p. 539).

References:

Hammit, W. E. (1982) 'Cognitive dimensions of wilderness solitude', *Environment and Behaviour* 14: 478 – 493.
Hammit, W. E. and Brown, G. F. (1984) 'Functions of privacy in wilderness environments', *Leisure Sciences* 6: 151 – 166.
Kaplan, R. and Kaplan, S. (1989) *The Experience of Nature – A Psychological Perspective*. New York, Cambridge University Press.

ISSN

0013 9165

ECA/HW
OPENspace

August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***13****RESTORATIVE EFFECTS OF NATURAL ENVIRONMENTAL EXPERIENCES**

Description	This paper explores the utility of different theoretical models of restorative experience in a quasi-experimental field study and in a true experiment.
Methodology	Multi-method assessments of restoration consisted of self reports of affective states, cognitive performance, and, in the latter study, physiological measures. Study 1: effects of an extended wilderness backpacking trip. Study 2: nature walk, walk in an urban setting, or a relaxed condition.
Results	Study 1: prolonged wilderness experience has restorative effects, wilderness experience may not immediately lead o greater positive affect, and mat even lightly depress mood. Study 2: natural setting more restorative than urban, no significant differences among groups in blood pressure and heart rate.
Published	Environment and Behaviour 23 (1): 3 - 26.
Author	Hartig, T., Mang, M. and Evans, G. W.
Date	1991
Publisher	Sage, London
Price	Subscription c. \$148 p.a.
Keywords	Restorative, natural, environment.
Comments	Hartig <i>et al</i> state that poets, writers, philosophers and artists have long held that natural settings are good for body, mind and soul. Researchers have also recently begun to examine the salutary effects of nature, however, the authors argue that much of this research has been atheoretical and relied on poorly designed program evaluations. They have also been characterised by inadequate follow-up procedures and over-reliance on self-report measures. Reviews of this literature are provided by Driver, Nash and Haas (1987), Ewert (1988), Gibson (1979) and Levitt (1989). The research of two groups have uncovered similarly consistent findings: 1. Kaplan and Kaplan (1989): theory of restorative environments in which the reduction of mental fatigue is central to restoration 2. Ulrich (1979, 1984, 1983): assumes initial response to the environment is affective rather than cognitive The authors highlight the temporal factors in wilderness experience.

<i>P, T & W ref:</i>	<i>Project Title</i>
13	RESTORATIVE EFFECTS OF NATURAL ENVIRONMENTAL EXPERIENCES
Comments	Restorative effects can also be realised in a rang of natural settings tht includes urban parks and wilderness areas.
	<p>References:</p> <p>Driver, B. L., Nash, R. and Haas, G. (1987) 'Wilderness benefits: a state -of-knowledge review', in Lucas, R. C. (ed) <i>Proceedings - National Wilderness Research Conference: Issues, State-of-knowledge, Future Directions</i>. Ogden, Utah: USDA Forest Service Intermountain Research Station: 294 - 319.</p> <p>Ewert, A. (1988) 'Research in outdoor pursuits: overview and analysis', in Cederquist, J. (ed) <i>Exploring Pathways to Adventure: Proceedings of the 1986 Conference on Outdoor Recreation</i>. Salt Lake City: Outdoor Program, University of Utah: 103 - 120.</p> <p>Gibson, P. M. (1979) 'Therapeutic aspects of wilderness programs: a comprehensive literature review', <i>Therapeutic Recreation Journal</i> 13 (2): 21 - 33.</p> <p>Levitt, L. (1989) 'Therapeutic value of wilderness', <i>Wilderness Benchmark 1988: Proceedings of the National Wilderness Colloquium</i>. USDA Forest Service General Technical Report SE-51. Asheville, C, USDA Forest Service South-eastern Forest Experiment Station: 156 - 168.</p>
ISSN	0013 9165
ECA/HW OPENspace	August 2002

OPENSspace LITERATURE REVIEW*P, T & W ref: Project Title***14 PROCEEDINGS: HEALTH WALKS RESEARCH AND DEVELOPMENT UNIT SYMPOSIUM**

Description	This report covers the proceedings of the first symposium of the Health Walks Research and Development Unit (HWRDU) at Oxford Brookes University on 2 nd March 2000. The symposium presented some of the Unit's research findings and set an agenda for future research into health walks.
Methodology	N/A
Results	<p>The future of health walks will depend on three key factors:</p> <ol style="list-style-type: none"> 1. A loose central control of the scheme but one which allows each project to develop its own identity and therefore retain ownership. 2. Further research to provide the evidence to answer the fundamental question 'Do health walks increase physical activity levels amongst those in most need and do they continue to sustain these levels?' 3. That Primary Care Groups (PCGs) recognise and endorse Health Walk schemes and recommend that GPs can safely refer patients onto the schemes. <p>The organisers concluded that more research was needed to identify the motivational dimensions and psychological benefits.</p>
Published	N/A
Author	Health Walks Research and Development Unit.
Date	2000
Publisher	Health Walks Research and Development Unit, Oxford.
Price	Free download from website.
Keywords	Health walks,
Comments	Organised exercise walking programmes are being set up across the UK to encourage sedentary people to become physically active by walking in their local area in the company of other people. An original survey at Sonning Common in 1994 highlighted that there were many barriers to walking, such as a fear of getting lost, not knowing where to walk, difficulty in climbing styles, lack of time and women feeling vulnerable when walking alone. One option was to have led walks.

P, T & W ref: *Project Title*

14

**PROCEEDINGS: HEALTH WALKS RESEARCH
AND DEVELOPMENT UNIT SYMPOSIUM**

Comments

The following abstracts are supplied:

- Buchanan, H. C., Bird, W., Kinch, R. F. T. and Ramsbottom, R. *The Metabolic and Physiological Demands of Brisk Walking in Older Men and Women*

Brisk walking is recommended for developing and maintaining cardiorespiratory fitness, body composition, muscular strength and endurance in adults (ACSM, 1998). Walking is accessible and does not require special skills or equipment and is associated with a low risk of injury. Subjects walked significantly faster outdoors than on the treadmill.

- Lad, H., Craven, R. and Ramsbottom, R. *The Response to a Three Week Walking Programme in Normally Sedentary Young Women*

For exercise to have long term benefits it must be sufficiently intensive and easy to do. Changes in 'metabolic fitness' may be detected following a relatively short intervention period. Walking appears to be at least as effective as other primary care based exercise schemes, but is likely to be cheaper as it is run predominantly by volunteers.

- Ashley, A., Bartlett, H. P., Lamb, S. E. and Steel, M. *Evaluation of the Thames Valley Health Walks Scheme: Participants' Feedback Survey*

The scheme has attracted 700 people to walk since January 1998. In addition to physical fitness, the countryside and the social side of the walks were important motivating factors. Walking is particularly effective for middle aged and older adults as the intensity of exercise required to produce health benefits is less than that needed to improve health in younger groups. Participants felt that to encourage them to keep Health Walking the scheme must have more varied and graded walks.

The workshops raised the following themes:

1. For the general public, more thought needs to go into the formulation of a suitable phrase to describe the level of walking to be maintained before an appropriate publicity campaign.
2. Local councils might 'mark out' accurate one mile courses.
3. Need to get across a simple public health message which would encourage a behavioural change.
4. Targeting of certain groups.
5. The name 'Health Walks' may not be appropriate for certain groups.
6. Need a national accreditation scheme if GPs and primary care teams were to recommend the walks to participants.
7. Should there be a fee?
8. Walking is not often encouraged as a form of transport.
9. Planning and design often make walking an unattractive and difficult option.
10. Need to promote walking as a non-recreational activity.

P, T & W ref: *Project Title*

14

**PROCEEDINGS: HEALTH WALKS RESEARCH
AND DEVELOPMENT UNIT SYMPOSIUM**

Comments

Key references:

American College of Sports Medicine (1998) 'Position stand on the recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in adults', *Medicine and Science in Sports and Exercise* 30: 975 – 991.
Morris, J. N. and Hardman, A. E. (1997) 'Walking to health', *Sports Medicine* 23: 306 – 332.

Website

<http://www.brookes.ac.uk/hc/healthwalks>

ISBN

N/A

ECA/HW
OPENspace

August 2002

<i>P, T & W ref:</i>	<i>Project Title</i>
15	EXPLORING LINKAGES BETWEEN THE ENVIRONMENT AND HEALTH: IS THERE A ROLE FOR ENVIRONMENTAL AND COUNTRYSIDE AGENCIES IN PROMOTING BENEFITS TO HEALTH?
Results	<ul style="list-style-type: none"> • Steps must be taken to ensure that groups using the countryside for different purposes do not prevent others from being able to benefit from their goals and purposes in visiting. • The ‘sensuous pleasures’ and the ‘feelings of togetherness at sharing communal spaces, identities and values’ such be used as important points of guidance for how to keep or enhance the powers of open, natural spaces to promote health and well-being. <p>The general review of links between the environment and health produced no evidence of original research studies on the special benefits to physical health of taking exercise outdoors. Yet there is a body of evidence to suggest that there may well be benefits to psychological well-being (and hence to health) when people are able to experience respite or recovery from it. In addition, the issues that benefits can be engendered through experiencing a ‘sense of place’ needs to be considered further in relation both to the issue of social participation and the sensuous pleasures of contact with nature.</p>
Published	A report for the Forestry Commission.
Author	Henwood, K.
Date	February 2001
Publisher	N/A
Price	Unknown.
Keywords	Environment, health, benefits.
Comments	<p>Recent critiques of the medical model in Western society have highlighted its ‘tendency to deflect attention away from the wider environmental, social and contextual ‘causes’ of ill health and relative lack of concern for ways of protecting or promoting good health’ (p. 2) (Porter, 1994; Stewart Brown, 1998).</p> <p>Amongst the number of important pathways creating a ‘profound inter-relatedness’ between the environment and health Henwood includes:</p> <ul style="list-style-type: none"> • The reduction of stress tolerance involving suppression of the immune system. • Changes in the integrity of social organisation in response to environmental degradation.

*P, T & W ref:**Project Title***15****EXPLORING LINKAGES BETWEEN THE ENVIRONMENT AND HEALTH: IS THERE A ROLE FOR ENVIRONMENTAL AND COUNTRYSIDE AGENCIES IN PROMOTING BENEFITS TO HEALTH?**

Comments

Although, Henwood points out that when presenting the case for environmental interventions expected to enhance human health one cannot consider strategies such as reforestation as unproblematic. Despite benefits such as biodiversity preservation, the need for improvements in environmental quality or the reduction of urban pollutants, further communication is needed between scientists and the public about the balance between environmental health benefits and risks.

Beck (1992) states that, in contemporary 'risk society', the problem is not just one of providing the public with new scientific knowledge and expertise so that they can protect themselves. Instead, what is needed are ways of acknowledging and dealing with the precariousness and uncertainties associated with life in 'post-modern' societies (p.11).

Henwood mentions projects already in operation such as the Thames Valley and Sonning Common Health Walk Schemes and the 'green gym' phenomenon (Bird, 1999). Other schemes are designed to promote health and well-being but not necessarily through physical activity (Elers Koch, 2000) and projects that take a holistic rather than a medical approach to people and health by promoting participation in art and learning, e.g. the Forest Heart Project, Wyre Forest Visitor Centre and the Centre for Creative Communities, London (see also Rigler and Campbell, 1997).

There is extensive evidence on how contact with and appreciation of nature can contribute to people's well being and health (Frumkin, 2000):

- Questionnaire studies have concluded that flowers and plants provide a reason for visiting and enjoying recreational sites, and that plants are calming and relaxing (Butterfield and Relf, 1992; Browne, 1992, Randall *et al*, 1992).
- Natural experiments in hospitals and prisons have found that green views reduce feelings of sickness, and anxiety (Moore, 1981, Ulrich, 1984).
- Actual experience of natural environments rather than just viewing them have shown that benefits include renewed vigour and energy, self-awareness, feelings of awe and comfort, improved sense of coping and ability to assert personal control (Cumes, 1998; Witman, 1987; Berman and Anton, 1988; Marx, 1988; Moyer, 1988; Levine, 1994; Waraday, 1994; Hyer *et al*, 1996; Bennet *et al*, 1998).

One problem is that much wilderness experience research concerns mainly commercially funded, structured recreation programmes rather than excursions taken under a wider range of circumstances.

P, T & W ref:

Project Title

15

EXPLORING LINKAGES BETWEEN THE ENVIRONMENT AND HEALTH: IS THERE A ROLE FOR ENVIRONMENTAL AND COUNTRYSIDE AGENCIES IN PROMOTING BENEFITS TO HEALTH?

Comments

The term 'biophilia' has been coined to capture the possibility that there may be some primeval, instinctual, or genetically encoded preference for nature and natural scenes (Wilson, 1984; White and Heerwagen, 1998). However, Henwood states that if this term is to be used in landscape perception / environmental valuation research its usage needs to be restricted to the many and varied affordances offered by contact with, liking for and identification with the natural world.

Fruitful discussions have emerged out of core research (largely in environmental psychology) on environmental perceptions and valuing of nature. Ulrich is often credited with making the earliest explicit statement on the importance of nature to people's lives, in large part because it offers a refuge – viewing natural scenes initiates the physiological and psychological responses that underpin recovery from stress (see also work by Kaplan and Kaplan, 1989).

Henwood also discusses 'therapeutic landscapes' and the cultural view of landscape developed in human geography and sociology: socially organised, culturally embedded and personally experienced processes are not geographically or spatially free floating but inextricably bound up with matters of locality, space, place and time.

References:

- Beck, U. (1992) *Risk Society: Towards a New Modernity*. London, Sage.
- Bennet, L. W., Cardone, S. and Jarczyk, J. (1998) 'Effects of therapeutic camping programme on addiction recovery: the Algonquin relapse prevention programme', *Journal of Substance Abuse Treatment* 15: 469 – 474.
- Berman, D. S. and Anton, M. T. (1988) 'A wilderness therapy program as an alternative to adolescent psychiatric hospitalisation', *Residential Treatment for Children and Youth* 5: 41 – 53.
- Bird, W. (1999) 'The health benefits of forests close to people', *Community Forestry*: 50 – 51.
- Browne, A. (1992) 'The role of nature for the promotion of well being in the elderly', in Relf, D. (ed) *The Role of Horticulture in Human Well Being and Social Development: A National Symposium*. Portland, OR, Timber Press.
- Butterfield, B. and Relf, D. (1992) 'National survey of attitudes toward plants and gardening', in Relf, D. (ed) *The Role of Horticulture in Human Well Being and Social Development: A National Symposium*. Portland, OR, Timber Press.
- Cumes, D. (1998) *Inner Passages Outer Journeys: Wilderness, Healing and the Discovery of Self*. Minneapolis, Llewellyn Publications.

P, T & W ref:

Project Title

15

EXPLORING LINKAGES BETWEEN THE ENVIRONMENT AND HEALTH: IS THERE A ROLE FOR ENVIRONMENTAL AND COUNTRYSIDE AGENCIES IN PROMOTING BENEFITS TO HEALTH?

References:

- Elers Koch, N. (2000) 'Project idea', Unpublished Manuscript, Ministry of Environment and Energy, Danish Forest and Landscape Research.
- Frumkin, H. (2000) *Beyond Toxicity: Human Health and the Natural Environment*. Unpublished Manuscript.
- Hyer, L., Boyd, S., Scurfield, R., Smit, D. and Burke, J. (1996) 'Effects of outward bound experience as an adjunct to inpatient PTSD treatment of war veterans', *Journal of Clinical Psychology* 52: 263 – 278.
- Kaplan, R. and Kaplan, S. (1989) *The Experience of Nature: A Psychological Perspective*. Cambridge, Cambridge University Press.
- Levine, D. (1994) 'Breaking through barriers: wilderness therapy for sexual assault survivors', *Women and Therapy* 6: 24 – 25.
- Marx, J. D. (1988) 'An outdoor adventure counselling programme for adolescents', *Social Work* 33: 517 – 520.
- Moore, E. O. (1981) 'A prison environment's effects on health care service demands', *Journal of Environmental Systems* 2 (11): 17 – 34.
- Moyer, J. A. (1988) 'Bannock bereavement retreat: a camping experience for surviving children', *American Journal of Hospice Care* 5: 26 – 30.
- Porter, R. (1994) 'A professional malaise: how medicine became the prisoner of its success', *Times Literary Supplement*: 47373 - 47374
- Randall, K., Shoemaker, C. A., Relf, D. and Geller, E. S. (1992) 'Effects of plantscapes in an office environment on worker satisfaction', in Relf, D. (ed) *The Role of Horticulture in Human Well Being and Social Development: A National Symposium*. Portland, OR, Timber Press.
- Rigler, M. and Campbell, J. (1997) *Withymoor Village – A Health Hive*. Withymoor Surgery, Turners Lane, Brierley Hill, West Midlands DY5 2PG.
- Stewart Brown, S. (1998) 'Emotional well being and its relation to health', *British Medical Journal* 317: 1608 – 1609.
- The Countryside Agency (2000) *Better Mental Health from the Countryside*. CA.
- Ulrich, R. (1984) 'View through a window may influence recovery from surgery', *Science*: 420 – 421.
- Waraday, B. A. (1994) 'Therapeutic camping programme for adolescents with cancer', *Journal of the Association of Nephrology* 8: 387 – 390.
- Whitem R. and Herrwagen, J. (1998) 'Nature and mental health: biophilia and biophobia', in Lundberg, A. (ed) *Environment and Mental Health*. London and New Jersey, Lawrence Erlbaum.
- Wilson, E. O. (1984) *Biophilia*. Cambridge, MA, Harvard University Press.

P, T & W ref:

Project Title

15

EXPLORING LINKAGES BETWEEN THE ENVIRONMENT AND HEALTH: IS THERE A ROLE FOR ENVIRONMENTAL AND COUNTRYSIDE AGENCIES IN PROMOTING BENEFITS TO HEALTH?

Comments

References:

Witman, J. P. (1987) 'The efficacy of adventure programming in the development of co-operation and trust with adolescents in treatment', *Therapeutic Recreation* 21: 22 – 29.

Other references:

Burgess, J., Harrison, C. M. and Limb, M. (1988) 'People, parks and the urban green: a study of popular meanings and values of open spaces in the city', *Urban Studies* 25: 455 – 473.

Fellows, L. (1992) 'What are the forests worth?', *The Lancet* 339: 1330 – 1333.

Freeman, H. L. (1984) *Mental Health and the Environment*. Longman.

Gallagher, W. (1993) *The Power of Place: How Our Surroundings Shape Our Thoughts and Actions*. New York, Harper Collins.

Government White Paper (1999) *Saving Lives: Our Healthier Nation*. London, HMSO.

www.official-documents.co.uk/document/cm43/4386-04.htm

Honari, M. and Boleyn, T. (eds) (1999) *Health Ecology: Health, Culture and Human-Environment Interaction*. London, Routledge.

Lundberg, A. (1998) *Environment and Mental Health*. London and New Jersey, Lawrence Erlbaum.

Macnaghten, P. and Urry, J. (1998) *Contested Natures*. London, Sage.

National Urban Forestry Unit (1998) *Trees Matter The Benefits of Woods and Trees in Towns*. The Science Park, Stafford Road, Wolverhampton WV10 9RT.

Parsons, R. (1991) 'The potential influences of environment perception on human health', *Journal of Environmental Psychology* 11 (1): 23.

Tuan, Y.F. (1974) *Topophilia: A Study of Environmental Perception, Attitudes and Values*. Englewood Cliffs, Prentice Hall.

Turner, B. S. (2000) 'The history of the changing concepts of health and illness: outline of a general model of illness categories', in Albrecht, G., Fitzpatrick, R. and Scrimson, S. C. (eds) *The Handbook of Social Studies in Health and Medicine*. London, Sage.

Wilson, M. (1977) *Health is For People*. Darton, Longman and Todd.

<i>P, T & W ref:</i>	<i>Project Title</i>
15	EXPLORING LINKAGES BETWEEN THE ENVIRONMENT AND HEALTH: IS THERE A ROLE FOR ENVIRONMENTAL AND COUNTRYSIDE AGENCIES IN PROMOTING BENEFITS TO HEALTH?
Correspondence	Centre for Creative Communities, 118 Commercial Street, London, E1 6NF. http://www.creativecommunities.org.uk Forest Heart Project, Forestry Commission, Callow Hill, Rock, Nr Kidderminster, Worcestershire DY14 9XQ. http://www.wyreforest.net
ISBN	N/A
ECA/HW OPENspace	aUGUST 2002

OPENSspace LITERATURE REVIEW*P, T & W ref:* *Project Title***16****HEALTHY HOBBIES PROJECT: SURVEY
REPORT, MARCH – JULY 2001**

Description	This report outlines the results of a survey of families about out-of-school recreation for special educational needs and / or disabled children in Glasgow. The overall aim of the project is to promote an inclusive, holistic, family-centred approach to recreation for children with special educational needs and / or impairments in Glasgow. This includes: <ol style="list-style-type: none"> 1. Looking at ways of improving the dissemination of information about out-of-school activities to families and professionals. 2. Designing and delivering pilot programmes.
Methodology	Quantitative survey - questionnaire. Qualitative research - focus groups, participant observation, meetings and interviews with relevant agencies.
Results	An analysis of the questionnaire survey yielded a number of key themes: <ul style="list-style-type: none"> • There is a need for activities for older children. Teenage children are still having to be taken everywhere and are not being encouraged to move towards independence. • Swimming was the most popular water sport (but possibly due to lack of knowledge regarding alternative pursuits), football was the most popular ball game. • Families and children generally want to use out-of-school recreational facilities on a regular basis or as a one-off event. • Parents want their children to have access to unstructured play opportunities in a safe and secure environment. • Parents want their children to take part in organised activities often, but not exclusively, to allow them to learn specific skills. • There is considerable dissatisfaction about what is on offer for family oriented activities. • Most siblings wanted to take part 'always' or 'sometimes'. • Often provision is only open to those who could get to the venues under their own steam. • There are many opportunities for non-disabled children but nothing suitable or arranged for children with special needs. • A newsletter is the most welcome way of keeping informed. • Parents are anxious to avoid situations that resulted in a negative experience for their children and themselves.
Published	N/A
Author	Jean Alcock Research and Consultancy Services.
Date	2001
Publisher	Jean Alcock Research and Consultancy Services on behalf of The Glasgow Council for the Voluntary Sector.
Price	Unknown

<i>P, T & W ref:</i>	<i>Project Title</i>
16	HEALTHY HOBBIES PROJECT: SURVEY REPORT, MARCH – JULY 2001
Keywords	Out-of-school, recreation, inclusive.
Comments	<p>The report makes a number of recommendations under the themes of ‘training issues’, ‘geographical location and transport issues’, ‘support issues’, ‘information dissemination’ consultation and partnerships’ and ‘resource and development work’.</p> <p>The report also gives a review of existing providers and facilities including The Beacon, Cranhill and Tower Centre, Castlemilk.</p>
ISBN	N/A
ECA/HW OPENspace	August 2002

OPENSspace LITERATURE REVIEW*P, T & W ref:* *Project Title***17****THE EXPERIENCE OF NATURE: A
PSYCHOLOGICAL PERSPECTIVE****Description**

The Experience of Nature is described in the Foreword as a book which ‘establishes a basic understanding of nature from window box to wilderness’ (p. vii). However, the authors do not aim to provide further evidence of the importance of nature to people. Rather, they wish to go beyond this, to focus on what nature does, for whom, under what circumstances.

The book is about the natural environment, people, and the relationship between them. Kaplan and Kaplan highlight that many of the themes discussed have not been studied empirically and for most there is only a limited vocabulary.

The book is divided into three parts:

- I. The preference for nature.
- II. Benefits and satisfactions.
- III. Towards a synthesis.

In the final part of the book the Kaplan’s develop the concept of a restorative environment - an environment in which the recovery of mental energies and effectiveness is enhanced. The book also provides a brief synopsis of other individual studies under the themes of ‘preference studies’, ‘outdoor challenge programs’ and ‘benefit and satisfaction studies’.

Methodology

Literature review, case studies.

Results

N/A

Published

N/A

Author

Kaplan, R. and Kaplan, S.

Date

1989

Publisher

Cambridge University Press, Cambridge.

Price

c. £13.88

Keywords

Environment, humans, relationships.

Comments

Flower gardens, poetry, park legislation, angst over the destruction of trees - Kaplan and Kaplan believe that each is a part of the circumstantial evidence which shows that nature is important in itself rather than for some ‘extrinsic’ reason. Further evidence in support of this has been provided by research into specific populations (Verderber, 1986; Ulrich, 1984; Moore, 1981). Here observation is highlighted as a crucial form of ‘use’.

P, T & W ref:

Project Title

17

THE EXPERIENCE OF NATURE: A PSYCHOLOGICAL PERSPECTIVE

Comments

One factor that accounts for differences in environmental preference is familiarity, e.g. direct experience and knowledge of a place can certainly affect preference. The literature also hints at differences in environmental preference between black and white groups, although rarely mention ethnicity.

The authors point out that the wilderness is not the only setting for experiencing restorative experiences. The failure to recognise the satisfactions and benefits of nearby natural settings has important consequences, e.g. landscaping is often seen as an optional 'amenity'. An important feature of wilderness is its extent, yet nearby nature is rarely vast. Smallness need not be detrimental but proximity is often crucial.

When the pressures of life lead one to escape less attention is given to the place one is headed in comparison to the place one has come from. The natural environment appears to have a special relationship to each of the four factors that are important to a restorative experience (namely 'being away', 'extent', 'fascination' and 'compatibility'). For example, the distinctiveness and separateness of the natural environment from the everyday may be as important as the literal distance. In addition, the natural environment has an aesthetic advantage in that such settings are usually preferred over others. The relationship between humans and the natural environment spans a wide range of concerns, from the pragmatic to the spiritual.

The authors state that at present, the benefits and pleasures of nature are valued highly on a personal level but these rewards have little influence in the policy area. They attribute this to a number of reasons including hesitancy to exert control over private property for the public good, and the scarcity of evidence or documentation to show the importance of natural settings. Yet participatory, local schemes can be powerful forces in protecting and restoring environments. When valued as an amenity, nature can be easily replaced by greater technological achievement; when viewed as an essential bond between humans and other living things, the natural environment has no substitutes (p. 204).

References:

- Moore, E. O. (1981) 'A prison environment's effect on health care service demands', *Journal of Environmental Systems* 11: 17 – 34.
- Ulrich, R. S. (1984) 'View through a window may influence recovery from surgery', *Science* 224: 420 - 421.
- Verderber, S. (1986) 'Dimensions of person-window transactions in the hospital environment', *Environment and Behaviour* 18: 450 – 466.

P, T & W ref:

Project Title

17

THE EXPERIENCE OF NATURE: A PSYCHOLOGICAL PERSPECTIVE

Comments

Other references:

- Balling, J. D. and Falk, J. H. (1982) 'Development of visual preference for natural environments', *Environment and Behaviour* 14: 5 – 28.
- Francis, M. (1987) 'Urban open spaces', in Zube, E. H. and Moore, G. T. (eds) *Advances in Environment, Behaviour, and Design* (Volume One). New York, Plenum.
- Getz, D. A., Karow, A. and Kielbaso, J. J. (1982) 'Inner city preference for trees and urban forestry programs', *Journal of Arboriculture* 8: 258 – 263.
- Hammit, E. W. and Brown, G. F. (1984) 'Functions of privacy in wilderness environments', *Leisure Sciences* 6: 151 – 166.
- Hanson, R. A. (1973) 'Outdoor challenge and mental health', *Naturalist* 24: 26 – 30.
- Hayward, J. (1989) 'Urban parks: research, planning and social change', in Altman, I. and Zube, E. (eds) *Public Space and Places*. New York, Plenum.
- Kaplan, R. (1984) 'Impact of urban nature: a theoretical analysis', *Urban Ecology* 8: 189 – 197.
- Kaplan, R. and Kaplan, S. (1987) 'The garden as restorative experience: a research odyssey', in Francis, M. and Hester, R. T. (eds) *The Meanings of the Garden: Conference Proceedings*. Davis, Centre for Design Research, University of California.
- Kaplan, R. and Talbot, J. F. (1988) 'Ethnicity and preference for natural settings: a review and recent findings', *Landscape and Urban Planning* 15: 107 – 117.
- Talbot, J. F. and Kaplan, R. (1984) 'Needs and fears: the response to trees and nature in the inner city', *Journal of Arboriculture* 10: 222 – 228.

ISBN

0-521-34139-6
0-521-34939-2 (pbk)

ECA/HW
OPENspace

August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***18 RATING SCALE MEASURES OF RESORATIVE COMPONENTS OF ENVIRONMENTS**

Description	<p>This research aims to develop a set of rating scale measures of the restorative components of environments and builds upon a theory designed to explain these effects developed by Kaplan and Kaplan (1989). Kaplan and Kaplan have suggested that four environmental components account for their restorativeness:</p> <ol style="list-style-type: none"> 1. Being away: for an environment to be restorative one must feel a sense of distance due to the change of scenery as well as an escape from some aspects of life that are ordinarily present, e.g. distractions, obligations, pursuits purposes and thoughts. 2. Extent: scope and connectedness are important, i.e. an environment that is extensive in time and space must also be sufficiently connected to construct a larger whole. 3. Fascination: this is essential in distinguishing between directed (voluntary) attention and involuntary attention, e.g. nature is assumed to act on the involuntary attention whilst the directed attention (which can be depleted) recovers. 4. Compatibility: this involves the fit between environment, the individual's inclination and actions required by the environment (Kaplan, 1983). <p>The study combines the results of two study populations:</p> <ul style="list-style-type: none"> – Study 1: 238 Norwegian undergraduates were asked to imagine themselves to be in either a familiar nature environment or city environment which they then rated on unipolar scales intended to describe how they experienced the environments. – Study 2: 157 undergraduates from the same population viewed videos of a forest, park, sea area, city and snowy mountain and again rated them on unipolar scales intended to describe how they experienced the environments.
Methodology	Questionnaire with seven point rating scale. Factor and reliability analysis.
Results	The factor analysis yielded results in agreement with the theory proposed by Kaplan and Kaplan (1989). As the authors predicted, environments with natural elements generally scored higher than city environments on all measures.
Published	Journal of Environmental Psychology 21 (1): 31 – 44.
Authors	Laumann, K., Gärling, T. and Stormark, K. M.
Date	2001
Publisher	Academic Press, London.

<i>P, T & W ref:</i>	<i>Project Title</i>
18	RATING SCALE MEASURES OF RESORATIVE COMPONENTS OF ENVIRONMENTS
Price	Subscription £170 (Institutions).
Keywords	Restorative, rating scale measures, city, nature, environments.
Comments	<p>Past literature has suggested that natural scenes contribute to reducing stress, can promote more positive moods and feelings, and may facilitate recovery from illness (Ulrich, 1981, 1984; Verderber, 1986; Parsons, 1991; Ulrich <i>et al</i>, 1991; McAndrew, 1993). Previously Hartig <i>et al</i> (1997) attempted to develop a perceived environmental restorativeness scale (PRS) but their research did not consistently confirm the Kaplan's four factor structure. The aim of Laumann <i>et al</i> was to critique this research and develop an alternative set of rating scale measures.</p> <p>On the viability of photographs as environmental stimulus see Vining and Orlando (1989), Anderson <i>et al</i> (1983), Hetherington <i>et al</i> (1993)</p> <p>The authors suggest that future research to determine whether fascination differs between natural and city environments would be valuable. However, they acknowledge the fascination in the urban environment may be relative to activities rather than to the environment <i>per se</i>.</p> <p>References:</p> <p>Anderson, L. M., Mulligan, B. E., Goodman, L. S. and Regen, H. Z. (1983) 'Effects of sounds on preferences for outdoor settings', <i>Environment and Behaviour</i> 15: 539 – 566.</p> <p>Brown, T. C. and Daniel, T. C. (1991) 'Landscape aesthetics of riparian environments: relationship of flow quantity to scenic quality along a wild and scenic river', <i>Water Resources Research</i> 27: 1787 – 1795.</p> <p>Hartig, T., Korpela, K., Evans, G. W. and Gärling, T. (1997) 'A measure of perceived environment restorativeness', <i>Scandinavian Housing and Planning Research</i> 14: 175 – 194.</p> <p>Hetherington, J., Daniel, T. C. and Brown, T. C. (1993) 'Is motion more important than it sound? The medium of presentation in environmental perception research', <i>Journal of Environmental Psychology</i> 13: 283 – 291</p> <p>Kaplan, S. (1983) 'A model of person – environment compatibility', <i>Environment and Behaviour</i> 15: 311 – 332.</p> <p>Kaplan, S. and Kaplan, R. (1989) <i>The Experience of Nature: A Psychological Perspective</i>. New York, Cambridge University Press.</p> <p>McAndrew, F. T. (1993) <i>Environmental Psychology</i>. Pacific Grove, CA, Brooks / Cole.</p> <p>Parsons, R. (1991) 'The potential influence of environmental perception on human health', <i>Journal of Environmental Psychology</i> 11: 1 – 23.</p> <p>Ulrich, R. S. (1984) 'View through a window may influence recovery from surgery', <i>Science</i> 244: 420 – 421.</p> <p>Ulrich, R. S. (1981) 'Natural versus urban scenes: some psychophysiological effects', <i>Environment and Behaviour</i> 13: 523 – 556.</p>

<i>P, T & W ref:</i>	<i>Project Title</i>
18	RATING SCALE MEASURES OF RESORATIVE COMPONENTS OF ENVIRONMENTS
Comments	References: Ulrich, R. S., Dimberg, V. and Driver, B. L. (1991) 'Psychophysiological indicators of leisure benefits', in Driver, B. L., Brown, P. J. and Peterson, G. L. (eds) <i>Benefits of Leisure</i> . State College, PA, Ventura. Verderber, S. (1986) 'Dimensions of persons – window transactions in the hospital environment', <i>Environment and Behaviour</i> 18: 450 – 466. Vining, J. and Orlando, B. (1989) 'The video advantage: a comparison of two environmental representational techniques', <i>Journal of Environmental Management</i> 29: 275 – 283. Other references: Zube, E. H. and Brush, R. (eds) <i>Landscape Assessment: Values, Perceptions and Resources</i> . Stroudsburg, PA, Dowden, Hutchinson and Ross: 151 – 167.
ISSN	0272 4944
ECA/HW OPENspace	August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:**Project Title***19****BREAKING THROUGH BARRIERS:
WILDERNESS THERAPY FOR SEXUAL
ASSAULT SURVIVORS**

Description	Article substantiates wilderness therapy and its appropriateness for sexual assault survivors. Hopes to build acceptance and use of the model for survivors.
Methodology	Workshop
Results	N/A
Published	Women and Therapy 6: 175 - 184.
Author	Levine, D.
Date	1994
Publisher	Haworth Press
Price	Unknown.
Keywords	Wilderness therapy, sexual assault, women.
Comments	<p>Wilderness therapy = counselling combined with rigorous outdoor activities to create a situation that relates metaphorically to the original abuse and emphasises developing new coping strategies.</p> <p>Women encouraged to face their fears in a supportive environment, faced with physically demanding activities, and provided the chance to surmount them.</p> <p>Usually 1 - 3 day programs.</p> <p>Most effective are:</p> <ol style="list-style-type: none"> i. the climbing wall - experiences of over-coming fear, planning. ii. the ropes course - finding limits iii. the 3-day rock climbing trip. <p>Innovative concept.</p> <p>Noticeable growth in self-esteem and confidence, overcoming fears, giving and receiving support, trust, power and control issues, and problem-solving (p. 182).</p> <p>Controversy surrounding the stress imposed on survivors, the perceived rigor of the programming experience, and how the program considers the traditional therapy in which survivors might be engaged.</p> <p>Is wilderness programming promoting direct confrontation?</p> <p>Not about 'macho' feelings of making it to the top or being successful.</p>

P, T & W ref:

Project Title

19

**BREAKING THROUGH BARRIERS:
WILDERNESS THERAPY FOR SEXUAL
ASSAULT SURVIVORS**

ISSN

ECA/HW
OPENspace

July 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***20****BODIES IN THE WOODS****Description**

It is generally assumed that humans exhibit a general affinity with trees and that trees culturally signify a universal 'natural' message. Yet, although there is something about trees and bodies that seems to effect a 'passionate liaison', the nature of this liaison varies from society to society (Schama, 1995). Tree symbolism has been the subject of considerable anthropological enquiry.

Macnaghten and Urry highlight the fact that, beyond general claims about trees and humans, there has been little or no research into how specific social groups engage with and perform their bodies in different types of wooded environments in the West. In this article they point out that different social groups experience the bodily opportunities and constraints that woods and forests provide in quite different ways.

Methodology

Focus groups in Scotland, England and Wales.

Results

The authors conclude that:

1. That there are significant, contested and ambivalent affordances provided by woods and forests in contemporary Britain.
2. There is considerable variation in the embodied experience of trees between different social groups.
3. Organisations concerned with 'managing' these places deal problematically with the embodied relationship that some groups have with trees, woods and forests.

The experience of trees appears to have an intimate bodily experience for many people. Yet the bodily affordances that people gain from woods and forests are influenced by personal and family life-stage, socio-economic circumstance and geographical location.

- Young mothers want secure, wardened play spaces for families and children.
- Fathers and older children want open-air facilities for strenuous outdoor pursuits.
- Retired or unemployed people want locally accessible open spaces that are full of surprises and lack regulation.
- Adventurous younger people want places to get away from it all.
- Field sports enthusiasts seek to maintain local, relatively undisturbed places for their sports.
- Asian youth mostly seek to avoid English woods altogether.

Published

Body and Society 6 (3 – 4): 166 - 182.

Authors

Macnaghten, P. and Urry, J.

Date

2000

Publisher

Sage, London.

Price

Subscription £240 (Institutions), £40 (Individuals).

*P, T & W ref:**Project Title***20****BODIES IN THE WOODS**

Keywords

Trees, embodiment, social groups.

Comments

Getting out into the open air is an important part of most people's daily lives. The focus groups research showed that the open air provided scope for relaxation, refreshment, escape from the everyday and a chance to reform social relationships. Importance was rarely related to the intrinsic character of the environment itself, but rather to the human experiences and social relationships that such spaces afforded.

For many people their desire for the outdoors depended upon the accessibility to spaces that were apparently free from signs of human interference and control. Through the focus group research walking under and through trees, woods and forests was a way in which to escape from the city, the 'other', and a way of reconnecting with childhood memories. The study showed that the embodied experience and sensuality of trees was particularly highly regarded (Tuan, 1993). However, for some groups such as mothers and children, trees and woods have also become associated with danger, places in need of regulation in order to be safe.

The association of broad-leafed, deciduous woodland and Englishness may explain why inner-city Asian youths are generally not attracted to woods. In the research, this group experienced little desire to experience nature and claimed to enjoy woods and forests only insofar as they enabled them to participate in adventure sports. Such detachment was also evident in their childhood memories of tress and woods. Whilst this detachment stems from the practical difficulties of getting out into the wider countryside and from a diffuse sense of ethnic difference and embarrassment in rural areas in Britain. Another factor may also be the difference in cultural associations of woods and forests. For example, the research found that:

- Trees are more likely to be considered as a source of firewood.
- For young Asian women, woods are dark, dirty and scary places. This was the only group that preferred dense conifer plantations that they described as peaceful and warm.
- This group was the only one to discuss global ecological need for more woods as a greater priority than going for walks and personal pleasure.

Further distinctions can be seen in the ways in which different groups use woods and forests. For some, close physical proximity or lack of time constraints enables regular, straightforward informal visits. Others (e.g. women) associate woods with a sense of danger (Burgess, 1995) and find the presence of rangers and signs of disciplined activity comforting.

References:

- Burgess, J. (1995) *Growing in Confidence: Understanding People's Perceptions of Urban Fringe Woodlands*. Cheltenham, Countryside Commission.
- Schama, S. (1995) *Landscape and Memory*. London, Harper Collins.

P, T & W ref: *Project Title*

20 **BODIES IN THE WOODS**

Comments**References:**

Tuan, Y-F. (1993) *Passing Strange and Wonderful*. Washington, DC, Island Press.

Other references:

Burgess, J. (1993) *Perceptions of Risk in Recreational Woodlands in the Urban Fringe*. Cheltenham, Countryside Commission.

Clarke, G., Darrall, J., Grove-White, R., Macnaghten, P. and Urry, J. (1994) *Leisure Landscapes*. London, CPRE.

Macnaghten, P. and Urry, J. (1998) *Contested Natures*. London, Sage.

Macnaghten, P., Grove-White, R., Waterton, C. and Weldon, S. (1998) *Woodland Sensibilities: Recreational Uses of Woods and Forests in Contemporary Britain*. Lancaster, CSEC.

Rival, L. (ed) (1998) *The Social Life of Tress: Anthropological Perspectives on Tree Symbolism*. Oxford, Berg.

ISSN

1357 034X

ECA/HW
OPENspace

August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***21****URBAN FORESTY: WHERE PEOPLE MEET TREES**

Description This paper introduces an example of a co-ordination effort in Europe, COST Action E12 'Urban Forests and Trees'. In doing this, the paper indicates that relevant research activities are currently fragmented, mono-disciplinary and primarily local and regional.

Methodology Literature review.

Results The author makes the following conclusions:

- Alongside the need to study urban sites, there is a need to investigate and develop environmentally-sound methods of urban forest management.
- Changing urban demands for recreational opportunities must be monitored and anticipated.
- There is a need to develop integrative planning and management.

English Community Forests are highlighted as an example of good practice.

Published www.communityforest.org.uk/tpsn.html

Author Nilsson, K.

Date Information correct to March 2002.

Publisher Forests for the Community.

Price Free.

Keywords Urban greenspace, environment, Europe.

Comments In an urbanising society, urban greenspaces are recognised as major contributors to the quality of the urban environment. Yet the full potential of urban greenspace is often not met due to, for example, the high level of urban pressures, a lack of integrated planning and management and limited specific knowledge of urban forests and trees.

The benefits of urban forests and trees

In Europe more than two-thirds of the population resides in urban areas and the quality of the urban environment, including green areas, is becoming increasingly recognised as a key to the ecological, economic and social reconstruction and development of European cities.

<i>P, T & W ref:</i>	<i>Project Title</i>
21	URBAN FORESTY: WHERE PEOPLE MEET TREES

Comments

The proportion of green areas varies greatly between European urban areas. Green areas play vital role in urban bio-diversity, contribute to sheltering and water protection, and lower local air temperatures. Green spaces enrich real estate prices and attract economic activity (Tyrväinen, 1999) as well as having manifold socio-cultural functions (including aesthetic and psychological). They provide a safe haven from city life and have a positive influence on health and well-being (Ulrich, 1984; Grahn, 1989; Kaplan and Kaplan, 1989). The latter show that vegetation and nature reinforce our spontaneous attention, allow our sensory apparatus to relax and infuse us with fresh energy.

COST Action E12 'Urban Forests and Trees'

Nilsson provides brief information on COST initiatives. This one runs from September 1997 until Summer 2002 and 23 European countries are involved. Nilsson gives a detailed break down of the activities of the working groups within the initiative and the organisations involved.

References:

- Grahn, P. (1989) *Att Uppleva Parken. Parkens Btydelsa För Äldre, Sluka Och Handikappade Skildrede Genom Dagböcker, Intervjuer, Teckningar Och Fotografier*. Alnarp, Sveriges Lantbruksuniversitet.
- Kaplan, R. and Kaplan, S. (1989) *The Experience of Nature*. Cambridge, Cambridge University Press.
- Tyrväinen, L. (1999) 'Monetary valuation of urban forest amenities in Finland'. Academic Dissertation, Research Papers 739. Vantaa, Finnish Forest Research Institute.
- Ulrich, R. S. (1984) 'View through window may influence recovery from surgery', *Science* 224: 420 – 421.

Other references:

- NUFU (1998) *Trees matter! – the benefits of trees and woods in towns*. Wolverhampton, National Urban Forestry Unit.

ISBN

ECA/HW
OPENspace

August 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***22 NATURE AS HEALER**

Description	Relationship of well-being to physical settings through workshop visualisations and art. Discusses characteristics of natural spaces such as motion, light and privacy in terms of their healing properties. Argue for increasing children's contact with nature as critical research for healthy growth and development.
Methodology	Workshop 'Spaces Can Heal'. 300 participants including architects, designers, social workers, psychotherapists, nurses, parents and students. 2 visualisations (1 woundedness, 1 healing) Relaxation, then asked recall a time when they (or someone close to them) felt helpless, wounded or in pain and pay attention to the physical setting (size, colours, odours, sounds, textures, ways in which setting helped or hindered wounding). Discussion, then asked to envision an environment that would be healing for the wounded person and invited to draw it
Results	Only those injured indoors recalled the setting as exacerbating the wounding. Drawings reveal qualities of places that contribute to healing.
Published	Children's Environments Quarterly 6 (1): 27 - 32.
Author	Olds, A.
Date	1989
Publisher	Unknown
Price	Unknown
Keywords	Well-being, nature, children.
Comments	<p><i>Qualities of healing spaces</i> Over 75% of healing spaces were outdoor scenes featuring trees, grass, water, sky, rocks, flowers, and birds. Remaining 25% were indoors but always contained elements related to outdoors - views through windows (sky, trees, sun, garden), potted plants, flowers, and growing things. Nature as a healing agent.</p> <p>Probably result of direct experiences with the natural world during childhood [though paper just jumps straight to this with no prior reasoning].</p> <p>Child's perception of the environment is immediate and holistic.</p> <p>Nature heals in remembrance and experience (p. 28). Contact with nature during childhood [...] may be critical both for internalising healing images, and for direct experience with energetic forces that affect physical and psychic well-being (p. 28).</p>

*P, T & W ref:**Project Title***22****NATURE AS HEALER**

Comments*Motion*

While quiet and comfortable all the healing spaces were described as replete with change and motion: water flowed, breezes blew, the sun was hot; walking, swimming - reflect vitality of people moving in space, and the motion of environmental elements which stimulate the senses.

Moving bodies

Motion permits an organism to freely locate itself in space, assume different body postures, create its own boundaries, access diverse territories, manifest power, and fulfil its potential (p. 28).

To grow and succeed all children must be allowed to dare, risk, do, fail, and try again (p. 28).

Society at large is not providing alternatives to the constraints of home and school (p. 28).

Movement in nature

Senses require moderated stimulation from the external environment.

Control: prediction and orientation

Participants described the unpredictability of who they might meet as a painful part of being wounded.

Healing spaces showed wide vistas, high viewpoints.

Light

Need for natural light.

Privacy

Participants usually depicted themselves alone.

Animals

Caring for a pet is a significant deterrent to depression, loneliness and alienation.

Beauty

Consideration is rarely given to the urban landscape, public parks, and playgrounds.

The spiritual significance of natural features

Natural features most common to the outdoor scenes were earth, and, mud, trees, grass, sky, open space, water, sunlight, rocks, ledges, hills, and mountains.

Concluding thoughts

Nature is rarely available for healing purposes given current urban planning, architectural, therapeutic, and educational practices.

Ignore the natural world at our own and children's peril.

ISSNECA/HW
OPENspace

July 2002

OPENspace LITERATURE REVIEW*P, T & W ref:* *Project Title***23****LEISURE TRIPS OF SENIOR CITIZENS:
DETERMINENTS OF MODAL CHANGE****Description**

This paper seeks to examine the mobility of senior citizens in respect to leisure activities. Based on a previous study by Schwanen (1999) the analysis shows that older people prefer car travel irrespective of where they live and that, public transport is used merely as a substitute for walking and cycling. The research also extends previous research on travel behaviour and urban form.

The authors give two main reasons for studying the travel patterns of senior citizens. First, half of the elderly population in Europe has no access to a car mainly due to low income and poor health (EC, 1996). Second, the meanings of *capability* and *coupling* constraints change as people get older, e.g. they no longer commute to work and trips are mostly for leisure activities (Hägerstrand, 1970).

The choice of travel mode is linked to three sets of factors:

1. Personal characteristics: education, age, and household composition.
2. Car ownership.
3. Characteristics of the residential environment.

Methodology

The research was based on data from the Dutch National Travel Survey (1996) in which participants were asked to complete a trip diary for one entire day. The data set comprised of 28,419 senior citizens aged 50+ or over living independently, living alone or in a two-person household. The model used to analyse the data was the multinomial logistic regression model. The following parameters were set:

1. Car ownership was determined at household level (ownership of a current drivers license was also used in multivariate analysis in addition to car ownership).
2. Leisure trips comprised of social visits, recreation or sport, touring, walking and recreational shopping more than 3km from residential area.
3. The classification of residential environments was based on a (slightly modified) typology of Dutch municipalities designed by the Directorate-General of Housing, Spatial Planning and the Environment (VROM).

Results

Based on their analysis, Schwanen, Dijst and Dieleman come to the conclusion that owning a car is crucial to the choice of travel mode. If senior citizens own a car then they use it. Moreover, the older a person is the more likely they are to choose car travel. In general, public transport is not considered a serious alternative to car travel and appears to compete more with cycling and walking.

Published

Tijdschrift voor Economische en Sociale Geografie (Journal of Economic and Social Geography) 92 (3): 347 - 360.

<i>P, T & W ref:</i>	<i>Project Title</i>
23	LEISURE TRIPS OF SENIOR CITIZENS: DETERMINENTS OF MODAL CHANGE
Authors	Schwanen, T., Dijst, M. and Dieleman, F. M.
Date	2001
Publisher	Blackwell, Oxford.
Price	Subscription: Individual £30, Institution £88.
Keywords	Senior citizens, modal split, leisure activities, residential environment, multinominal logistic regression, the Netherlands.
Comments	<p>This research was undertaken in the light of the environmental degradation and congestion caused by passenger car use in the Netherlands. Since the 1980s policy makers have attempted to identify factors that influence travel behaviour and stepped up efforts to curtail car use amongst the general population. However, the use of passenger car transport by senior citizens has been a relatively under-exposed area.</p> <p>Summarising the literature the authors state that senior citizens experience less and more travel constraints than younger people, for example, they tend to experience less coupling constraints but more capability constraints (Mollenkopf and Flaschenträger, 1997; Ruopila and Suutama, 1997) and health problems (Jette and Branch, 1992; Leinbach, <i>et al</i>, 1994). Those who don't drive prefer to be driven, however, this increased dependency, involved more planning and recipients often felt obliged to offer something in return. The next preferable option after car travel was walking. Public transport is not popular due to its inconvenience, fears concerning safety, sporadic services in terms of location and time, physical obstacles and the possibility that one may have to stand. Paratransit services were found to be of limited significance to the research due to their associated stigma. Travel was also to some extent dependant on the residential environment.</p> <p>Concluding their analysis the authors suggest that new concepts such as door-to-door transport should be introduced.</p> <p>References:</p> <p>European Commission (1996) <i>The Citizens Network: Fulfilling the Potential of Public Passenger Transport in Europe</i>. Brussels, European Commission Green Paper.</p> <p>Hägerstrand (1970) 'What about people in regional science', <i>Regional Science Association Papers XXIV</i>: 7 – 21.</p> <p>Jette, A. M. and Branch, L. G. (1992) 'A ten year follow up of driving patterns among community dwelling elderly', <i>Human Factors</i> 34: 25 – 31.</p> <p>Leinbach, T., Watkins, J. and Stamatiadis, N. (1994) <i>Transportation Services, Utilisation and the Needs of the Elderly in Non-urban Areas: Patterns in Two Kentucky Communities</i>. Washington, DC, US Department of Transportation.</p>

<i>P, T & W ref:</i>	<i>Project Title</i>
23	LEISURE TRIPS OF SENIOR CITIZENS: DETERMINENTS OF MODAL CHANGE
Comments	<p>Mollenkopf, H. and Flaschenträger, P. (1997) 'Keeping the elderly mobile – a comparative research project: findings from Germany', in Mollenkopf, H. and Marcellini, F. (eds) <i>The Outdoor Mobility of Older People – Technological Support and Future Possibilities</i>. Luxembourg, Office for Official Publications of the European Communities: 45 – 64.</p> <p>Ruopila, I. and Suutama, T. (1997) 'Keeping the elderly mobile – a comparative research project from Finland: the self-rated mobility in relation to PADL, use of services, interest-based activities and social participation among Finnish people aged 55+ years', in Mollenkopf, H. and Marcellini, F. (eds) <i>The Outdoor Mobility of Older People – Technological Support and Future Possibilities</i>. Luxembourg, Office for Official Publications of the European Communities: 31 – 43.</p> <p>Schwanen, T. (1999) <i>Met de auto op weg naar de toekomst? Het verplaatsingsgedrag van senioren in hun vrije tijd</i>. Utrecht, Faculty of Geographical Sciences, Utrecht University.</p>
ISSN	0040 747X
ECA/HW OPENspace	August 2002