

# Perception on Mental Health Environments

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## Abstract

The purpose of this survey aims to understand the public's personal perception of mental and behavioral health facilities. A study was conducted utilizing an online survey among staff and students of North Dakota State University and to the public through social media. The questions in the survey were based on whether or not the participant has been diagnosed with a mental or behavioral health disorder and their perceptions of the facility in which they receive or have received treatment. Results showed the participant's preferences regarding the interior environment of mental and behavioral health facilities.

## Methodology

- **Measures:** Data for this study was collected through an online survey of 11 quantitative questions.
- **Subjects:** Participants of this survey were obtained through the public. A total of 347 participants completed the survey. 121 participants were affected by mental health disorders
- **Procedure:** This survey was distributed through the North Dakota State University faculty and student email Listerv system and through social media.

## Discussion

- Results indicate that 54.09% of the 342 participants preferred natural lighting and large windows
- Results also found that the participants preferred warm lighting and having the option to control the lighting to determine the intensity and brightness levels
- Participants preferred the environment and furniture in the facility where they receive treatment to have a residential-like aesthetic.

## Research Objectives

Learn the public's perception of mental and behavioral healthcare settings.  
How participants diagnosed with mental or behavioral disorders prefer their environment.

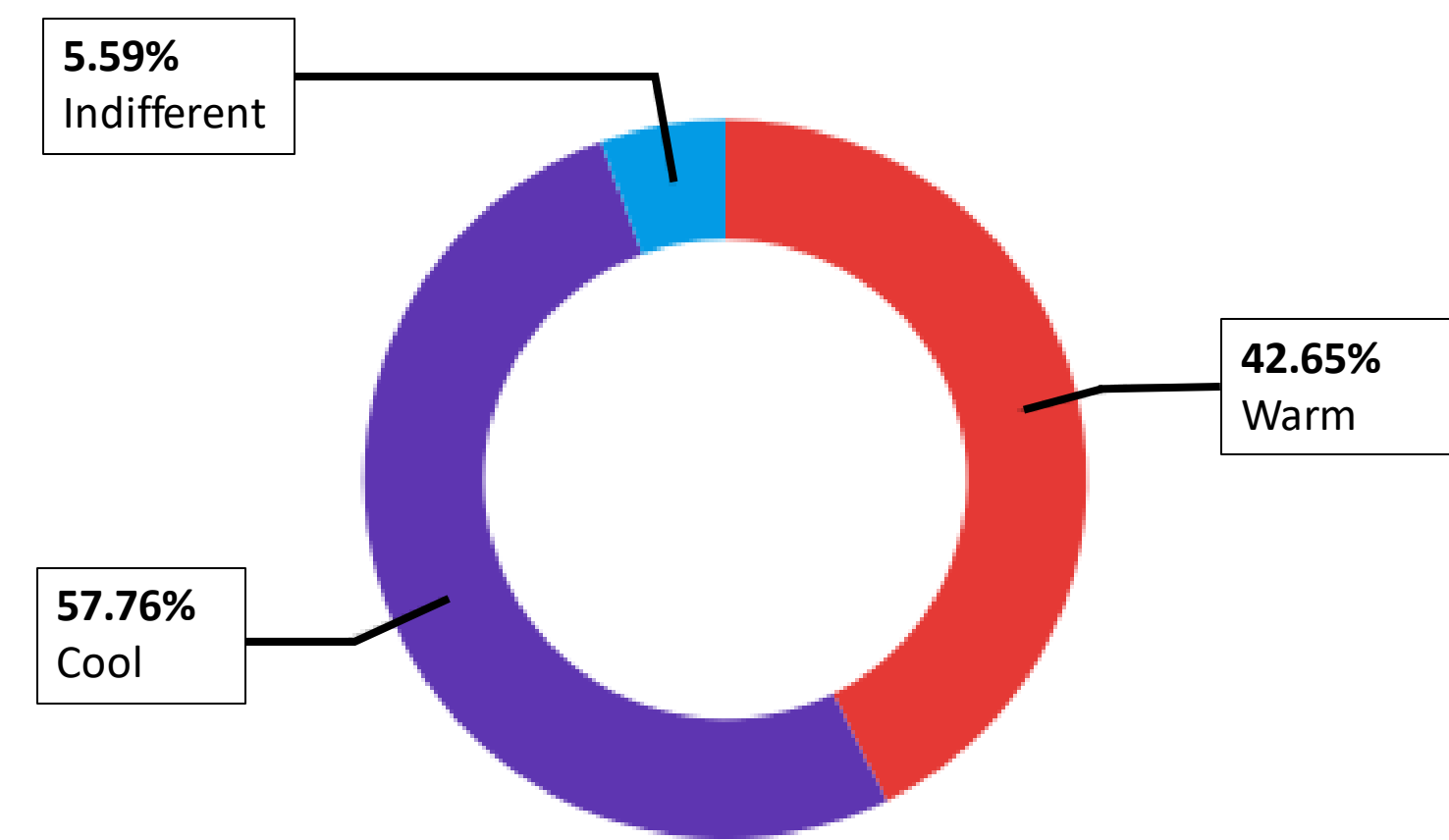
## Review of Literature

- Mental health in the healthcare design field is often over looked and comes with the stigma that the patients need to be in an institutional-like setting (Daykin, Byrne, Soteriou, & O'Connor, 2008).
- According to findings through our literature reviews, many topics and components were revealed that proved to be instrumental to the success of mental and behavioral health settings. These include open nurse stations, community gathering areas to encourage socialization, education areas, and access to nature.

References: Daykin, N., Byrne, E., Soteriou, T., & O'Connor, S. (2008). The impact of art, design, and environment in mental healthcare. *The Journal of The Royal Society for the Promotion of Health*, 128(2), 85-94.

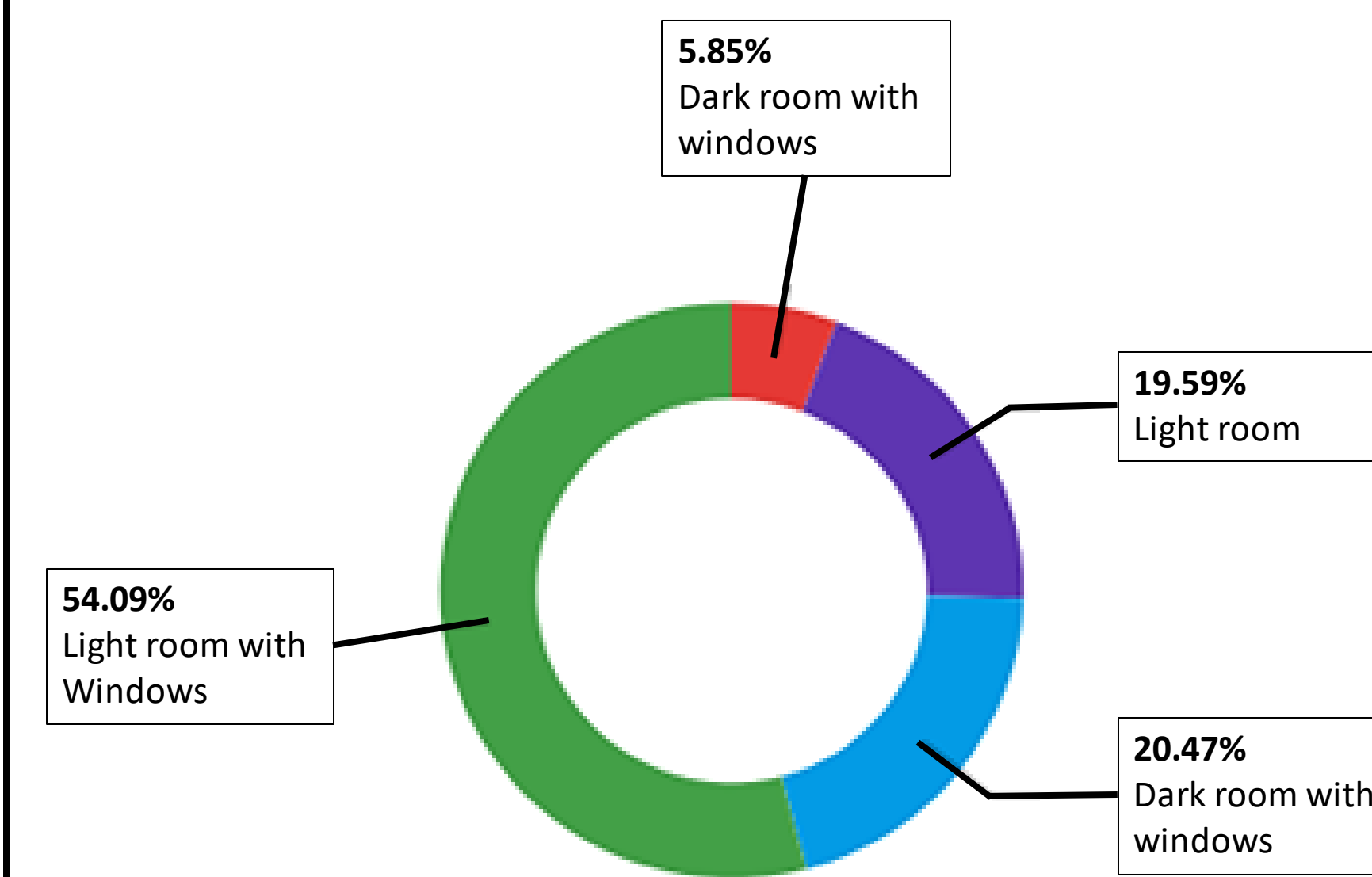
## Results

### Thermal temperature preference



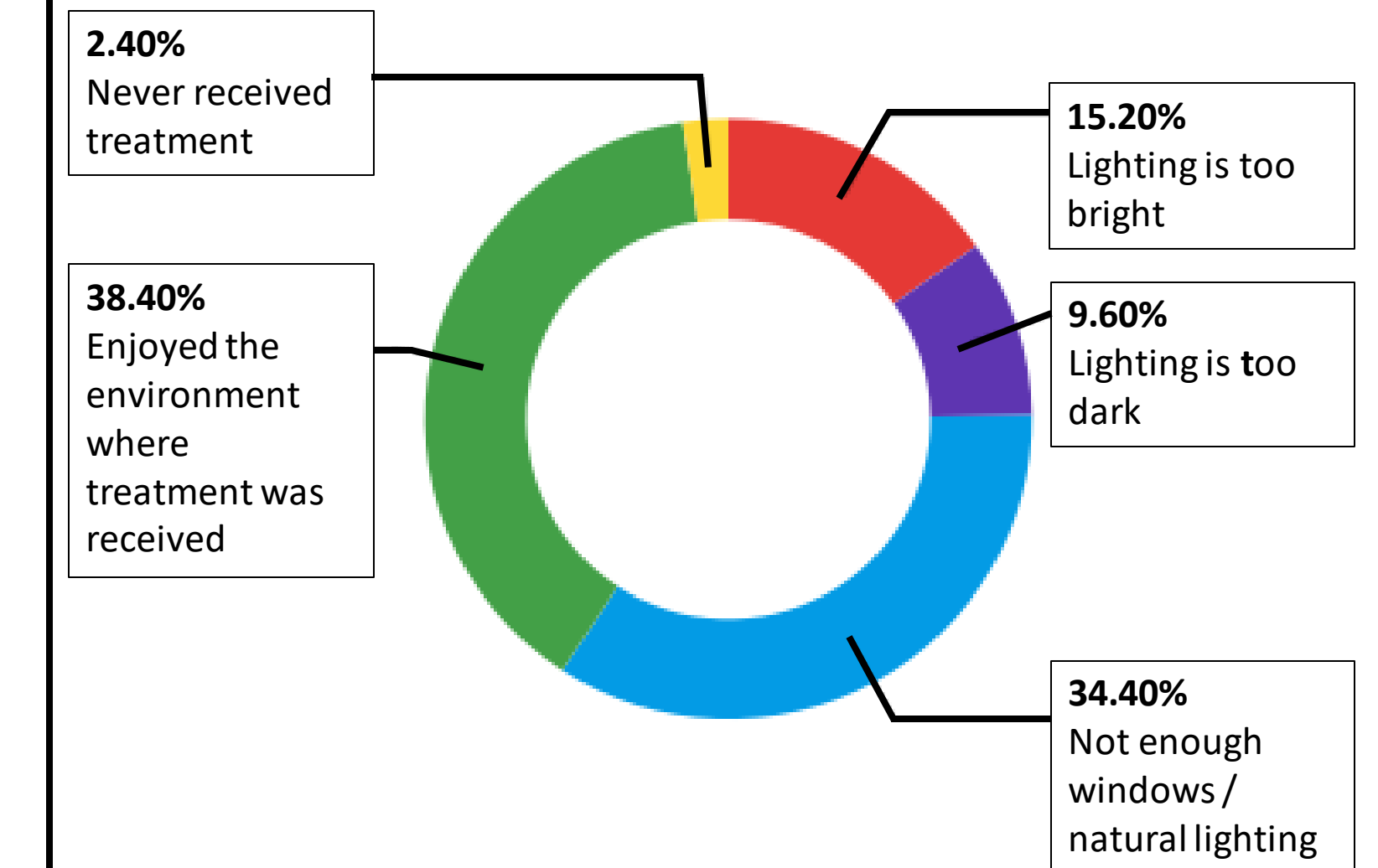
- Inclusion of heating and cooling systems that allow its users to adjust the thermal temperature in the desired room.

### Room lighting level preferences



- 54.09% of respondents preferred light rooms with windows
- 20.47% stating that they preferred darker rooms with a window .
- Most preferred window view is of nature.

### Factors contributing to interior space dissatisfaction



- Enjoyed aspects such as big windows with natural lighting,
- Preferred comfortable atmospheres that feel more residential instead of sterile and institutional
- Calm and soothing environments with a few sources of calming distraction