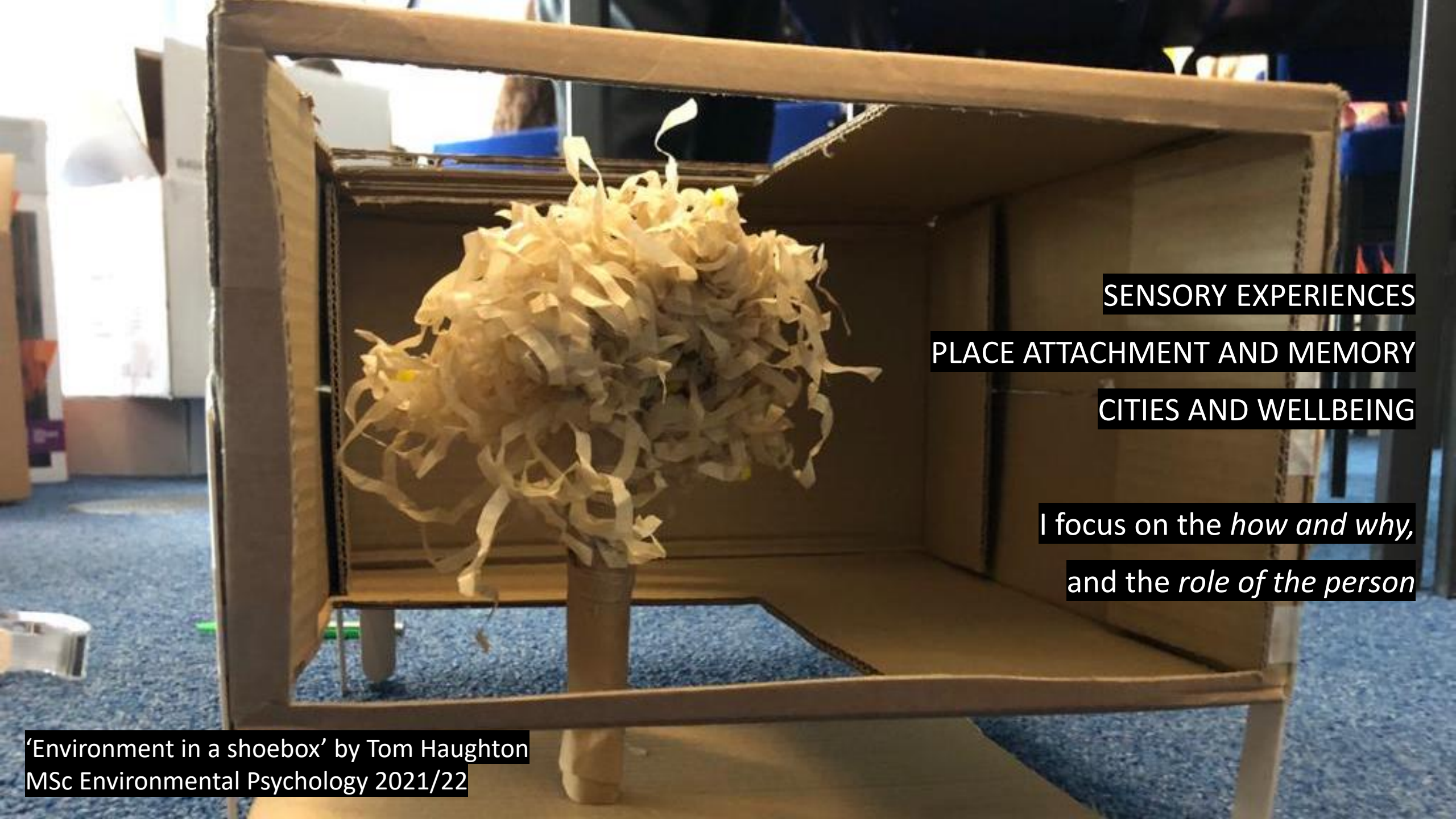


Why do we love some places more than others?

ELLIE RATCLIFFE

LECTURER IN ENVIRONMENTAL PSYCHOLOGY





SENSORY EXPERIENCES

PLACE ATTACHMENT AND MEMORY

CITIES AND WELLBEING

I focus on the *how and why*,

and the *role of the person*

'Environment in a shoebox' by Tom Haughton
MSc Environmental Psychology 2021/22

Birds

This article is more than 10 years old

Beat winter blues with birdsong, National Trust urges

Birdsong can conquer the gloom of shorter winter days, says the trust as it launches an online audio guide to Britain's best-loved species

[Listen to the birdsong audio here](#)

James Meikle

Tue 21 Dec 2010 11:21 GMT



19



▲ A male robin singing. Photograph: Getty Images

Tweeting birds...

Ratcliffe, E. (2021). Sound and soundscape in restorative natural environments: A narrative literature review. *Frontiers in Psychology*, 12, 570563.

Ratcliffe, E., Gatersleben, B., & Sowden, P. T. (2020). Predicting the perceived restorative potential of bird sounds: The roles of acoustics and aesthetics. *Environment & Behavior*, 52(4), 371-400.

Ratcliffe, E., Gatersleben, B., & Sowden, P. T. (2016). Associations with bird sounds: How do they relate to perceived restorative potential? *Journal of Environmental Psychology*, 47, 136-144.

Ratcliffe, E., Gatersleben, B., & Sowden, P. T. (2013). Bird sounds and their contributions to perceived attention restoration and stress recovery. *Journal of Environmental Psychology*, 36, 221-228.



Favourite places...

Korpela, K. M., & **Ratcliffe, E.** (2021). Which is primary: Preference or perceived instoration? *Journal of Environmental Psychology*, 75, 101617.

Ratcliffe, E., Subiza-Perez, M., Korpela, K. (2020). *Nature as a support to mental health: Memories of favourite natural places*. In G. Christos and W. S. Shin (Eds.), *Forests for Public Health*, pp. 56-78. Newcastle upon Tyne: Cambridge Scholars.

Ratcliffe, E., & Korpela, K. M. (2018). Time- and self-related memories predict restorative perceptions of favourite places via place identity. *Environment & Behavior*, 50, 690-720

Ratcliffe, E., & Korpela, K. M. (2016). Memory and place attachment as predictors of restorative perceptions of favourite places. *Journal of Environmental Psychology*, 48, 120-130.



sadhanaj9

So many great posters at the Open Research event this afternoon
@uniofsurrey @surrey eprg

Starting the PhD journey from

A GOOD PLACE...

Open Research to guide interdisciplinary exploration of the psychological benefits of place attachment*

Tamala Anderson, Heungsik Baatjien, Brigitte Garmannsen, Chris Weber
*Open Research project of the University of Surrey, funded by the EPSRC grant EP/R013144/1

1. Introduction

- Open Research offers tools and resources to enable this interdisciplinary project to connect psychology, with environmental design, and bridge research with practice

2. Pre-registration

- creates binder protocol, documents framework to support ongoing research and its replication

3. "Open Data"

Open Data creation:

- Define data management plan
- Identify suitable external repository for data storage
- Include data sharing in consent forms

Open Data use:

- Freely available
- Often qualitative, also qualitative data and code
- Registration and planning may be required for access

4. Next steps

Include rigorous research plan, precise methods, predefined analysis and contingency strategies

A registered report provides peer review prior to research and can guarantee publication regardless of results.

Tamala Anderson's prize-winning poster

EnviWell Research Group

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- THEMES AND FINDINGS
- WHO ARE WE?
- PROJECTS
- PUBLICATIONS
- IN THE MEDIA
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Restorative environments, favourite places, well-being and health





Exploring psychological restoration in favorite indoor and outdoor urban places using a top-down perspective

Mikel Subiza-Pérez ^{a, b, c, d, e}, Tytti Pasanen ^{f, d}, Eleanor Ratcliffe ^e, Kate Lee ^f, Anna Bornioli ^e, Jessica de Bloor Kalevi Korpela ^d

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<https://doi.org/10.1016/j.jenvp.2021.101706>

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Highlights

- Homes and bars, cafés were the most commonly described favorite indoor settings.
- Urban parks and forests were the most popular outdoor settings.
- Favorite outdoor places were rated higher on restoration and indoor in place bonding.
- Personality variables were hardly related to experienced restoration.
- A third of the sample experienced more restoration in the indoor setting.

Favourite indoor & outdoor places (Subiza-Pérez et al., 2021)

N = 945 (primarily student) participants in 5 countries identified and described two favourite places in their city: **one indoor, one outdoor**

Rated these places on perceived restoration, place attachment (+ other appraisals)

Favourite outdoor places rated as more restorative

- Also predicted by nature-orientedness
- But! One-third of sample reported more restoration in their favourite **indoor place**
 - These participants tended to show more urban-orientedness

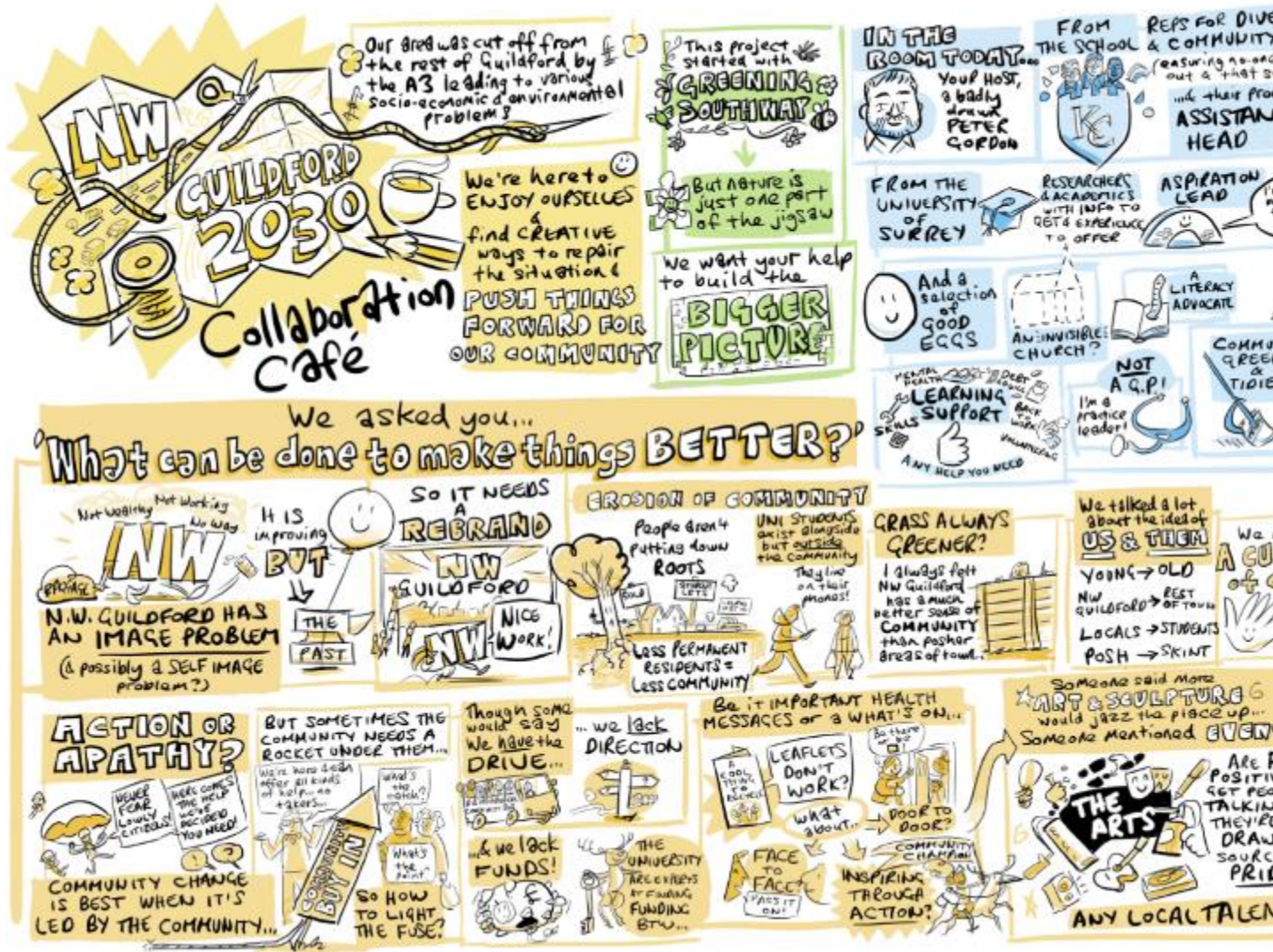
Place attachment significantly predicted restoration in both outdoor and indoor places

Community empowerment

A particular street in NW Guildford shows physical signs of neglect, e.g., littering, unattended planting

Digging deeper, we've understood the real issues are around community resources, empowerment, and relationships

Implications for environmental psychology – not just individual person/environment transactions – involves community factors too!



Thank you!

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