

Environmental Psychology Research Group
Department of Psychology
University of Surrey

**Environmental Psychology and
Outdoor Health**

David Uzzell & Birgitta Gatersleben

Background

- Research and teaching on environmental psychology since early 1970s
- Applied, policy-oriented research within a strong theoretical context

UniS



University of Surrey
Guildford, UK

MSc in Environmental Psychology



Art by Stanley ANOTHER PLACE. 180° Cast iron 100 figures / 150 x 93 x 20 cm
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Can You Save The World?

Environmental psychology, with its rigorous theoretical and methodological foundation, addresses some of the most serious social issues facing society today: sustainable lifestyles, the quality of urban life, environmental justice, the need for restorative environments and supportive workplaces. With its multidisciplinary approach (e.g., working with architects, policy-makers) the international, policy and applied research-based orientation of the MSc in Environmental Psychology would place you at the cutting edge of the discipline and the forefront of employment opportunities.

Available one year full-time or two years part-time

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EPRG Team

FTE Academics

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- Birgitta Gatersleben
- Gerda Speller
- Julie Barnett

Research Officers

- Afrodita Marcu
- Wokje Abrahamse
- Emma White
- Justin Spinney

Visiting Academics

- Gabriel Moser, Paris
- Nora Räthzel, Umeå
- Ricardo Garcia Mira, La Coruña
- Linda Steg, Groningen

PhD Students

- Alison Armstrong
- Rachel Al Azzawi
- Matt Andrews
- Marcela Acuña Rivera
- Michael Hong
- Seung Youn
- Abi Durrant

Research Themes



Research Funding

- ❑ ESRC
- ❑ NERC
- ❑ Countryside Agency
- ❑ Forestry Commission/Research
- ❑ British Academy
- ❑ Defra
- ❑ Environment Agency
- ❑ EU
- ❑ Joseph Rowntree
- ❑ FAS (Swedish Council for Working Life and Social Research)
- ❑ Borough Councils (Guildford, Waverley, Woking)
- ❑ Surrey County Council
- ❑ Industry

Theoretical Frameworks

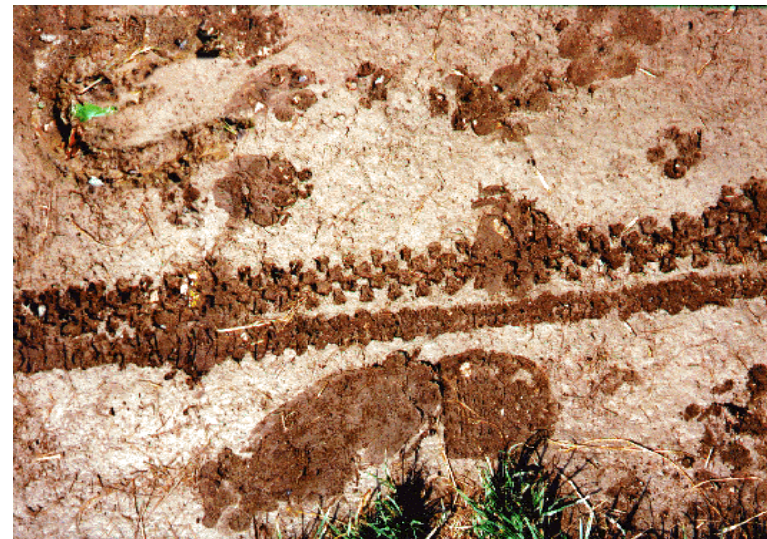
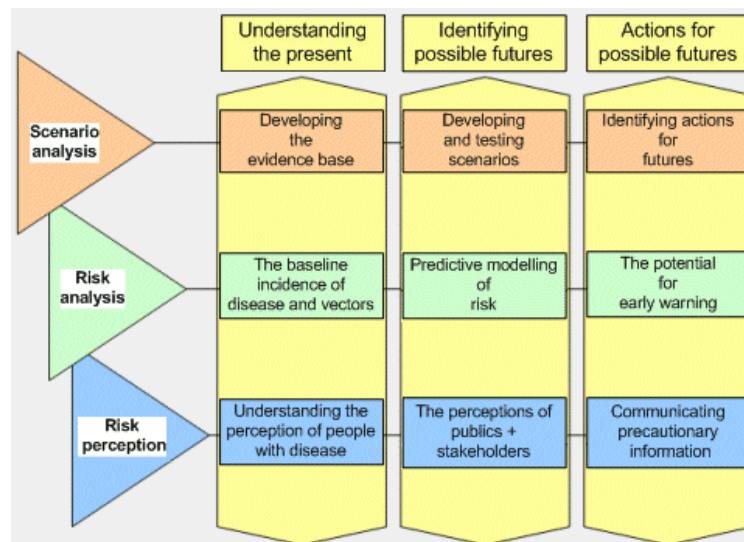
- ❑ Social constructivist
- ❑ Experimental
- ❑ Semiotic (Barthian)
- ❑ Social representations
- ❑ Social identity process model
- ❑ Affordance theory
- ❑ Globalisation theories
- ❑ Critical psychology
- ❑ Cultural studies
- ❑ Risk analysis
- ❑ Environmental restoration theory
- ❑ Prospect refuge theory
- ❑ Affective appraisals
- ❑ Socio-cognitive conflict theory

Methodologies

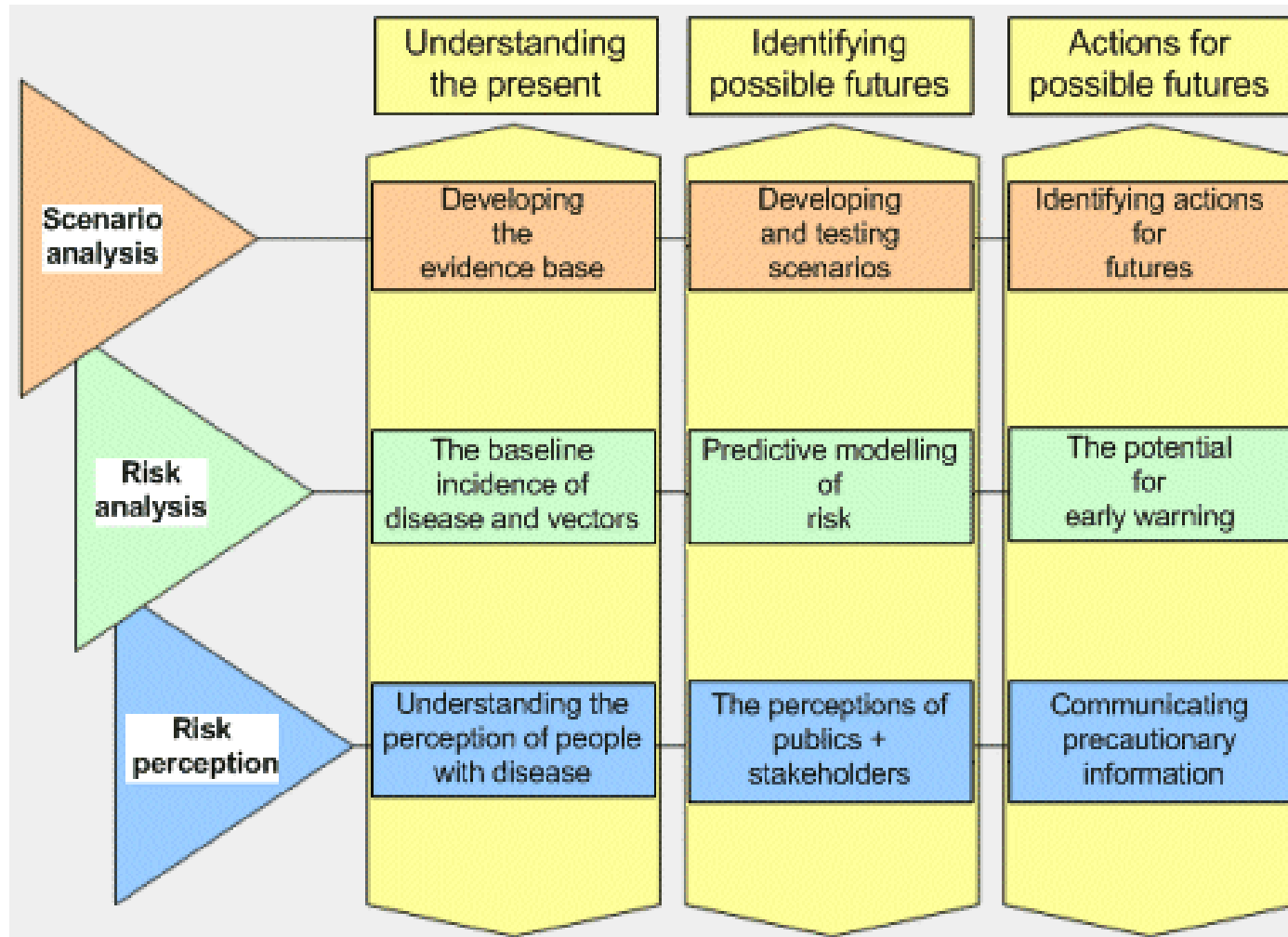
- ❑ Surveys, questionnaires and interviews
- ❑ Focus groups
- ❑ Observation and behaviour mapping studies
- ❑ Field and lab experimental studies
- ❑ Oral history
- ❑ Discourse analysis

Risk

- ❑ User Interaction on Non-Motorised Shared Use Routes
- ❑ Assessing the potential risk of, and possible responses to, zoonotic diseases on the development of recreational use of British forests and wild-lands
- ❑ The effect of social and physical threats on restorative experiences and preferences in a natural environment



Risk



Transport



- ❑ Daily activity for most, for some the only time they regularly spend outdoors (even if just to walk to the car).
- ❑ Wellbeing: physical activity, fresh air, restoration, regain sense of control, an activity than produces flow, a time to reflect and daydream, promote connections with the physical and social environment

- ❑ Past and current research in Surrey
 - Promoting cycling to work
 - Affective appraisals of the daily commute
 - Walking buses and Croco-cycles
 - Quiet Lanes in the Surrey Hills
 - Accident analysis and use of variable messaging signs
 - Slow travel and perceptions of the physical and social environment



Access to the Countryside

- Assessing the demand for countryside recreation
- Removing policy interpretation barriers to increase countryside access diversity
- Social and environmental affordances

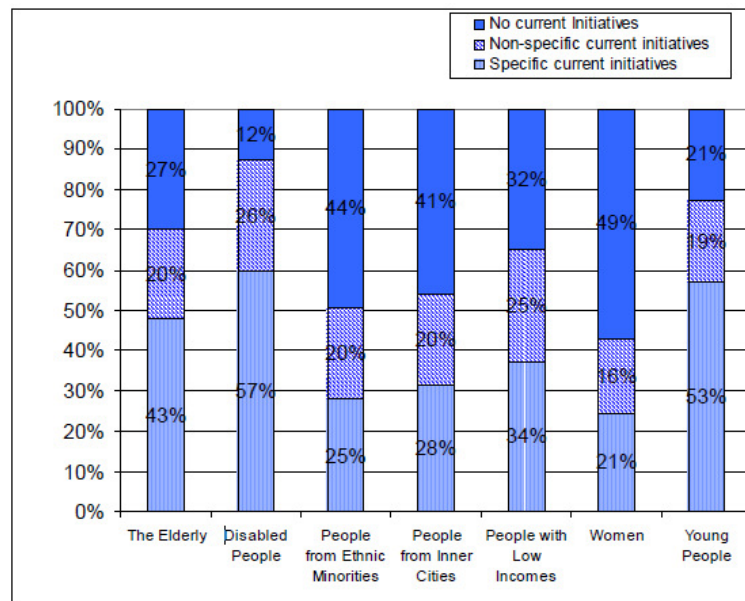


Figure 2.2: Organisations' current implementation of strategies to encourage visits from under-represented groups

Access to the Countryside

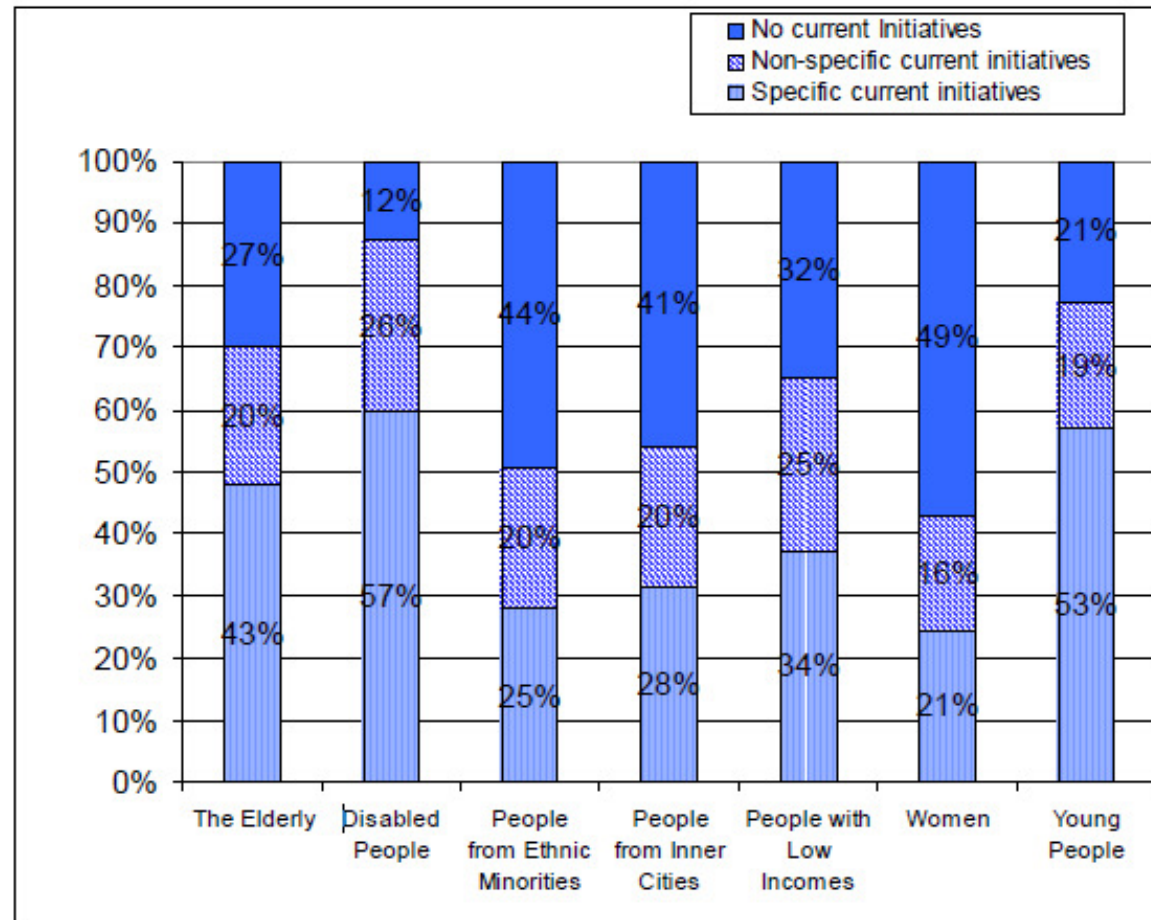


Figure 2.2: Organisations' current implementation of strategies to encourage visits from under-represented groups

Heritage, Education and Learning Environments

- Learning in visitor centres, exhibitions & museums
- Children as catalysts of environmental change
- Identity and conflict. Cultural heritage and the reconstruction of identities after conflict



Environmental Restoration



- Visually impaired people
 - (How) do visually impaired people associate nature with restoration
- Green roofs and facades
 - The role of greenery in restorative experiences in urban areas
- Experiences with nature and connectedness
 - Exploring the restorative and transcendent experiences of visitors of a spectacular and a non-spectacular natural environments
- The role of zoos
 - Exploring the perceived benefits of a zoo visit
- Outdoor activities and young people
 - Examining the effect of participation in an outdoor programme on confidence
 - The relationship between time spent on indoor or outdoor leisure activities and values and wellbeing among young people in the UK, Spain and China