The effect of scene context on simple decisions.

Experiment Debrief

Thank you for participating in this experiment. The aim of the study was to examine the effects of images of nature on attention restoration and cognitive recovery.

Previous research suggests that exposure to nature, including images of natural environments, can have a restorative effect on attention by gently capturing focus without overwhelming attention. However, the mechanisms behind this restorative process are not yet fully understood. This study aims to explore how effectively nature images support attention recovery.   You probably noticed there were two types of visual search task to temporarily fatigue your attention. The digit-span backwards task was conducted both prior and after image exposure to see how well attention had recovered after the demands of these separate search tasks, and the type of image you were shown on each trial.

Additionally, this study included questionnaires to assess your perception of the restorative quality for each image and how likely you believed each image was generated by AI. Two of the three images were generated by AI, as we used the prompt "please increase/decrease the amount of vegetation in this scene" to create our stimuli. This data will help evaluate the believability and restorative impact of nature images, both real and AI-generated, and inform future studies on attention restoration.

NOTE:

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