LITERATURE REVIEW SHEET

The following outline provides guidance for reviewing and extracting pertinent information from a technical article.

**Title of Article:** The restorative benefits of nature: toward an integrative framework

**Authors:** Stephen Kaplan, 1995

**Journal Name, Volume, page #’s**: Journal of Environmental Psychology (1995), Vol. 15, 169-182

**Introduction:** The introduction points out the 2 conflicting positions in theory of stress reduction and recovery of focus/attention. Directed attention and possible fatigue are described, as are the underlying concepts such as Selection, Fragility and Inhibition. It concludes that directed attention is a key ingredient in human effectiveness and its fatigue a key ingredient in human error.

**Purpose/Objective of Research:** The purpose of the article is to propose a framework to find an integrated theory of stress that permits a significant role for attention.

**Research Hypothesis**: Both stress and attention fatigue benefit from restorative nature experiences. Experience in natural environments can not only help mitigate stress, but also recover attention and can help prevent both by recovery of essential resources.

**Overview of Methodology**:

Subject Characteristics: -

General Methodology: -

Research Environment: Kaplan mainly focuses on the works of Ulrich and his own findings and analyses the respective theories for a common approach. Kaplan “dissects” the different stress theories/approaches and searches for where attention fatigue and stress share common attributes.

Data Collection Approach: Data was collected within the literature used by the author.

**Overview of Results:**

Did study accomplish objective(s)?: The study/proposal works out the factors leading to stress as resource inadequacy or resource depletion. He defines attention as a more basic, underlying resource, which fits the requirements of a resource well. The proposed framework could give answers and provide insight in matters not illuminated in previous theories.

Was Hypothesis proven? Kaplan admits that attention has rarely been treated as a resource (so far) and some of its processes (e.g. Inhibition, Fatigue) are not considered under this context. He remarks though that insufficient attentional resources will often be an antecedent of stress.

**Conclusions/Discussion:**

What were the conclusions of the study? Research and further development of his theoretical framework is necessary. The positive effect of natural experiences is unquestionable for both theories.

**Your perceptions of article:**

What would you have changed about the methodology if anything and why? -

Do the conclusion seem reasonable? The conclusion seems obvious after his statements and his lead to his framework. The role of natural environments in restoration/recovery is very important.

Where would you apply the results of this study? -

Additional comments about the article: