

DSV Seminars 2019



UNIVERSITÀ
DEGLI STUDI DI TRIESTE

DIPARTIMENTO DI
SCIENZE DELLA VITA

PhD Program in Neural and Cognitive Sciences

Wednesday, April 17, 2019 - 10:30 a.m.

Seminar room, 1st floor, Q Building –Via Giorgieri 5

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Exploring the Cognitive Benefits of Natural Environments

Despite a growing body of evidence supporting a positive association between natural environments and mental wellbeing, our understanding of why exposure to the natural world is beneficial remains more limited. A psychological approach called Attention Restoration Theory (Kaplan & Kaplan, 1989) has argued natural environments reduce mental fatigue by placing less demands on our attentional system than built environments. However, the experimental evidence that directly supports this theory remains limited.

This talk will discuss the current relevance of Attention Restoration Theory to helping understand associations between the perception of natural environments and mental wellbeing. Recent experimental findings will be presented that demonstrate important differences between people's recovery from mental fatigue and their exposure to natural or built environmental scenes.

