

Utemiljø og natur som helsefremmende ressurs

Modeller for vitenskapsbaserte
designprosesser av utemiljø



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Forskningsfokus:
Utemiljö i vårdsammanhang





Sveriges Lantbruksuniversitet SLU Alnarp

Arbetsvetenskap, ekonomi och miljöpsykologi

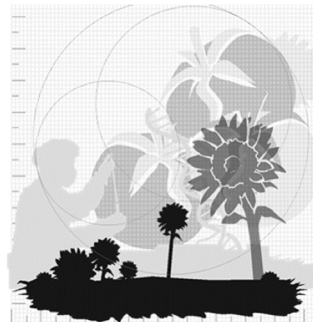
Forskningen i **Miljöpsykologi** handlar om hur platser och landskap i människans omgivning kan bidra till socialt hållbara vardagsmiljöer som främjar människors hälsa, välbefinnande och utveckling.



Outdoor Environments for Health and Well-being

PUBLISHED: 11 APRIL 2018

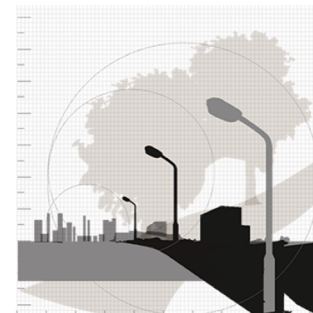
On this programme, you will study how outdoor environments in people's everyday life can promote development, health and well-being. The programme will prepare you for strategic work on how plants, animals and other elements of nature can be more actively used to the benefit of people in public spaces and in settings for specific user groups.



Landscape Architecture

In one of Europe's largest campuses for education in Landscape Design, Landscape Planning and Landscape Management and Construction, this Master's programme gives you a possibility to in-depth studies in varied areas of Landscape Architecture.

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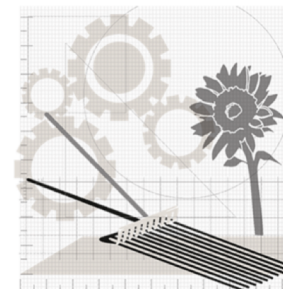


Trädgårdsingenjör - design

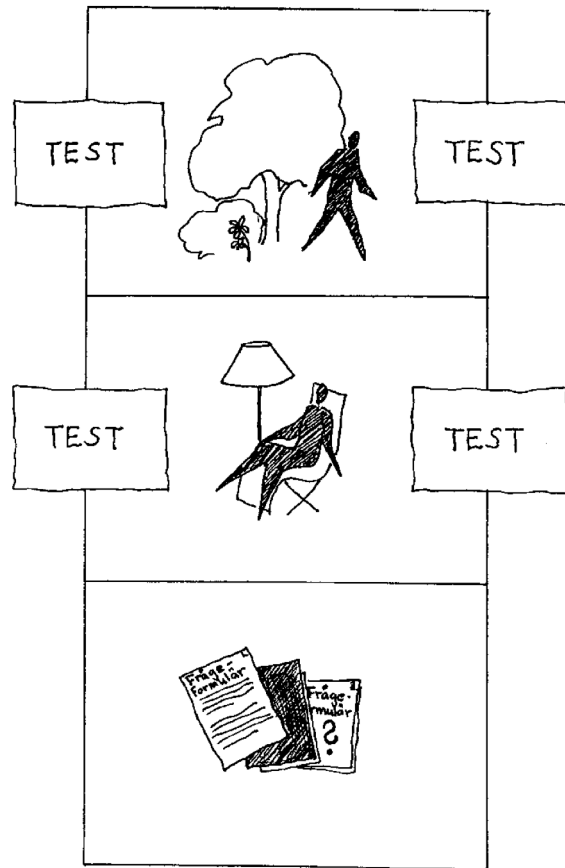
PUBLICERAD: 17 APRIL 2018

Är du intresserad av färg och form? Vill du lära dig att planera och formge gröna miljöer? Den gröna miljön främjar människors välbefinnande och hälsa. Som trädgårdsingenjör med designinriktning är du därför en viktig komponent i framtidens samhällsbyggande.

Trädgårdsingenjör - design ger dig ingående kunskaper om formgivning och gestaltande av trädgårdsrum, både inomhus och utomhus. Kunskap om växter och trädgårdsrummets olika material är viktiga delar i utbildningen.



Äldreboendestudien



(Ottosson, Johan & Grahn, Patrik, 1998, Utemiljöns betydelse för äldre med stort vårdbehov. "Med ögon känsliga för grönt." *Stad & Land*, 155:1998, Alnarp.)



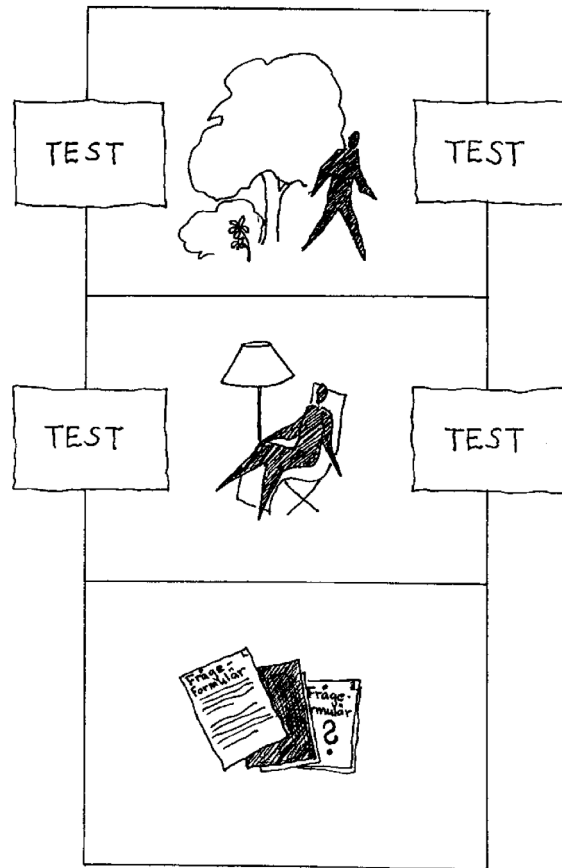


Två teorier om restaurativa miljöer

- Miljön som grund för fysisk återhämtning (Ulrich R.)
- Miljön som grund för kognitiv återhämtning (Kaplan S. & Kaplan R.)



Äldreboendestudien



(Ottosson, Johan & Grahn, Patrik, 1998, Utemiljöns betydelse för äldre med stort vårdbehov. "Med ögon känsliga för grönt." *Stad & Land*, 155:1998, Alnarp.)



Stora, grönskande, varierade skolgårdar

- Ger hälsofrämjande naturkontakt
 - Är bra för studieresultaten
 - Ger mer fysisk aktivitet
 - Mer fysisk aktivitet på rast än på idrott
 - Mer blandad lek med flickor och pojkar
 - Mer fantasilek och rörelselek
 - Skapar nya platser för lek
-
- Från 11 år och uppåt – Design av sammansatta platser med varierat innehåll (multifunktion: grönska, sporta, sitta, hänga)



Naturkontakt och grönska på arbetsplatsen

- Utsikt mot grönska på arbetsplatsen är fördelaktigt för **arbetskraft, arbetsförmåga och arbetsglädje**.
- Grönska är korrelerat med **bättre kortminne och koncentrationsförmåga** samt möjliggör återhämtning av koncentrationsförmåga.
- Bra utemiljö ger ökad **trivsel och medkänsla** med andra.
- Naturkontakt främjar **kreativt tänkande** i form av nyfikenhet, flexibelt tänkande och förmåga att få nya idéer.



Utsikt med naturinslag och tillgång till dagsljus i vårdsammanhang

En mångfald av hälsoeffekter för patienter:

- Mindre stress, smärta, oro
- Bättre fysiskt och psykiskt välmående
- Avseende puls och blodtryck
- Bättre sömn och sönmönster
- Färre demenssymptom
- Minskad medicinering



Rigshospitalet Köpenhamn 2018

Tang and Brown, 2006; Ottosson & Grahn, 2005; Velaarde et al. 2007;
Ulrich et al. 2008; Whear et al. 2014; Gonzales and Kirkevol, 2013

Evidens för utsikt mot grönska från sjukhussäng (Ulrich, 1984)

View Through a Window May Influence Recovery from Surgery

Abstract. Records on recovery after cholecystectomy of patients in a suburban Pennsylvania hospital between 1972 and 1981 were examined to determine whether assignment to a room with a window view of a natural setting might have restorative influences. Twenty-three surgical patients assigned to rooms with windows looking out on a natural scene had shorter postoperative hospital stays, received fewer negative evaluative comments in nurses' notes, and took fewer potent analgesics than 23 matched patients in similar rooms with windows facing a brick building wall.

Investigations of aesthetic and affective responses to outdoor visual environments have shown a strong tendency for American and European groups to prefer natural scenes more than urban views that lack natural elements (1, 2). Views of vegetation, and especially water, appear to sustain interest and attention more effectively than urban views of equivalent information rate (2). Because most natural views apparently elicit positive feelings, reduce fear in stressed subjects, hold interest, and may block or reduce stressful thoughts, they might also foster restoration from anxiety or stress (3).

The restorative effect of natural views on surgical patients was examined in a suburban Pennsylvania hospital (200 beds). Such patients often experience considerable anxiety (4, 5), and hospital confinement limits their access to outdoor environments almost entirely to views through windows. Views to the outside may be especially important to individuals who have unvarying schedules and spend a great deal of time in the same room (6), such as surgical patients. It is possible that a hospital window view could influence a patient's emotional state and might accordingly affect recovery.

Records of patients assigned to rooms on the second and third floors of a three-story wing of the hospital between 1972 and 1981 were obtained. Windows on one side of the wing look out on either a small stand of deciduous trees or a brown brick wall (Fig. 1). The same nurses are assigned to the rooms on a given floor; the nurses' stations are lo-

located somewhat closer to the wall-view rooms on both floors. The rooms are all for double occupancy and are nearly identical in terms of dimensions, window size, arrangement of beds, furniture, and other major physical characteristics. Each room has a single window 1.83 m high and 1.22 m wide with the lower edge 74 cm above the floor. The size and placement of the window allow an unobstructed view out for a patient lying in bed on either side of the room. The rooms differ, therefore, essentially only in what is seen through the window. Patients are assigned to rooms as they become vacant.

The sample consisted exclusively of patients who had undergone cholecystectomy, a common type of gall bladder surgery. This is a comparatively standardized procedure with similar postoperative management in the uncomplicated cases. Only cholecystectomies performed between 1 May and 20 October (1972 through 1981) were identified because the trees have foliage during those months. Patients younger than 20 years or older than 69, patients who developed serious complications, and those with a history of psychological disturbances were excluded. Patients were then matched so that one member of each pair had a view of the trees and the other, the brick wall. The criteria for matching were sex, age (within 5 years), being a smoker or nonsmoker, being obese or within normal weight limits, general nature of previous hospitalization, year of surgery (within 5 years), and floor level. Patients on the second floor, a surgical floor, were also matched by the color of

their room (rooms on that floor alternate between blue and green). The 6-year interval for year of surgery was established on the basis of inquiries concerning possible changes in procedures. There was no statistically significant difference in the sampling distributions by year of surgery between the wall-view and tree-view groups. The final data base consisted of records of 46 patients grouped into 23 pairs (15 female and 8 male). An attempt was made to match patients by physician, but this was possible for only seven pairs because the number of doctors was large. However, for the remaining pairs the distribution of different physicians was similar in the two groups. There was no instance, for example, when patients of the same doctor all had rooms with same view.

Recovery data were extracted from the records by a nurse with extensive surgical floor experience. The nurse did not know which scene was visible from a patient's window. Five types of information were taken from each record: number of days of hospitalization; number and strength of analgesics each day (7); number and strength of doses for anxiety, including tranquilizers and barbiturates, each day (8); minor complications, such as persistent headache and nausea requiring medication—symptoms which are considered to result frequently from conversion reactions (9); and all nurses' notes relating to a patient's condition or course of recovery.

Length of hospitalization was defined as day of surgery to day of discharge. These data were assumed to be only ordinal because surgery was performed at different times of day and discharge times were somewhat different. The records showed that patients with window views of the trees spent less time in the hospital than those with views of the brick wall: 7.96 days compared with 8.70 days per patient [Wilcoxon matched-pairs signed-ranks analysis, $T(17) = 35$, $z = 1.965$, $P = 0.025$].

Nurses' notes consisted of comments about the patient's condition written during the posturgical period ending at midnight of the seventh recovery day after the day of surgery. Notes were classified as negative or positive—for example, negative notes included "upset and crying" or "needs much encouragement," and positive notes included "in good spirits" and "moving well." More negative notes were made on patients with the brick wall view: 3.96 per patient compared to 1.13 per patient with the tree view [Wilcoxon matched-pairs signed-ranks analysis, $T(21) = 15$, $z = 3.49$, $P < 0.001$]. Although more

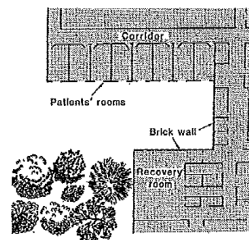


Fig. 1. Plan of the second floor of the study hospital showing the trees versus wall window views of patients. Data were also collected for patients assigned to third-floor rooms. One room on each floor was excluded because portions of both the trees and wall were visible from the windows. Architectural dimensions are not precisely to scale.

positive comments were recorded for the tree-view patients, the difference was not statistically significant. The multivariate two-sample Hotelling test was used to compare the groups for analgesic intake (10). The average number of doses per patient, within each strength level, was computed for (i) the day of surgery and first recovery day, (ii) days 2 through 5 after surgery, and (iii) days 6 and 7 after surgery. It was expected that for the first period no differences in analgesic intake would be found between the two groups, because patients would have been too drugged or too absorbed by intense pain to attend to the windows (3). It was also expected that there would be no significant variation across groups in the final two days. In fact, only 45 percent of the patients took any analgesics after the fifth day. The data are summarized in Table 1.

For the period of primary interest, days 2 through 5, there were statistically significant variation between the tree-view and wall-view patients in the mean number of analgesic doses ($T^2 = 13.52$, $F = 4.30$, $P < 0.01$). In the other two periods there were no significant differences. In days 2 through 5 patients with the tree view took fewer moderate and strong pain doses than did the wall-view group and more doses in the weak category. The wall group, therefore, was given many more doses of potent narcotics, whereas the tree group more frequently received such drugs as aspirin and acetaminophen.

With respect to doses of anti-anxiety drugs, there was no significant variation between the groups. Wall-view patients were given more doses of narcotic analgesics, which produce drowsiness or sedation as side-effects, possibly reducing their need for sleeping pills or tranquilizers. To test this inverse relation, anti-anxiety dose frequencies were compared when patients took either no or one strong or moderate analgesic dose or at least two strong or moderate analgesic doses. The observed frequency of doses was lower than the expected frequency when two or more strong or moderate analgesics were taken on the same day [$\chi^2(1) = 10.45$, $P < 0.01$]. The intake of narcotic analgesics by patients with the wall view may have lowered their use of anti-anxiety drugs to that of patients with the tree view.

A weighted score of minor postsurgical

complications (excluding routine post-anesthetic occurrences such as nausea) was computed for each patient, with criteria and procedures similar to those used by Cohen and Lazarus (9, 11). Although tree-view patients had lower scores, the difference was not statistically significant. This small difference found may be due to the greater intake of potent analgesics by the wall-view group rather than to a possibly higher frequency of conversion reactions.

In summary, in comparison with the wall-view group, the patients with the tree view had shorter postoperative hospital stays, had fewer negative evaluative comments from nurses, took fewer moderate and strong analgesic doses, and had slightly lower scores for minor postsurgical complications. Although the findings suggest that the natural scene had comparatively therapeutic influences, it should be recognized that the "built" view in this study was a comparatively monotonous one, a largely featureless brick wall. The conclusions cannot be extended to all built views, nor to other patient groups, such as long-term patients, who may suffer from low arousal or boredom rather than from the anxiety problems typically associated with surgeries. Perhaps to a chronically understimulated patient, a built view such as a lively city street might be more stimulating and hence more therapeutic than many natural views. These cautions

notwithstanding, the results imply that hospital design and siting decisions should take into account the quality of patient window views.

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References and Notes

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6. B. L. Collins, *Windows and People: A Literature Survey* (NBS Building Science Series 70, National Bureau of Standards, Washington, D.C., 1975).
7. Analgesic doses were classified as weak, moderate, or strong on the basis of the drug, dosage, patient's weight, and whether the drug was administered orally or by injection. Examples in the weak category include acetaminophen and acetaminophen with small amounts of codeine. Examples in the moderate strength class are injections of meperidine hydrochloride (Demorol) in doses up to 50 mg, and tablets of oxycodone hydrochloride-oxycodone terephthalate (Percodan); strong analgesics include hydromorphone hydrochloride (Dilaudid) and large doses of meperidine hydrochloride.
8. Tranquilizers and barbiturates doses were classified as weak, moderate, or strong according to similar criteria used for analgesics. The anti-anxiety drugs in the weak category were tranquilizers; the moderate class was dominated by tranquilizers; and the vast majority in the strong category were large dosages of barbiturates. No distinction was made between tranquilizers and barbiturates in terms of function because tranquilizers were often prescribed as sleeping medications.
9. F. Cohen and R. S. Lazarus, *Psychosom. Med.* 35, 275 (1973).
10. D. F. Morrison, *Multivariate Statistical Methods* (McGraw-Hill, New York, ed. 2, 1976), p. 137.
11. Minor complications were scored as follows: nausea (1 point); nausea requiring medication (2 points); antacids given (1 point); rectal tube for gas (1 point); inability to move bowels, enema given (2 points); inability to void, catheterization required (2 points); medication for diarrhea, gut irritability, or both (1 point); medication for constipation or for urine stimulation (1 point); and antibiotics given for postoperative fever and infection (3 points).
12. The collection of data was facilitated by the full cooperation of W. M. Tomlinson and A. King, president and director of medical records, respectively, of Paoli Memorial Hospital, Paoli, Pa. I thank M. Mozzani for reading patient records, A. E. Huet for statistical consultation, and several physicians for their helpful comments on research methods. I also thank S. M. Parnes, L. P. Herrington, M. Zuckerman, and T. C. Neterline. Supported by grant 23170 from the Consortium for Environmental Forestry Studies, U.S. Department of Agriculture Forest Service.

24 January 1983; accepted 1 November 1983

Table 1. Comparison of analgesic doses per patient for wall-view and tree-view groups.

Analgesic strength	Number of doses					
	Days 0-1		Days 2-5		Days 6-7	
	Wall group	Tree group	Wall group	Tree group	Wall group	Tree group
Strong	2.56	2.40	2.48	0.96	0.22	0.17
Moderate	4.00	5.00	3.65	1.74	0.35	0.17
Weak	0.23	0.30	2.57	5.39	0.96	1.09

Förtätning leder till minskande grönytor



Sedan år 2008 är det fler människor på jorden som bor i städer än utanför dem

Tendensen med en galopperande urbanisering kommer att fortsätta enligt alla prognoser

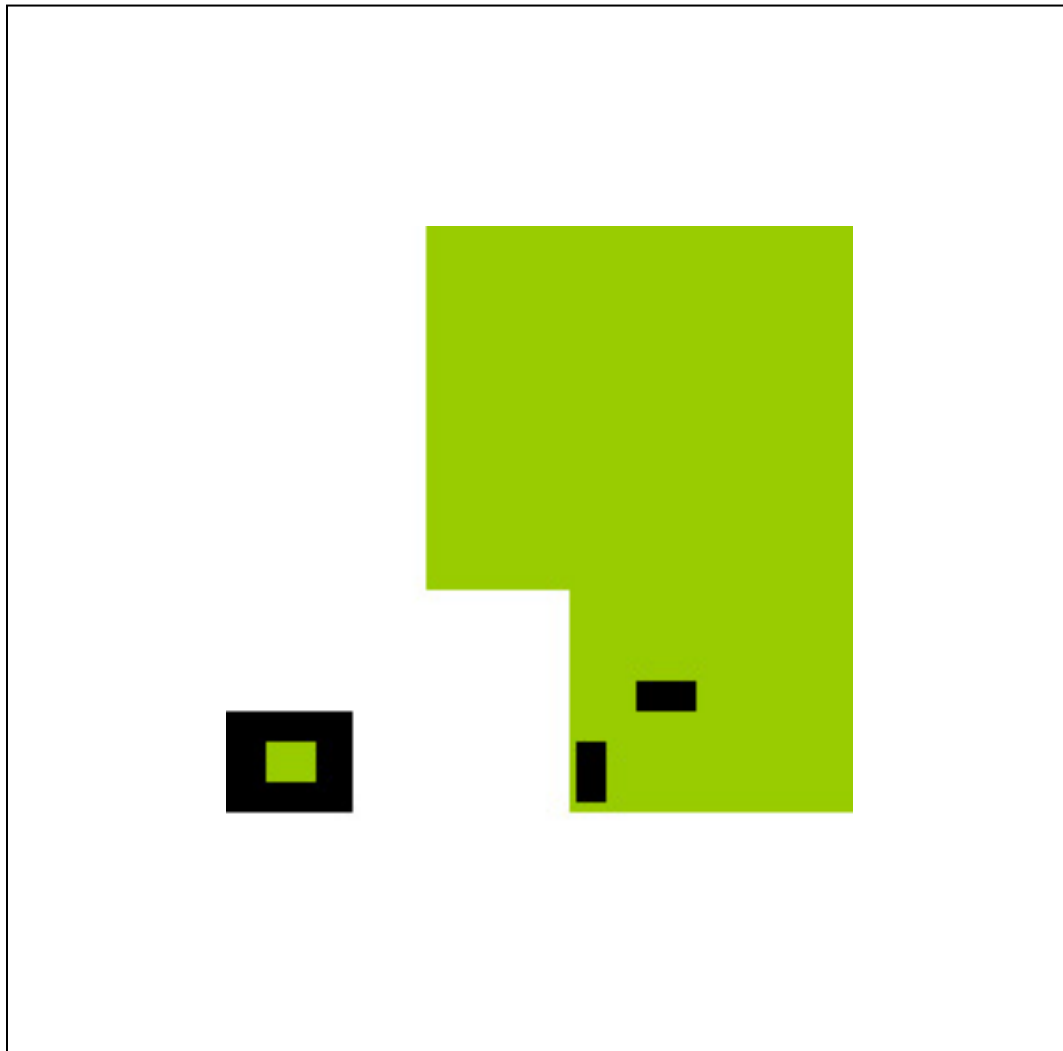
Hur får vi människor att trivas och må väl i städerna samtidigt som vi tar hänsyn till hållbarhetsfrågorna?

(Gröna Fakta)



Natur, grönska och dagsljus
Evidensbaserad Design
EBD

Är trädgårdar restaurativa?



Tenngart, C., & Hagerhall, C., 2004

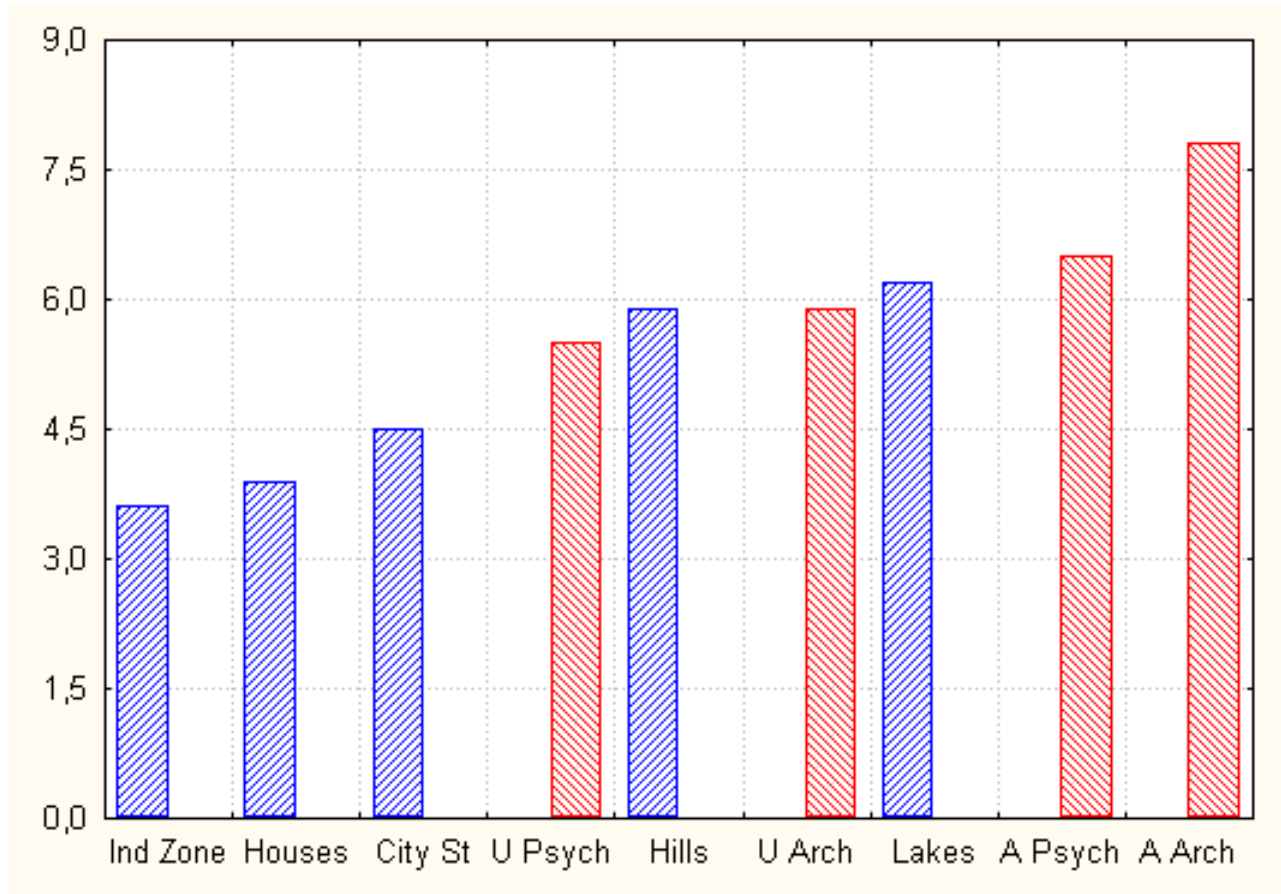


Alnarp



Umeå

Är trädgårdar restaurativa?



Från evidens till evidensbaserad design

**Politicians and
decisionmakers**

**Evidence
Nature-health**

Basic research
Quantitative

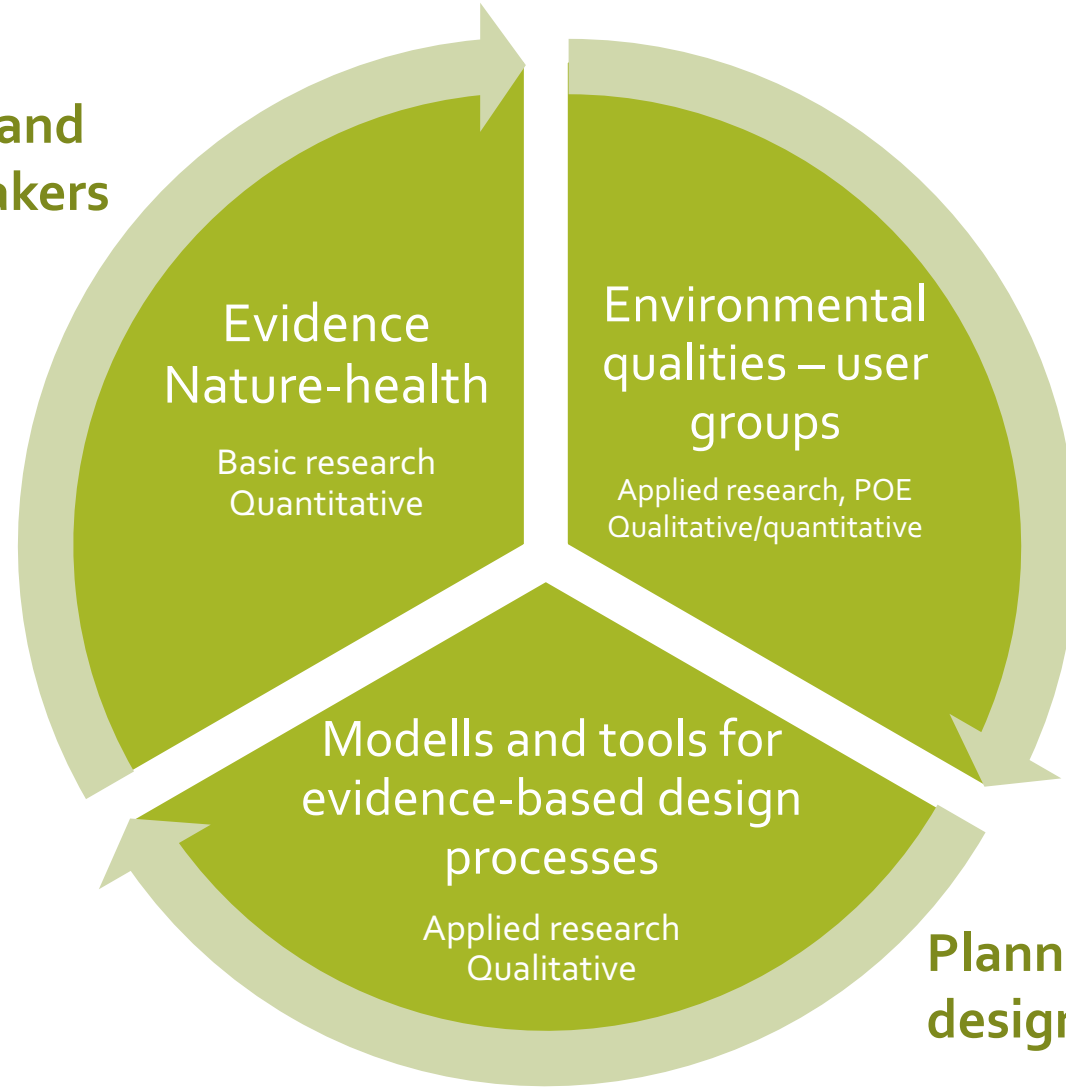
**Environmental
qualities – user
groups**

Applied research, POE
Qualitative/quantitative

**Modells and tools for
evidence-based design
processes**

Applied research
Qualitative

**Planners and
designers**



Evidensbaserad design (EBD)

*Designbeslut grundade på bästa tillgängliga information från **trovärdig forskning och utvärdering av existerande projekt** (Hamilton, 2003).*

*Användning av evidens för att **stödja dialog i designprocesser** (Fröst, 2014)*



***Kritiskt tänkande** är nödvändigt för att designer ska kunna omsätta evidens till praktik (Hamilton, 2003)*

*Evidensbaserad design är en metodologi och en process för att integrera **kunskap från olika discipliner** för att skapa mätbara relationer mellan den fysiska miljön och dess påverkan.*

***Målet med EBD** är att kunna basera designbeslut på bästa tillgängliga forskning för att på så vis nå **bästa möjliga resultat** (Chalmers PTS, 2011)*

Utemiljö för hälsa, trivsel och utveckling

STORT
VÄLMÅENDE

Utåtriktat
engagemang



Aktivt
deltagande



Känslomässigt
deltagande



LÅGT
VÄLMÅENDE

Inåtriktat
engagemang



Modell för en stödjande miljö (Grahn, 1991)

Störst effekter för de som:

- Är sjukast och svagast
- Upplever stress och oro
- Är djupt påverkade av en kris

Whear et al., 2014; Ottosson & Grahn, 2006, 2008;
Ulrich et al., 2008

Även de som är mest känsliga för
design och utformning för att
kunna använda miljöer

Lawton & Nahemow, 1973

Utemiljö för hälsa, trivsel och utveckling

STORT
VÄLMÅENDE

LITET
VÄLMÅENDE

TRÄDGÅRD FÖR
AKTIVITET:
TRÄDGÅRDSTERAPI,
FYSISK AKTIVITET,
SOCIALA AKTIVITETER

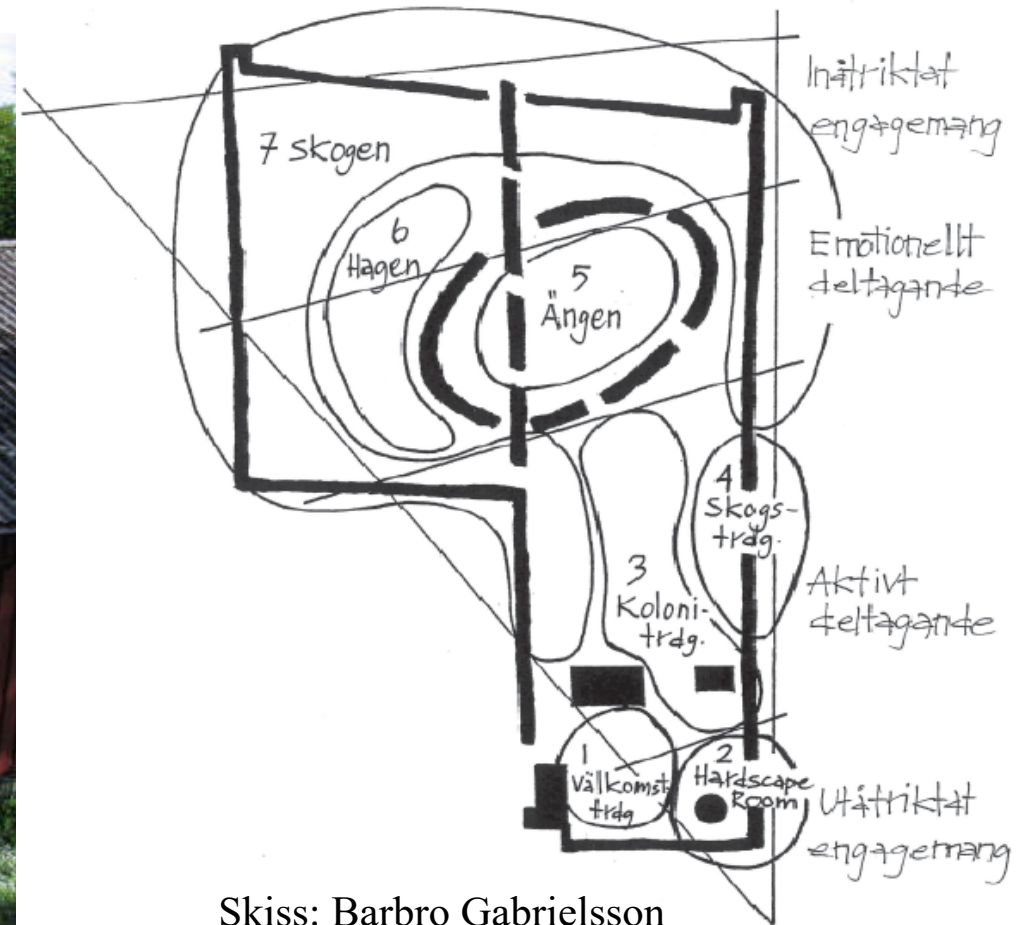
TRÄDGÅRD FÖR VILA
OCH BETRAKTAN:
NATURUPPLEVELSE,
KONTEMPLATION

UTMANINGSGRADIENT



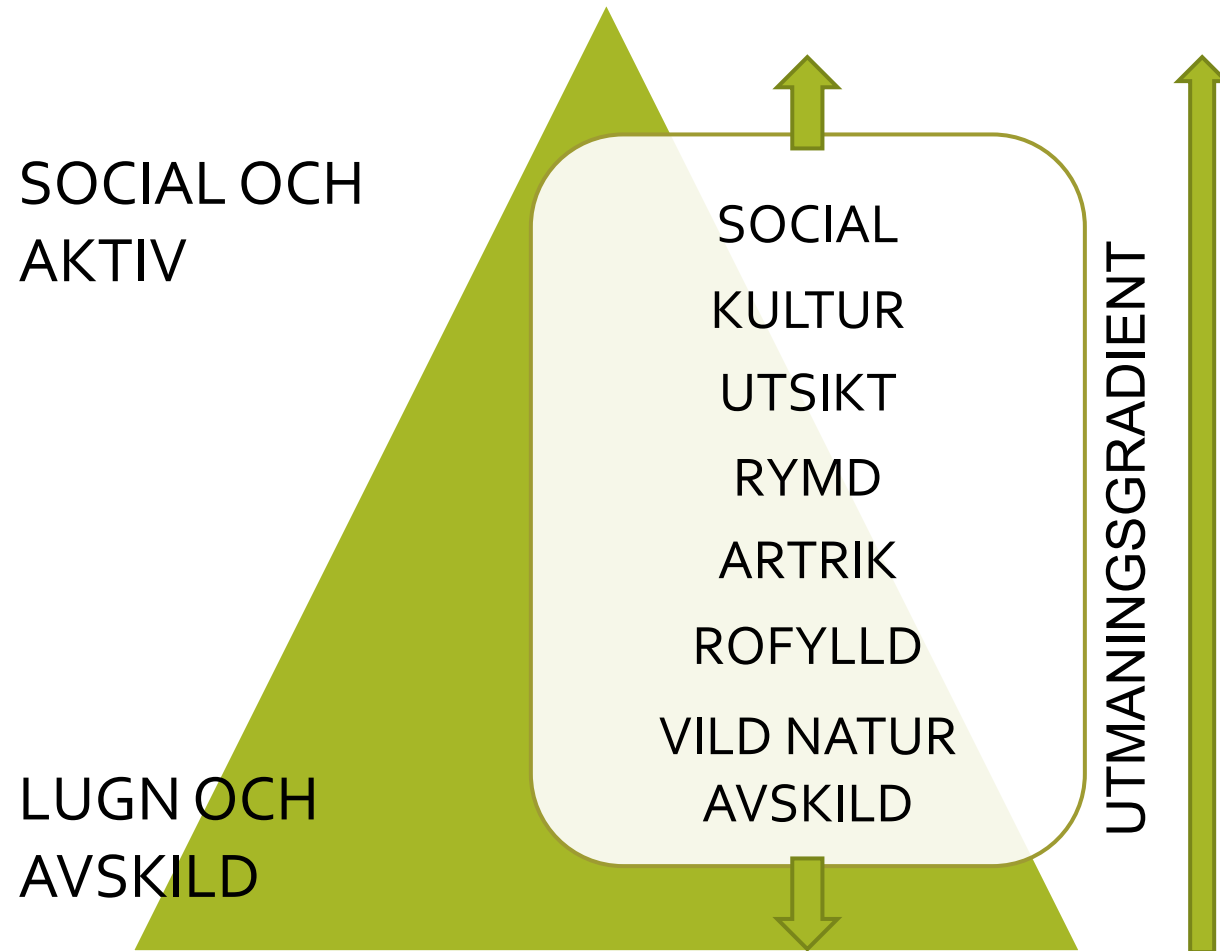
Alnarps rehabiliteringsträdgård

ett exempel på design som bygger på forskningsprinciper



Skiss: Barbro Gabrielsson

Hälsofrämjande miljökvalliteter



(Bengtsson & Grahn, 2014)





Hälsofrämjande miljökvaliteter

För att alla ska kunna och våga använda utemiljön behövs en *bekväm design* som främjar trygghet och säkerhet och skyddar mot negativa intryck.

- Nära och enkelt att komma ut
- Lätt att känna igen sig
- Tryggt och säkert
- Skydd för väder och vind
- Omgärdning
- Rofyllt



BEKVÄM DESIGN



Hälsofrämjande miljökvatiteter

Tillgång till natur och omgivande liv ger positiva intryck, omväxling och variation i vardagen.

Därför behövs en *stimulerande design* av utemiljön som främjar stimulans av sinnen och intellekt och ger tillgång till positiva intryck:

- Meningsfulla aktiviteter
- Årstidsväxlingar
- Dofta, höra, känna, smaka
- Anknytning till liv
- Anknytning till gången tid
- Samvaro



STIMULERANDE DESIGN



Hälsofrämjande miljökvaliteter

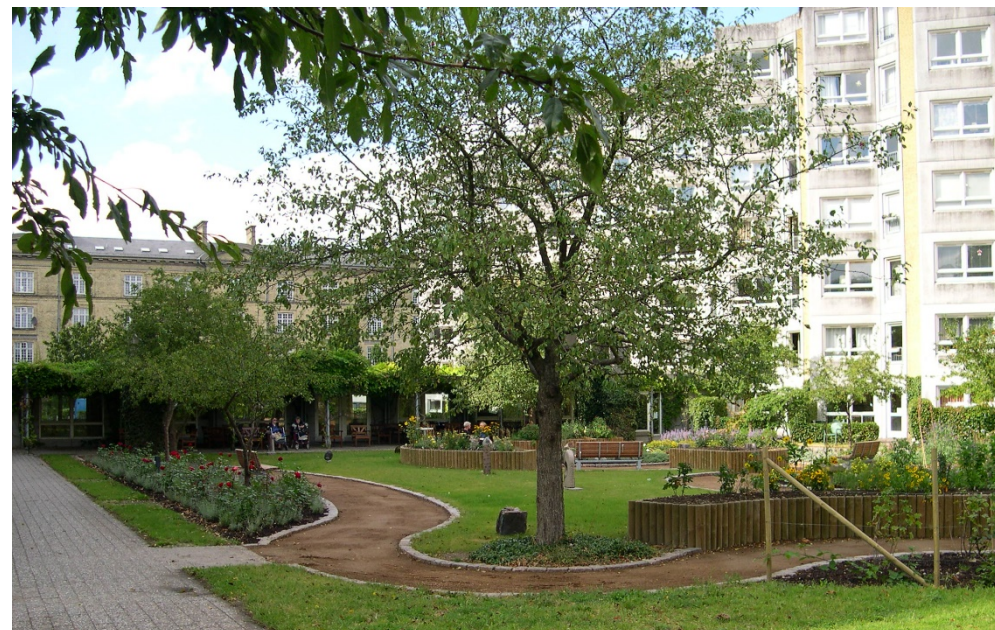
SOCIAL OCH
AKTIV

BEKVÄM DESIGN

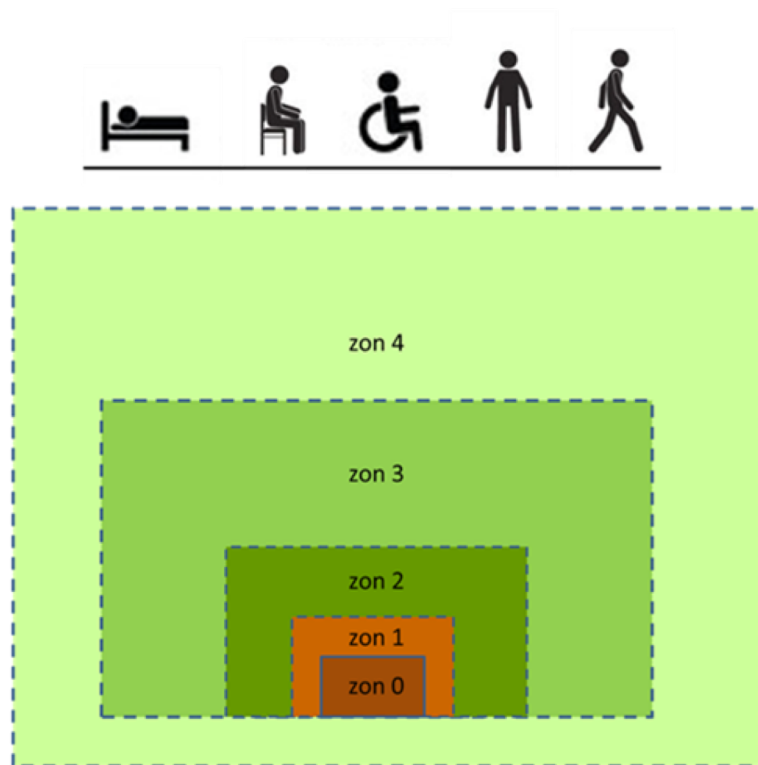
LUGN OCH
AVSKILD

STIMULERANDE DESIGN

(Bengtsson & Grahn, 2014)



Kontakt med utemiljön i fyra zoner



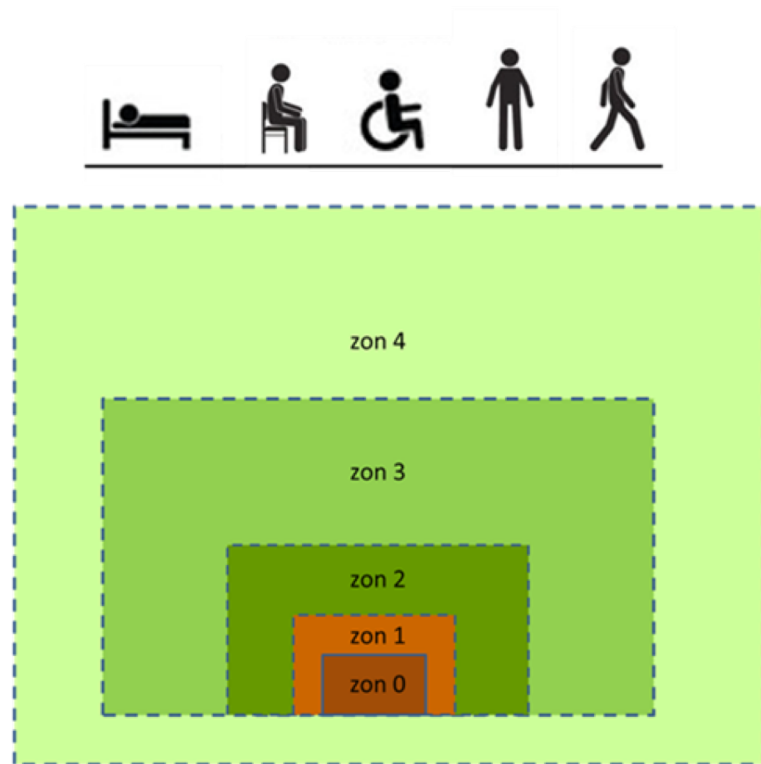
Zon 1: Inifrån byggnaden
(genom fönster)

Zon 2: I övergångszoner
(exempelvis på balkonger
och terrasser)

Zon 3: I närmiljön
(tillhörande park, trädgård)

Zon 4: I omgivningen

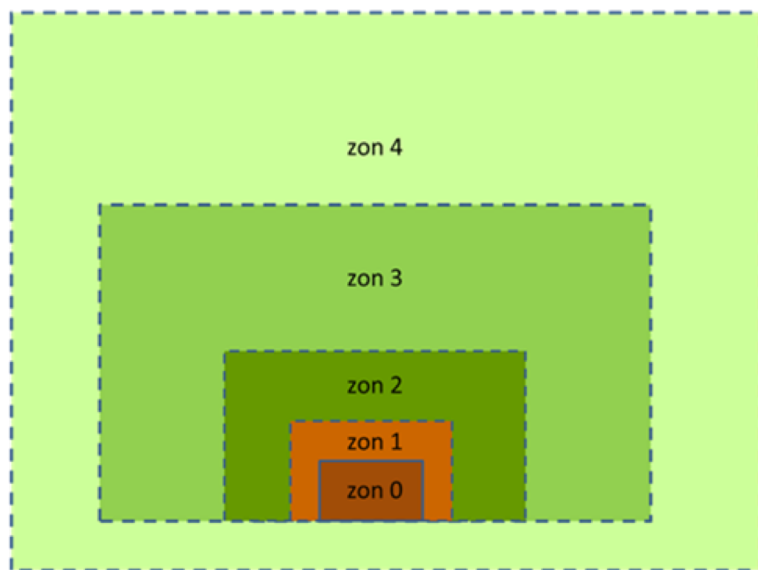
Kontakt med utemiljön i fyra zoner



Principmodellen *Fyra zoner av kontakt med utemiljön* (Bengtsson, 2015)

- För att optimal ta vara på utemiljön som hälsofrämjande resurs måste alla zoner beaktas. Olika zoner har olika roll och betydelse.
- Flera av effekterna uppstår redan inne i byggnaden, i zon 1.
- De positiva effekterna av kontakt med utemiljön är större ju äldre, sjukare och svagare personen är, dvs personer som i vissa fall aldrig kommer ut.

Möjligheter till kontakt med utemiljön



Principmodellen *Fyra zoner av kontakt med utemiljön* (Bengtsson, 2015)

Analys av zon 1 –zon 4

- Finns zonen? Beskriv hur zonen ter sig och är belägen på platsen.
- Undersök möjligheten för bekväm kontakt med utemiljön (liggande, sittande, stående/gående)
- Undersök möjligheten för stimulerande kontakt med utemiljön (liggande, sittande, stående/gående)

Beskriv också samspelet mellan zonerna, det vill säga möjligheten att ta sig mellan de olika zonerna och hur de knyter an till varandra.

Kontakt med utemiljön i fyra zoner



Zon 1: Inifrån byggnaden
(genom fönster)

Zon 2: I övergångszoner
(exempelvis på balkonger
och terrasser)

Zon 3: I närmiljön
(tillhörande park, trädgård)

Zon 4: I omgivningen

Zon o: Miljöer som saknar kontakt
med utemiljö

Zon 1 Kontakt med utemiljön inifrån



Utsikt mot grönska

- Kortare sjukhusvistelse
- Mindre medicinering
- Patienternas upplevelse av fysisk och mental hälsa
- Minskad smärta, stress och depression
- Mer nöjda patienter, personal och besökare

Dagsljus

Sömnmönster

Medicinering

(Kaplan, 1981, 2001; Ulrich, 1984; Parker et al., 2004; Bahamman, 2006; Bengtsson & Carlsson, 2006; Tang & Brown, 2006; Cooper Marcus, 2007; Velaarde et al., 2007; Ulrich et al., 2008; Fröst et al., 2012, 2013; Raanaas et al., 2012; Nordin et al., 2015; Walch et al., 2005)

Zon 2 Övergångszon

(balkonger, terrasser, vinterträdgårdar, växthus, uteplatser)



- Bygger samman inomhus och utomhusmiljöerna fysiskt och visuellt
- Unik kombination av:
 - **Utemiljön** - sinnlig stimulans: *ljus, luft, utsikt*
 - **Innemiljö** - *bekvämt, skyddat, privat*
- Hjälper brukarna att knyta an till världen utanför
- Socialt umgänge

Zon 3 Trädgården/Parken



- Teorier om restaurativa och stödjande miljöer
(Grahn et al., 2010; Ulrich, 1999; Kaplan & Kaplan, 1989)
- Evidens – hälsoeffekter
(Ulrich, 1986, 1999; Rodiek, 2002; Ottoson & Grahn, 2006; Rappe et al., 2006; Tang & Brown, 2006; Ulrich et al., 2008; Gonzales & Kirkevol, 2013; Whear et al., 2014;)
- Evidens – Miljöns kvaliteter
(Bengtsson & Carlsson, 2006, 2013; Cooper Marcus, 2007; Rodiek, 2008; Grahn et al., 2010; Tenngart Ivarsson, 2011; Pálsdóttir, 2014)

(Cohen-Mansfield & Werner, 1998; Cooper Marcus & Barnes, 1999; Ulrich, 1999; Bengtsson & Carlsson, 2006; Cooper Marcus, 2007; Cooper Marcus & Sach, 2014)

Zon 4 Kontakt med omgivande miljö



- En del brukargrupper upplever fördelar med kontakt med omgivande miljö:
 - stimulans
 - anknytning till tidigare liv
- Andra brukargrupper upplever ett stort behov att skärma bort omgivande miljö
 - behov att vara ifred
 - att inte se och inte bli sedd av andra

(Kellert et al., 2005; Bengtsson & Carlsson, 2006, 2013; Kearney & Winterbottom, 2006; Eriksson et al., 2011; Tenngart Ivarsson, 2011; Lygum et al., 2013; Pálsdóttir, 2014; Rodiek et al., 2016)

Exempel på de fyra zonerna + zon o

Strålningsbehandlingen i Lund

Zon 3



Zon 1



Zon o



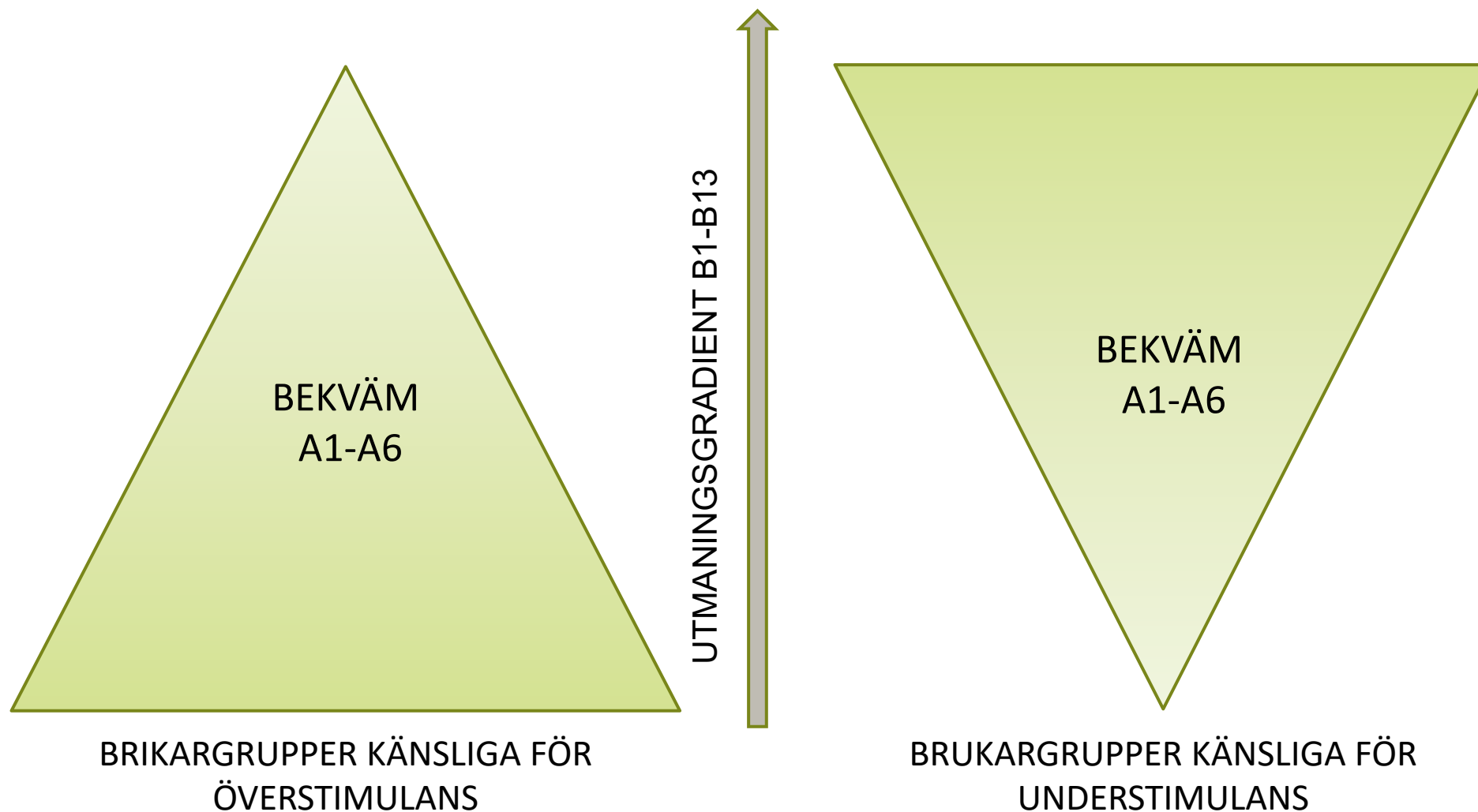
Zon 4



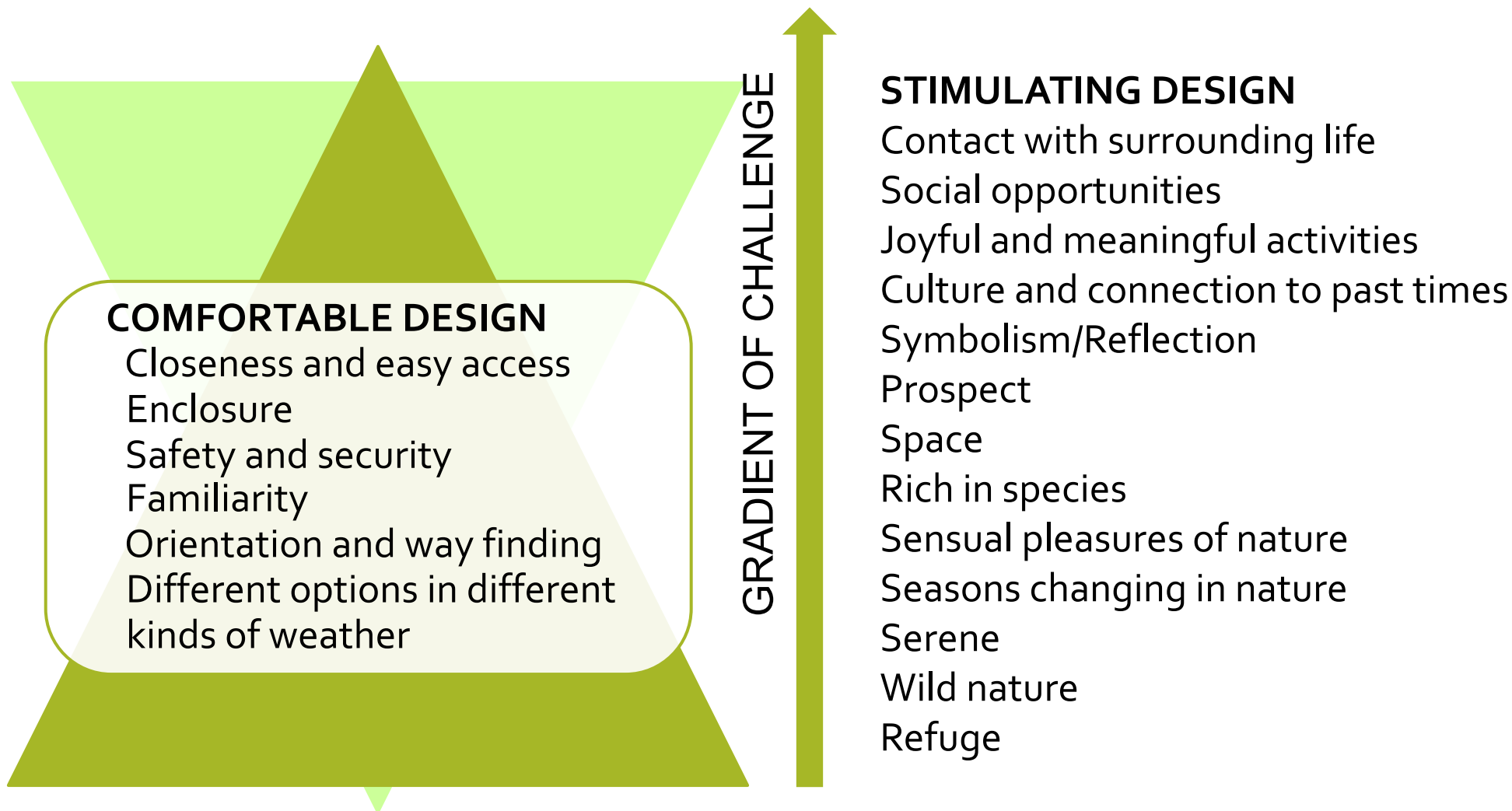
Zon 2



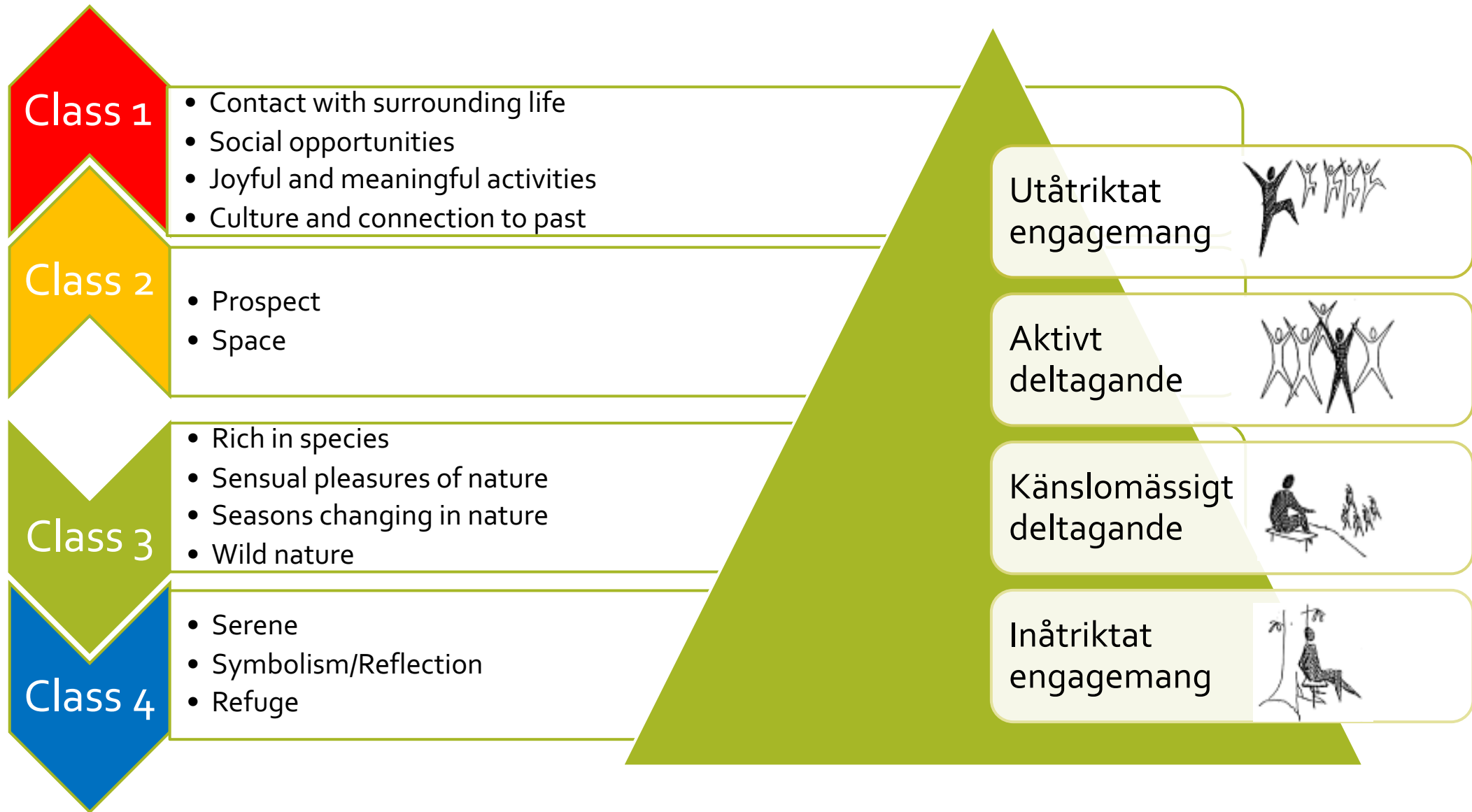
Olika brukargrupper – olika behov



Miljökvaliteterna i QET-verktyget



Inspirerande design- kvaliteter i motsatsförhållande



EBD-projekt

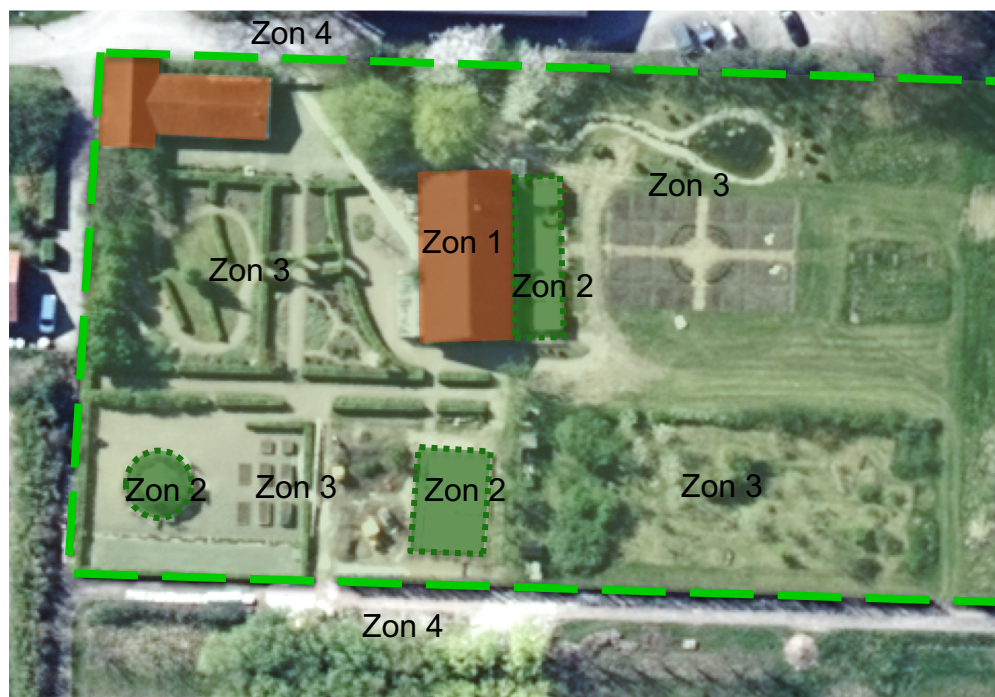
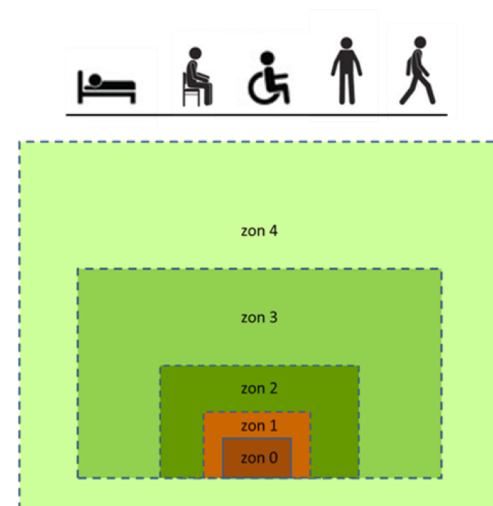
- Alnarp rehabiliteringsträdgård
- Länssjukhuset Ryhov, Jönköping
- Malmö Universitetssjukhus SUS
- Minneskliniken i Malmö
- Täby hälsoparkstråk
- Restorativ arbetsplats



Photo: Nina Oher

Top image: Nina Oher
Bottom image: Pixabay.com

Analys av Alnarps rehabiliteringsträdgård



Analys av Alnarps Rehabiliteringsträdgård



Examples: environmental qualities in zone 2 – **Seasonal changes**



Litteratur

- Bengtsson, A., Oher, N., Åshage, A., Lavesson, L., Grahn, P. (2018). Evidensbaserad design av utemiljö i vårdsammanhang: En forskningssammanställning. Landskapsarkitektur, trädgård, växtproduktionsvetenskap: rapportserie:17. Alnarp: Sveriges lantbruksuniversitet.
- Bengtsson, A., Hägerhäll, C., Englund, J-E., Grahn, P. (2015). Outdoor Environments at Three Nursing Homes: Semantic Environmental Descriptions. *Journal of Housing for the Elderly* 29 (1-2).
- Bengtsson, A. (2015). From experiences of the outdoors to the design of healthcare environments. Swedish University of Agricultural Sciences, Alnarp.
- Bengtsson, A. & Grahn, P. (2014). Natur och trädgård i ett vårdsammanhang. I Wijk. H. (red) *Vårdmiljöns betydelse*. Studentlitteratur. Sid 229-254.
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<https://www.ptsforum.se/forskning/genomfoerda-projekt/evidensbaserad-design-av-utemiljoe-i-vaardsammanhang/>

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