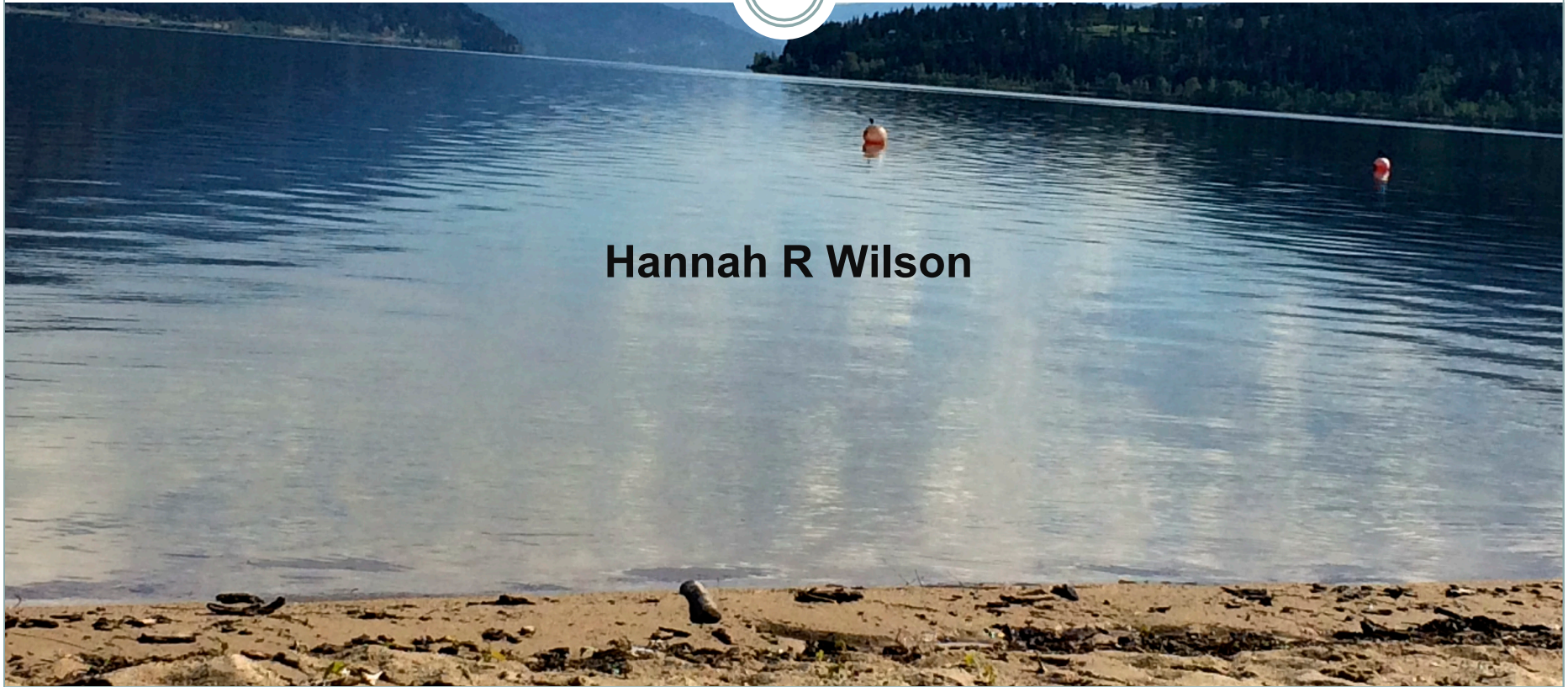


# A Guided-Imagery Nature Intervention



**Hannah R Wilson**



# Nature and Anxiety



**Increased  
vitality**



**Reduced  
stress**

**Reduced  
anxiety**



**Increased  
happiness**



**Increased  
self-  
esteem**



# Imagining Nature



**Feelings of awe**

**Connectedness**

**Reduced depression**



**Reduced anxiety**

**Increased vitality**

**Reduced stress**



# Importance



**Replication  
crisis**



**Anxiety  
Rates**

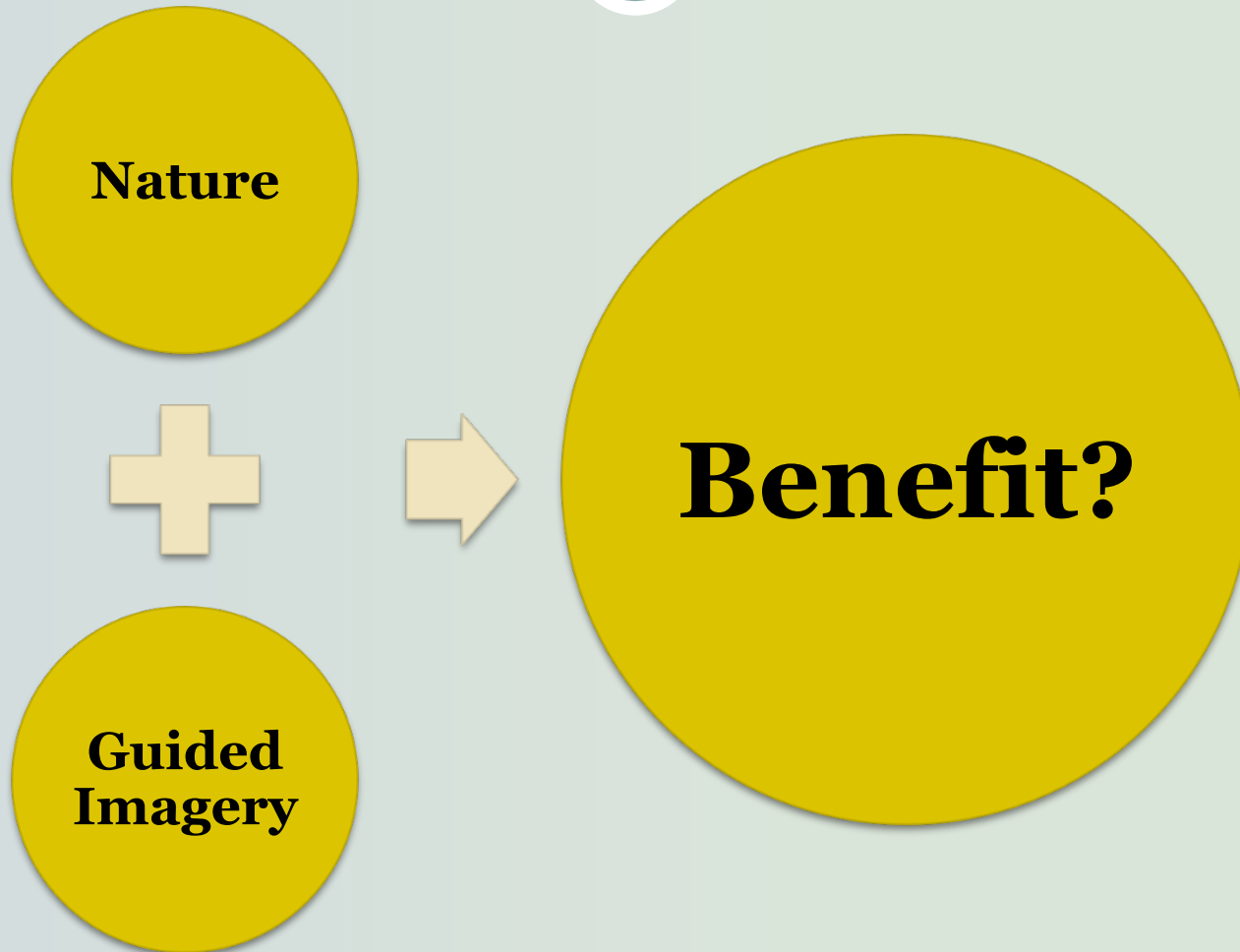


**Accessibility**

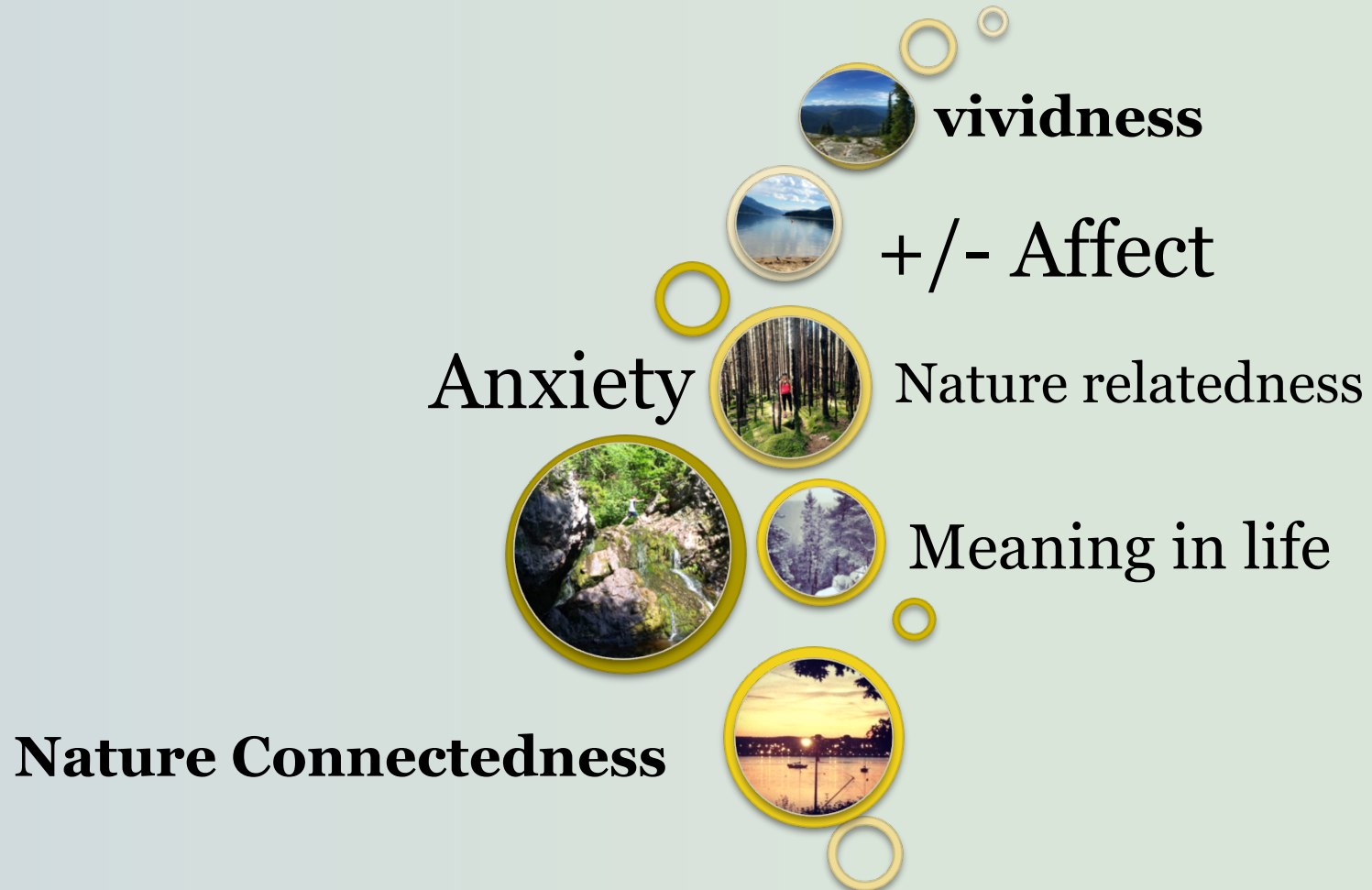




# What we investigated



# What was measured



# Conditions

## Nature Guided-Imagery Intervention

- N = 123



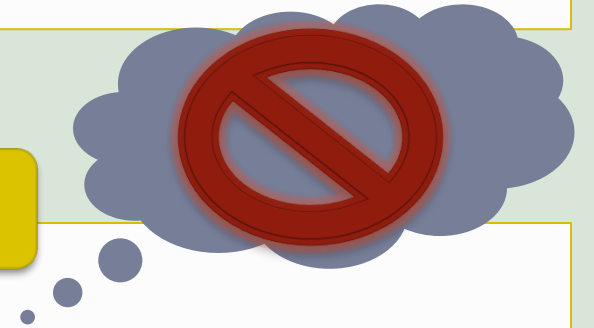
## Urban Guided-Imagery Intervention

- N = 140



## Control - NO Guided-Imagery Intervention

- N = 132





# The Results – Nature Qualitative



**“I saw the way  
the waves  
caught mud  
and dragged it  
out as they  
moved”**

**“There were eagles  
and butterflies, and  
a deer came to sit  
next to me”**

**“the sky was a rich blue  
with scattered clouds”**

**“”Me having sex  
with girl.”**

**“Surrounded by big delicious  
trees that had mostly orange  
and red leaves. I had purple  
shoes and I was very  
peaceful”**

**“I walked along the dirt  
path, jumping over  
puddles from rainwater  
that hadn’t evaporated  
from days before”**

# The Results – Urban Qualitative



**“I pictured being in Vancouver, with many cars and traffic around me honking and sound of cars driving past. Tall skyscraper buildings with intense sleek and modern architecture”**

**“Busy streets surrounded by tall business buildings. The movement of people bustling around me.”**

**“I saw myself in a coffee shop, sitting and having a latte. There were many people walking past the shop and coming in to grab a coffee to go.”**

**“I went to a supermarket with crowded people”**

**“I was standing in the middle of the city center. There were rows of shops behind me. Cars were zooming by in front of me”**

# Nature Themes





# Urban Themes

A word cloud of urban themes. The words are arranged in a cluster, with some overlapping. The colors of the words include dark teal, maroon, green, yellow, and light green. The background is a light pink cloud shape.

Distracting  
Warm  
Happy  
Calm  
Crowded  
Big  
Busy  
Peace  
Tired  
Relaxed

# Further implications



**Support for  
growing  
evidence**



**Future  
suggestions of  
improvements**



**Finding the  
right fit**



# Questions?

