

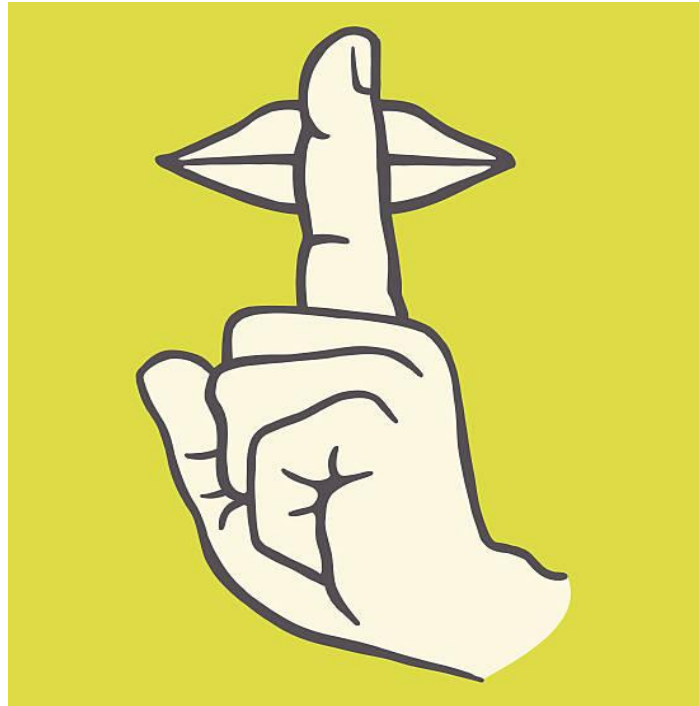


Growing Hope



Sacha Lynn Henry

(Passmore & Henry, in progress)



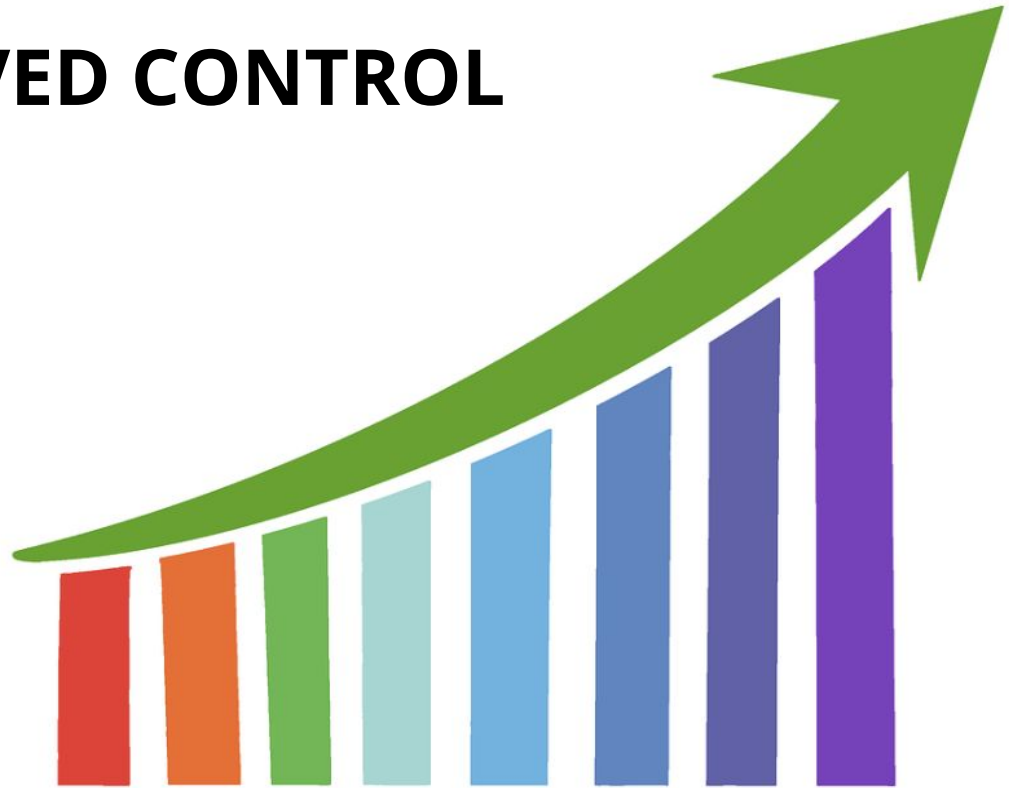
Thank you for your confidentiality!

LACK OF PERCEIVED CONTROL

LONELINESS

DEPRESSION

ECO-ANXIETY



University Students

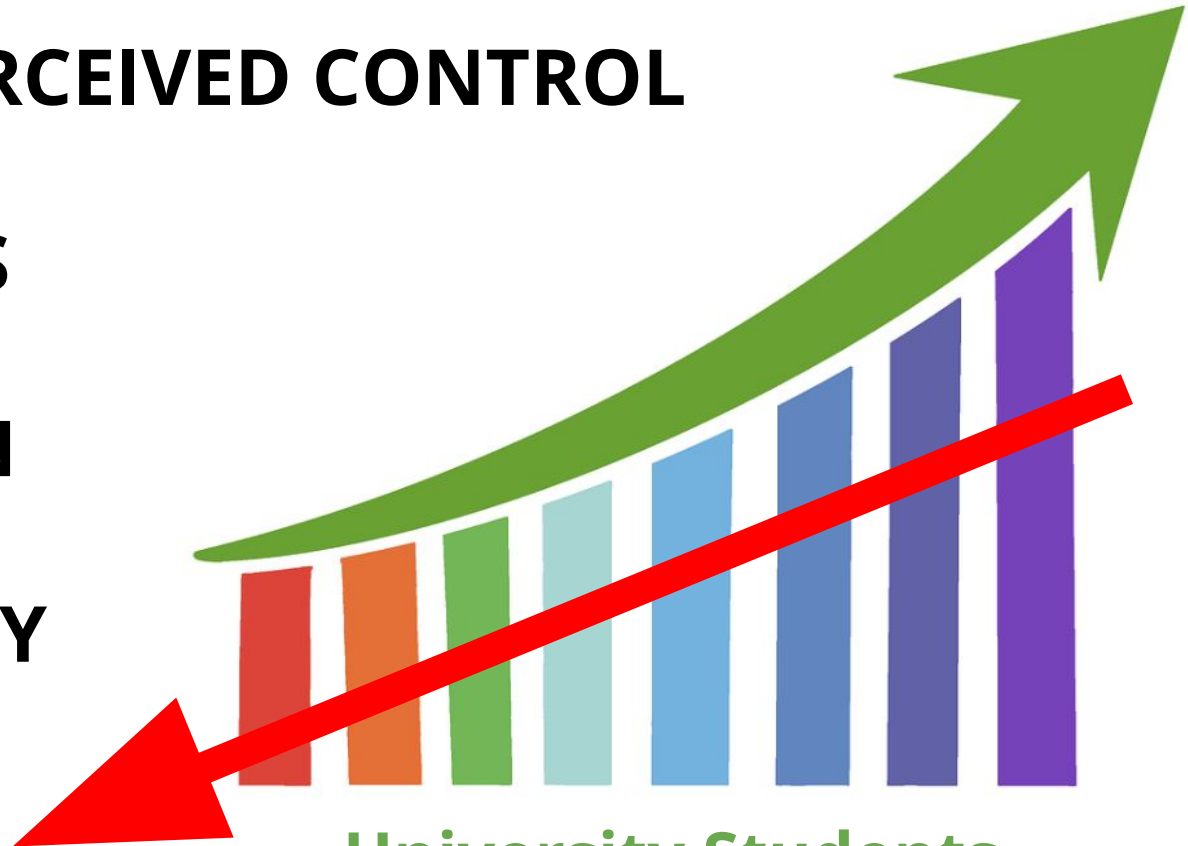
LACK OF PERCEIVED CONTROL

LONELINESS

DEPRESSION

ECO-ANXIETY

Hope



University Students

“... interventions have
shown to effectively
enhance **hope** in
university students...”



Positive Emotions

Transcendent Connectedness

Meaning in Life



Themes of Hope

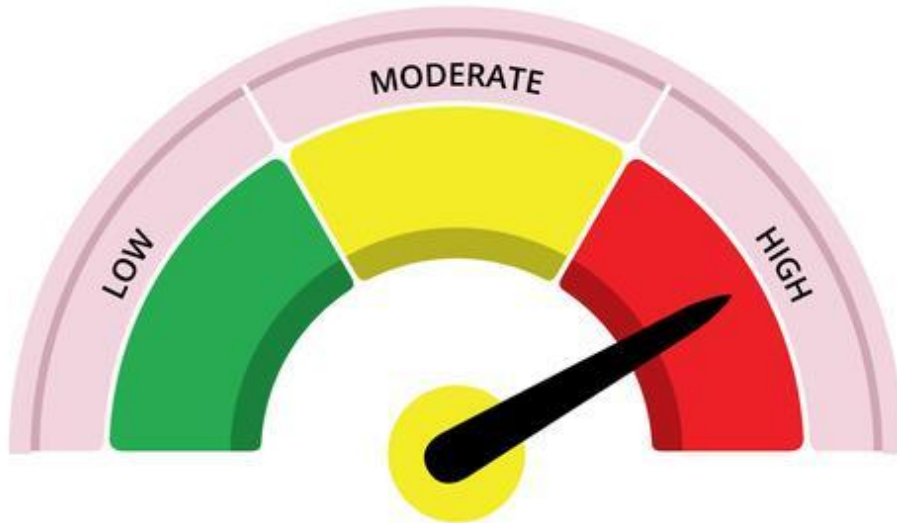
Sources of Hope

Inspiration of Hope

Why is this
important?



PREDICTS ACADEMIC PERFORMANCE

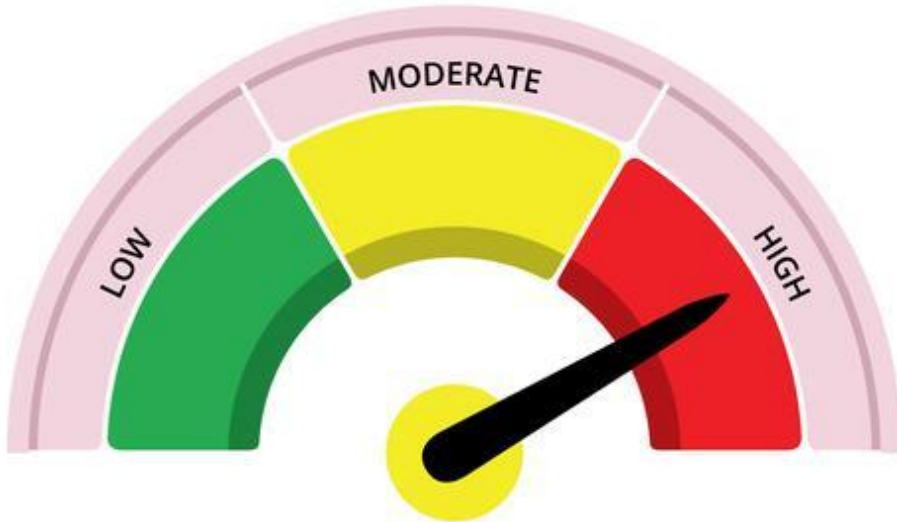




PREDICTS ACADEMIC PERFORMANCE



When controlled for previous academic performance





well-being

**NATURE CONNECTEDNESS
+
EXPOSURE TO NATURE**

Eco-anxiety



Purpose:

Very little research examining:

- exposure to nature as a pathway to hope
- paying attention to nature through other senses
- coping with and/or mitigating eco-anxiety



**This project examines the
cognitive and *auditory* pathways
of exposure to nature as a
means to enhancing hope and
reducing eco-anxiety.**

Study Method :

Pre - measure Questionnaire

Assigned to 1 of 5 conditions

1. Wait list control
2. Control Auditory
3. Control Cognitive
4. Nature Auditory
5. Nature Cognitive

Post - measure Questionnaire



Pre-Measure Questionnaires

Trait Nature Connectedness

(Mayer & Frantz, 2004)

Modified Motivation for Sensory Pleasure

(Eisenberger et al., 2010)

Big Five Personality Inventory - Brief

(Rammstedt & John, 2007)

Condition 1



Wait List Control

Participants will simply proceed directly to the Post Measures

Condition 2+3

Control Audio



(everyday sounds from a built environment)

Nature Audio



(everyday sounds from a nature environment)



Condition 4+5

Control Narrative

"... buildings around parking lots had not been left raw and amputated..."

Nature Audio

"... we watched for the first snowdrops, pushing through soil ..."



Hope & Well Being

Absorption in Task

(Busselle & Bilandzic, 2009; Gary et al., 2017; Green & Brock, 2000; Kuijpers et al., 2014);

State Hope Scale

(Snyder et al., 1996)

Perceived Hope Scale

(Kraft et al., 2019)

Eco-Anxiety

(Passmore et al., 2021).

Multidimensional Existential Meaning Scale

(George & Park, 2016)

Transcendent Connectedness

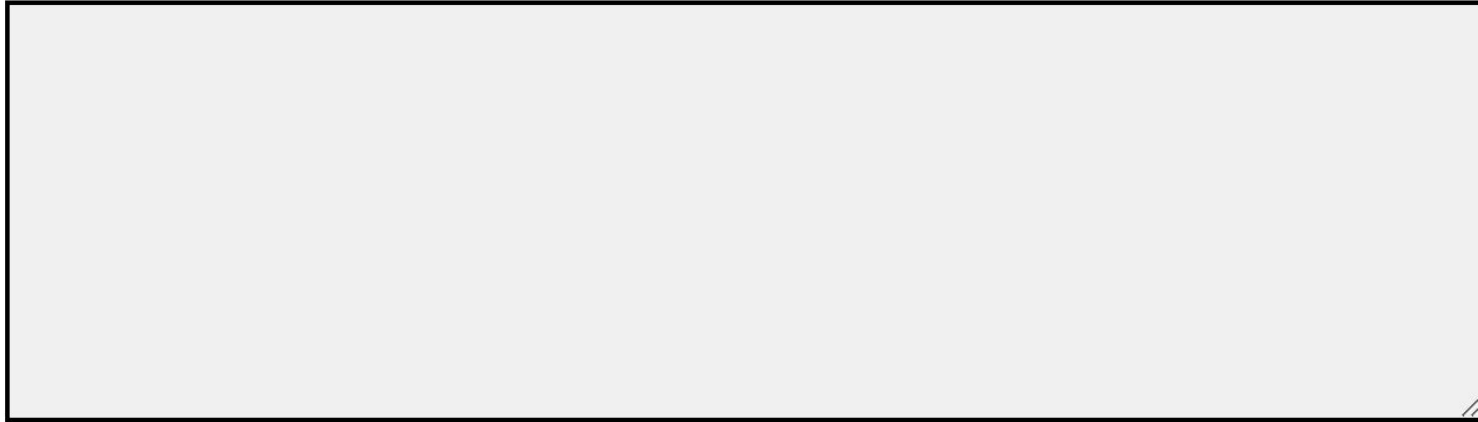
(DeCicco & Stroik, 2007, as per Passmore & Holder, 2017)

Scale of Positive and Negative Experience

(Diener, et al., 2009)

Please briefly describe how reading these narratives made you feel. What emotions were evoked?

Please comment on what you learnt by participating in this study or any comments on your experiences with engaging in this study.

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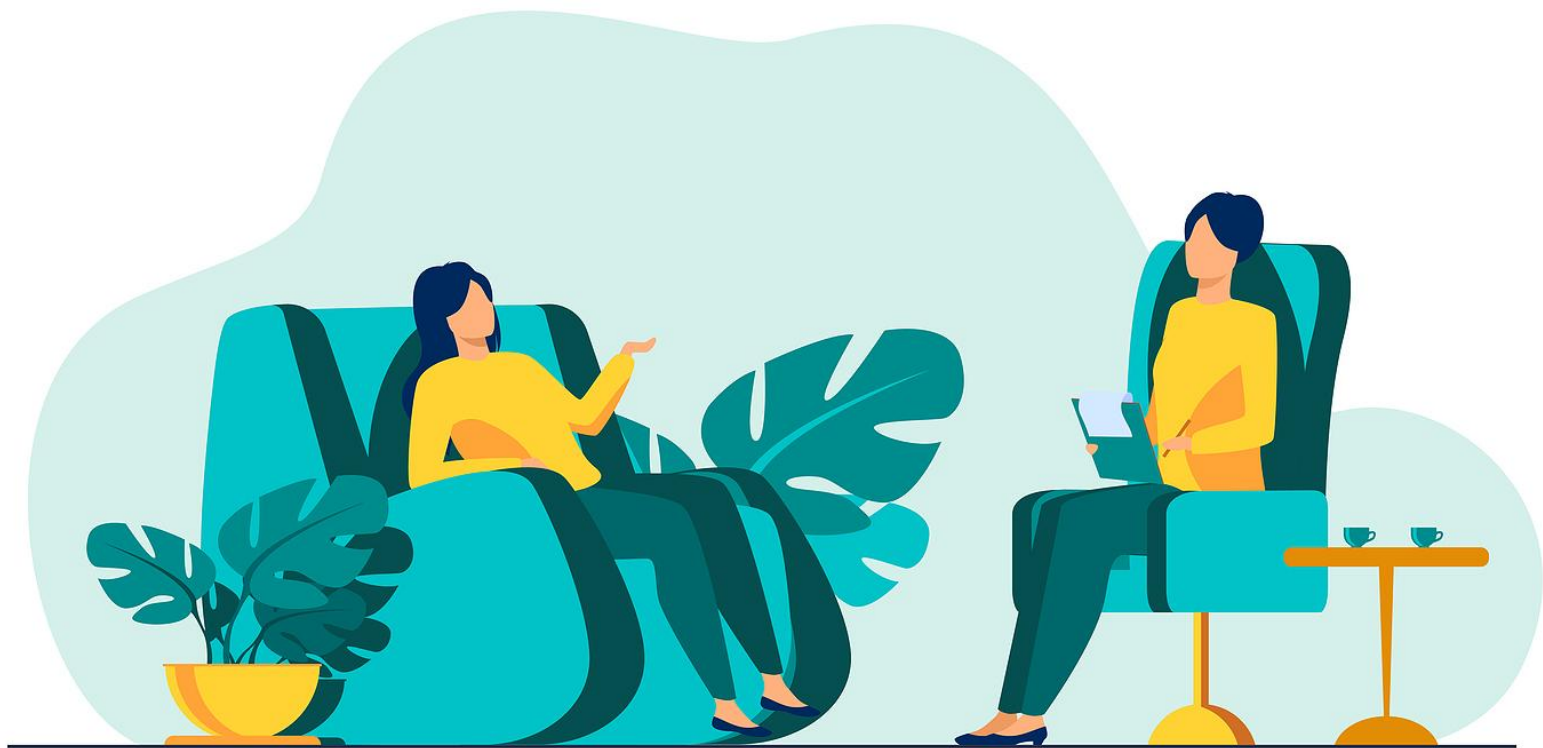


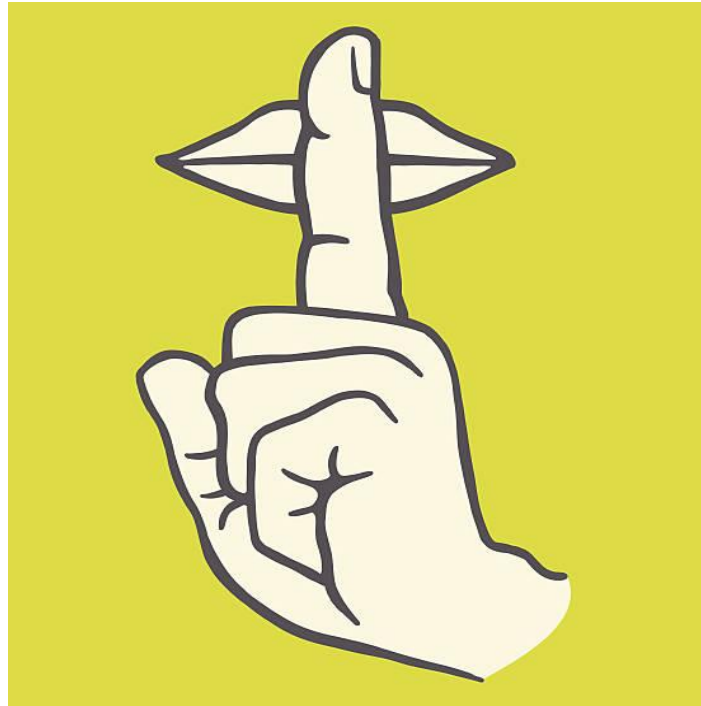
**Students can
download the
Nature Audio and
Nature Narratives**

Brief Hope Interventions

=

Increased Well-being & Hope





Thank you for your confidentiality!



Thank you !

To be continued ...

