Restoring Clinician's Attention with Birdsong

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Nature and Meaning in Life Lab
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Thank you!

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Concordia University of Edmonton (CUE)
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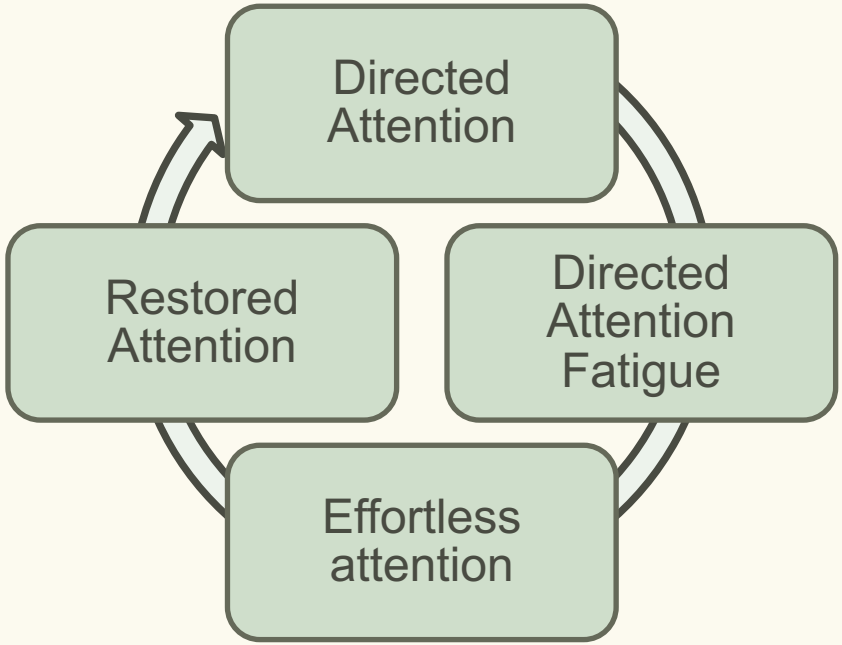
Idea Formulation

How might nature and Attention Restoration Theory (ART) be used to benefit clinicians?

- Merging of NMILL interests and clinical work
- Thank you to project members:
  - Dr. Holli-Anne Passmore & Darren Aschacher

Attention Restoration Theory

- Directed attention – voluntary, effortful (Kaplan, 1992)
- Nature can replenish optimal human functioning (Kaplan, 1992; Lymeus et al., 2020; Ohly et al., 2016)



Attention Restoration Theory

Attention Restoration Theory

X

Clinical Work

Literature

- Visual > Auditory
- Birdsounds:
  - Songbirds and birds with positive connotations identified as more restorative

Can birdsong help mental health therapists restore and maintain cognitive & emotional attention in their workday?

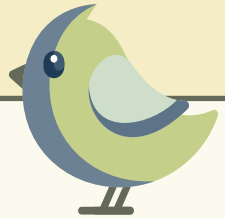
Study Design

- Experimental Intervention
- Mental health therapists
- 2-weeks on workdays
- 1 of 2 conditions
- Pre & Post Measures

Conditions

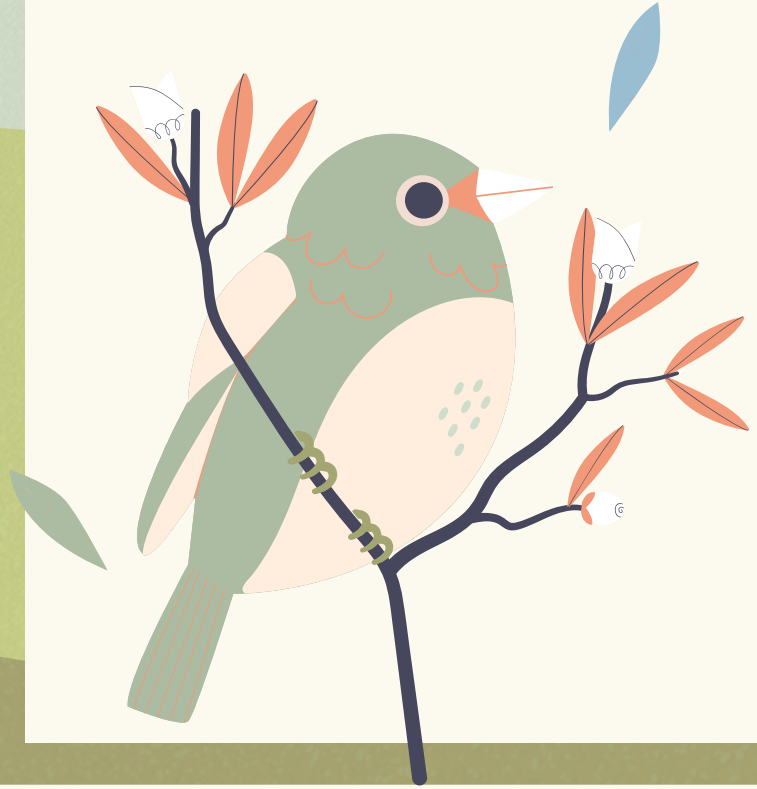
Active Control

Nature Intervention



Current Steps

- REB submission
- Advertising
- Qualtrics



Thank You!

Questions?

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