

Phase 2: Intervention Schedule

Painting in the Park: *Rose Garden Edition*
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Class: SOCI 420
Date: February 22th, 2020

Detailed Description

Painting in the Park is a study that will take place in the scenic Rose Garden at the North end of UBC Vancouver's campus. This study will involve participants engaging with nature through both taking in the view and also painting the garden based on what they see/what they like most about it. Participants of this study are to complete a preliminary survey before attending the workshop and a survey afterwards to assess the impacts that this activity had on their well-being. Upon arriving at the Rose Garden on the day of the workshop, our team will have set up a table that has canvases, brushes, paint and paint palettes. Once all participants are gathered together, we will explain what the purpose of our workshop is, remind them of the post activity survey that they must complete in order to be entered in the \$50 draw, and confirm whether they have filled out a consent form. As we do not want to restrict participants to a specific spot in the rose garden, we will let them know that they have an hour to paint any aspect of the garden that they wish. After the time allotted for painting, we will once again gather participants, have them put their materials back on the table and have them fill out a printed copy of the surveys.

Intended Benefits

The natural beauty students are privy to while attending the university is often overlooked in the hustle of daily responsibilities, however this workshop seeks to encourage students to slow down and appreciate nature on UBC's campus. This study will determine the mental health outcomes of increased engagement with nature and its relationship to well-being. Preliminary research determined that exposure to nature was associated with a wide variety of positive health outcomes as did painting and expressive forms of art. This study will immerse participants in nature and encourage engagement with nature's beauty to facilitate positive mental health outcomes.

Target Audience

The intended audience for this study are UBC undergraduate students who are interested in a creative outlet for stress reduction. Participants must be willing to be outdoors and feel comfortable standing or sitting outside for up to an hour.

Recruitment Strategy

The recruitment strategy for this study is a multi-faceted approach to garnering UBC undergraduate student engagement.

The first component of the recruitment strategy is in the form of flyers distributed by the UBC Wellness Centre. Flyer distribution within the Life Building will allow for a diverse demographic of student response. This will also allow initiative on behalf of the Wellness Centre to distribute the study to participants they deem as interested or a good fit for the study.

The next strategy utilized in order to recruit participants will be over social media. The study has a Facebook event associated with it and will be shared to the UBC community through posting in a multitude of student-focused Facebook groups, as well as our own personal social media pages. This will broaden the reach of potential participants through utilizing the internet.

Finally, we will utilize the resources of the Wellness Centre and SEEDS sustainability program to extend our study to the UBC community through the Wellness Centre's Facebook page and the SEEDS contact list.

Our preliminary marketing timeline is detailed below.

Proposed Marketing Plan Timeline

- Planning and Preparation - *Early February*
- Email Wellness Centre with Flyer - *Feb 24*
- Facebook Event Launch - *Feb 24*
- Facebook Event Page Updates *Feb 28, Mar 3, Mar 7, Mar 10, Mar 11*
 - Small, simple graphics and posts to promote event
 - Invitations to friends, classmates, etc
 - Reminders about upcoming event details
- Social Media Marketing - *Feb 29, Mar 4, Mar 9*
 - Sharing Facebook Event Page updates and posts to our personal social media accounts
- Thank you message to all our participants - *Mar 12*
 - Post photos of event onto Facebook Event Page and allow participants to tag themselves

Plan to Evaluate Survey Questions

In order to evaluate the effectiveness of the study on mental health outcomes, surveys will be distributed among all participants prior to their engagement with nature. Following the completion of their allocated time outdoors painting, participants will complete an exit survey to determine whether their mental state has changed due to the time spent engaging with nature's

beauty. The pre and post survey questions will be almost identical except for an open ended question upon completion of the post-survey that will allow respondents to indicate any specific effects of their time spent in nature.

The pre-survey will include the following five questions, and will be completed on Qualtrics through the following link:

https://ubc.ca1.qualtrics.com/jfe/form/SV_8ifoZhlnGmnwll

1. *What types of activities do you engage in to improve your mental health?*
2. *How do you think this painting workshop will affect your mental health (stress levels, mood, happiness etc..)?*
3. *On a scale of 1-10, how stressed do you feel right now? (1 being at ease, 10 being extremely overwhelmed with tasks you have to manage)*
4. *How do you feel when you spend time in nature friendly spaces? Does it impact your mental health?*
5. *Do you think spending time in nature is important to manage your mental health?*

The post-survey will consist of the following five questions, also to be completed on Qualtrics:

https://ubc.ca1.qualtrics.com/jfe/form/SV_a41j0r5uU5hTQdT

1. *How did you feel while doing this activity?*
2. *On a scale of 1-10, how stressed do you feel right now?*
3. *Do you think spending time in nature is important to manage your mental health? (definitely yes/ probably yes / probably no / definitely no)*
4. *Please describe how painting in nature made you feel in terms of your mental health.*
5. *How likely are you to participate in an activity similar to this in the future to help improve your stress levels?*

By constructing open ended questions this study will evaluate participant perception of nature's influence on mental health outcomes. The study also measures the degree of stress which participants experience preceding and following their engagement with nature through painting. Furthermore, the study will determine whether participating in a nature based study changed participants perceptions about the value of nature to mental health.

Intervention Challenge

The objective of this study is to determine the effect of engagement with nature and art on proportionate student stress levels. Through conducting this study, insight will be accumulated pertaining to the effectiveness of nature prescriptions on mental health outcomes.

By collaborating with the AMS Paint Club, Wellness Centre, and the SEEDS program - this study efficiently utilizes on campus-resources in an original manner to accomplish the study objective. Specific pertinence of UBC student engagement with nature will determine the effectiveness of campus nature integration and subsequent mental health outcomes. By determining the influence of nature on mental health, this study will demonstrate the value of natural space on campus. The added component of painting encourages participants to slow down and appreciate the natural beauty of their surroundings.

The implications of this study extend far beyond UBC campus grounds. By demonstrating the positive benefits of engaging with nature this study opens the door for further investigation on how nature can be utilized to improve human health. In addition, with the many natural assets on campus, this intervention can be repurposed and redone many more times, at a variety of locations, including the ones listed on the asset map.

Intervention Feasibility

This study presents a unique and advantageous opportunity to recruit a variety of undergraduate students to participate in a nature based activity. The timeline includes an aggressive recruitment strategy officially launched February 24th with the creation of a public Facebook event and distribution of flyers to the Wellness Centre, as previously illustrated in the preliminary marketing strategy timeline above.

Given the straightforward methodology of the study, the objectives are clearly set to be obtained.

Role Descriptions

Lead Facilitator - Taylor

- Responsible for development of role descriptions and distributing work among group members
- Ensures that responsibility for project is shared equally
- Manages meetings and leads communication related to project deliverables
- Go-to for questions pertaining to any specific responsibility
- Assists everyone in completing their tasks on-time and with a high degree of quality

Survey Manager - Ryan

- Lead developer of surveys
 - Tailors survey questions to determine the influence and outcome of the workshop
 - Develop pre and post survey questions related to project purpose
- Responsible for ensuring that ALL surveys are completed (both prior to entering the garden and upon leaving the garden)
- Responsible for printing out enough pre/post surveys.

Photographer/Lead Recruitment Manager - Kelly

- Take photos of the event

- In charge of spearheading recruitment strategy and marketing strategy
 - Getting AMS approval of flyers to post around campus, marketing event
 - Works with Survey Master role to ensure the survey is aesthetically pleasing and matches the tone of the event
- Responsible for ensuring that enough people turnout
 - Lead the creation and posting of graphics and promotions on the Facebook event page

Risk Management/Director of Funding - Moca

- Responsible for wellbeing of participants
 - Knowledge of protocol when it comes participants having any sort of crisis during time of the workshop
 - First aid knowledge
- In charge of emailing clubs/SEEDS coordinator for collaborations
 - Keep other members up to date with collaborations
- Assisting Ryan in creating questions for the survey

Garden Liaison & Asset Map Manager - Charlotte

- Point person on development of Asset Map [Phase 2]
- Garden Liaison- Responsible for presentation preceding study
 - Introduction to participants [work closely with Recruitment Manager and Lead Facilitator to develop script]
 - Discussing expectations of participants for study and survey completion