

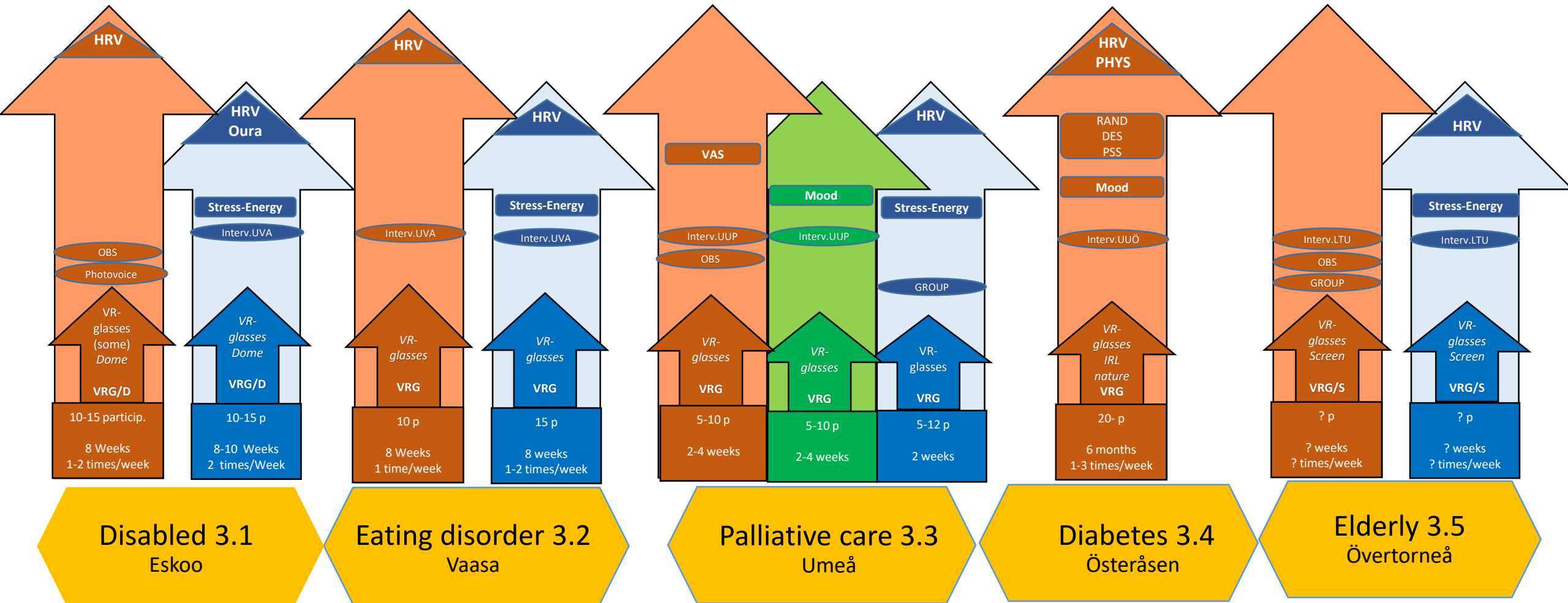
# PLANNED INTERVENTIONS AND RESPONSE MEASUREMENTS IN THE NATUREACH PROJECT

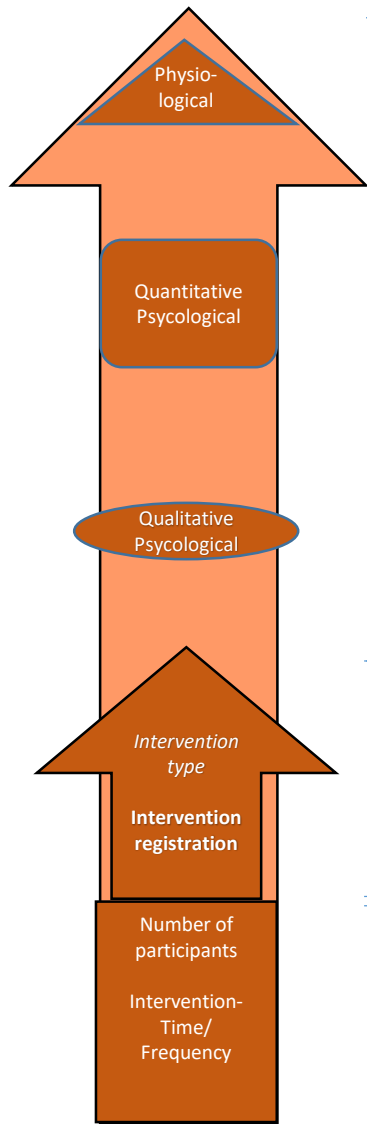
## Aims:

- Measuring the effects of different VR-Nature interventions
- Evaluating and optimizing the quality of different interventions (environmental qualities and types, audio-visual properties, intervention setups, additional sensory material etc.)

Plan for **each** target group:

Clients/Patients
Staff 3.6
Relatives





Measurements

### Codes

All individual data entries should be attached to an individual code for each participant so analyses can be made.

Client pilot	Code for Clients/patients	Code for Staff members	Code for Relatives
3.1 Disabled clients in Eskoo's Support and Care unit, Seinäjoki	EC1...EC9	ES01...ES99	
3.2 Patients in Eating Disorders Outpatient clinic in Vaasa central hospital	VC01...VC99	VS01...VS99	
3.3: Patients in Palliative medicine Umeå	PC01...PC99	PS01...PS99	PR01...PR99
3.4: People with diabetes mellitus in Lifestyle support services Österåsen, RVN	OC01...OC99		
3.5: Senior care services in Övertorneå Municipality (Särkivaaragården)	SC01...SC99	SS01...SS99	SR01...SR99

Psychological measurements								Physiological measurements		
Quantitative				Qualitative						
Mood	Stress-Energy	VAS	RAND DES PSS	Photovoice	Observat.	GROUP	Interv.	HRV	Oura	Other
Online	Online	Paper	Online	Paper	Paper	Paper	Paper	Online/Paper	Online	Paper

Intervention types & environment response registrations

Virtual equipment used & Data collected from		
VR-glasses (VRG)	Screen (VRS)	Dome (VRD)
1. Time watched 2. Video watched 3. Head movement 4. Eye movement	1. Time watched 2. Video watched	1. Time watched 2. Video watched
<i>Recorded in glasses, uploaded to UVA by VR-glass responsible person</i>	<i>Recorded in paper Diary, transferred to UVA</i>	<i>Recorded manually in Dome-computer or paper Diary, transferred to UVA</i>

Number of Participants and Intervention frequencies

ABBREVIATIONS

Qualitative Psychological measurements	
<b>Interv.</b>	Interviews; different for, UVA, LTU, UUP, UUÖ
<b>OBS</b>	Observations made by staff
<b>GROUP</b>	Group discussions and evaluation
<b>Photovoice</b>	Special method in Eskoo

Quantitative Psychological measurements	
<b>Mood</b>	Mood survey
<b>Stress-Energy</b>	Stress Energy survey
<b>VAS</b>	Visual analogue scale for symptoms
<b>RAND</b>	RAND - 36: Hälsa och livsstil i vardagen, 36 frågor
<b>DES</b>	DES-SF-10; Diabetes empowerment scale, 10 frågor
<b>PSS</b>	PSS 14: Percieved stress scale; Känslor och tankar senaste månaden, 14 frågor

Physiological measurements	
<b>HRV</b>	Hart Rate Variability measured with FIRSTBEAT.
<b>Oura</b>	Ring that measure heart rate and overnight blood oxygen level and from that different properties are predicted.
<b>Other</b>	Other physiological measurements as blood sugar, body weight, blood pressure, waist circumference etc