

Fatigue, depression, tension, even anger all reduced by indoor greenery -Australian study

Reductions in negative mood states and feelings of stress by up to 60% have been found among people with plants in their offices in a ground breaking study.

“We found such significant difference in scores for participants in offices with plants as opposed to those without, that it confirms the benefits of indoor plants extend well beyond their contribution to air quality,” reports the head of the study, Adjunct Professor Margaret Burchett.

In the first study of its kind in the world, researchers from the University of Technology Sydney utilised standard psychological survey instruments with internationally demonstrated reliability and validity to assess the effects of indoor plants on occupants’ mood states and feelings of well-being.

“While our group of 40 people was small, the results were very significant because of the proven methods used. The sizeable reductions in negative mood states like tension can only have a positive effect on productivity and satisfaction,” said Professor Burchett.

Across a series of tests conducted before and after plants were present in offices, people showed:

- 37% reduction in tension/anxiety;
- 58% reduction in depression/dejection;
- 44% reduction in anger/hostility;
- 38% reduction in fatigue;
- 30% reduction in confusion; and
- 4.5% increase in vigour.

“The results add further evidence for the benefit of plants for occupant well-being, not only in office buildings but in almost any other type of building as well.

“The major national environmental goal is that of producing sustainable urban communities and indoor plants have the potential to contribute to the triple bottom line of environmental, social and economic considerations,” added Professor Burchett.

The findings were the final part of a three year study, “Greening the Great Indoors for Human Health and Wellbeing” conducted by UTS and supported by the Nursery and Garden Industry Australia and the National Interior Plantscape Association (NIPA)¹.

“Last year in other studies we were able to confirm that just a couple of plants in 200mm pot can be effective in reducing Volatile Organic Compounds (VOCs) in a room. The results of this study add to the body of evidence that the potted plant microcosm can significantly improve many aspects of indoor air quality, providing cleaner air and lower stress levels among occupants.”

One of the leading members of NIPA and indoor plant suppliers in Australia, **Ambius**, believes the results have further added weight to the recognition given by the Green Building Council Australia in its Green Star rating scheme which acknowledges the role plants have to play².

“Obviously we are pleased with the results, which offer further compelling reasons for Indoor plants to become a standard installation element in an urban building or facility environment,” said **Ambius** Regional Director for the Asia Pacific Region, Mr Ray Borg.

¹ ‘Greening the Great Indoors for Human Health and Wellbeing’ Professor Margaret Burchett (UTS), Dr Fraser Torpy (UTS), Mr Jason Brennan (UTS), Professor Ashley Craig (Univ. Syd.), Plants and Indoor Environmental Quality Group, Centre for Environmental Sustainability (CEoS), UTS, February 2010

² For more information on the Green Building Council Australia, go to the Office Interiors / Interior Environment Quality section IEQ – 15 ‘Indoor Plants’): <http://www.gbca.org.au/g-star/rating-tools/green-star-office-interiors-v1-1/1530.htm>

“What better way to improve the well being and productivity of people inside an office or any other building, than by greening the inside?”

“Greening inside is not just a cool thing to do – it clearly makes us feel better and is good economic sense,” added Mr Borg.

Media:

For a copy of the complete report http://www.nipa.asn.au/uts_project.htm

For other information visit the Ambius website at www.ambiusindoorplants.com.au

Contacts:

Anne Briggs, Marketing and Communications Manager, Ambius Pacific

T: 02 6629-5084 E: Anne.Briggs@ambiusindoorplants.com.au

Ray Borg, Regional Director, Ambius Asia Pacific

T: 0 2 8719-6100 E: Ray.Borg@ambiusindoorplants.com.au

Released for Ambius by Green PR, Neville Sloss 0414562010, neville@greenpr.com.au