



# Did you know...?

## Fatigue, depression, tension, even anger all reduced by indoor greenery –new 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, Australia 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)<sup>1</sup>.

“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.”

<sup>1</sup> 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

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## Greener on the inside

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Mr Ray Borg, Regional Director **Ambius** Pacific believes the results have further added weight to the recognition given by the Green Building Council in its Green Star rating scheme which acknowledges the role plants have to play.

“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 Mr Borg.

“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.

## IDEA Designer of the Year creates new planter exclusive to Ambius

The world of indoor planters is being taken to a new level with ‘Zoie’, the latest creation from reigning IDEA Designer of the Year, Helen Kontouris.

Named after the Greek word for “living thing”, Zoie is available exclusively through **Ambius**.

The fully recyclable pot is available in three different sizes (small desktop, medium and large) with a two leg version referred to as ‘Zoie – Sophia’ and a three leg version named ‘Zoie – Anouk’.

They feature a two tone colouring scheme – one colour on the inside, the other on the outside. They are also available in one colour. The medium and large planters are moulded with sub-irrigation ability for indoor and outdoor use.

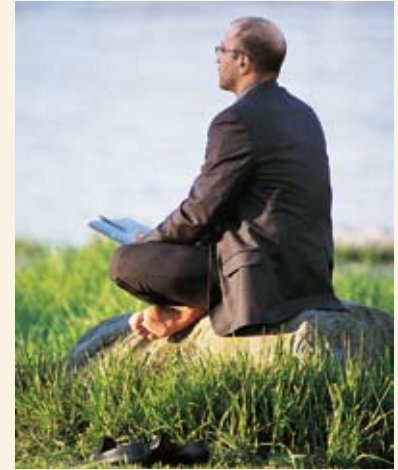
Made from polyethylene, the planter is free of VOCs (Volatile Organic Compounds) which means the product does not emit gases often associated with new products such as carpets, furniture and cars and makes it much more consumer and green friendly.

Rachael O’Keefe, Ambius National Design Manager, said that with trusted



bodies such as the Green Building Council recognising the importance of indoor plants through their Green Star program, demand is expected to increase.

“The psychological benefits of indoor plants, such as reduced stress levels and increased productivity, are many and varied. We like to think of it as ‘greening on the inside’”.



## Ask the Plant Guru...

### Light

- Of all the elements required for plants to survive, light is perhaps the most important. Without it, plants die very quickly. So which plants are best for indoor use?
- For the answer look to nature. Some of the best indoor plants are rainforest plants that live in the under-story. These plants make the hardiest of indoor plants as they have adapted to very low light levels.
- Three of the best performers in low light include: *Dracaena deremensis* ‘Compacta’, *Aspidistra elatior* or Cast Iron Plant and *Spathiphyllum wallisii* ‘Sensation’.
- We don’t want your indoor plants to die, so your **Ambius** Interior Plantscape Technician has been trained to help. They will be able to measure your light levels and advise which indoor plants will do well in your interior environment.

For more ideas on greening your office space, contact **Ambius**:  
New Zealand 0508 AMBIUS [www.ambius.co.nz](http://www.ambius.co.nz)  
Australia 1300 AMBIUS [www.ambiusindoorplants.com.au](http://www.ambiusindoorplants.com.au)



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