

# HOW CAN INTERIOR DESIGN HAVE A BENEFICIAL EFFECT ON YOUR EMOTIONAL HEALTH?

According to the World Health Organization, approximately 280 million people worldwide are impacted by depression in 2021, while the Office for National Statistics reports that approximately one in five adults encountered some type of depression in early 2021, more than double the rate seen before the pandemic. With a projected 90% of the urban population having to spend their time inside, and especially now that working from home has become so common as a result of global epidemic conditions and new behavioural patterns, the personal environments in our homes serve as the background for numerous life situations. And since these spaces serve as the background for so many significant and challenging times in life, the comfort of your space and privacy must generate pleasant emotions.



Source: Westend61

Given how much time we spend inside, it's critical to take into consideration how interior design can benefit our psychological health. To create a supportive environment, it is essential to comprehend an individual's or group's particular requirements and how the physical environmental factors influence wellbeing. The capacity to comprehend clients is a vital part of interior design professionalism even though the appearance of a project may take priority over the needs of space users. For example, applying a salutogenic approach to the medical environment, which incorporates design elements that promote our wellness or human-centred design, has the potential to enhance a design above and beyond its attractive appearance. This type of design emphasises active health instead of focusing exclusively on the disease-causing approach.

According to Healthcare Design Magazine, the emphasis on colour and detail is intended to reassure patients and staff that they are in relaxing surroundings that have been custom designed for them. Each aspect should carefully be considered in terms of usability, upkeep, and visual appeal. As a result, much discussion has centred on the "hospital at home" as well as the growing necessity for individuals to vigorously supervise their own and their family members' wellness at home. Furthermore, with an ageing population confronting persistent health complications and diminishing social and familial assistance, the comprehension of medical assistance in correlation with interior design must be rebalanced.

People are perpetually on the lookout for ways to build a unified and joyful atmosphere and spiritual world. Numerous studies have established that, in addition to the quality of service, the components of interior decoration and ambiance have been shown to affect tourists' emotional responses and behavioural patterns in an accommodation setting. Thus, it was established that evaluating interior design by guests can result in either positive or negative consumer emotional reactions and the development of subjective norms such as satisfaction, loyalty, reliability, dedication, confidence, and perceived value. The findings indicated that modern interior design elicited more positive emotions and a sense of fulfilment than the traditional one. Nonetheless, this point may be debatable, as many travellers choose a destination solely for the experience of the place's traditional atmosphere.

Undoubtedly, we can confidently assert that interior design elements have a direct effect on an individual's emotional state, as a well-organised interior has a variety of beneficial effects, including improved sleep, decreased anxiety and depression, effective communication and enhanced performance.

by **Cristina Gore**  
**Market Research Associate**



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