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<td>Psykologi GR (B), Miljöpsykologi för Psykologprogrammet</td>
<td>Tentamen</td>
<td>Östersund</td>
<td>H18</td>
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Avdelningen för psykologi
Campus Östersund
Psykologprogrammet

TENTAMEN: Miljöpsykologi, PS039G, ht-2018

Välkommen till detta ordinarie tentamenstillfälle!

Datum: fredagen den 9 november 2018
Hjälpmedel: inga
Maxpoäng: 103 poäng
Examinatorer: Richard Ahlström, Terry Hartig, & Kerstin Weimer

Terrys frågor besvarar du genom att fylla i tentamensdokumentet medan Richards och Kerstins frågor besvaras på separata papper. Tänk på att skriva din kod på varje nytt blad.
Glöm inte att lämna in både tentamensdokumentet med svaren på Terrys frågor och de pappersblad där du besvarat övriga frågor på.
Skriv tydligt och läsligt!

Lycka till!

Richard, Terry & Kerstin
Terry's questions:

1. Which of the following is true with regard to prospect-refuge theory as discussed in the reading on "Health benefits of nature experience" assigned for the lecture on "City and countryside, natural and built"? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 5 possible choices.)
   a. It assumes that the ability to move toward a goal while out of the sight of predators would have been of primary importance to the survival of proto-humans.
   b. The importance of seeing without being seen motivates an analysis of landscape into prospects, refuges, and hazards.
   c. Among modern humans, the aesthetic experience of landscape is thought to be influenced by variation in the objects that symbolize prospects and refuges, the spatial arrangement of symbols, and the balance between prospect and refuge symbols, among other factors.
   d. The overarching assumption of the theory is that people today still prefer savannah-like environments over other landscapes because the period of human evolution in which environmental preferences became hard-wired was set in the African savannah.
   e. All of the above are true.

2. Which of the following is true with regard to E.O. Wilson's biophilia hypothesis, as discussed in the reading on "Health benefits of nature experience" and in Chapter 2 of the Bell et al. textbook? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 8 possible choices.)
   a. It proposes that all people have some innate drive to affiliate with other forms of life.
   b. It assumes that humans have through evolution acquired patterns of response to the environment, including both approach to environmental circumstances that support survival and avoidance of environmental circumstances that threaten survival.
   c. It assumes that humans evolved in natural environments, and humans still show in different ways that they remain biologically adapted to those environments.
   d. It considers unlikely that the influence of the environments of human evolution would have disappeared after a relatively short period (in evolutionary terms) of human residence in urban environments.
   e. It proposes that the response tendencies characterized as "biophilia" can be observed in all societies.
   f. It has inspired an environmental design strategy, biophilic design, which brings different elements of nature into the built environment.
   g. One argument for biophilia is presented by its converse, biophobia, another form of biologically prepared learning.
h. Despite much circumstantial evidence, the biophilia hypothesis seems to be lacking in convincing support, in contrast to biophobia, for which support comes from many well-controlled experiments.

3. Stress reduction theory (SRT) and attention restoration theory (ART) both provide explanations for restorative effects of different environments, including natural environments; however, the two theories differ in several ways. As discussed in Lecture 3 (with associated readings, which of the following are among their differences? (Circle the letter for each true statement, draw an “X” over the letter for each false statement. 1 point for each correct choice, 5 possible choices.)

a. Both are primarily concerned with recovery from stress, but SRT is more concerned with acute, intensive stress, whereas the main concern of ART is for emotional consequences of chronic stress.

b. Both theories take interest in how pleasant, visible features of the environment capture and hold a person’s attention, thus initiating the restorative process, but SRT considers how viewing a scene blocks negative emotions whereas ART considers how viewing a fascinating scene enables rest of a neurocognitive mechanism for directed attention.

c. The restorative benefits of viewing nature described in SRT, such as reduced physiological arousal, can occur very quickly, within minutes, whereas it may take substantially more time for the benefits of interest to ART to emerge, as reflected in performance on tests of directed attention.

d. In explaining restorative benefits of nature experience, ART makes strong assumptions about positive responses to certain natural environmental having become biologically prepared through human evolution, whereas SRT makes no such assumptions and instead views patterns of responding to nature as primarily dependent on the experiences that an individual has during childhood.

e. All of the above are true.

4. Which of the following statements is true of activity-based offices as discussed by Appel-Meulenbroek et al. (2011)? (Circle the letter for each true statement, draw an “X” over the letter for each false statement. 1 point for each correct choice, 6 possible choices.)

a. Developments in communication technologies supported the trend toward activity-based offices, making it possible for employees to easily choose among different places and times for doing their work.

b. Differences in work styles, activity patterns, and needs for privacy and interaction make it difficult to design an office concept suitable for all employees.
c. A large majority (68%) of workers in the activity-based offices they studied did not switch from one type of workstation as they changed activities on an average day.
d. A drawback of this office concept is a loss of possibilities for personalizing an own worksite, and so a loss of identity.
e. Only a small minority (5%) of workers in the activity-based offices they studied chose to ever work at home to achieve better productivity.
f. All of the above are true.

5. Which of the following are among the key findings from the analyses by Kim and de Dear (2013) based on post-occupancy evaluation data concerning workers' experiences with different kinds of office design? (Circle the letter for each true statement, draw an “X” over the letter for each false statement. 1 point for each correct choice, 4 possible choices.)
   a. Satisfaction with the workplace environment overall was clearly highest among those in enclosed private offices.
   b. The level of dissatisfaction with ease of interaction with others was quite low for all of the office types.
   c. High percentages of workers expressed dissatisfaction with sound privacy if they worked in an office layout with high or low partitions between workspaces or in an open office without partitions.
   d. Occupants in open-plan offices may be rather satisfied with the ease of interaction with others, but this does not compensate for the negative impacts of the open-plan layout on impaired privacy and noise.

6. Consider the following table of results from an experiment by Evans and Johnson (2000), as discussed in the lecture on work environments. Recall that the data are from experienced clerical workers randomly assigned to do office work (text entry) for three hours under either quiet conditions or under simulated office noise (a recording of the sounds of telephones ringing, background conversation, and the like). What does the pattern of both significant and non-significant results tell us with regard to the argument that office workers will eventually habituate to office noise, so that it no longer affects them? (Give your answer below the table in the space provided. 4 points.)
Table 1

Multimethodological Indicators of Stress

<table>
<thead>
<tr>
<th>Stress index</th>
<th>Noise</th>
<th>Quiet</th>
<th>t(38)</th>
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<tbody>
<tr>
<td>Epinephrine (ng/min)</td>
<td>5.61 [4.67]</td>
<td>3.90 [4.71]</td>
<td>1.79*</td>
</tr>
<tr>
<td>Norepinephrine (ng/min)</td>
<td>3.90 [28.41]</td>
<td>2.59 [29.43]</td>
<td>&lt;1.0</td>
</tr>
<tr>
<td>Cortisol (µg/min)</td>
<td>0.04 [0.03]</td>
<td>-0.03 [0.08]</td>
<td>&lt;1.0</td>
</tr>
<tr>
<td>Perceived stress</td>
<td>1.72</td>
<td>1.88</td>
<td>&lt;1.0</td>
</tr>
<tr>
<td>Aftereffects</td>
<td>11.50</td>
<td>19.10</td>
<td>4.75***</td>
</tr>
</tbody>
</table>

Note. Urinary neuroendocrine measures are difference scores, with the mean 3-hr resting baseline subtracted from the mean 3-hr experimental session. As we expected, given random assignment, resting baseline readings (shown in brackets) were all equivalent between the noise and quiet conditions. Perceived stress was rated on a scale ranging from 1 (not at all) to 4 (very). Aftereffects were measured as the number of attempts made on unsolvable puzzles.

* p < .05.  *** p < .001.
7. In their presentation of the job demands-resources model (JDRM), Bakker and Demerouti (2006) criticize the demand-control model (DCM) of Karasek and Theorell and the effort-reward imbalance model (ERIM) of Siegrist, and they explain how the JDRM improves on the DCM and ERIM. Which of the following criticisms and explanations have Bakker and Demerouti made? (Circle the letter for each true statement, draw an “X” over the letter for each false statement. 1 point for each correct choice, 5 possible choices.)

a. The DCM and ERIM are overly simple, reducing the complex reality of working organizations to only a handful of variables.

b. The DCM and ERIM are overly static, in that they assume that the respective forms of control they focus on are always the most important resources, when in fact other kinds of resources, such as open communication, could be more important in more specific work situations.

c. The DCM and ERIM are too narrow in their specification of relevant job demands, and research guided by either of the models can miss demands that are prevalent in some occupations, as with the emotional demands faced in work as a nurse or teacher.

d. Physical, social or organizational aspects of the job that stimulate personal growth, learning and development are important forms of job resources.

e. Unlike control as conceived in the DCM and ERIM, job resources as seen in the JDRM are particularly important for motivation or work engagement when job demands are high.

8. Building on the lecture on institutional environments and Chapter 12 in the Bell et al. textbook, discuss (1) the varying needs of different user groups and (2) variable individual competencies as two sets of general environmental concerns that must be addressed in the design of health care environments. (6 points)
Richards frågor:

9. Buller som ju ofta brukar definieras som "önskat ljud", har visat sig ha både fysiologiska och psykologiska negativa effekter (det går förvisso att påvisa att buller, åtminstone i inte alltför höga ljudintensiteter, även kan ha vissa positiva effekter...).
   a. Redogör för bullers negativa effekter på hälsa (5 poäng)
   b. Redogör för bullers negativa effekter på arbetsprestation (5 poäng)
   c. Redogör för bullers negativa effekter på socialt beteende (5 poäng)

10. Place attachment (känslomässig bundenhet till platser) är ett fenomen som tilldragit sig ett stort intresse inom miljöpsykologin under många år. Uppenbarligen är detta fenomen mycket komplex och långtifrån "fårdigutforskat". I Maria Lewickas artikel Place attachment: How far have we come in the last 40 years (kurslitteratur) redogörs ingående för fenomenet utifrån en stor mängd olika problemställningar, som återfinns inom den forskning som genomförts av fenomenet ifråga. Redogör valfritt för två av dessa problemställningar. (10 poäng).

11. I en av de tidiga studierna från 1960-talet om forskningsområdet 'Personal space' hävdar E.T. Hall, att människor tycks använda sig av i stort sett fyra st. rumsbaserade "zoner". Vilka är dessa? (4 poäng) I kursboken (Bell, Greene, Fisher & Baum) redogörs för könsskillnader med avseende på de här zonerna. Diskutera dessa. (6 poäng)

Kerstins frågor:

12. Att förändra beteende med sikte på en hållbar livsstil är förenat med ett flertal svårigheter. Utöver s.k. strukturella barriärer, som vi inte har kontroll över, som ex. brist på pengar eller avsaknad av kollektivtrafik, så har miljöpsykologisk forskning definierat ett antal psykologiska barriärer som vi begränsas av. Ange och beskriv kortfattat fem sådana psykologiska barriärer. (5 poäng)

   Utifrån denna artikel, Steg och Vlek, (2009) samt övrig kurslitteratur, får du ett uppdrag att formulera ett interventionsprogram för att främja hållbar livsstil. Programmet ska innehålla de strategier som har visat sig vara framgångsrika avseende förändring av beteende mot minskad energiförbrukning i bostäder, vilka enligt övrig kurslitteratur även är tillämpbara på