Therapeutische Landschaften und Psychiatrische Einrichtungen: Eine qualitative Meta-Analyse

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Umwelt & Gesundheit

- Natürliche Umwelt
  - physische und mentale Gesundheit ↑
  - allgemeines Wohlbefinden ↑
  - Stressreduktion ↓

- Gebaute Umwelt
  - Architektur
  - Design
  - Infrastruktur

z.B. Bowler et al., 2010 | Daykin et al., 2008 | Dijkstra et al., 2006) | Corazon et al., 2019 | Ulrich et al., 2008 | van den Berg, 2005

Konzept der Therapeutischen Landschaften

- Definition: Therapeutische Landschaften sind Umwelten in denen *"the physical and built environments, social conditions and human perceptions combine to produce an atmosphere which is conducive to healing"*
- Unterscheidung der
  - natürlichen Umwelt
  - gebauten Umwelt
  - sozialen Umwelt
  - symbolischen Umwelt

Gesler, 1996, S.96 | Dushkova & Ignatieva, 2020

Forschungsfragen

1) Welche Effekte *Therapeutischer Landschaften* wurden in psychiatrischen Einrichtungen bisher untersucht?
2) Welchen Einfluss können diese Erkenntnisse auf zukünftige Forschung und für Entscheidungsträger haben?

Oeljeklaus et al., 2022

Therapeutic landscapes and psychiatric care facilities: A qualitative meta-analysis

Oeljeklaus et al., 2022

„Die Lebens- und Genesungsumwelt von psychisch erkrankten Menschen im Kontext Therapeutischer Landschaften“

International Journal of *Environmental Research and Public Health*

MDPI

Systematic Review

Therapeutic Landscapes and Psychiatric Care Facilities: A Qualitative Meta-Analysis

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Abstract: The environment in healthcare facilities can influence health and recovery of service users and furthermore contribute to healthy workplaces for staff. The concept of therapeutic landscapes seems to be a promising approach in this context. The aim of this qualitative meta-analysis is to review the effects of therapeutic landscapes for different stakeholders in psychiatric care facilities. A systematic literature search was conducted in the four data bases PubMed, PsycInfo, CINAHL, and Web of Science. Thirteen predominately qualitative studies were included in this qualitative meta-analysis. The methodological quality of these qualitative studies was assessed, using an adapted version of the Journal Article Reporting Standards for Qualitative Research, and a thematic analysis was conducted. The results were categorised into the three main themes of the physical (built and natural), social, and symbolic dimensions of the therapeutic landscape. Given the heterogeneity of the summarised data and an overall methodological quality of the included studies that can be rated as medium, the results should be interpreted with caution. Current findings are based almost exclusively on qualitative studies. Therefore, there is a need for quantitative study designs that investigate the relationship between specific environmental elements and mental health outcomes for different stakeholders in psychiatric facilities.

Keywords: physical; built; natural; social and symbolic environment; mental disorders; mental health; psychiatric hospital; review; meta-synthesis

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Methodik

- Systematische Literaturrecherche
  - Population, Intervention, control and outcomes (PICO) guidelines
- Qualitative Meta-Analyse
  - Aggregation oder Integration qualitativer Forschungsergebnisse
  - Ziel → Synthese qualitativer Primärstudien
- Beurteilung der methodischen Qualität der Primärstudien
  - Reporting Standards for Qualitative Research (JARS-Qual)

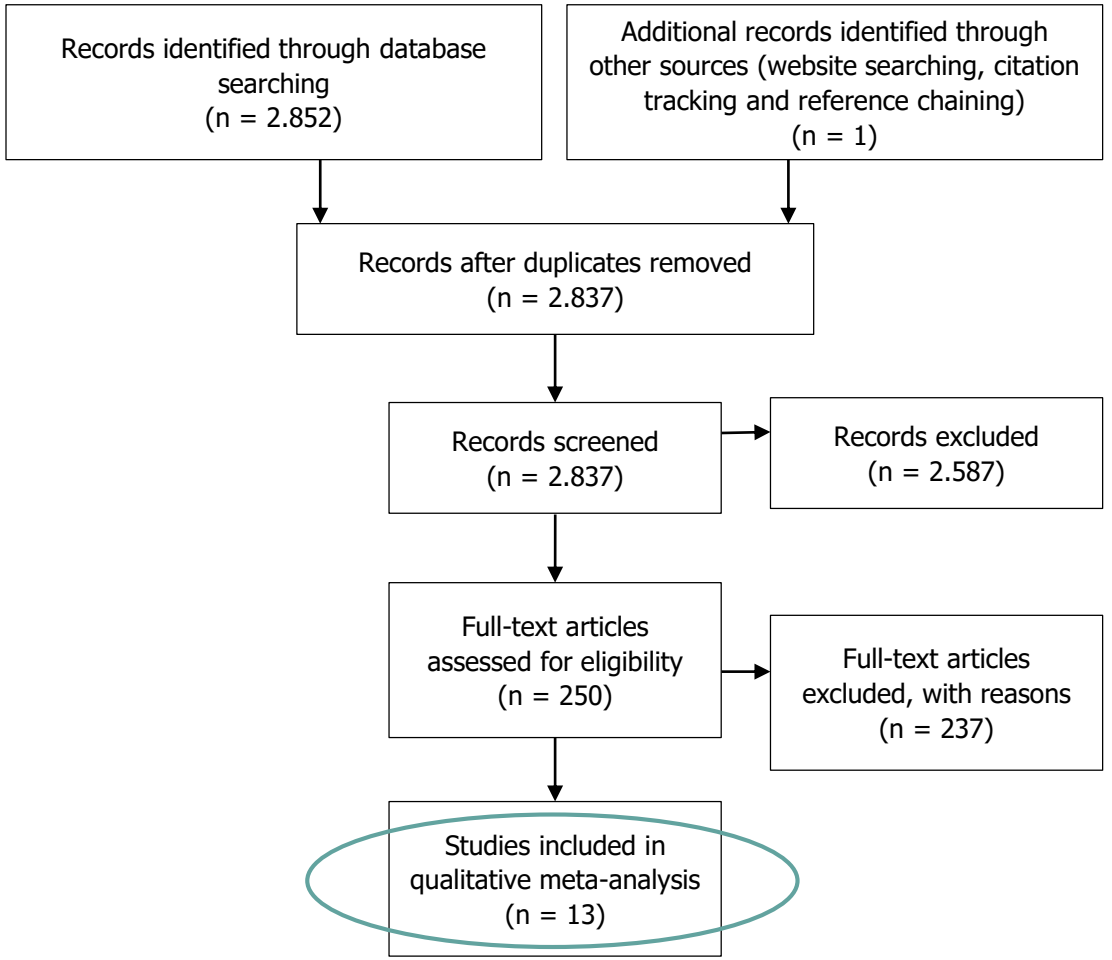
Thomas et al., 2022 | Levitt et al., 2018

Systematische Literaturrecherche

- PICO
  - Psychische Gesundheit
  - Gesundheitseinrichtungen
  - Umwelt

Population Word Group 1	Word Group 2	Intervention Word Group 3
Mental Health [a,b]	Health Facility Environment [a,b,c]	Therapeutic Landscapes
Mental wellbeing	Mental health service [b,c]	Therapeutic assemblage
Mental Health Rehabilitation	Hospitals [b,c]	Gardening [a,b]
Mental disorders [a,b,c]		Therapeutic mobilities
Stress [c]		Ecosystem services
Mental health care		Nature-based solutions
Neurological Rehabilitation [a,c]		Healing Gardens
Psychiatric Rehabilitation [a,c]		Green care
Psychological distress [a,c]		Streetscape
		Green space
		Blue Space
		Landscapes
		Environment [a,b,c]
		Virtual environment
		Horticulture [a,b,c]
		Natural Resources [a,c]
		Neighbourhood
		Architecture [a,b,c]
		Healing Environment
		Built environment [a,b]

Notes. Terms within word groups combined using "or"; word groups combined using "and" Subject Heading-Terms: [a] Medline (PubMed) [b] CINAHL [c] PsycInfo/PsyIndex.

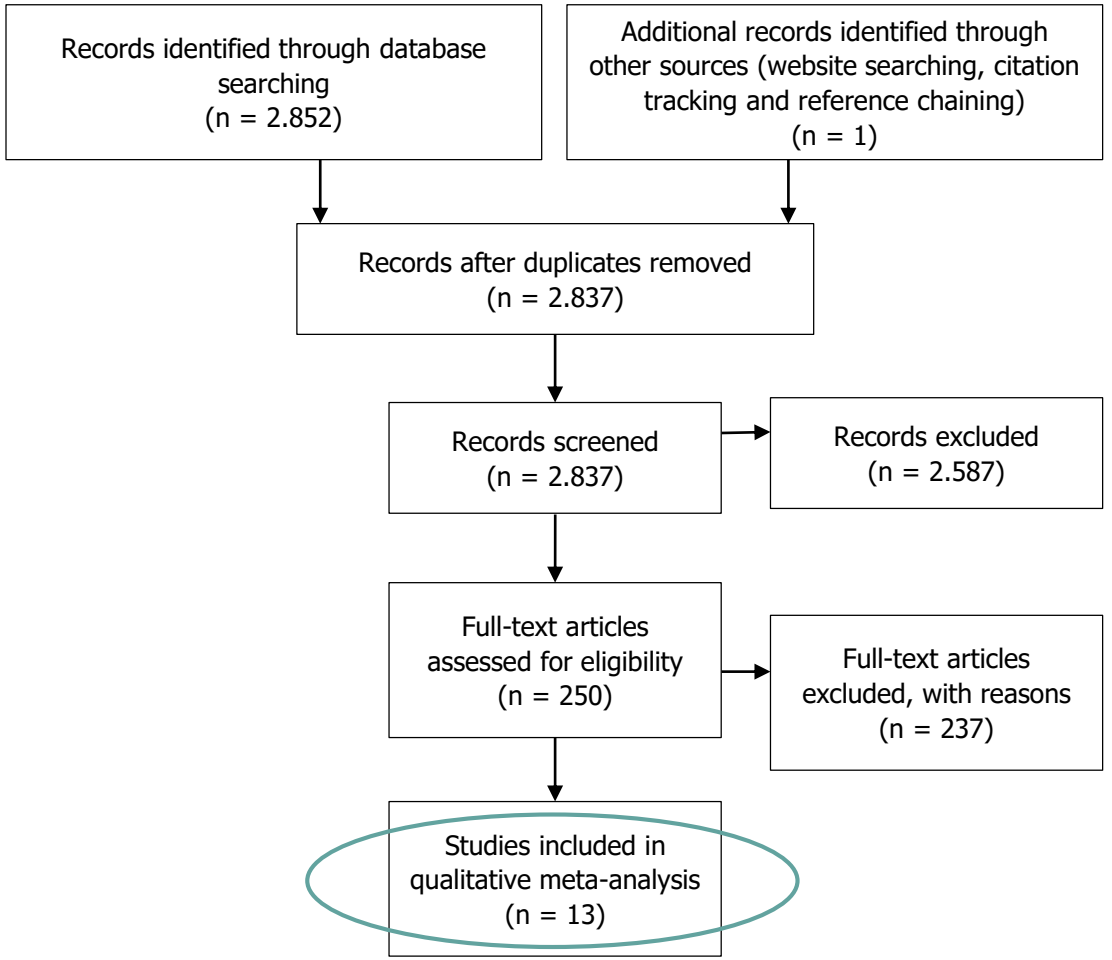


Oeljeklaus et al., 2022

Systematische Literaturrecherche

- PICO
  - Psychische Gesundheit
  - Gesundheitseinrichtungen
  - Umwelt

- Literaturdatenbanken
  - Medline (PubMed)
  - PsychInfo
  - CINAHL
  - Web of Science



Oeljeklaus et al., 2022

Beschreibung der eingeschlossenen Studien

- Studiendesign
  - Qualitativ (11), qualitativ und quantitativ (1), quantitativ (1)
- Stichproben
  - Anzahl Teilnehmer: Range 9 - 114, N_{gesamt} = 383
  - Patienten, Angehörige, Pflegepersonal
  - Alter (Patienten): Range 19 – 92
  - Geschlechtsverteilung (Patienten): 52.2% weiblich
  - Alter (Pflegepersonal): Range 25 – 65
- Setting
  - Süd- (Argentinien: 1) und Nordamerika (Kanada: 1), Nordamerika (USA) + Australien (1), Australien (1), Europe (Großbritannien: 4, Schweden: 1, Dänemark: 1)
  - psychiatrische Krankenhäuser (2), psychiatrische Tagesklinik (1), psychiatrische Abteilungen (5), mehr als einer psychiatrische Einrichtung (3), Personal, das in der allgemeinen psychiatrischen Versorgung tätig ist (1)

Oeljeklaus et al., 2022

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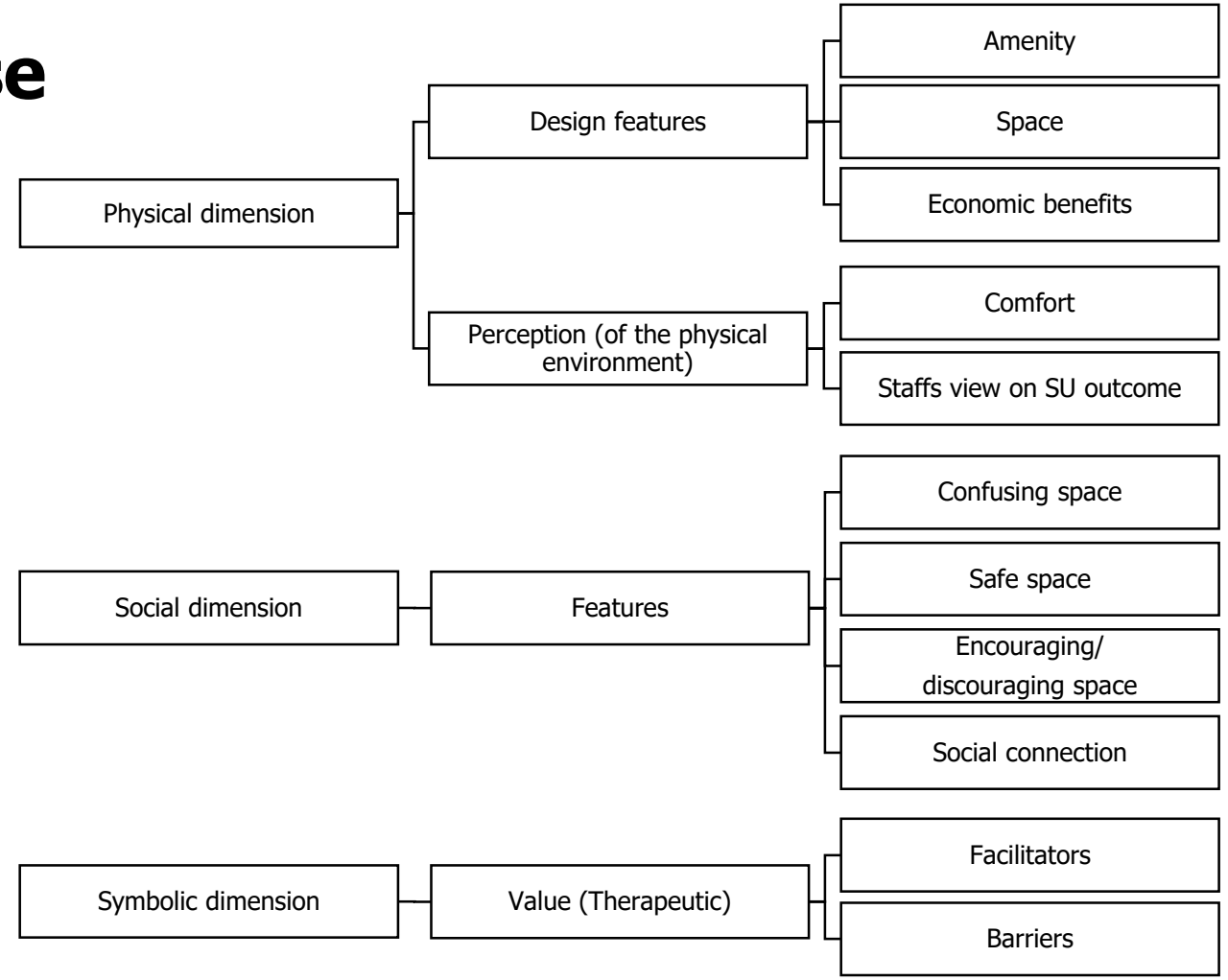
Thomas et al., 2022 | Levitt et al., 2018

Qualitative Meta-Analyse

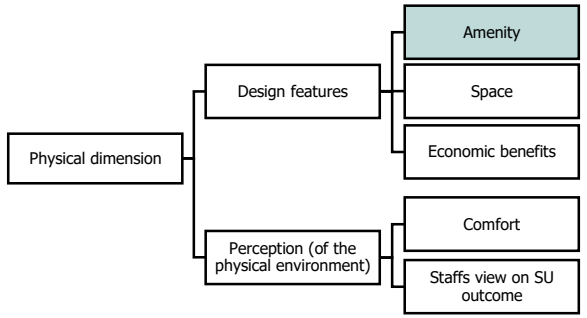
- Iterativer Prozess
- Deduktive Kategorisierung in Dimensionen des Konzepts der Therapeutischen Landschaften
- Induktive Entwicklung von Subkategorien



Oeljeklaus et al., 2022

Qualitative Meta-Analyse

Annehmlichkeit



- *"It isn't nice, it's an absolute disgrace. There are no curtains, in the corridor or the smoking room. The windows are filthy; the furniture's filthy and burnt. It's an absolute dive. It's disgusting and I wouldn't put a pig there let alone a human being." (Gilburt et al., 2008)*
- *"I felt quite low about myself and the surroundings at ****'s are very low and so I felt that I fitted in at first."(Gilburt et al., 2008)*
- *"A room of your own or at least your own space with a bed, a bedside table and a wardrobe. (Interviewee 1)" (Schröder & Ahlström, 2004, S.208)*
- *"It's a well-known fact that colours are important and no long corridors. And of course there's literature about light and so on. (Interviewee 5)"(Schröder & Ahlström, 2004, S.208)*

Gilburt et al., 2008, results section | Oeljeklaus et al., 2022 | Schröder & Ahlström, 2004, S.208

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Thomas et al., 2022 | Levitt et al., 2018

Beurteilung der methodische Qualität

Table 1 (*continued*)

Paper section or element	Description of information to be reported	Recommendations for authors to consider & notes for reviewers
Data collection		
Data collection/ identification procedures	• State the form of data collected (e.g., interviews, questionnaires, media, observation). • Describe the origins or evolution of the data-collection protocol. • Describe any alterations of data-collection strategy in response to the evolving findings or the study rationale. • Describe the data selection or collection process (e.g., were others present when data were collected, number of times data were collected, duration of collection, context). • Convey the extensiveness of engagement (e.g., depth of engagement, time intensiveness of data collection). • For interview and written studies, indicate the mean and range of the time duration in the data-collection process (e.g., interviews were held for 75 to 110 min, with an average interview time of 90 min). • Describe the management or use of reflexivity in the data-collection process, as it illuminates the study. • Describe questions asked in data collection: Content of central questions, form of questions (e.g., open vs. closed).	• *Reviewers*: Researchers may use terms for data collection that are coherent within their research approach and process, such as data identification, collection, or selection. Descriptions should be provided, however, in accessible terms in relation to the readership. • *Reviewers*: It may not be useful for researchers to reproduce all of the questions they asked in an interview, especially in the case of unstructured or semistructured interviews as questions are adapted to the content of each interview.
Recording and data transformation	• Identify data audio/visual recording methods, field notes, transcription processes used.	

Levitt et al., 2018

Beurteilung der methodische Qualität

5.0 Data collection				
5.1	Data-collection and identification procedures			
5.1a	Form of data collection	Authors provide information of the form of data collection	e.g. interviews, questionnaires, me	
5.1b	Data-collection protocol	Authors provide information of the origins or evolution of the data-collection protocol		
5.1c	Data-collection strategy	Authors provide information of any alterations of data-collection strategy in response to the evolving findings or the study rationale		
5.1d	Seletction/collection process	Authors provide information about the data selection or collection process	e.g. were others present when data was collected, number of times data were collected, duration of collection, context	
5.1e	Extensiveness of engagement	Authors provide information on conveyed extensiveness of engagement	e.g. depth of engagement, time intensiveness of data collection	zusammenfassen
5.1f	Time duration	Authors provide information for interview and written studies on the mean and range of the time duration in the data-collection process	observation studies overall + intervals	
5.1g	Management of data-collection	Authors provide information of the management or use of reflexivity in the data-collection process		
5.1h	Questions asked	Authors provide information on questions asked in data collection	Content of central questions; form of questions (e.g., open vs. closed)	
5.2	Recording and data transformation	Authors provide information on audio/visual recording methods, field notes, transcription process used		

Table 1 (*continued*)

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Levitt et al., 2018

Beurteilung der methodische Qualität

Adaption of the Journal Article Reporting Standards for Qualitative Research (JARS-Qual; Levitt et al., 2018) to assess the methodological quality of the included studies

Assessment Scheme

1.0	*Assessment of (sub-)categories*		
	Relevant information is provided	high quality	1
	Relevant information is partly provided	medium quality	0
	Relevant information is missing	low quality	-1

-1 bis 1:	
-0.5 ≤ -1; -0.5 > 0 ≤ 0.5; 0.5 > 1	
-2 bis 2:	
-1 ≤ -1; -1 > 0 ≤ 1; 1 > 1	
-6 bis 6:	
-3 ≤ -1; -3 > 0 ≤ 3; 3 > 1	
-7 bis 7:	
-3.5 ≤ 0; -3.5 > 0 ≤ 3.5; 3.5 > 1	
-8 bis 8:	
-4 ≤ -1; -4 > 0 ≤ 4; 4 > 1	

5.0 Data collection													
5.1a	5.1b	5.1c	5.1d	5.1e + 5.1f	5.1g	5.1h	Σ	5.1	Note for 5.1	5.2	Note for 5.2	Σ	5.0 Assessor´s Judgement
1	-1	1	0	0	-1	1	1,0	0	Interviews/foc	1	"The interviev	1,0	0
1	-1	-1	1	1	-1	1	1,0	0	Interviews/Fo	1	"Focus group	1,0	0
1	-1	-1	1	-1	1	1	1,0	0	"Interviews w	1	"All interview	1,0	0
1	-1	0	1	1	1	-1	2,0	0	ethnographic	1	"... digital rec	1,0	0
1	-1	-1	1	0	-1	0	-1,0	0	"Interviews w	1	"The interviev	1,0	0

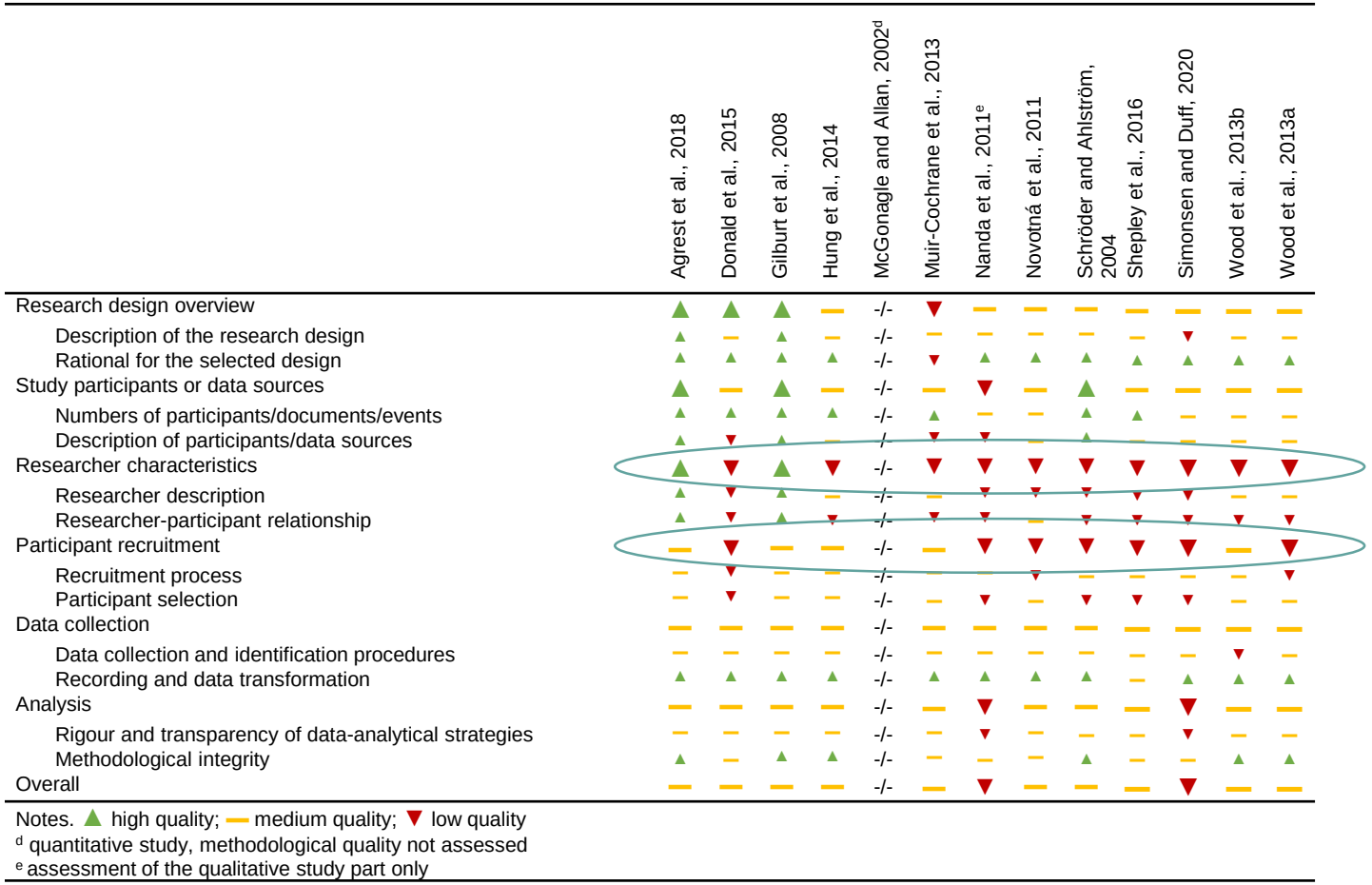
5.1a Form of data collection: *"Focus groups and interviews were conducted within private rooms of the Inpatient Unit."* → 1

5.1e+f Time duration: "*The length of the focus groups varied between 15 and 40 min, while interviews lasted between 10 and 45 min."* → 0

5.2 Recording and data transformation: *"Focus group discussions and interviews were digitally recorded and then transcribed."* → 1

Donald et al., 2015, S.65

Beurteilung der methodische Qualität



Oeljeklaus et al., 2022

Ergebnisse

- Physische Umwelt
  - Spannungsfelder zwischen
    - Annehmlichkeit und Zweckdienlichkeit
    - Privatsphäre und Sicherheit
    - Distraktionsmöglichkeiten, die anregen, aber nicht ablenken
    - Anforderungen unterschiedlicher Patientengruppen
  - Raum für soziale Interaktionen
    - zwischen Patienten, Angehörige und Pflegepersonal
    - sinnstiftende Aktivitäten
  - unzureichende Untersuchung der natürlichen Umwelt

Oeljeklaus et al., 2022

Ergebnisse

- Soziale Umwelt
  - Spannungsfelder zwischen
    - Sicherheit, Privatsphäre, Autonomie und Freiraum
    - hierarchischen Struktur zwischen Patienten, Angehörigen und (Pflege-)Personal

- Symbolische Umwelt
  - physische und soziale Umwelt fördern/hindern den „therapeutischen Wert“

Oeljeklaus et al., 2022

Ausblick

Patients´ perceptions of the greenspaces at two psychiatric hospitals

Schmid et al., (unpublished)

- Positiv
  - Bäume, Tiere, Sitzmöglichkeiten, Ruhe
- Negativ
  - Abfall, Zigaretten, -rauch, ungenügende Parkpflege
- Änderungswünsche
  - Mehr Sitzplätze, blühende Pflanzen

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