

Research on indoor environment adjustment for health support Aso Yasuko

Background

1. Relationship between indoor environment and health

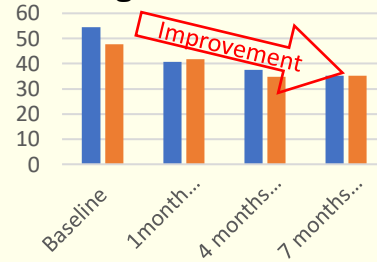
① Risk of falls, accidental ingestion, and fire. (Damecour, et al. 1998; Frost, et al.2000;Steketee, et al.2001;Tomas.1997)

② Relationship with allergy-related diseases and respiratory diseases.

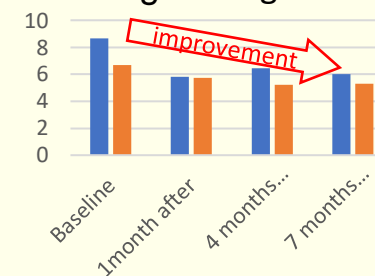
③ Relationship with psychological health: depression, anxiety disorder, ADHD, etc. (Frost , et al.2011)

2. The life-coping skills of youth correlate with self-esteem. (ohshima,et al.,2006;Oishi,et al.,2008)

Changes in self-report measure of hoarding (SI-R)



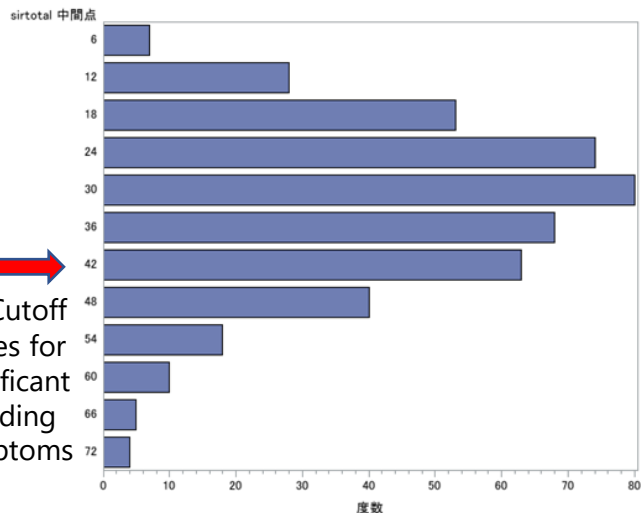
Changes in clutter image rating



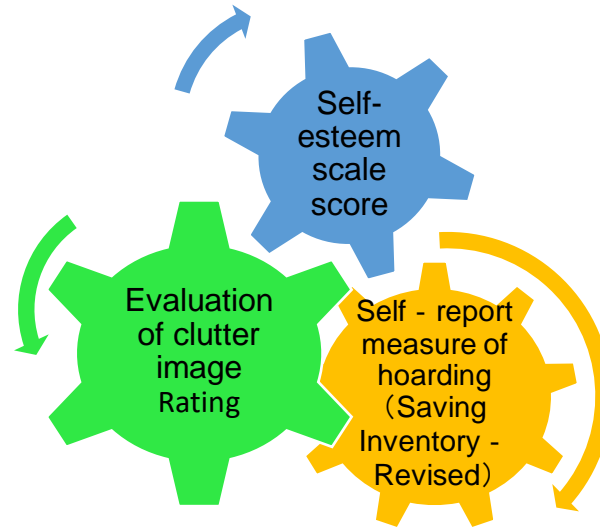
Changes in self-esteem score



62 volunteers aged 12 to 54, who are not good at tidying up, are given education on tidying up with 4 workshops + 1 home visit (intervention group: blue) and 1 home visit (control group: orange). As a result, the three indicators improved in both cases.



The subjects were 450 nursing or social work students. The questionnaire included the Japanese version of the Saving Inventory Revised (SI-R).



Results of the educational effect heard in the focus group interview after the end of the RCT(Aso et al.,2018)

“I discovered how to declutter and organize my living space in a way that suited me.”

“My friends and I encouraged each other.”

“I gained confidence by achieving small successes.”

Research subjects

- Research for improving living room environment adjustment literacy including ventilation, barrier-free, accident prevention, etc. for infants, school children, and the elderly who have long living hours.
- Research to convey the importance of adjusting the living environment to health care and welfare workers.
- Using a population approach to living room environment adjustment.

