INTRODUCTION
How does a connection to nature help us in times of trouble? The purpose of this study was to investigate the relationship between green space usage and resilience.

Resilience
“patterns of positive adaptation in the context of significant risk or adversity”
(Masten and Powell, 2003)

Green space/nature
“areas containing elements of living systems that include plants and nonhuman animals across a range of scales and degrees of human management, from a small urban park through to relatively ‘pristine wilderness’”
( Frumkin et al., 2017)

Optimism
“being able to see the bright side of life, and having a positive approach even in times of difficulty”
(Çam & Buyukbayram, 2015)

Community attachment
“a positive bond that develops between groups or individuals and their environment”
(Jorgensen & Stedman, 2001)

Social support within communities
close relationships found within the community in which there is appraisal, belonging, and/or tangible support
(Cohen, Mermelstein, Kamarck, & Hoberman, 1985)

OBJECTIVES
The proposed research was designed to investigate the following research question:

Is the relationship between green space use and resilience mediated by optimism, community attachment, and social support within communities?

METHODS

PARTICIPANTS
• 76 VIU students (19 males, 57 females. M = 23 years)

MATERIALS
Participants filled out an online questionnaire which included four sections:
• A short section asking demographic questions and questions regarding green space use and behaviour
• A Place Attachment Scale (community attachment)
• The Life Orientation Test – Revised (optimism)
• The Interpersonal Support Evaluation List Shortened Version (social support)

PROCEDURE
• Participants were recruited through in-class recruitment and posters
• Interested VIU students were asked to go online and fill out a four-part questionnaire
• The questionnaire was anonymous and self-reported. Completion of questionnaire took twelve minutes.
• Once the questionnaires were completed, the principal researcher collected and analyzed the data using Pearson Product-Moment Correlations.

PRELIMINARY RESULTS
No significant correlations were found between green space use and optimism, community attachment, and social support within the community, (p > .05)

REFERENCES
References available upon request.

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DISCUSSION
Past research has found a relationship between being in nature and resilience. This study hypothesized that this relationship was mediated by community attachment, optimism and social support within communities. This hypothesis was not supported. The lack of significant results may be due to a true lack of relationships between these variables or methodological issues with the study. Methodological issues could include low power due to small sample size and/or invalid measurement of green space usage as the measurement tool used for this study was newly designed. While we have yet to understand what accounts for the relationship between time in nature and resilience, this link shows us that communities can contribute to the resilience of their citizens by prioritizing green space in community planning.

NEXT STEPS
Develop a more accurate measurement of green space use

Investigate other variables that may mediate the relationship between green space and resilience such as gratitude, spirituality, connectedness to something larger than oneself

OPTIMISM
Green Space Use
Resilience

Community attachment
Social support within communities

(Powell, 2005)

(Powell, 2005)

(Powell, 2005)