

The restoration effect of nature and urban scenery on induced negative mood: its  
implication on the existing theory of mechanism

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### Abstract

The stress reduction and mood recovery effect by natural environment experience has been studied for decades, and despite of the growing evidence on its psychological restoration effect, the mechanism behind this phenomenon was still unclear. The purpose of this study not only test this phenomenon again, but show a more detailed pattern of mood change and the relationship of the mood with other factors which may give us a clearer understanding on the existing theories of mechanism. 100 local Hong Kong people were recruited and divided into two groups watching either nature scenery or urban scenery video clip respectively after a negative mood induction procedure. Result showed a higher positive affect and a larger negative affect reduction after watching the nature scenery video compared with the urban one. By looking at the detailed pattern of mood change and its relationship with other variables, their implications on the existing theories were discussed.

*Keywords:* nature, mood recovery, restoration effect