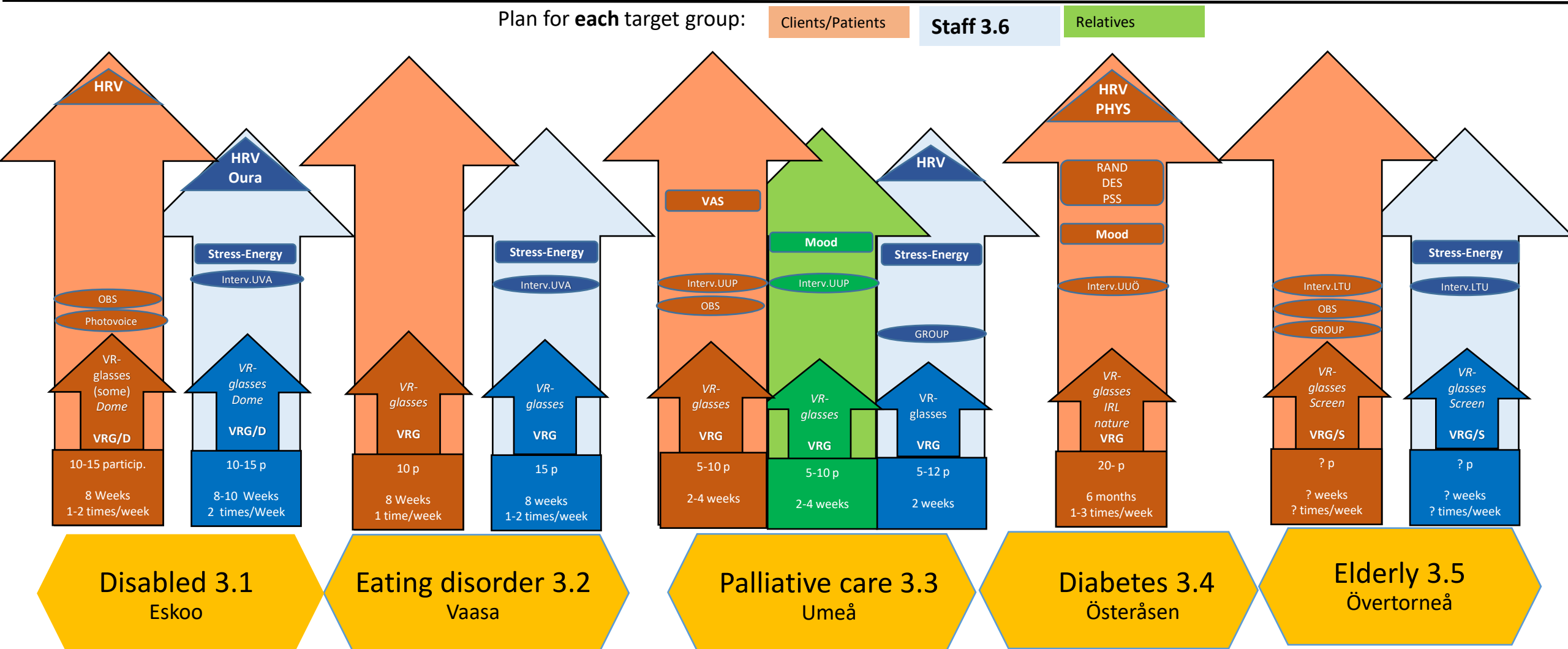


# PLANNED INTERVENTIONS AND RESPONSE MEASUREMENTS IN THE NATUREACH PROJECT

## Aims:

- Measuring the effects of different VR-Nature interventions
- Evaluating and optimizing the quality of different interventions (environmental qualities and types, audio-visual properties, intervention setups, additional sensory material etc.)



## Codes

All individual data entries should be attached to an individual code for each participant so analyses can be made.

| Client pilot                                                                    | Code for Clients/patients | Code for Staff members | Code for Relatives |
|---------------------------------------------------------------------------------|---------------------------|------------------------|--------------------|
| 3.1 Disabled clients in Eskoo's Support and Care unit, Seinäjoki                | EC1...EC9                 | ES01...ES99            |                    |
| 3.2 Patients in Eating Disorders Outpatient clinic in Vaasa central hospital    | VC01...VC99               | VS01...VS99            |                    |
| 3.3: Patients in Palliative medicine Umeå                                       | PC01...PC99               | PS01...PS99            | PR01...PR99        |
| 3.4: People with diabetes mellitus in Lifestyle support services Österåsen, RVN | OC01...OC99               |                        |                    |
| 3.5: Senior care services in Övertorneå Municipality (Särkivaaragården)         | SC01...SC99               | SS01...SS99            | SR01...SR99        |

### Measurements

| Psychological measurements |               |       |              |             |           |       |         | Physiological measurements |        |       |
|----------------------------|---------------|-------|--------------|-------------|-----------|-------|---------|----------------------------|--------|-------|
| Quantitative               |               |       |              | Qualitative |           |       |         |                            |        |       |
| Mood                       | Stress-Energy | VAS   | RAND DES PSS | Photovoice  | Observat. | GROUP | Interv. | HRV                        | Oura   | Other |
| Online                     | Online        | Paper | Online       | Paper       | Paper     | Paper | Paper   | Online/Paper               | Online | Paper |

### Intervention types & environment response registrations

| Virtual equipment used & Data collected from                                                           |                                                    |                                                                              |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------------------|
| VR-glasses (VRG)                                                                                       | Screen (VRS)                                       | Dome (VRD)                                                                   |
| <b>1. Time watched</b><br><b>2. Video watched</b><br><b>3. Head movement</b><br><b>4. Eye movement</b> | <b>1. Time watched</b><br><b>2. Video watched</b>  | <b>1. Time watched</b><br><b>2. Video watched</b>                            |
| <i>Recorded in glasses, uploaded to UVA by VR-glass responsible person</i>                             | <i>Recorded in paper Diary, transferred to UVA</i> | <i>Recorded manually in Dome-computer or paper Diary, transferred to UVA</i> |

### Number of Participants and Intervention frequencies

#### ABBREVIATIONS

##### Qualitative Psychological measurements

**Interv.** Interviews; different for, UVA, LTU, UUP, UUÖ  
**OBS** Observations made by staff  
**GROUP** Group discussions and evaluation  
**Photovoice** Special method in Eskoo

##### Quantitative Psychological measurements

**Mood** Mood survey  
**Stress-Energy** Stress Energy survey  
**VAS** Visual analogue scale for symptoms  
**RAND** RAND - 36: Hälsa och livsstil i vardagen, 36 frågor  
**DES** DES-SF-10; Diabetes empowerment scale, 10 frågor  
**PSS** PSS 14: Percieved stress scale; Känslor och tankar senaste månaden, 14 frågor

##### Physiological measurements

**HRV** Hart Rate Variability measured with FIRSTBEAT.  
**Oura** Ring that measure heart rate and overnight blood oxygen level and from that different properties are predicted.  
**Other** Other physiological measurements as blood sugar, body weight, blood pressure, waist circumference etc

