Three Good Things: A well-being intervention study

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The Literature

▶ Although nature is a recognized pathway to well-being, it is largely **ignored**.

Nature Interventions

Positive Psychology Interventions (Three Good Things)

Well-being

(Richardson & Sheffield, 2017)

Current Study

▶ Examining the efficacy of **two different variations** of Three Good Things and its impact on **well-being**

Method: Participants

▶ Recruitment:

▶ September 2020 to April 2021

▶ Three universities & social media ads

Method: Procedure

▶ **Part 1:** Completed selected pre-measures

▶ **Part 2:** Assigned to Three Good Things or Three Good Things in Nature Intervention

▶ **Part 3:** Completed selected post-measures

Three Good Things

**Each day for the next week,
notice and jot down
three good things
about your day.**

These could be
events, experiences, or activities.

**You will receive an email each day for the 7 days
with a personalized link to
record your daily Three Good Things.**

**Click the link in the email each day to log your daily
Three Good Things on our study website.**

Three Good Things Intervention

Three Good Things in Nature Intervention

Three Good Things in Nature

**Each day for the next week,
notice and jot down
three good things you notice about nature
that you encounter in your day.**

Note that nature can be as simple as
a dandelion growing in a crack in the sidewalk,
a bird chirping, a sunrise, etc.

**You will receive an email each day for the 7 days
with a personalized link to
record your daily Three Good Things in Nature.**

**Click the link in the email each day to log your daily
Three Good Things in Nature on our study website.**

Method: Measures

- Well-being
- Nature Connectedness
- Anxiety/concern regarding the environment and climate change
- Anxiety
- Social Contact
- Time in Nature

Participant Results

▶ Final Sample: 330 participants

▶ Mean age: 23.12 years

▶ Identified Gender:

   ▶ Male: 61 participants

   ▶ Females: 256 participants

   ▶ Transgender: 1 participant

Qualitative Analysis

▶ Thematic Analysis Approach (Braun & Clarke, 2006)

▶ Phases of Analysis

  ▶ Familiarize yourself with the data

  ▶ Generalize initial codes

  ▶ Create categories

  ▶ Search for themes

  ▶ Review themes

  ▶ Define and name themes

Results

4951 entries

20 themes

Theme: Food

- Categories
  - Eating
  - Restaurants
  - Cooking

- Count: 722

"Baked cookies"

"Enjoyed a breakfast out at a restaurant"

"I ate 3 proper meals today"

Theme: Socialization

- Categories:
  - Video Calls
  - Conversations
  - Phone call

- Count: 585

"I talked to my best friend from Hungary today for 3 hours, it was nice catching up"

"Catching up on the phone with my dad this morning"

Theme: Academics

▶ Categories:

▶ Exams

▶ Studying

▶ Research

▶ Count: 560

"I passed my math test"

"Submitted my assignment on time"

"MSc ethics draft sent to tutor for review"

Theme: Amusement

▶ Categories:

▶ Shopping

▶ Arts and Crafts

▶ Games

▶ Count: 469

"I played chess with my brother"

"Finished making a scrapbook for my best friend's birthday"

"Me and my mom went shopping for fall candles"

Theme: Physical Activity

- Categories:
  - Walking
  - Gym
  - Hiking
- Count: 469

"Amazing workout hit a new high for bench press 250 for 3 sets of 13"

"After a very stressful day, went to the gym and left the place feeling like a champion"

Theme: Daily Living

- Categories:
  - Cleaning
  - Hygiene
  - Sleeping
- Count: 387

"Having a much-needed nap"

"Cleaned my fish tank"

The Next Steps

Thank you! Questions?