



The University of Hong Kong
School of Biological Sciences

**Qualifying
Seminar**

Benefits of green spaces on family relationships

Date: Jan 13, 2023

Time: 3:00 pm

Venue: Zoom



About the speaker:

Yingxin Liang, with a background in psychology, joined Dr. Christian Chan's lab to explore how contact with nature – an aspect of lifestyle medicine – benefits well-being.

Abstract:

The social movement in Hong Kong in 2019 negatively influenced not only the mental health conditions of the residents but also their family relationships. Although the worsened family relationship is triggered by political disagreement, family dysfunction prior to the event may be the actual precursor. Due to the large number of families affected and the association between socioeconomic status (SES) and quality of family life, lifestyle treatment that is cost-effective and self-administered may provide the approach to reconnecting families.

Exposure to green spaces has been documented to benefit individual mental health such as improved cognitive functioning and less stress and negative feelings. The impact of nature contact on interpersonal relationships is relatively rarely studied, but some preliminary studies show promising results.

This project aims to investigate whether and how natural environments – green spaces as the emphasis – affect family relationships. There are two lines of study: macro level and individual level. The macro-level studies, adopting rates of domestic violence that are derived from police records as the proxy for extremely adverse family relationships, explore the association between domestic violence and regional green space coverage. The individual-level studies are in the plan and will be discussed in the seminar.