



CANADIAN PSYCHOLOGICAL ASSOCIATION

Section on Environmental Psychology

Section members conduct research and advance theory to understand and to improve interactions between human behavior and the physical environment, both built and natural. Our members' varied interests include: management of scarce natural resources; effects of extreme environments on personality and behaviour; territoriality and personal space; behavioural and mood effects of lighting and noise; perception and evaluation of building function and aesthetics; and, architectural design. Members receive the section newsletter, published three times annually.

Spring Issue, 2002

Cheuk F. Ng, PhD

Another CPA year is coming to an end. For the benefit of those who cannot be at the annual convention, our section annual report, the 2001-2002 financial statement, and the 2002-03 budget proposal are attached for your review. If you have any questions about our financial health, please e-mail Mark Sandilands, our treasurer, at sandilan@telusplanet.net.

Nominations for 2002-2003 Officers

Once again, it is time for accepting nominations for executive positions for 2002-2003. The following positions are open:

Chair
Newsletter editor

Please send your nominations to me at cheukn@athabascau.ca before the convention. Nominations or self-nominations will also be accepted at our section business meeting during the CPA convention. An election will be held at the business meeting. If a quorum is not reached at the business meeting, an election by mailed-out ballot will be held after the convention.

I have been Chair and Newsletter Editor for five years already! It is high time for other section members, old and new, to take the challenge.

It is absolutely essential to have the positions filled for us to continue as a section. So, please volunteer yourself or nominate someone. Following is our membership list.

Members

John Berry	Richard Kaley
Anthony Bosecke	Nedra Lander
Kate Charles	Jane Ledingham
Annabel Cohen	Kang Lee
John Connors	John Marton
Douglas Creelman	Donald Mazer
Julie Devlin	Chris Nash
Stephanie Dudek	Cheuk Ng
David Eichhorn	James Pappas
Gerald Farthing	Luc Pelletier
Jerome Fransblow	Thomas Rippon
Robert Gifford	Tim Rogers
Martin Girash	Mark Sandilands
Robert Hall	John Scull
Birgitta Jansen	Peter Suedfeld
Christopher K. Knapper	Jennifer Veitch

CPA Annual Convention

Just a reminder that this year's CPA Annual Convention will be held at the Student Union Building of the [University of British Columbia in Vancouver, BC, May 30—June 1, 2002](#). The convention will be held in conjunction with the annual meeting of the [Canadian Society for Brain, Behaviour, and Cognitive Science \(BBCS\)](#).

Our section has an exciting programme this year. *So book your flight now, if you haven't already done so.* The schedule is as follows:

1. Section Keynote Address: May 30 (Thurs.), 2002, 12:00-12:55 PM, in Room 211.

Environmental Gerontology: Maximizing P-E Fit for the 65 and over Crowd, presented by Dr. Gloria Gutman, Professor and Director of Gerontology Research Centre and Programs at

Simon Fraser University, and President, International Association of Gerontology.

Light refreshment will be provided during this session.

2. Section symposium: May 31 (Fri.), 2002, 1 – 2:55 PM, in Room 215.

New Directions in the Measurement of Environmental Attitudes, presented by Robert Gifford, Luc Pelletier, Celine Blandchard, and Yoko Heath.

(Please refer to a later section for abstracts of the papers to be presented.)

3. Section symposium: May 31 (Fri.), 2002, 3 – 4:55 PM, in Room 214.

Origins and Consequences of Environmental Satisfaction in Open-Plan Offices, presented by Jennifer Veitch, Kelly Farley, Kate Charles, and Victor Cantano.

(The abstracts for this session appeared in the last issue of the newsletter.)

4. Environmental Psychology Poster Session, 10:30am –12:30 PM, May 31 (Fri.), 2002, in Party Room.

5. Section Business Meeting, May 31 (Fri.), 2002, 8:00 – 8:55 AM, in Room 205.
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Section Symposium Abstracts

New Directions in the Measurement of Environmental Attitudes

Luc Pelletier, University of Ottawa
Yuko Heath, University of Victoria
Robert Gifford, University of Victoria
Céline Blanchard, University of Ottawa

As lay attitudes toward the environment have shifted toward more support for environmentalism, some researchers have tried to assess variations in the basis for pro-environmental attitudes. This symposium introduces some further steps in the measurement of environmental attitudes that go beyond simple pro-environmental attitudes. Luc Pelletier describes self-determination theory, a foray into the motivations that may underlie endorsement of pro-environmental behaviours. Céline Blanchard and Luc G. Pelletier propose that people's reasons for not engaging in environmental activities (i.e., environmental amotivation) are under-investigated, and propose four types of amotivation that may explain why individuals may be amotivated within the context of the environment. Yuko Heath and Robert Gifford suggest that affective responses to environmental problems have been underestimated, and propose a scale to measure the affective dimension of environmental attitudes. Finally, Robert Gifford and Yoko Heath observe that attitudes toward more extreme environmental actions should be examined, if we are to fully understand the spectrum of views about how to preserve and protect the environment from the continuing onslaught on its integrity.

Why Are You Doing Things for the Environment? A Measure of Self-Determined and Non Self Determined Motivation for Pro-Environmental Behaviors

Luc G. Pelletier, University of Ottawa

The integration of environmentally responsible behaviours in people's lifestyle represents an important issue for the preservation of the environment and the promotion of a sustainable future. Self-Determination Theory (SDT) offers an interesting framework for understanding the social factors that could lead to or interfere with such behaviours. The purposes of this presentation are to describe an instrument developed for the purpose of measuring different forms of regulations for pro-environmental behaviours and to review the results of a program of research that focused on the application of SDT to environmentally responsible behaviours. Consistent with SDT, the Motivation Towards the Environment Scale (MTES) measures different forms of motivation that fall along a self-determination continuum. The level of self-determination of environmental motivation predicts the occurrence of a variety of outcomes (recycling, conservation of energy, environmental activism, search for information about health risks) and behaviours of different difficulty levels. SDT holds some interesting possibilities for applied interventions concerning the environment. It is our hope that the MTES will stimulate research on the promotion versus the inhibition of autonomous motives for the environment and that it will contribute to a better understanding of the interaction between real-life environments, motivation, and the integration of environmentally-conscious behaviours into people's lifestyles.

Why Do People Fail at Self-Regulating Pro-Environmental Behaviors? The Amotivation Towards the Environment Scale

Céline Blanchard & Luc G. Pelletier
University of Ottawa

Despite the fact that people report being more concerned about the environmental situation, and more aware of the importance of environmental issues, a large number of people remain inactive with respect to environmental protection, or many people adopt only a few types of environmental behaviors. While much attention has been devoted

to the reasons that foster environmental behaviors, people's reasons for not engaging in those same environmental activities (i.e., environmental amotivation) remain to be investigated. Amotivation has traditionally been defined as a state in which individuals are not able to perceive a contingency between their behavior and the subsequent outcomes of their behavior. Pelletier et al., (1999) proposed four types of amotivation that may explain why individuals may be amotivated within the context of the environment. Residents from the Cornwall area and villages along the shore of the St. Lawrence River (n=600; 384 men and 210 women) completed a questionnaire. Results of confirmatory analyses, using two independent samples, provided support to the four hypothesized dimensions of the scale. Altogether, the present results have implications for the strategies that could be used to change people's amotivation for the environment.

The Affective Dimension of Environmental Attitudes: Psychometric Properties and Some Correlates

*Yuko Heath and Robert Gifford
University of Victoria*

A mail-out survey of community residents was conducted in order to explore the affective dimension of environmental attitudes in the context of environmental risk perception. The affect scale was created using 8 items designed to tap into the emotional aspects of environmental attitudes. Thompson and Barton's (1994) anthropocentric versus ecocentric scales in their original forms were also included in order to examine the pattern of correlation with the affect scale. Out of the 200 questionnaires delivered, a total of 59 completed questionnaires were returned, a return rate of 29.5 percent. The affect scale and ecocentric scale had different patterns of correlations with other constructs, providing evidence that the new affect scale tapped into a different aspect of environmental attitudes than that assessed by the ecocentric scale.

Initial Development of a Scale to Measure Attitudes toward Extreme Pro-Environmental Actions

*Robert Gifford and Yoko Heath,
Department of Psychology, U. of Victoria*

A new scale for the assessment of extreme environmental attitudes is developed. The Environmental Action Survey focuses on attitudes toward pro-environmental actions that require commitment beyond that needed for conventional pro-environmental behaviours such as recycling or energy conservation. To begin the development of the scale, 16 such items were presented to 175 introductory psychology students. The response format ranged from "strongly disagree" (coded 1) to "strongly agree" (coded 5). Item endorsement ranged from 2.17 for "Driving spikes into trees that are to be logged is an unpleasant but necessary action" to 3.21 for "Sitting in a tree for long periods of time to protest logging is a waste of human potential" (reverse coded). The average endorsement of all items was 2.75. Item analysis indicated that 13 of the items possessed an internal consistency of .84. The Environmental Action Survey has at least one fundamental psychometric property with excellent quality. The next steps in its development will be to determine how it relates to conventional environmental attitude scales, and to examine its ability to predict obvious behaviours, such as membership in activist groups. Then it can be used for understanding and predicting other environmentally relevant attitudes and behaviours.

Members' New Publications

1. McColl, S. L., & Veitch, J. A. (2001). Full-spectrum fluorescent lighting: A critical review of its effects on physical and mental health. *Psychological Medicine*, 31, 949-964.

Abstract

Background. Full-spectrum fluorescent lighting (FSFL) has been credited with causing dramatic beneficial effects on a wide variety of behaviours, mental health outcomes, and physical health effects, as compared to other fluorescent lamp types. These effects are hypothesized to occur because of similarity between FSFL emissions and daylight, which is said to have evolutionary superiority over other light sources. Method. This review, covering the period 1941-1999, critically considers the evidence for direct effects of FSFL through skin absorption as well as indirect effects on hormonal and neural processes. Conclusions. Overall, the evidence does not show dramatic effects of fluorescent lamp type on behaviour or health, nor does it support the evolutionary hypothesis.

2. Veitch, J. A., Tiller, D. K., Pasini, I., Arsenault, C. D., Jaekel, R. R., & Svec, J. M. (2002). The effects of fluorescent lighting filters on skin appearance and visual performance. *Journal of the Illuminating Engineering Society*, in press.

Abstract

Illuminating engineers, lighting designers and others have long debated the importance of providing an artificial light source that mimics the characteristics of natural light. Several products are available that purport to provide more natural light, of which retrofit plastic filters are one. Product testimonials praising these products abound, but there is little empirical data concerning their effects on the visual environment. This paper reports two experiments concerning this issue, the first being a test of the hypothesis that selected retrofit magenta filters improve skin appearance in comparison to other common lighting sources or a placebo condition.

The second experiment tested the hypothesis that selected retrofit magenta filters improve short-term visual performance, compared to other common lighting sources or a placebo condition. The results show that the selected filters improved skin appearance relative to unfiltered fluorescent lamps. There were no differences between preferences for skin appearance under comparable magenta filters from two different manufacturers. In general, light sources relatively richer in red than green were preferred. There were no effects of light source spectral composition on short-term visual performance.

Call for Papers/Proposals

1. **Work, Stress and Health: New Challenges in a Changing Workplace.** The Fifth Interdisciplinary Conference on Occupational Stress and Health will be held at the Sheraton Hotel, *Toronto* on *March 20-22, 2003*. The conference organizers are the American Psychological Association, the National Institute for Occupational Safety and Health, and the School of Business of Queen's University, Canada. The deadline for proposals for interactive posters, papers, and symposia is *May 31, 2002*.

For further information, please contact Wesley Baker of the American Psychological Association. Tel: 202-336-6124; Fax: 202-336-6117; E-mail: wbaker@apa.org

Upcoming Conferences

1. The 33rd Conference of the Environmental Design Research Association (EDRA 33) will be held in Philadelphia, May 22-26, 2002. For more information, visit their website at <http://www.telepath.com/edra/>.

2. The 17th Conference of the International Association for People-Environment Studies (IAPS) will be held in A Coruna, Spain, **July 22-27, 2002**. For more information, please visit their website at <http://www.udc.es/dep/ps>.
3. The 25th International Congress of Applied Psychology (ICAP) will take place in Singapore, **July 7-12, 2002**. More information about the conference is available at <http://www.icap2002.org>.
4. The American Psychological Association Annual Convention will be held in Chicago, Illinois, **August 22-25, 2002**.
5. The 5th International Baltic Psychology Conference will be held in Tartu, Estonia, **August 22-25, 2002**. It will have a section on environmental psychology. Presentations on social and psychological aspects of human-environment relations are welcome. For more information, please visit the website at: <http://psych.ut.ee/5ibpc/>.

Funding Opportunities

The Canadian Space Agency (CSA) recognizes that astronauts need to maintain good mental health in order for them to carry out their duties in space. Good mental health is particularly important as astronauts from different countries work together for a longer duration on the International Space Station or during longer voyages. To better understand the psychological aspects of space flight, the CSA has developed a space flight psychology program, with the focus on the areas of **isolation and multicultural psychology**. Maximum annual funding is \$50,000 for up to four years. The details of last year's announcement are available at http://www.space.gc.ca/science/space_science/announcement_opp/previous/concept/default.asp. This year's announcement will follow the format of last year's

and will be announced on the web site on June 14, 2002. The tentative deadline for letters of intent is August 5, 2002 and for proposal is September 13, 2002.

New Publications

1. Dion, K. L. (2001). Immigrants' perceptions of housing discrimination in Toronto: The Housing New Canadian Project, *Journal of Social Issues*, 57(3), 523-539.
2. Rollins, J. H., Saris, R. N., & Johnston-Robledo, I. (2001). Low-income women speak out about housing: A high-stakes game of musical chairs, *Journal of Social Issues*, 57(2), 277-298.
3. Werner, C. M., & Adams, D. (2001). Changing homeowners' behaviors involving toxic household chemicals: A psychological multilevel approach. *Analyses of Social Issues and Public Policy*, 1(1), 1-32.
4. Shinn, M., Baumohl, J., & Hopper, K. (2001). The prevention of homelessness revisited. *Analyses of Social Issues and Public Policy*, 1(1), 95-127.

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Until we have a new editor, please send any information about conferences, publications, teaching and research ideas, brief reports on conferences attended, etc. to me at:

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