

# PUGET SOUND VITAL SIGNS

## INDICATOR PSYCHOLOGICAL WELLBEING INDEX

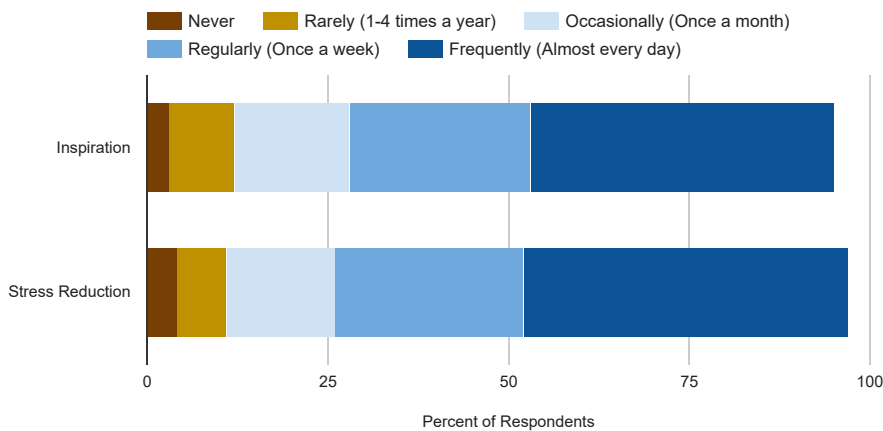
The Psychological Wellbeing Index measures the percent of Puget Sound residents who experience inspiration and stress reduction while in nature. This index will help us understand whether the natural environment contributes to the psychological dimensions of human wellbeing.

Indicator Progress

Indicator Status



Psychological Wellbeing Index  
By: Response



Respondents answered questions related to feeling inspired as well as relieved of stress when spending time outside in the Puget Sound region using a five point scale ranging from 'Never' (1) to 'Frequently - Almost every day' (5).

Recovery Target

No targets are currently set for this indicator.

Data Source

Oregon State University Human Dimensions Lab

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Last Updated

7/1/2021

### Key Vital Sign Indicator Results

- The majority (67%) of respondents reported regularly experiencing stress reduction and inspiration while in Puget Sound natural environments.
- The experience of psychological wellbeing in nature is slightly higher for counties in the north and west of Puget Sound. It is also slightly higher for non-Latinx respondents.
- This is a minor, insignificant, increase since 2018.

### Contributing Partners



