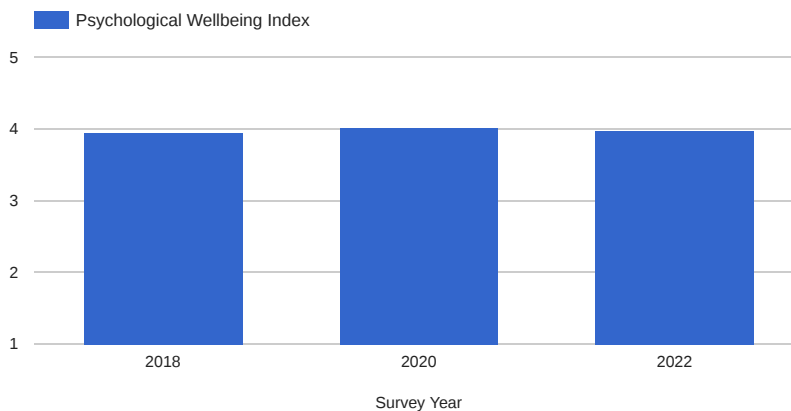


# PUGET SOUND VITAL SIGNS

## INDICATOR PSYCHOLOGICAL WELLBEING INDEX

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

### Psychological Wellbeing Index



Index of Psychological Wellbeing on a five-point scale based on how often respondents have felt inspiration and reduced stress as a product of spending time outdoors (where 1 is never and 5 is frequently or almost every day).

Indicator  
Progress



Target  
Status



### Target

No targets are currently set for this indicator.

### Data Source

Oregon State University Human  
Dimensions Lab

[Human Wellbeing Vital Signs  
Survey 2022 Summary Report](#)

### Indicator Lead

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### Last Updated

08/08/2023

## Key Vital Sign Indicator Results

- We measure Psychological Wellbeing by asking survey respondents how often they have felt inspiration and reduced stress as a product of spending time outdoors.
- 3.98 was the average response in 2022, which equates to participants experiencing inspiration or stress reduction from the outdoors “regularly” on a five-point scale. This is consistent with responses in 2018 and 2020.
- 43 percent of residents report experiencing reduced stress due to time outdoors at least once a week. 65 percent of residents report experiencing inspiration due to time outdoors at least once per week. See [Interpretation of Results](#) for more information.
- The experience of psychological wellbeing in nature is slightly higher for counties in the north and west Puget Sound.

## CONTRIBUTING PARTNERS



TO LEARN MORE ABOUT THE VITAL SIGNS VISIT: [vitalsigns.pugetsoundinfo.wa.gov](https://vitalsigns.pugetsoundinfo.wa.gov) OR CONTACT: [vitalsigns@psp.wa.gov](mailto:vitalsigns@psp.wa.gov)