SOCIAL SILENCE

DESIGN RESEARCH PORTFOLIO

Edinburgh Napier
UNIVERSITY

Social Silence

Word count: 8086

Stefan Johnston
40314552

'A design research portfolio submitted in partial fulfilment of the requirements of Edinburgh Napier University for the award of: BDes (Hons) in Interior and Spatial Design'

December 2021

"I confirm that the final version of my dissertation conforms to the requirements of the Degree Regulations in all respects. It is an original piece of work which is made available for photocopying, for inter-library loan, and for electronic access at the discretion of the

Dean of School of Arts & Creative Industries."

Signed.....

Date.....14/12/21.....

INDEX SECTION

CONTENTS

01

SOLIDARITY FROM THE SOCIAL ENVIRONMENT

Introducing the main themes of the paper and proposing the research question which the primary and secondary research is based on

02

DESIGN CONTEXTUALISATION

A critical contextualisation of the literature surrounding the theme of social solidarity and mental well-being

03

RESEARCH METHODOLOGY

A body of design research directly relating to the primary topics and the production of artefacts with relevant design and conceptual insights

04

ANALYSIS & SYNTHESIS

A critical reflective analysis of the main body of primary and secondary research with insights on how this will impact the major project proposal

05

BIBLIOGRAPHY & APPENDICES

A Harvard style reference list comprising of relevant academic papers, books and videos used in the research section and documentation of primary design research results

A selection of illustrations which set the theames of this paper

01 SOLIDARITY IN SOCIAL SPACE

Emerging form the solitary cocoon that lockdown placed society within, a wave of psychiatric illness can be observed. The post lockdown social space has been impaired by not only factors such as increased mental illness and anxiety, but factors long festering in the background of pre pandemic space; previously left unchecked issues such as inclusivity and social addiction are plaguing the social space, worse now than ever (Shellenbarger, 2013). Pre pandemic social space design appeared to target such issues, but often fell short. Thus, the value of well-designed social space is imperative in current society, as in a period of deprivation, mental and physical wellbeing declined, and heightened levels of discrimination and sexism were experienced. Such stated issues within the social environment are not in their infancy, rather they have not been targeted to a satisfying degree. The topic explored by this body of research is how we can understand the relationship between social space and the decline of mental wellbeing, in association to interior and spatial design, coupled with the harsh realities that society must understand. This research defines social solidarity and explains the many factors that contribute to it, along with challenging the future on methods to alleviate associated symptoms. The correlation between these three subjects has informed and inspired this body of research.

The Social Mask

An illustration depicting the emotional front put on by many in the social space

---

Alone in Society

A illustration depicting the loneliness experienced by many

DESIGN 02
CONTEXTUALISATION

SECOND SECTION

A critical contextualisation of the literature surrounding the theme of social solidarity and mental well-being

Social silence
An illustration depicting the difficulties of communication in social space

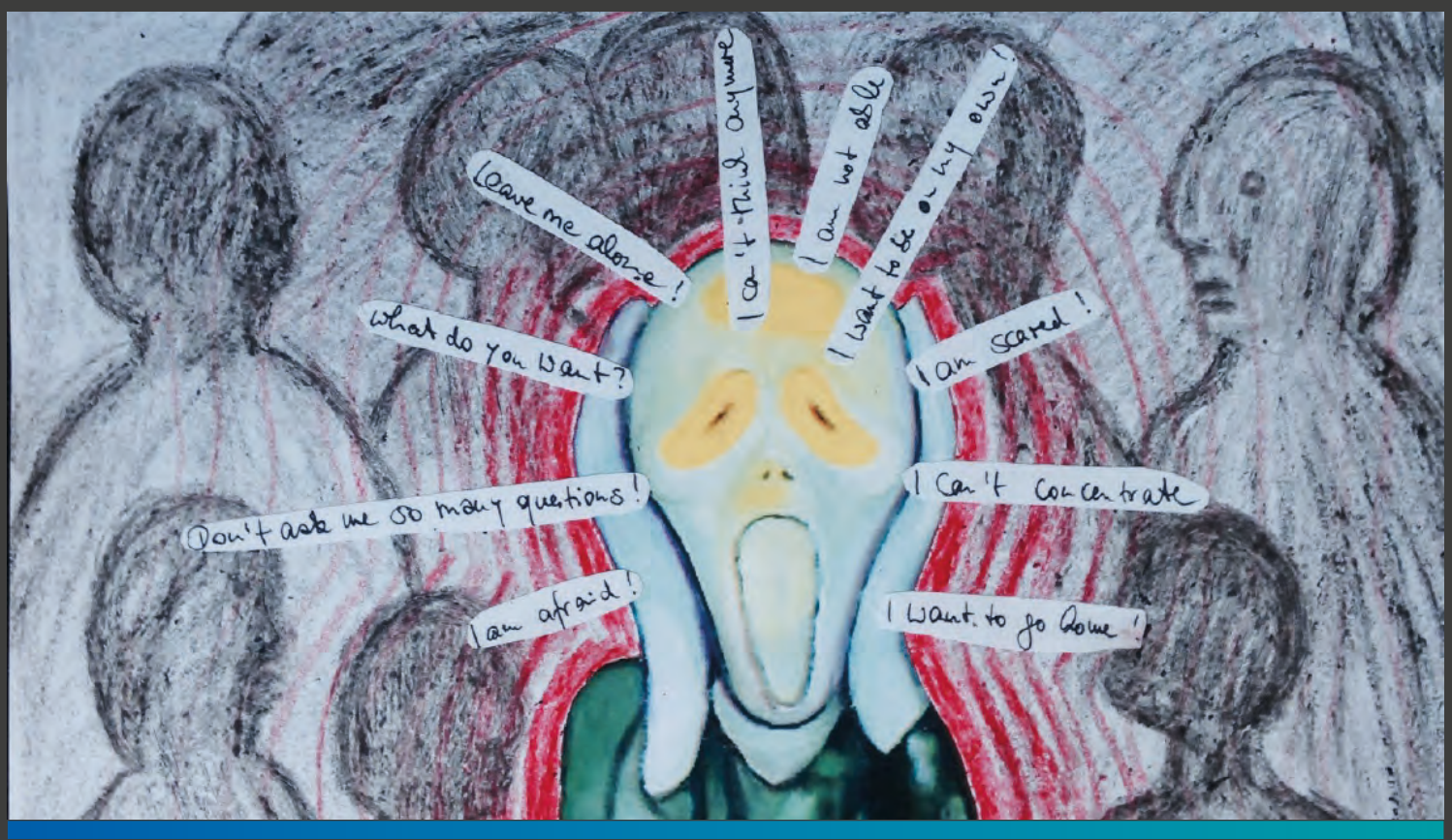
This literature review aims to educate readers on the critical social situation faced by most in post pandemic society and cultivate an enhanced personal well-being through adequate and safe social integration. There has been a considerable volume of research conducted around social separation and the mental, physical and social disorders that progress in solidarity due to issues such as racial, geological and sociological backgrounds, whilst educating on why it is important to cultivate social relationships for long term health. Furthermore, research on inclusivity has suggested that even in a society where the 'inclusive issue' is actively discussed, the issue persists. Sadly, due to elements such as toxic masculinity and use of mind-altering substances like drugs and alcohol, discrimination and sexism is still experienced by many, highlighting that more must be done to tackle this issue. Escapism from the social environment has also been analysed, discussing the glaring issues around the use of social media to avoid environments and the negative mental consequences from doing so, such as negative mental image and decreased social skills, comparing phone usage to an addictive substance with similar withdrawal effects (Alleyne, 2019). Societal reintegration in a post pandemic world is challenging for everyone, more so for those who have developed some of the many mental and social disorders brought on by extended solidarity through the impact of Covid-19. Such disorders have been analysed with suggestions on how to alleviate symptoms and break the social perception on mental health. Moreover, a review on the importance of personal mental state in the re-introduction to society and the mental support which is required for adequate social restoration to avoid slipping into old habits, with suggestions on how to identify the signs and provide support where necessary (Wesselmann, Wirth, Bernstein, 2017).

This section of secondary research aspires to initiate an ongoing discussion on the association between social solidarity and the negative mental well-being which often follows, with suggestions on why it is important to build social relationships, and some ways to tackle such issues. The increase of disorders such as social anxiety, PTSD like symptoms and depressive episodes leading to increased rates of suicide, has created a secondary pandemic, which if left to fester, will have dire consequences (Fileborn, 2016).

2.1
SOCIAL SEPARATION

Why does social solidarity achieve poor personal well-being?

For an individual to develop social, academic and physical skills and live a long healthy life, it is impossible to do so in solidarity. A life of solidarity can lead to numerous long-term issues with mental health which inhibit one's abilities to socialise with other people, leading to a lengthy spiral of despair. In the African language of Bantu, the word *'Ubuntu'* means that a person becomes a person through other people (Tutu, 2006). In his research paper Stefan G. Hoffman discusses the cultural, racial and social integration issues which can lead to social anxiety disorder (SAD). In the paper he gives a basic definition of SAD, which is the fear of negative evaluation from others. In his research he found that cases of SAD were significantly higher in countries in the West. Moreover, he also suggested that people from low-income areas with little social contact were more likely to develop this disorder or similar social inhibiting disorders (Hoffman, 2010). Whereas Susan Pinker discusses a study undertaken in a remote mountainous region in Italy during a TED talk in 2017. In this village there are six times more Centenarians than on the Italian mainland, and in her speech Pinker discusses the ways in which the residents of the isolated town live a different style to most of Western civilisation. This is due to the deep routed social structures within the town where residents care for one another, share meals and support each other. They are always surrounded by extended family, friends or neighbours at all points of their life. Pinker suggests that the key to a long life is substantial social bonds. This is contrasted by George Burns' social ideals where he argued that happiness is having a large, loving, caring family in another city. The topic of longevity and quality of life was also discussed during the lecture, quoting from a research paper by Julianne Holt-Lunstad where Pinker mentioned that social integration is as effective as quitting smoking or drinking or a number of other life limiting factors. Interactions such as these help life longevity by releasing numerous neurotransmitters such as oxytocin and dopamine which lower cortisol levels, give a natural high and mild pain relief (Pinker, 2017). Women are more likely to live longer than men according to Joan Silk's theory of human and primate relations. This is because women are more likely to prioritise and groom their interpersonal relationships over their life. Silk's work indicated this by the cortisol levels present in the test subjects, the lifespan and the number of healthy offspring, and the magic number of relationships equating to three (Silk, 2010). Pinker also stated that the key to extending the human life span in major western civilisation is integrating in-person interaction into city workplaces and daily agendas, termed "building your village". Sustaining this is a matter of life and death (Pinker,2017).



Exclusion from others
An illustration depicting separation from society

Mental separation
An illustration depicting the negative mindset which often comes with isolation

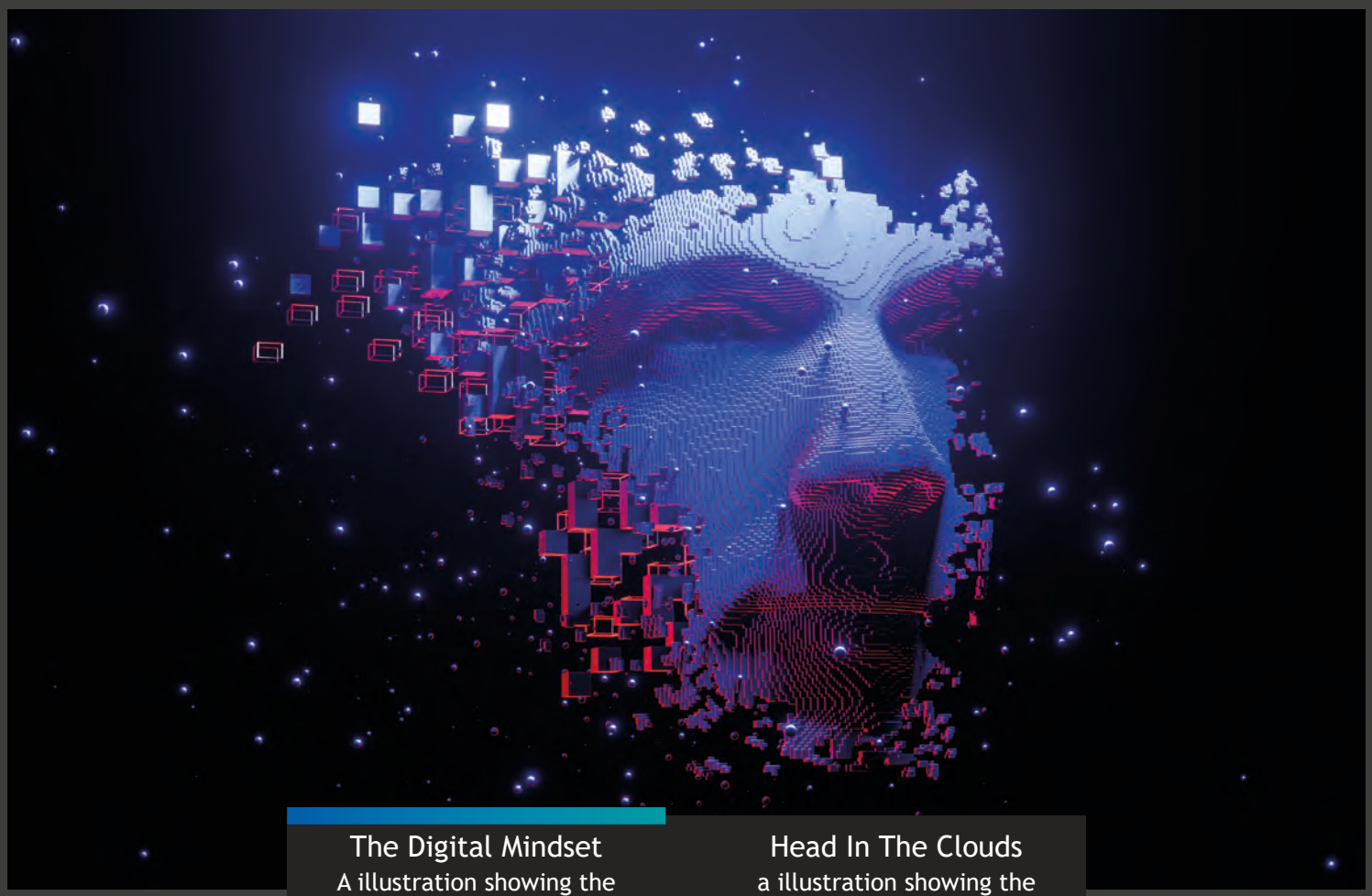
2.2
INCLUSIVITY IN SPACE

How is social space tarnished by outdated mindsets?

The public social environment can be a daunting experience for women and members of the LGBTQ+ community; this is due to an accumulation of past negative experiences and social perceptions on masculinity. Masculinity in space is an issue which has been addressed in recent years, but the results are less than adequate. In her paper, Kristen Day researched this topic and found that over half of the of the 'at risk' participants of this particular study claimed they were afraid to walk alone at night due to the fear of the potential actions of men. With the social construct of men having to prove that they are masculine at its centre, it also portrays women as weak, fearful or endangered in a social situation which Day describes as the furthest thing from the truth. Furthermore, Day argues that the construction of masculine gender identities aid in sustaining the fear that 'at risk' people experience in social space. For meaningful change to occur in our society, both the social constructs of masculinity and femininity need to be rethought with the understanding that gender is more fluid than two strict titles and lifestyles (Day, 2001). Another issue faced is the strong relationship between drugs and alcohol, as well as social environments and drink spiking with its affiliation to physical and sexual violence in women. This is discussed in the paper 'Drugs and Booze' where Bianca Fileborn discusses how there is a well-developed fear for women and others to be around men in a social setting due to men being the most likely offender in cases of crimes related to intoxication. With the social norm for 18–25-year-olds to drink, party and engage in sexual relations, the issue of consent has been discussed at length over the last 10 years. Fileborn states that between one third and two thirds of sexually violent crimes occur when the victim has been impaired by drugs or alcohol in some way, offenders taking advantage of the victim's decreased sense of consent, to commit atrocities which often go unpunished. Fileborn argues that when a female is heavily intoxicated, they are perceived as vulnerable or at blame for their condition whereas heavily intoxicated males are viewed as less blameworthy for their actions or idolised for the amount and number of substances they have consumed throughout their night. In relation to levels of intoxication and provocative outfits women often wear to social environment places like bars and clubs, provide the ideal place for such attacks to occur with impunity for the perpetrators which can lead to further disorders like PTSD, depression and social anxiety disorders in victims. The author states for this to change, our culture must evolve to make spaces safer for all genders, with tougher punishments for attackers (Fileborn, 2016).

Fear of the social space

A illustration depicting the social difficulties and negative experiences often faced by women



The Digital Mindset

A illustration showing the reliance on technology in modern space

Head In The Clouds

a illustration showing the mental confusion faced when not using technology in space

2.3
HEAD IN THE CLOUDS

How is social media and mobile phone usage ruining the social environment?

With the way in which the modern Western lifestyle has developed over the last 10 years, it is easier for people to disappear into the vastness of the internet and social media when in a social situation, rather than being in the moment with the people that surround them. Choosing to chase after 'likes' or virtual approval from complete strangers, social media has become an addiction (Nakaya, 2015). In the paper 'Positive and negative experiences on social media and perceived social isolation', the online image is discussed, stating that having a large social media presence is often perceived as the ideal lifestyle or mindset in 18–30-year-olds. The study found that people were more concerned with how their lifestyle or image looked on social media rather than enjoying the presence of others around them. Furthermore, the study suggests that whilst making arguments that social media connects people and keeps distant relationships up to date, social media actually drives society further apart. Extended use of sites like Facebook or Instagram are directly linked to increased levels of social disorders and depressive symptoms due to factors like negative body image etc. The paper suggests that extended use of social media has two outcomes: positive and negative, positive which leads to little change in social attitude and social isolation, and negative which leads to greatly increased levels of social isolation. With negative outcomes being the more persistent of the two, leading to higher levels of social stress and anxiety among young adults (Primack, Karim, Shensa, Bowman, Knight and Sidani, 2019). In the paper 'Put down that phone and talk to me: Understanding the roles of mobile phone norm adherence and similarity in relationships', the authors discuss the roles of mobile phone usage and their impact on personal relationships. They argue that social media and mobile phone companies take advantage of the easily distracted nature of the human brain, leading to decreased levels of face-to-face interaction, even when presented with a situation like a first date (Hall, Baym, Miltner, 2014). Mobile phone usage even creates a perilous decline in eye contact, suggesting developing social disorders (Shellenbarger, 2013). Constantly checking messages or social media like any other addictive substance decimates any hope of creating and maintaining close relationships (Alleyne, 2019). Hall, Baym and Miltner suggest due to the rapid integration of social media and mobile phones into our society, it is difficult for users to establish rules of etiquette when it comes to appropriate screen time when in a social situation. The authors also raise the question of why the use of social media has become acceptable and the new norm in modern society.

Trapped In A Cage

A illustration depicting the feeling of loneliness when in isolation

2.4
LOCKED DOWN SHUT DOWN

How did the nationwide lockdown cripple mental wellbeing and the social space?

Departing from multiple nationwide lockdowns caused by the Covid-19 global pandemic, there has been a return to pre pandemic lifestyle seeing many people return to social situations like events, bars and dining experiences with large groups of people. For many this is a breath of fresh air considering the long period of isolation from general society, however some individuals are facing difficulties in the presence of others due to unease about Covid cases still present in society and social anxiety developed during the long period of isolation from other people (Taylor, Asmundson, 2020). In the paper: 'Arts and cultural activities and happiness: evidence from Korea' the authors discuss the association between social activity and increased levels of happiness. Overall levels of satisfaction with one's life in Korea are below average in comparison to the rest of the world. The author suggests participation in social and leisure events in order to alleviate symptoms of social stress and encourage satisfaction with life, which also reduces the feeling of loneliness in general society. Single person households are encouraged to attend a diverse range of social events as they give people a chance to experience new things and get break from the everyday nine to five grinds. Atmospheres such as these can be daunting at first but over time can become a necessary part of everyday life (Lee, Heo, 2021). "The leap of faith begins with the conviction that you don't want to go down the path that your current life has been taking you any longer, that your life just isn't working for you any longer" (Taylor, 2019). Contradictory to Lee and Heo's views, the paper: 'Post Covid-19 pandemic mental health problems', the author describes the aftermath of lockdowns as a tsunami of psychiatric illness, whilst alluding to the fact that it is still too early in the post Covid-19 timeline to observe the full extent of the toll that the pandemic has taken on mental health. The author discusses how people's brains have been rewired to avoid crowded places through the considerable and wide-ranging conditions brought on through the pandemic, much like through alcohol abuse, PTSD and anxiety. Prolonged social isolation has led to a phenomenon known as '*Hikikomori*' which is similar to social withdrawal and is caused by avoidance behaviours and fear of infection. Social distancing over such a large period of time has led to increased loneliness which in turn alludes to many of the challenges Hoffman discussed earlier in the review, in post pandemic lifestyle there is a stigma around people who are suffering with such conditions. Sufferers from psychiatric disorders linked to Covid-19 have faced harassment, stereotyping and in some cases, physical violence towards them as they are not yet ready to return to normal life. This has led to an increased level of suicide among sufferers, suggesting that there is a divide in society. Moreover, the author mentioned that support networks have been set up, but these are lacklustre and do not provide a foundation for healing, in most cases alluding to the idea that society has focused on economic reconstruction whilst abandoning those in need (Katherine, 2020).

2.5
WILL IT EVER BE ENOUGH

How can the chase of the perfect social group lead to the feeling of emptiness?

Social situations can be precarious for most people, especially those who have or are currently suffering with mental health problems. During a long period of solidarity, changes often occur in mental state and personality, which often make it difficult to integrate with general society in social situations. Even when people take the leap and return to the social environments, they are often left feeling unsatisfied due to encounters not meeting the high expectations or fantasies built up by the individual when in solidarity, and also the constant threat of social exclusion (Escandell-Vidal, 2016). The paper: 'Social innovation indicators' argues that people with psychiatric conditions often need more support with reintegration into the social society, with sufferers precariously traversing a slippery slope. Unsatisfactory social encounters can lead to the victims slipping back into old habits, causing further distress and anguish among post isolators. The authors discuss how the realisation of social indicators are key to aiding in personal and social development within sufferers of solidarity, and to help meet the expectations set in isolation (Unceta, Castro-Spila, Garcia Fronti, 2016). In the paper: 'Expectations of social inclusion and exclusion' the authors discuss how social connection is key to create and maintain physical and mental well-being however many find themselves excluded form experience through emotional and physical separation. The author alludes to types of social cues which present when someone is suffering from social exclusion; such cues are classed as 'direct' and 'subtle'. Direct cues are ones in which people could unintentionally be aggressive or rude in their approach such as not being included in games, projects or plans, whereas subtle cues are more like lowered self-esteem and reduced eye contact in social environments. Building on the ideas that especially in recent years (to the publication date) it is important that social exclusion is addressed in individual groups, with problems being faced head on. The author conveys ideas on how social exclusion can ruin a person's confidence when in the company of others. Furthermore, the authors use the research they collected to suggest ways that modern society can spot the signs of social exclusion and aid in mitigating the outcomes (Wesselmann, Wirth, Bernstein, 2017).

Panic & Confusion
A illustration depicting the mental confusion experienced when entering the social environment after some time

No One Cares
A illustration showing the solidarity faced in modern society

2.6
SUMMARY OF SECTION

To conclude, this review has commenced an ongoing investigation into the relationship between social environments both private and public and how psychiatric conditions, fear and masculinity relate to the qualitative experience within the space. Through multiple sources of information including academic papers, books and speeches around the subject of mental health and its relation to social space, the main takeaway from the research is that mental health plays a massive part of the way people experience social environments. Furthermore, the literature suggests that for meaningful change to occur, issues such as these must be broken down and understood; a result of this would be a more inclusive and safer place for everyone. The literature also suggests that a key part of a healthy life and mental wellbeing is strong social connections, as these are proven to lower stress levels and increase overall satisfaction with life. For a space to be inclusive, the issues of masculinity and femininity must first be addressed as stated by the literature referenced. We must first break down the social constructs and rebuild them into something more fluid; by doing so, social environments would be more inviting for people to attend. The year 2020 saw a massive rise in the amount of social media people were consuming, in a post lockdown world this has had a massive impact on how people interpret social space, with them choosing to stay in the virtual world where it is comfortable rather than socialising with peers. It can thus be said that social media is damaging self image. Continuing on the subject of lockdowns, it is still too early in the post pandemic psychiatric landscape to accurately describe or analyse the true extent in which the pandemic altered the personal experience of social encounters and the short and long-term implications on mental health. Taking the issues presented in the review into account when designing social encounters and space, would present a space which is healing and inclusive.

[End of Section]

A illustration showing the progression of mental health when attending social spaces.

THE THIRD SECTION

RESEARCH 03
METHODOLOGY

A body of design research directly relating to the primary topics and the production of artefacts with relevant design and conceptual insights

Continuing from the secondary research conclusions presented in the design contextualisation, research revealed that primary research methods were necessary to better understand the issues discussed in line with social deprivation and mental health implications in adults. The suggested primary research methods aim to gain insights on how design can be used to help negate the impact of social deprivation and create new opportunities for social interaction within communities. The targeted group this design research intends to analyse are adults aged 18-30 as they are the most likely user group for the major project space. This user group is most likely to attend such spaces and are at a stage when creating social circles is imperative for quality of long-term life. Post analysis of the arguments presented and to gain a better understanding of the issues, a mixture of quantitative and qualitative research methods were developed to gain appropriate data on the subject and draw relevant conclusions. This will subsequently advise design choices undertaken in the major project composition. When choosing the proposed methodologies, it was evident that a quantitative method was required to gain appropriate data and information on social trends and habits within an environment. This took the form of social observations in a busy environment. A qualitative approach was also engaged to understand the personal experiences of a group of people who fall under the previously stated categories. In line with the proposed subject, a range of questions were sent out to potential respondents in the form of an online survey. This was undertaken to gain an overview of people's personal opinions and experiences on the subject in an anonymous manner. A cultural probe kit was deployed to target specific areas and issues within the user group and gain relevant insights on the social problem and potential personalised solutions.

A illustration depicting the despair experienced by those in social solidarity

3.1
SOCIAL OBSERVATIONS

The initial style of design research undertaken was multiple quantitative social observations.
The paper 'Learning What is Where from Social Interactions' states that the observations of others grant insights about both their mental states and the non-overt factors which influence the environmental condition and social behaviour in a predictable manner. The paper also mentions that emotional display and body language are imperative to social observation, this conveys the atmosphere of the space (Jara-Ettinger, Baker and Tenenbaum, 2012). The observations were conducted at three sites within the city of Edinburgh, the first being a bar, the second being a restaurant and the third being a private party. The observations were undertaken over the course of an hour at each location and documented site traffic, emotional display and level of social interaction. The research method was conducted in Edinburgh as the major project space is located within the city and the research method gave insights on how residents interact and react in an analogous social environment to the major project space. When in attendance, the employees of the location or attendees (when available) were notified of the research undertaken and verbal consent was given (when required) to conduct the research due to the anonymous nature of the result collection. The results were recorded using a tap counter application and later analysed and processed into charts.

The limitations of this research method are in the form of user error, the level of people and the movement in the space meant the first site became difficult to track the criteria over the hour, meaning some results are not documented as accurately as intended. To improve this, multiple people should be employed to track each criteria.

The first site, a bar in Edinburgh's cowgate with a capacity of 150 visitors, 64 people were observed in the space over the course of the observational hour. A bar was chosen as this is one of the most likely places that the intended target group tend to socialise within (Hickman, 2013). A wide variety of observations on the previously stated criteria were recognized and are detailed in the tables and charts below, raw data being available in the observational appendix on page (56). The research was carried out between 19:00 and 20:00 on Tuesday the 2nd of November 2021.

Images of the sites where the social observations were undertaken

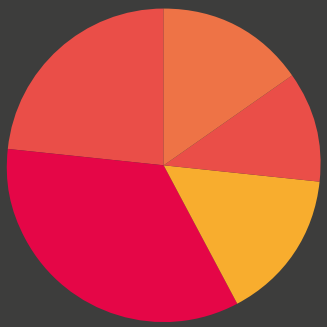
The second site observed was a restaurant in Edinburgh's west end with a capacity of 80 covers, 21 people were observed to attend the space over the hour with most attending to eat at the space. This type of space was chosen as it is also one of the prime spaces which the target group use to socialise (Hickman, 2013). Out of the 21 people in attendance, the most prominent observation made was the lack of socialising between groups which may be pandemic related, attendees in most cases tended to stay within the group in which they entered with. Select observations can be viewed in the charts below and the raw data in the observational appendix on page (56). This research was undertaken between 17:00 and 18:00 on Thursday the 4th of November 2021.

The third and final space observed was a private flat party which had 31 attendees during the hour that the research was undertaken. This was deemed a relevant source of data as the group in attendance was a portion of the target group intended for the major space. A selection of observations can be viewed in the charts below and raw data in the observational appendix on page (56). This research was carried out between 22:00 and 23:00 on Saturday the 13th of November 2021.

3.2 THE SURVEY METHOD

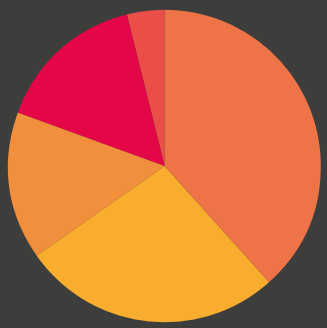
The second research method conducted was qualitative in nature and was in the format of an online survey which was created using Google forums, then sent out to relevant target groups. In the paper 'Survey Research Method', the author discusses the key advantages of using a survey to collect relevant data on a chosen subject. A selection of such advantages is faster data collection, accurate if sampling is probabilistic, is more ethical than experimentation and is accessible by a wider range of participants. The author also states that for the survey research method to be an appropriate tool for data collection a considerable amount of preliminary experience and knowledge on the chosen subject is required for results to be considered substantial (Mathiyazhagan, Nandan, 2010).

This section of research aimed to understand how members of the proposed target group behave and perceive the post lockdown social environment. It explored candidate's views on the implications of attending a social space and what they do in attendance to make the space more comfortable for the user. The questions were structured in an easy-to-follow manner which would send participants on a flowing train of thought, building on Mathiyazhagan and Nandan's ideals survey methods tend to achieve more educated responses when questions are relevant to one another and are structured in a way which provokes a deeper level of conscious thought throughout (Mathiyazhagan, Nandan, 2010). The survey was constructed using several multiple-choice questions and four open ended questions for profound insight of their personal views on the subject. The survey was designed in such a way to keep participants interested by obtaining quick and honest answers. On average the survey took just under 3 minutes to complete. The survey achieved a 100% completion rate from the 26 responders over the course of a week (4th November 2021 – 11th November 2021). The results gained from the survey were anonymous in nature meaning responses accurately described how people deal with the implications of a social environment. The sample group consisted of design students, society members and members of the public, meaning the range of responses were diverse although slightly leaning towards 18–22 year olds. Responses to the survey displayed some variations to the ideals presented in the secondary literature-based research, but for the most part, confirmed the conclusions drawn. Examples of responses can be seen bellow with full documentation of the data collected available in the online survey appendix on page (51).



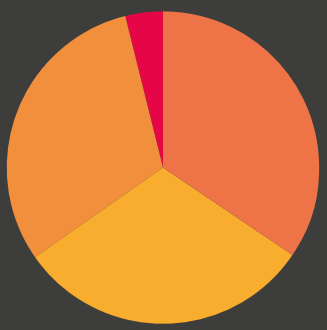
What is your daily average screen time?

- Answer 1 - 1-2 hours (4 responses 15.4%)
- Answer 2 – 2-4 hours (3 responses 11.5%)
- Answer 3 – 4-6 hours (4 responses 15.4%)
- Answer 4 – 6-12 hours (9 responses 34.6%)
- Answer 5 – 12+ hours (6 responses 23.1%)



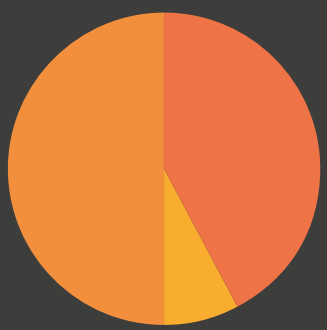
How would you use this time on your phone?

- Answer 1 – social media (10 responses 38.5%)
- Answer 2 – watching tv/ movies (7 responses 26.9%)
- Answer 3 – communicating with friends (4 responses 15.4%)
- Answer 4 – surfing the web (4 responses 15.4%)
- Answer 5 – not applicable (1 response 3.8%)



How do you feel screen time affects your in person social interactions?

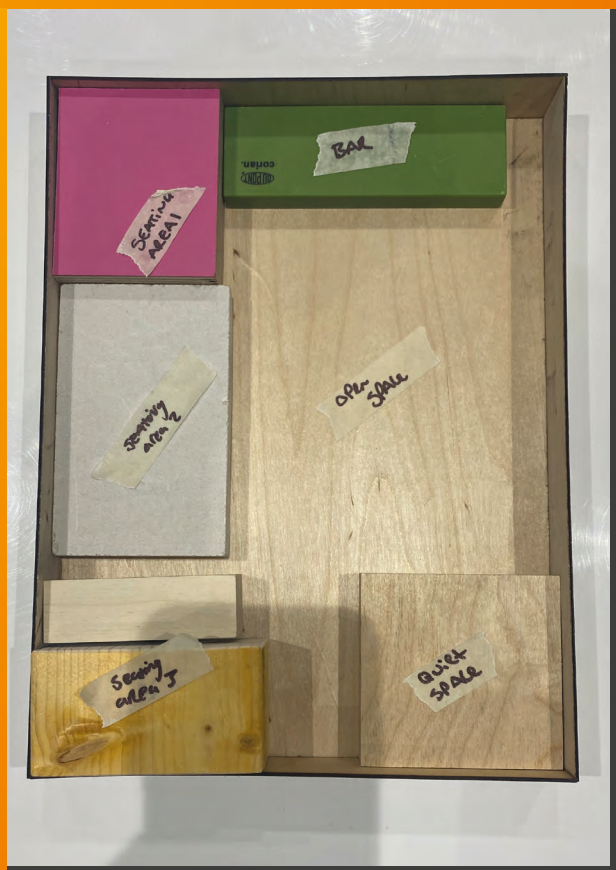
- Answer 1 – moderately affected (9 responses 34.6%)
- Answer 2 – greatly affected (8 responses 30.8%)
- Answer 3 – not affected (8 responses 30.8%)
- Answer 4 – not applicable (1 response 3.8%)

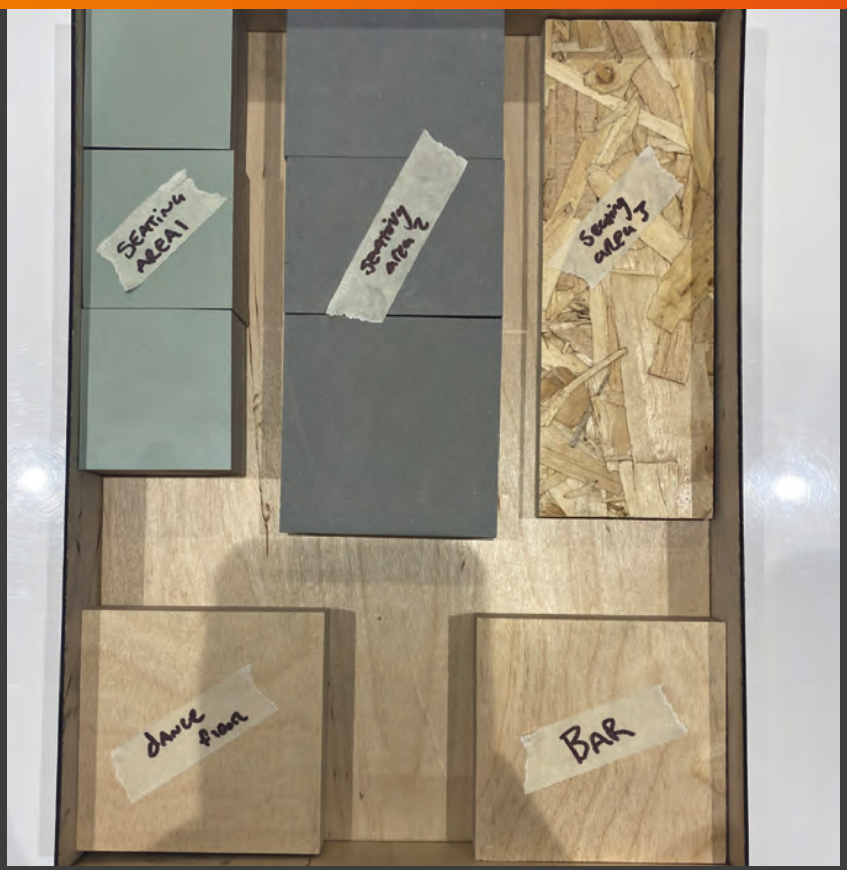


Would you find your self using your phone in a social environment?

- Answer 1 – yes (11 responses 42.3%)
- Answer 2 – no (2 responses 7.7%)
- Answer 3 – sometimes (13 responses 50%)

Info-graphics depicting phone usage in space





Photos of probe kit responses

3.3
CULTURAL PROBE KIT

After the conclusion of the initial primary research methods, the information drawn was relevant to the subject but lacked greater insight on how people deal with the implications of social space. The third and final form of research conducted was in the form of a cultural probe kit, which was designed in a physically engaging and visual manner. As stated in the paper 'Cultural Probes in the Design of Communication' a probe kit is a non-traditional ethnographic research method undertaken to examine new environments and social behaviours. The authors suggest that the design of numerous small, easy to complete tasks generate engaging data which undermine the previous assumptions of both researchers and participants. Cultural probes offer the chance to gain a deeper level of conscious understanding of the thought processes and emotional state of mind in participants, where direct observation can be intrusive. Finally, the authors suggest that use of probe kits in design research present the opportunity to make design decisions for target groups, creating concepts which are not arrogant in nature (McDougall, Fels, 2010).

During construction of the cultural probe kit for this body of research, defining the primary objective was imperative to its success as a relevant design research method. The kit was designed to entice the candidates into contemplating how the social environment impacts their emotional state of mind whilst urging candidates to think about how they would change the social environment to better suit the needs of modern society. The kit was composed of two tasks to be completed whilst in the social environment and one task to be completed at home. The tasks to be completed in the social environment consisted of an emotional diary where candidates would put themselves into a social situation and document how the environment affected them over the course of 10 minutes whilst provoking thought about how the national lockdown has changed their outlook on the environment. The second task consisted of six small cards of sensory materials designed to negate the negative effects of the social environment, with participants using the cards as a fidget device to distract from the many intense sensory sources, like loud music or large amounts of people, preventing sensory overload. The third and final task consisted of a small model box room accompanied by dividing walls and spatial zones; this was used to understand how candidates would design a social space to satisfy their personal needs form such a space. The probe was sent to 3 participants whom were chosen due to their varied backgrounds and age demographic for a more inclusive outcome. The first candidate being a female university student aged 20, the second being a currently employed male aged 29 and the final being a 23 year old male who is currently employed. The candidates were instructed to complete the probe over the course of two days, the first two tasks were to be completed on day one when in a social environment and task three to be completed on the second day when personal experiences were still freshly imprinted. This research method provided further insights on designing social environments which are better tailored to suit the needs of society in a post lockdown climate. Full results and responses are available in the cultural probe appendix section on page (62).

3.4
SUMMARY OF SECTION

To conclude this chapter of design research which will subsequently be analysed in the next section, it is important to observe the importance of the insights this study has revealed. The expertise gained from responses can inform future design choices and insights in relation to social spaces by applying them to sites designed with people in mind. An initial basic understanding of the issue was achieved through the quantitative observations which created a bank of raw data displaying social trends and mindsets, whilst attending a busy environment in a basic non-intrusive manner. The targeted survey responses were qualitative in nature and enticed candidates to think deeply about their personal reactions to social space and provided in depth educated responses from a select portion of people who may have faced difficulty in a social space, confirming and opposing some data collected in the first stage. The cultural probe furthered understanding of the issue by providing insights on personal responses to an environment and how candidates would alter it. Design implications of what type of atmosphere, type of environments and how the space can negate the effects of a busy social environment through structure, will educate choices made in the major project and future installations. Post analysis of the data collected should present designers with the knowledge of the implications social spaces can impose on an individual, and how to lessen the impact on the mind and body.

[End of Section]

A illustration showing the mindset development from social space

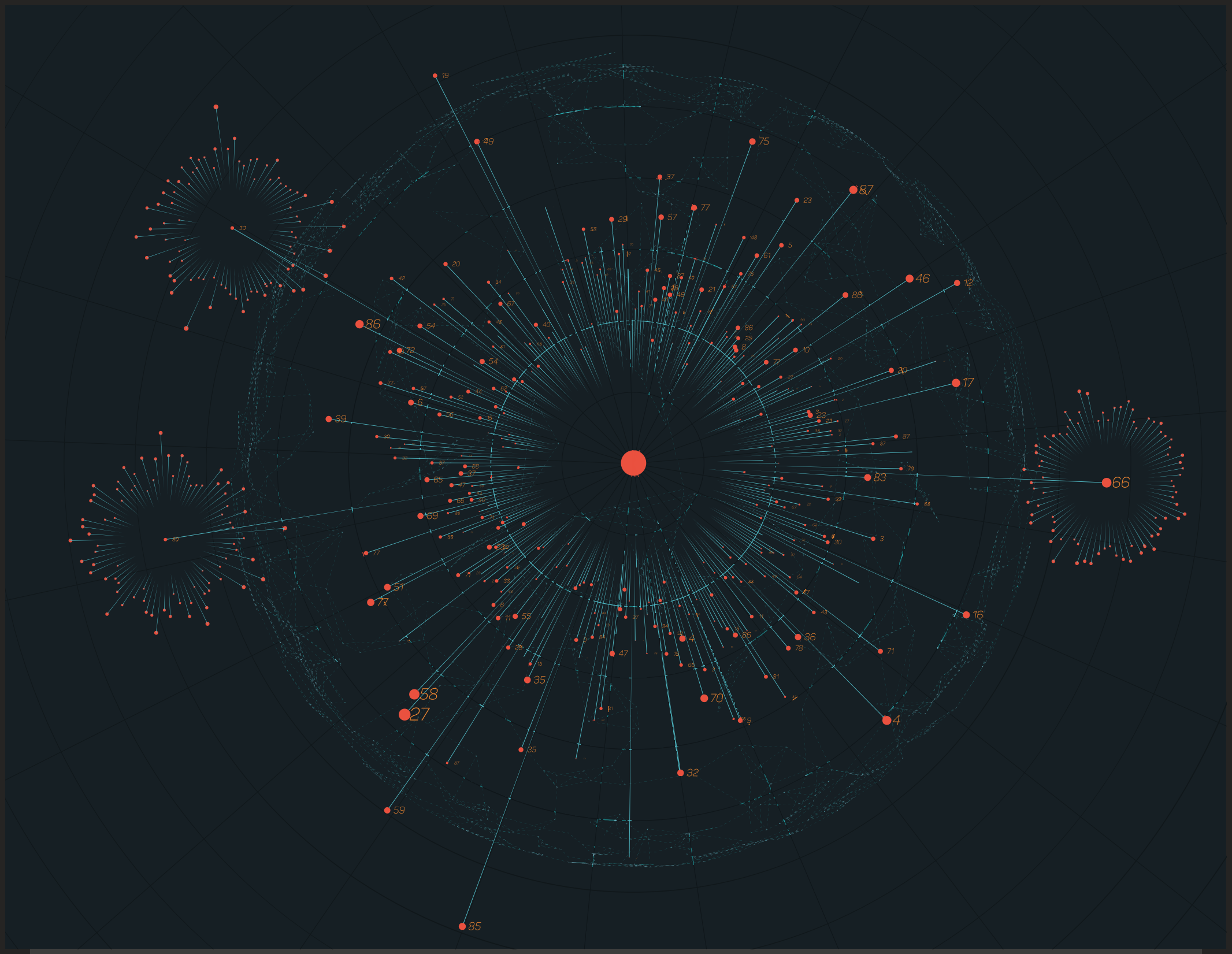
FOURTH SECTION

ANALYSIS 04 & SYNTHESIS

A critical reflective analysis of the main body of primary and secondary research with insights on how this will affect the major project proposal

The primary and secondary research conducted in the design contextualisation and research methodology sections of this paper have provided the reader with an overview of the implications of social solidarity in its current context. A diversified range of social difficulties faced by society in both the pre and post pandemic climate have been explored and methods in which the individual can alleviate said symptoms have been examined, this was undertaken to obtain further insights on the individual perceptions of the social environment, to question the social awareness on mental health and to inspire readers to make a change in their personal lives to make spaces more inclusive. This body of research aspires to change the understanding of interior and spatial design through educating future societies on the importance of sufficient social in-person interaction and its relationship to mental wellbeing. The presented findings not only shine light on the current mental health crisis in its relation to social spaces but create grounds for a unique conceptual approach during the design of social spaces and the major project space in the post pandemic climate.

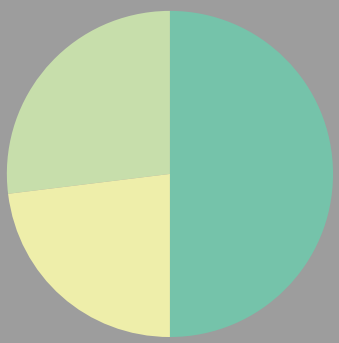
This analysis has carefully examined the various mental and physical influences that social deprivation has on personal well-being and social interaction, whilst discovering the fundamental origin of symptoms and researching methods to alleviate said symptoms. Findings from such research have discovered that the social environment is greatly affected by personal wellbeing, mobile phone usage, inclusivity issues, the nationwide lockdowns and solidarity from the social environment. Each factor played a small part in the decline of the social environment in recent times although when combined, have devastated social interaction and personal mental wellbeing. The proposed findings of the primary and secondary research are explained in depth and analysed in the subsequent sub-sections.



THE POST LOCKDOWN MENTAL HEALTH CRISIS 4.1

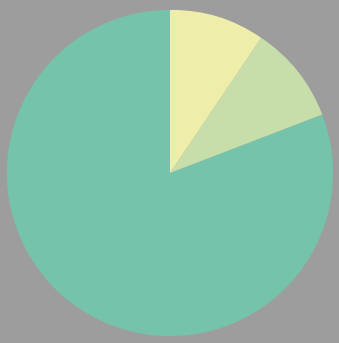
It was imperative to perceive the consequences that the multiple nationwide lockdowns related to the corona virus pandemic had on mental well-being in the general population, through the research and understanding of the scarcely available sources on the subject. Perhaps it is too early in the post pandemic landscape to fully comprehend the full extent in which lockdown damaged personal mental wellbeing (Kathrine, 2020). Survey respondents were challenged to establish a deeper connection with one's sense of self and their relationship to the social environment. In survey question 10 shown to the right, an overwhelming 50% of the respondents consider lockdown to have greatly impacted their approach to the social environment with 26.9% only affected when the space is crowded and 23.1% stating no change in behaviour. This result was unanticipated as through comparing the results to the literature referenced in the design contextualisation, it conveys a greater mental severity. This may be due to individuals in post lockdown society often facing unease in the presence of others due to factors such as the prevalent covid cases and mental disorders like social anxiety and depression brought on by the long period of isolation from the public space (Taylor, Asmundson, 2020). However, question 9 of the survey confirmed that lockdown has greatly affected the size of social groups as a staggering number of respondents (76.9%) consider lockdown to have affected their friend group size. This may be due to factors such as PTSD, alcohol abuse, anxiety and many other avoidance behaviours brought on by lockdown (Kathrine, 2020). The contrast and confirmations found in results may be accounted for by the relatively small focus group of respondents and their localised connection (based in Edinburgh). Larger scale further research would achieve more consistent results and allow a greater level of analysis, although the small scale accurately describes the mental health crisis faced locally to the major project space.

Analysing results from the social observations provided contrasting results, through the three different social environments observed it was clear that type social setting presented a conflicting response. In the bar and restaurant settings, observants displayed little to no social interaction with people outside their group (48/64 and 27/31) whereas in the private setting there was an overwhelming 17/21 observants displaying high levels of social interaction. This may be due to factors such as personal comfort in the social setting or the social anxiety disorders and the fear of negative evaluation from others (Hoffman, 2010). An argument can be made that the personal connection between respondents in the private setting provided comfort and ease of mind which led to higher levels of socialisation in the space. To achieve a deeper level of understanding and varied responses the observations should be carried out in the same settings over the course of multiple days, so that social tendencies for social interaction can be better understood.



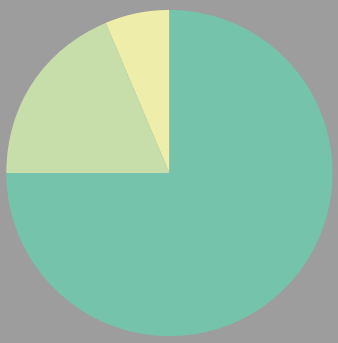
Do you feel lockdown has affected your mental health
and your personal approach to social environments?

- Answer 1 – yes it has greatly affected me (13 responses 50%)
- Answer 2 – it hasn't really affected me personally (6 responses 23.1%)
- Answer 3 – sometimes it depends on how busy it is (7 responses 26.9%)



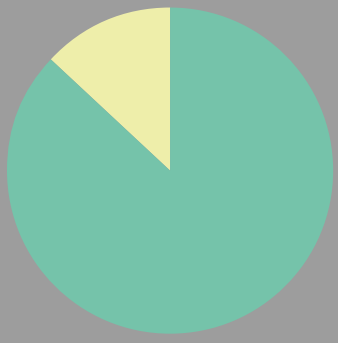
Level of soical interation:

- Little (same group as they came in with) – 2
- Moderate – 2
- Extensive – 17



Level of soical interation:

- Little (same group as they came in with) – 48
- Moderate – 12
- Extensive – 4



Level of soical interation:

- Little (same group as they came in with) – 27
- Moderate – 4
- Extensive – 0

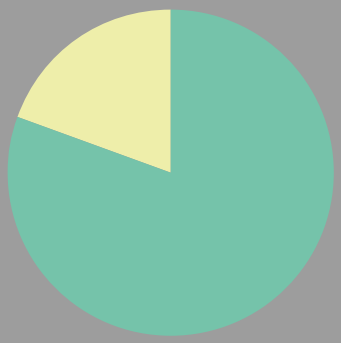
Info-graphics depicting
observation results

4.2 SOCIAL DEPRIVATION AND THE DECLINE OF MENTAL WELLBEING

The issues of mental disorders in relation to social deprivation was explored in the work of Stefan G. Hoffman where it was discovered that isolation from the social environment and other people leads to increased instances of anxiety and depressive like symptoms. The author describes social anxiety as the fear of negative external evaluation from others. In Holt-Lunstad's hypothesis, social interaction was described as essential for positive mental wellbeing as it leads to lower cortisol levels in the brain. Pinker also mentioned that emotion and perceived body language control a majority in the likelihood of new socialisation and friendships. In the social observations, the level of social interaction analysed in the last sub-section proves that much work must be completed to target this issue. In the second part of the observations, the body language of observants was monitored over the course of the hour. It was discovered that most observants displayed positively inclined posture and facial expression, site 1 – 38/64, site 2 – 25/31 and site 3 – 14/21, although some displayed nervous traits and few displayed irate traits. Comparing the results of the two stages of the social observation research, if we are to take the previous conclusions from the secondary research into account, a conflicting response was gained according to Pinker, the body language presented should have produced higher levels of social interaction between groups. When looking at the results in comparison with Hoffman's research, a verdict can be drawn that the reason for little social interaction may be due to social anxiety and fear of negative consequence which is supported when comparing the three sites; in site three most attendees had previous relations to each other and saw increased levels of interaction and positive body language. The results gained provide educated insights on the situation faced in social space, although to improve quality of results, mini-interview style questions could be asked on-site to gain further insight on personal mental state.

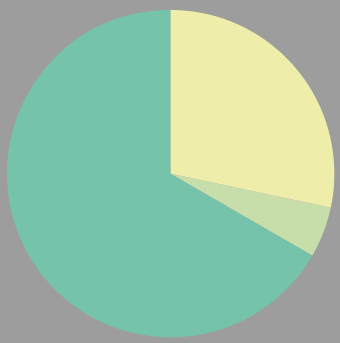
In the design contextualisation it was discovered that when an individual re-enters the social environment, personal mental state can be precarious due to high expectations set whilst in isolation, as well as un-tuned social skills. It was identified that people often need additional support to help conquer psychiatric conditions developed in solidarity and often fail to receive such support (Wesselmann, Wirth, Bernstein, 2017). Responses to survey question 10 and 7 proved that after a period of isolation many felt that they struggled with social interaction which may be due to factors concluded from section 2.5.

Info-graphics depicting observation results and survey responses



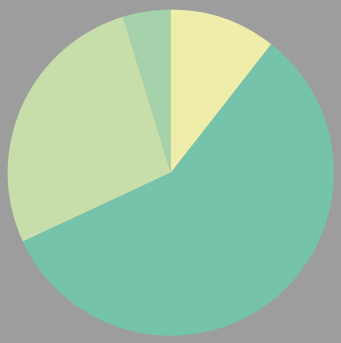
Body language presented:

- Negative – 0
- Positive – 25
- Nervous – 6
- Irate - 0



Body language presented:

- Negative – 1
- Positive – 14
- Nervous – 6
- Irate - 0



Body language presented:

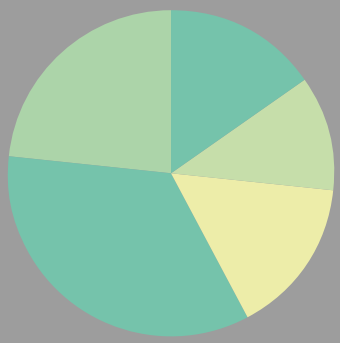
- Negative – 7
- Positive – 38
- Nervous – 18
- Irate - 3

SELECTION OF RESPONSES TO QUESTION 7

1. Overwhelmed
2. Uncomfortable
3. can be overwhelming with too much sound, but depends the situation (restaurant to be more relaxed, nightclub would prefer to be packed, different environment depending)
4. prefer it as i don't feel like people are looking at me
5. terrified.. i would rather stay home
6. depends on the situation mostly nervous
7. very nervous / uneasy
8. depends how i feel on the day sometimes uneasy sometimes fine
9. fine i like busy environments
10. fine if I'm with people i know
11. very nervous / on edge
12. not applicable i usually feel fine with large groups of people but if the atmosphere is too intense it can cause panic attacks

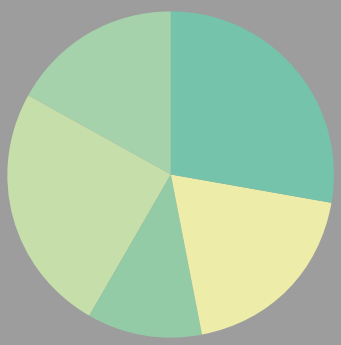
4.3
SOCIALLY ADDICTED

Through the review of the paper Nakaya produced, it was discovered that social media is one of the most common addictions which contributes to the obvious decline in social space, an argument was made in the paper that the chase of virtual approval allows people to escape the physical environment and ignore the many possibly overwhelming social interruptions present (Nakaya, 2015). Furthermore, social media was compared to a drug with similar withdrawal symptoms which can lead to the inability for sufficient socialisation in public space (Alleyne,2019). In survey question 1, participants were asked how long they spend on their phone each day. The results gained were varied but most respondents (55.7%) claimed they spent 6 - 12+ hours a day using their phone. In question 2 they were asked how they used this time, 38.5% of respondents said they use their phone mostly for social media. In question 3 respondents were challenged on how screen time affects in-person social interactions, responses were balanced between, phone usage greatly (30.8%), moderately (34.6%) and scarcely (30.8%) affecting personal social interaction, with 92.3% of participants claiming they use their phone in social spaces in question 4. Question 5 challenged participants to think about why they use phones in space, the most prominent conclusion from the question is that people use social media as a form of escapism to ignore the feeling of inadequacy; “sometimes I get overwhelmed when I go out so I use it to calm my head” (survey respondent 22), this form of escapism could be linked to the previous conclusion on addiction effects. In the ‘head in the clouds’ section, it was also argued that the extensive use of social media leaves users feeling inadequate due to factors such as body image, social stress and increased levels of fear and anxiety in the social environment (Primack, Karim, Shensa, Bowman, Knight and Sidani, 2019) which is backed by survey responses. The results gained from the primary research complement those achieved from the secondary research, the small focus group which completed the online questionnaire mostly agreed with the conclusions drawn previously. It is clear from research that mobile phone usage is greatly affecting the experience of public space, which must be engaged and is grounds for future conceptual development in public social space design, with adequate in person social interaction in mind. To achieve a better understanding on the subject, additional research methods such as observing phone usage in the public setting may be employed to gain quantitative data in relation to the major project setting.



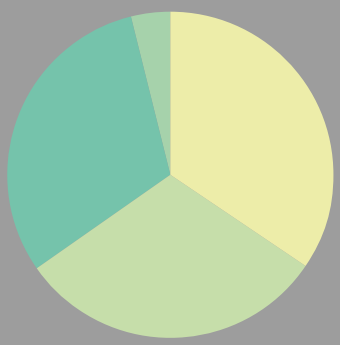
What is your daily average screentime?

- Answer 1 - 1-2 hours (4 responses 15.4%)
- Answer 2 – 2-4 hours (3 responses 11.5%)
- Answer 3 – 4-6 hours (4 responses 15.4%)
- Answer 4 – 6-12 hours (9 responses 34.6%)
- Answer 5 – 12+ hours (6 responses 23.1%)



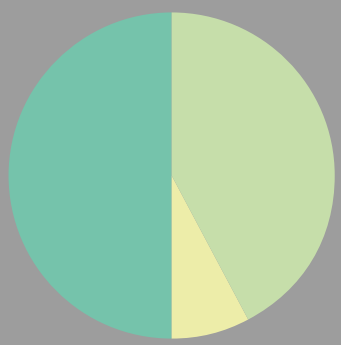
How would you use this time on your phone?

- Answer 1 – social media (10 responses 38.5%)
- Answer 2 – watching tv/ movies (7 responses 26.9%)
- Answer 3 – communicating with friends (4 responses 15.4%)
- Answer 4 – surfing the web (4 responses 15.4%)
- Answer 5 – not applicable (1 response 3.8%)



How do you feel screen time affects your in person social interactions?

- Answer 1 – moderately affected (9 responses 34.6%)
- Answer 2 – greatly affected (8 responses 30.8%)
- Answer 3 – not affected (8 responses 30.8%)
- Answer 4 – not applicable (1 response 3.8%)



Would you find your self using your phone in a social environment?

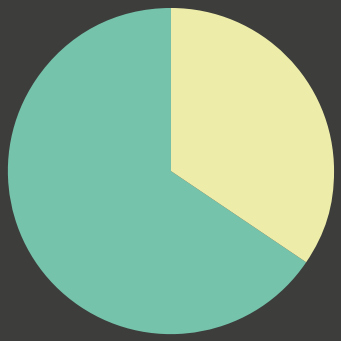
- Answer 1 – yes (11 responses 42.3%)
- Answer 2 – no (2 responses 7.7%)
- Answer 3 – sometimes (13 responses 50%)

Info-graphics depicting phone usage in space

4.4 PROBLEMS WITH PUBLIC SPACE

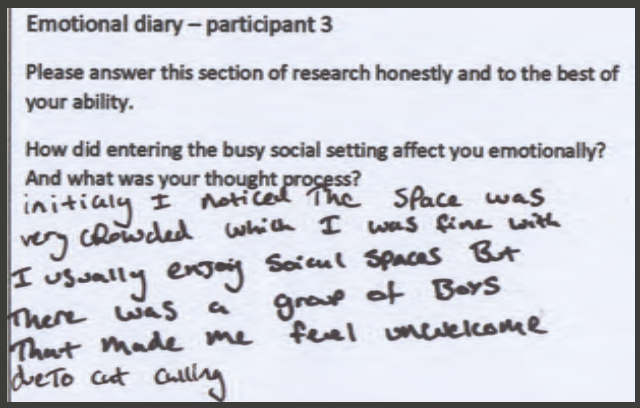
Through the research of Kristen Day's work, it was discovered that the social environment is still tormented by issues such as discrimination, aggression and sexism even after much attention on the issue, this acts as a deterrent for vulnerable people as they feel targeted and can lead to increased symptoms of anxiety and avoidance behaviours (Day, 2001). This makes it impossible for vulnerable people to establish social links, alluded to in Pinker's speech which is one of the suggested methods for alleviating symptoms and boosting overall health (Pinker, 2017). Respondents to survey question 7 answered with varied responses, due to the anonymous nature of the survey, it is impossible to determine the age, gender identification and mental state of respondents which may describe the issues faced more accurately. Results gained mostly supported previous hypothesis with some contrast; respondent 14 reported that busy social environments "cause panic attacks" which may be due to the previous issues. Respondent 19 answered that busy social environments make them feel "excited and happy" which contrasts the hypothesis, but when considering that not everybody is affected by previously stated criteria the result shows the true nature of the state of social space. Identifying the gender of participants and sexual orientation may better support the hypothesis gained from Bianca Fileborns paper which describes the social environment as a habitat for drug abuse, drink spiking and sexual violence. In survey question 8, responders were asked if they considered social spaces in close relation to the major project site (Edinburgh) were safe, the overwhelming response (65.4%) was that they considered some spaces to be safe. This is most likely due the previously stated hypothesis from the secondary research and should be grounds for the future of social space development.

Fileborn also argues that females in the public space are targeted due to the perception that they are vulnerable. In the cultural probe emotional diary section, the only female participant stated that when entering the social environment, she felt at ease with the atmosphere, but a large group of men made her feel uncomfortable due to toxic masculinity and cat calling. This supports the conclusions drawn from the inclusivity and space section within the literature review segment of this paper. To improve results from the probe kit, an even, increased number of male and female participants should be employed to gain a more accurate understanding of the situation.



Do you consider Edinburgh based social spaces to be safe?

- Answer 1 – yes (34.6%)
- Answer 2 – no (0 responses)
- Answer 3 – some spaces (65.4%)



Emotional diary – participant 3

Please answer this section of research honestly and to the best of your ability.

How did entering the busy social setting affect you emotionally? And what was your thought process?

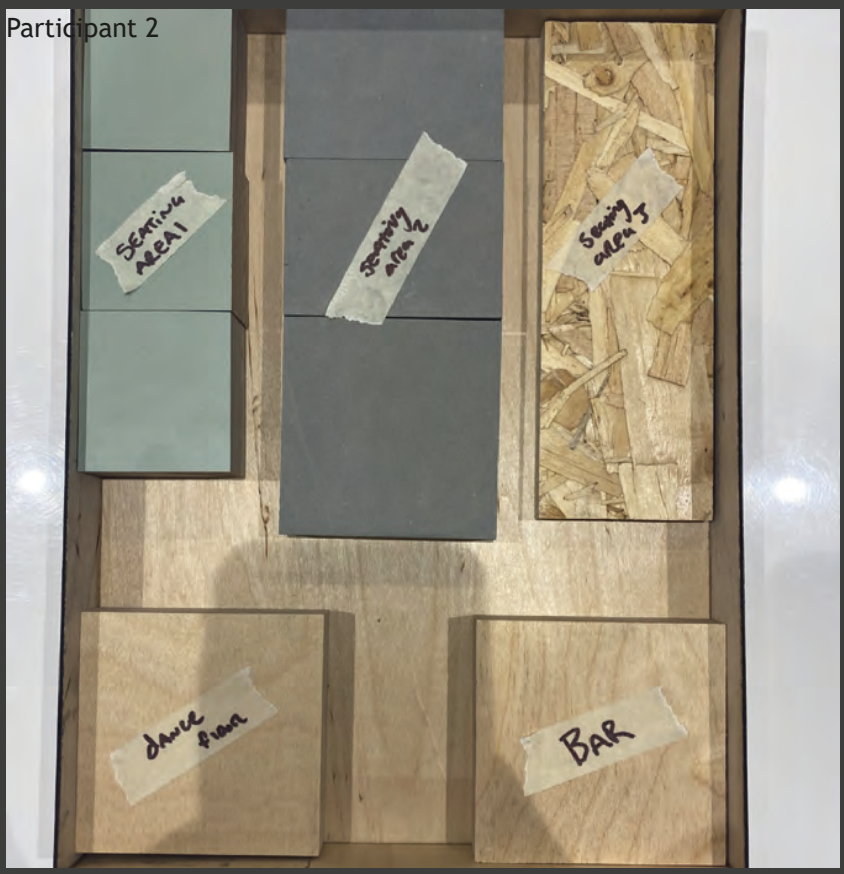
initialy I noticed the space was very crowded which I was fine with I usually enjoy social spaces But there was a group of Boys That made me feel unwelcome dueTo cat calling

SELECTION OF RESPONSES TO QUESTION 7

1. Overwhelmed
2. Uncomfortable
3. can be overwhelming with too much sound, but depends the situation (restaurant to be more relaxed, nightclub would prefer to be packed, different environment depending)
4. prefer it as i don't feel like people are looking at me
5. terrified.. i would rather stay home
6. depends on the situation mostly nervous
7. very nervous / uneasy
8. depends how i feel on the day sometimes uneasy sometimes fine
9. fine i like busy environments
10. fine if I'm with people i know
11. very nervous / on edge
12. not applicable i usually feel fine with large groups of people but if the atmosphere is too intense it can cause panic attacks
13. great i enjoy the atmosphere
14. doesn't bother me
15. welcome
16. depending on how busy it is either nervous or excited
17. if I'm with friends I'm fine if not I get scared
18. fine if I'm with friends
19. excited and happy
20. alright depending on how loud the space is and how lively the crowds are
21. I usually am fine with busy environments
22. fine under usual circumstances
23. a little nervous in a busy situation
24. can make me nervous or excited depending on event
25. very scared and uneasy

Participant 1

Participant 2



SELECTION OF RESPONSES TO QUESTION 11

1. A no phone zone
2. No phones/distractions
3. A more inclusive, everybody welcomed space
4. more inclusive, and aware or how people are feeling after lockdown, as a lot of people are more conscious of their surroundings
5. a space that offers has small rooms and bigger rooms for people who are are less/more social
6. smaller spaces, open plan can be scary
7. by creating more inclusive and well designed spaces so that social environments are less nerve racking
8. by making more bars clubs etc that focus on the social side of things rather than making money
9. i would improve the social environment by focusing on people and making them more inclusive to mental health especially after covid
10. more events and less restrictions
11. mostly fine as they are just could improve by offering different zones for different types of things
12. make them more available to people with social disorders
13. by creating more intimate (soical interaction) spaces
14. create more inclusive bars and clubs and tailor venues towards their audiences
15. more range of places that offer different options for events and social opportunities
16. already great they need no improving
17. by increasing the presence of things like police bouncers and staff to make the place safer
18. by making them more accessible not a lot of places are tailored towards dissability
19. by making them implement the ask for Angela code and strut safe
20. create venues which change the way we look at things I feel a lot of bars clubs etc do the same thing nowadays
21. get them back to normal like pre covid normal
22. by making the socialisation the centre point of the place
23. increase age restrictions and open venues properly again
24. by making them enforce covid restrictions and be more covid safe
25. already good tbh don't really need work
26. I would change the way bars and clubs handle incidents

Participant 3

Probe kit photos and survey responses

4.5
HOW TO IMPROVE THE SOCIAL ENVIRONMENT

From the hypothesises drawn in the secondary research it was clear that for sufficient social development to take place, the social environment must evolve to target issues such as social deprivation, anxiety, mobile phone usage and inclusivity. Participants in the online questionnaires and the cultural probe were asked how they would change a social space to target the issues stated. In the online questionnaire, specifically question 11, respondents were encouraged to come up with a solution to personal issues they face in the social environment. Results gained provided valuable insights which will influence future conceptual development in the major project. Responses were balanced between making spaces more inclusive, integrating features in the space to increase interaction, tighter control of covid related issues, rearranging spaces to make the space feel less crowded and increasing overall safety by increasing security presence and services like 'Strut Safe' or 'Ask for Angela'. The results gained match the hypothesises gained in section 2 – 2.5 and were collected from people who have little knowledge on the subject which proves the accuracy of the research gained in the contextualisation. To gain a more in-depth and personalised response, participants of the probe kit were asked to rearrange a model spatial layout of a simple box room related to a bar. In all three cases, the space was rearranged to create different segregated zones for types of social interaction, with two out of the three creating a quiet or rest zone and one participant integrating plenty open space and a safe room for those overwhelmed by the environment, which can overall reduce levels of anxiety. Both sections of research could be improved by probing participants on why they made such changes, so that the observed level of personal insight can be analysed with greater accuracy.

4.6 CONCLUSION AND FURTHER STUDY

The primary and secondary research constructed thought provoking insights into how social solidarity indefinitely harms the social environment and how mental health is viewed in relation to the social space in the current context. The insights gained create grounds for future research and conceptual thinking in the design of social spaces, informing design choices which will dictate physical constructions needed in the design of the major project space (social food festival), although further research would provide a stronger argument for where current spaces are failing to meet requirements and what is required to solve the social problem. This research provides a focused view of the problems in relation to the major project space. Additional research methods such as interviews with experts or more in-depth observations would aid in defining the spatial requirements needed for modern social space. As stated, the limitations of this body of research come in the size of the focus group used for the research methods, although they accurately describe the local problem. More reliable results may be obtained by increasing the scope of participants involved, although the research gained is more intimate and impactful which may be lost at a larger scale.

In conclusion, it is apparent that in a post lockdown climate there is a secondary pandemic arising through the cracks in society; the mental health crisis in relation to social space. If action is not taken promptly, it will have dire consequences for society. The future of conceptual thinking in relation to social space is to encourage sufficient and safe social interaction in an open and engaging environment. Spatial social interaction requires an open-minded way of thinking and must be employed to fully address the crisis faced. The design of the major project space must not be forceful, instead it should impose minor design choices and layouts which encourage social interaction, whilst offering comfort, safety, and support for users to develop and heal. Social anxiety being primarily brought on by fear and exclusion which can be alleviated by the correct social setting, allowing users a much-needed change of pace to the solidarity experienced and the chance to fit in somewhere. Inclusivity issues and exposure to negative experiences proved another one of the most significant issues faced; the concept of a safe, open social environment would allow users to have the best possible experience at the space and achieve personal growth. Future social spaces must also inspire people to make personal choices to boost mental and physical wellbeing, and be kinder to those in their personal lives, to allow for a better, safer society.

For individuals who seek to make the change in social behaviour, it is imperative that personal choice is respected. The power of choice gives users freedom to explore possibilities and personal growth at their own pace, however some in society may need to be influenced to take the leap of faith. The space must provide sufficient mental stimulation to temporarily distract users from issues they may face. The future of design must use the issues this research has highlighted as a focus point and encourage people to socialise with others.

[End of Paper]

APENDIX & 05
REFERENCES

5.1
ONLINE QUESTIONAIRES APENDIX

The survey was completed 26 times over the period of a week (4th November 2021 – 11th November 2021)

Question 1 – multiple choice
What is your daily average screen time?

Answer 1 - 1-2 hours (4 responses 15.4%)
Answer 2 – 2-4 hours (3 responses 11.5%)
Answer 3 – 4-6 hours (4 responses 15.4%)
Answer 4 – 6-12 hours (9 responses 34.6%)
Answer 5 – 12+ hours (6 responses 23.1%)

Question 2 – multiple choice
How would you use this time on your phone?

Answer 1 – social media (10 responses 38.5%)
Answer 2 – watching tv/ movies (7 responses 26.9%)
Answer 3 – communicating with friends (4 responses 15.4%)
Answer 4 – surfing the web (4 responses 15.4%)
Answer 5 – not applicable (1 response 3.8%)

Question 3 – multiple choice
How do you feel screen time affects your in person social interactions?

Answer 1 – moderately affected (9 responses 34.6%)
Answer 2 – greatly affected (8 responses 30.8%)
Answer 3 – not affected (8 responses 30.8%)
Answer 4 – not applicable (1 response 3.8%)

Question 4 – multiple choice
Would you find yourself using your phone in a social environment?

Answer 1 – yes (11 responses 42.3%)
Answer 2 – no (2 responses 7.7%)
Answer 3 – sometimes (13 responses 50%)

Question 5 – short written answer
If so why do you feel the need to do so?

Answers:
1. It's a form of escapism
2. A conversation starter when socialising
3. Bad habits/distractions
4. habit of taking photos, only for a short period
5. if others do so, i feel awkward if i don't, feels more included, but not at the same time
6. need something to distract me when it's quiet or awkward
7. social spaces can be awkward so it is a form of escapism/ to get a break from a busy environment
8. keeps me distracted from awkward situations/ communicating with people
9. take photos or call friends or pass the time
10. don't really use my phone that much if i do it is to check the time or
11. check updates or check scores of football games
12. just dont really like socialising that much
13. dont use my phone often
14. not applicable
15. communicating with others
16. just quickly check notifications and soical media to stay up to date
17. to keep up with other people or to check up on social media
18. I just like to get a break from things sometimes people get too much for me
19. just to get a break from the noise and people often I go out for a smoke to do this aswell
20. only really check the time or reservations
21. I don't really use my phone that much
22. I sometimes get overwhelmed when I go out so I use it to calm my head
23. I like to take photos and videos so I remember the night or day out
24. just to check notifications
25. just like to take a break from things tbh
26. I don't like strangers so I like to escape

Question 6 – short written answer
what drives you towards a social environment?

Answers:
1. Spend time with friends and family
2. If I have to for example work or uni
3. Human interaction
4. safe place, looks nice (not dingy)
5. the people i'm with, as i'm more comfortable
6. people i know not strangers
7. opportunity to socialise and a quiet space which is not busy
8. mostly i go out to meet friends or to blow off steam
9. to get a break from things and to blow off steam
10. usually just want a drink or a meal or if theres an event on
11. really just meeting with friends and family
12. only go out in rare occasions but when i do its to meet friends
13. when i go out i tend to go towards places with music so i have a distraction
14. i visit alot of places that have live music and serve alcohol just where me and my friends tend to go on nights out
15. what they offer from the space
16. chance to meet people and friends
17. definitely the atmosphere of the venue and what type of things they do
18. depending on how I feel I like spaces that are safe and open minded
19. only go out to places if I have to but when I do I look for places with a strong atmosphere and ones where I feel safe
20. where my friends go I just go where ever
21. only go out for a drink or to meet friends so a place that offers that would be key
22. definitely the things they sell I go out for the experience
23. I like spaces that look good for a photo for my instagram
24. the chance to meet new people and chat with friends
25. just go out to get drunk and socialise
26. don't really go out much but when I do I like to go places with a safe atmosphere

question 7 – short written answer
how would a busy social environment make you feel?

Answers:
1. Overwhelmed
2. Uncomfortable
3. can be overwhelming with too much sound, but depends the situation (restaurant to be more relaxed, nightclub would prefer to be packed, different environment depending)
4. prefer it as i don't feel like people are looking at me
5. terrified.. i would rather stay home
6. depends on the situation mostly nervous
7. very nervous / uneasy
8. depends how i feel on the day sometimes uneasy sometimes fine
9. fine i like busy environments
10. fine if I'm with people i know
11. very nervous / on edge
12. not applicable i usually feel fine with large groups of people but if the atmosphere is too intense it can cause panic attacks
13. great i enjoy the atmosphere
14. doesn't bother me
15. welcome
16. depending on how busy it is either nervous or excited
17. if I'm with friends I'm fine if not I get scared
18. fine if I'm with friends
19. excited and happy
20. alright depending on how loud the space is and how lively the crowds are
21. I usually am fine with busy environments
22. fine under usual circumstances
23. a little nervous in a busy situation
24. can make me nervous or excited depending on event
25. very scared and uneasy

question 8 – multiple choice
do you consider Edinburgh based social spaces to be safe?

Answer 1 – yes (9 responses 34.6%)
Answer 2 – no (0 responses)
Answer 3 – some spaces are (17 responses 65.4%)

How would you define your post lockdown social circle?

Answer 1 – large (6 responses 23.1%)
Answer2 – moderate (9 responses 34.6%)
Answer3 – small (11 responses 42.3%)

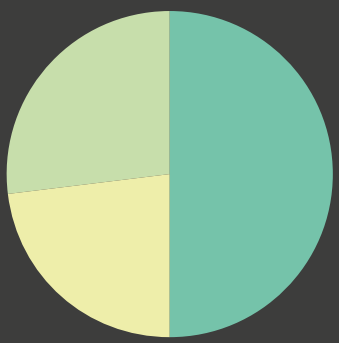
Question 10 – multiple choice
Do you feel lockdown has affected your mental health and your personal approach to social environments?

Answer 1 – yes it has greatly affected me (13 responses 50%)
Answer 2 – it hasn't really affected me personally (6 responses 23.1%)
Answer 3 – sometimes it depends on how busy it is (7 responses 26.9%)

Question 11 – short written answer
How would you improve a social environment?

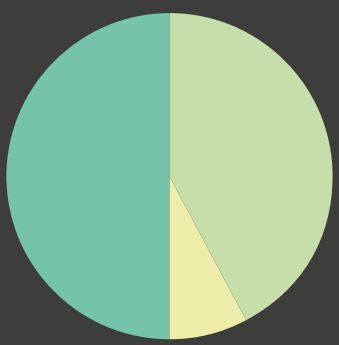
Answers:

A no phone zone
No phones/distractions
A more inclusive, everybody welcomed space
more inclusive, and aware or how people are feeling after lockdown, as a lot of people are more conscious of their surroundings
a space that offers has small rooms and bigger rooms for people who are are less/more social
smaller spaces, open plan can be scary
by creating more inclusive and well designed spaces so that social environments are less nerve racking
by making more bars clubs etc that focus on the social side of things rather than making money
i would improve the social environment by focusing on people and making them more inclusive to mental health especially after covid
more events and less restrictions
mostly fine as they are just could improve by offering different zones for different types of things
make them more available to people with social disorders
by creating more intimate (soical interaction) spaces
create more inclusive bars and clubs and tailor venues towards their audiences
more range of places that offer different options for events and social opportunities
already great they need no improving
by increasing the presence of things like police bouncers and staff to make the place safer
by making them more accessible not a lot of places are tailored towards dissability
by making them implement the ask for Angela code and strut safe
create venues which change the way we look at things I feel a lot of bars clubs etc do the same thing nowadays
get them back to normal like pre covid normal
by making the socialisation the centre point of the place
increase age restrictions and open venues properly again
by making them enforce covid restrictions and be more covid safe
already good tbh don't really need work
I would change the way bars and clubs handle



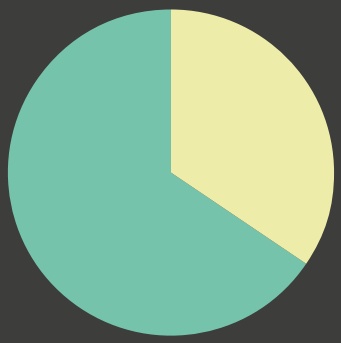
Do you feel lockdown has affected your mental health and your personal approach to social environments?

- Answer 1 – yes it has greatly affected me (13 responses 50%)
- Answer 2 – it hasn't really affected me personally (6 responses 23.1%)
- Answer 3 – sometimes it depends on how busy it is (7 responses 26.9%)



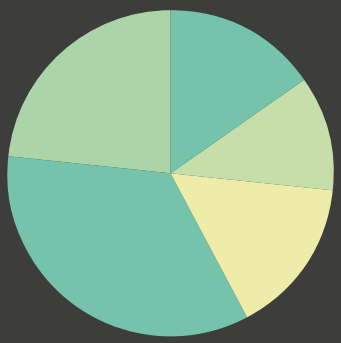
Would you find your self using your phone in a social environment?

- Answer 1 – yes (11 responses 42.3%)
- Answer 2 – no (2 responses 7.7%)
- Answer 3 – sometimes (13 responses 50%)



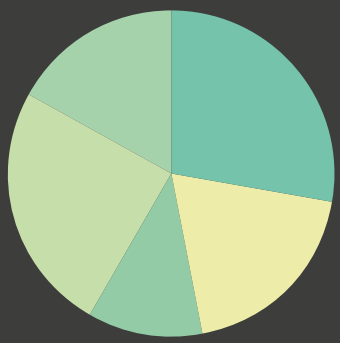
Do you consider Edinburgh based social spaces to be safe?

- Answer 1 – yes (34.6%)
- Answer 2 – no (0 responses)
- Answer 3 – some spaces (65.4%)



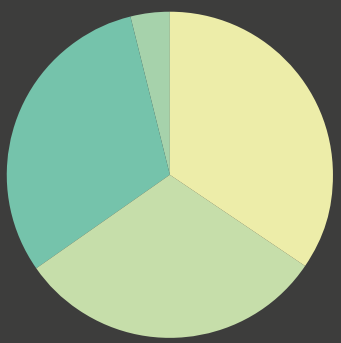
What is your daily average screentime?

- Answer 1 - 1-2 hours (4 responses 15.4%)
- Answer 2 – 2-4 hours (3 responses 11.5%)
- Answer 3 – 4-6 hours (4 responses 15.4%)
- Answer 4 – 6-12 hours (9 responses 34.6%)
- Answer 5 – 12+ hours (6 responses 23.1%)



How would you use this time on your phone?

- Answer 1 – social media (10 responses 38.5%)
- Answer 2 – watching tv/ movies (7 responses 26.9%)
- Answer 3 – communicating with friends (4 responses 15.4%)
- Answer 4 – surfing the web (4 responses 15.4%)
- Answer 5 – not applicable (1 response 3.8%)



How do you feel screen time affects your in person social interactions?

- Answer 1 – moderately affected (9 responses 34.6%)
- Answer 2 – greatly affected (8 responses 30.8%)
- Answer 3 – not affected (8 responses 30.8%)
- Answer 4 – not applicable (1 response 3.8%)

5.2
SOICAL OBSERVATIONS APENDIX

Research results had to be converted into a physical tally chart then digitised as the counter app used in the research method did not allow results to be exported into other programs, all results remain true and intact

Site 1 – pilgrim bar Edinburgh
Results of observations:
Number of people observed – 64

Body language
-negative – 7
-positive – 38
-nervous – 18
-irate - 3

Level of social interaction
-Little (same group as they came in with) – 48
-moderate – 12
-extensive – 4

Site 2 – bread meats bread Edinburgh
Results of observations:
Number of people observed – 31

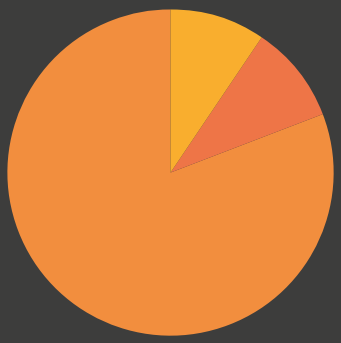
Body language
-negative – 0
-positive – 25
-nervous – 6
-irate - 0

Level of social interaction
-Little (same group as they came in with) – 27
-moderate – 4
-extensive – 0

Site 3 – private party Edinburgh
Results of observations:
Number of people observed – 21

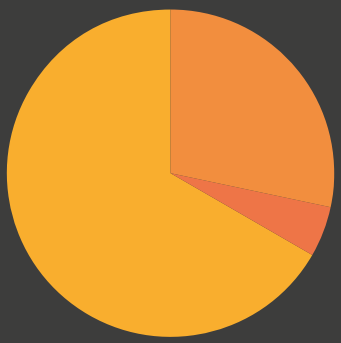
Body language
-negative –1
-positive – 14
-nervous – 6
-irate - 0

Level of social interaction
-Little (same group as they came in with) – 2
-moderate – 2
-extensive – 17



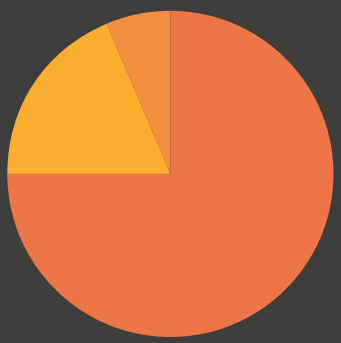
Level of soical interation:

- Little (same group as they came in with) – 2
- Moderate – 2
- Extensive – 17



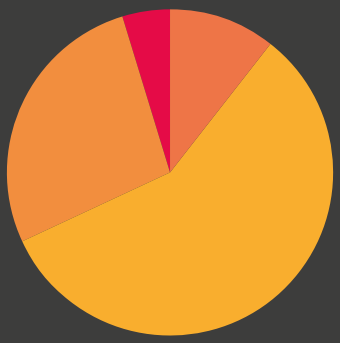
Body language presented:

- Negative – 1
- Positive – 14
- Nervous – 6
- Irate - 0



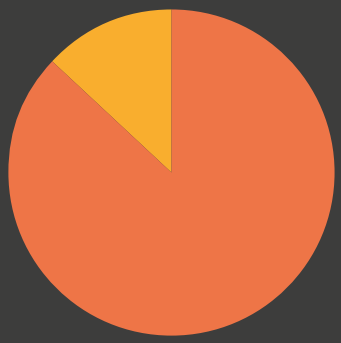
Level of soical interation:

- Little (same group as they came in with) – 48
- Moderate – 12
- Extensive – 4



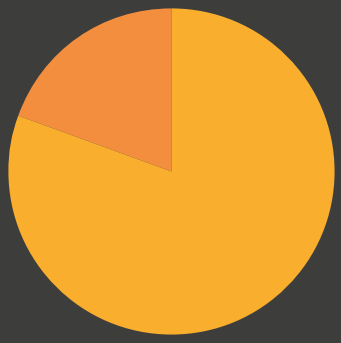
Body language presented:

- Negative – 7
- Positive – 38
- Nervous – 18
- Irate - 3



Level of soical interation:

- Little (same group as they came in with) – 27
- Moderate – 4
- Extensive – 0



Body language presented:

- Negative – 0
- Positive – 25
- Nervous – 6
- Irate - 0

Edinburgh Napier University Research Consent Form

[social observations based on societal tendencies for socializing in space]

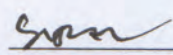
Edinburgh Napier University requires that all persons who participate in research studies give their written consent to do so. Please read the following and sign it if you agree with what it says.

1. I freely and voluntarily consent to be a participant in the research project on the topic of social mental wellbeing to be conducted by Stefan Johnston, who is an undergraduate/postgraduate student/staff member at Edinburgh Napier University.
2. The broad goal of this research study is to explore the effects a busy social environment has on personal mental wellbeing in a post pandemic climate. Specifically, I must attend social spaces and document how people appear to be displaying emotion and the level of social interaction present, which should take no longer than 1 hour to complete.
3. I have been told that my responses will be anonymized. My name will not be linked with the research materials, and I will not be identified or identifiable in any report subsequently produced by the researcher.
4. I also understand that if at any time during the social observations I feel unable or unwilling to continue, I am free to leave. That is, my participation in this study is completely voluntary, and I may withdraw from it without negative consequences. However, after data has been anonymized or after publication of results it will not be possible for my data to be removed as it would be untraceable at this point.
5. In addition, should I not wish to answer any question or questions, I am free to decline.
6. I have been given the opportunity to ask questions regarding the social observations and my questions have been answered to my satisfaction.
7. I have read and understand the above and consent to participate in this study. My signature is not a waiver of any legal rights. Furthermore, I understand that I will be able to keep a copy of the informed consent form for my records.

Verbal consent given from private parties host — 13/11/21

Participant's Signature — Date

I have explained and defined in detail the research procedure in which the respondent has consented to participate. Furthermore, I will retain one copy of the informed consent form for my records.



13/11/21

Researcher's Signature — Date

Edinburgh Napier University Research Consent Form

[social observations based on societal tendencies for socializing in space]

Edinburgh Napier University requires that all persons who participate in research studies give their written consent to do so. Please read the following and sign it if you agree with what it says.

2. I freely and voluntarily consent to be a participant in the research project on the topic of social mental wellbeing to be conducted by Stefan Johnston, who is an undergraduate/postgraduate student/staff member at Edinburgh Napier University.

2. The broad goal of this research study is to explore the effects a busy social environment has on personal mental wellbeing in a post pandemic climate. Specifically, I must attend social spaces and document how people appear to be displaying emotion and the level of social interaction present, which should take no longer than 1 hour to complete.
3. I have been told that my responses will be anonymized. My name will not be linked with the research materials, and I will not be identified or identifiable in any report subsequently produced by the researcher.
4. I also understand that if at any time during the social observations I feel unable or unwilling to continue, I am free to leave. That is, my participation in this study is completely voluntary, and I may withdraw from it without negative consequences. However, after data has been anonymized or after publication of results it will not be possible for my data to be removed as it would be untraceable at this point.
5. In addition, should I not wish to answer any question or questions, I am free to decline.
6. I have been given the opportunity to ask questions regarding the social observations and my questions have been answered to my satisfaction.
7. I have read and understand the above and consent to participate in this study. My signature is not a waiver of any legal rights. Furthermore, I understand that I will be able to keep a copy of the informed consent form for my records.

Verbal consent given from bar staff — 2/11/21

Participant's Signature — Date

I have explained and defined in detail the research procedure in which the respondent has consented to participate. Furthermore, I will retain one copy of the informed consent form for my records.

— 2/11/21

Researcher's Signature — Date

Edinburgh Napier University Research Consent Form

[social observations based on societal tendencies for socializing in space]

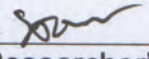
Edinburgh Napier University requires that all persons who participate in research studies give their written consent to do so. Please read the following and sign it if you agree with what it says.

1. I freely and voluntarily consent to be a participant in the research project on the topic of social mental wellbeing to be conducted by Stefan Johnston, who is an undergraduate/postgraduate student/staff member at Edinburgh Napier University.
2. The broad goal of this research study is to explore the effects a busy social environment has on personal mental wellbeing in a post pandemic climate. Specifically, I must attend social spaces and document how people appear to be displaying emotion and the level of social interaction present, which should take no longer than 1 hour to complete.
3. I have been told that my responses will be anonymized. My name will not be linked with the research materials, and I will not be identified or identifiable in any report subsequently produced by the researcher.
4. I also understand that if at any time during the social observations I feel unable or unwilling to continue, I am free to leave. That is, my participation in this study is completely voluntary, and I may withdraw from it without negative consequences. However, after data has been anonymized or after publication of results it will not be possible for my data to be removed as it would be untraceable at this point.
5. In addition, should I not wish to answer any question or questions, I am free to decline.
6. I have been given the opportunity to ask questions regarding the social observations and my questions have been answered to my satisfaction.
7. I have read and understand the above and consent to participate in this study. My signature is not a waiver of any legal rights. Furthermore, I understand that I will be able to keep a copy of the informed consent form for my records.

Verbal consent given from restaraunt staff — 4/11/21

Participant's Signature — Date

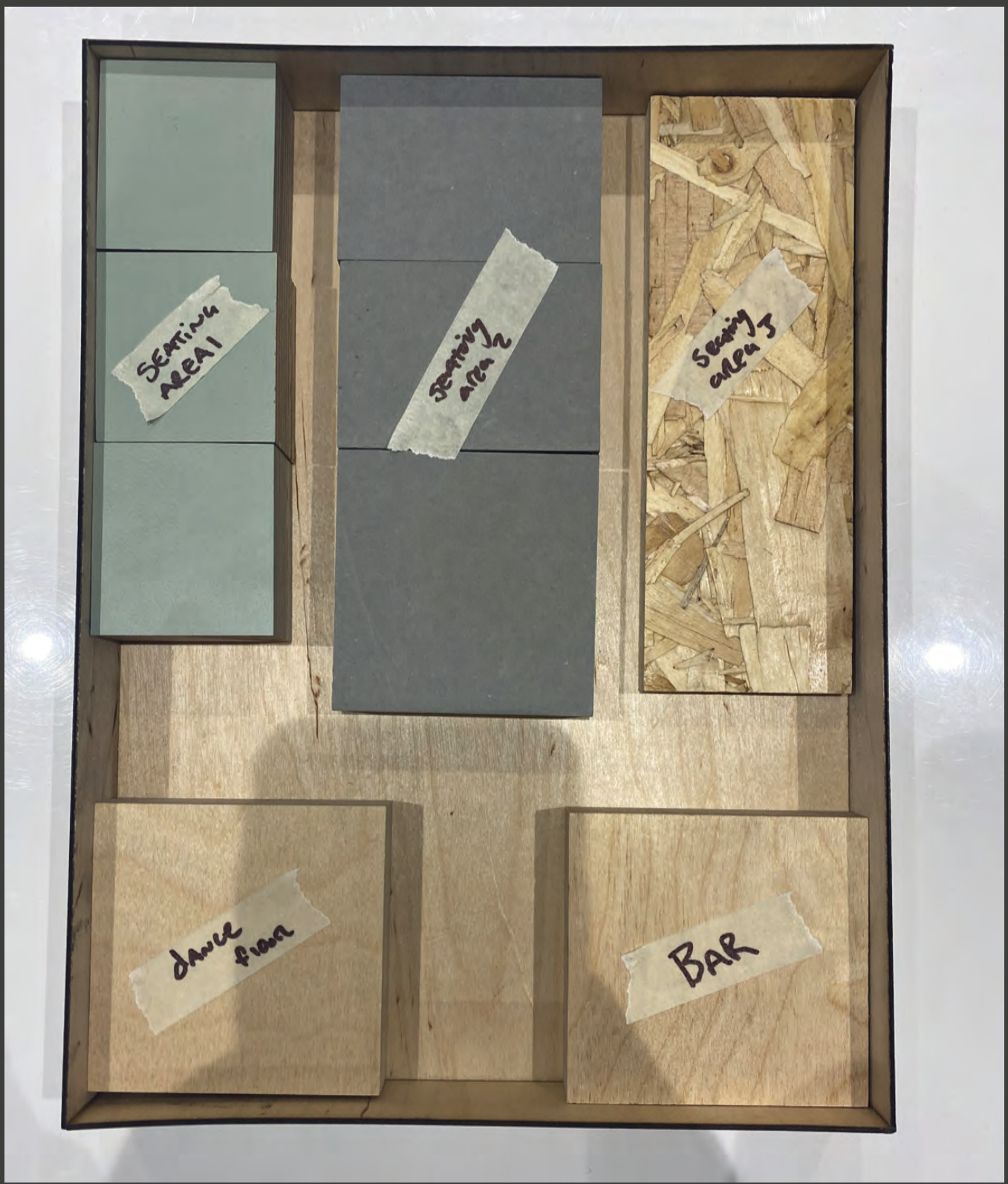
I have explained and defined in detail the research procedure in which the respondent has consented to participate. Furthermore, I will retain one copy of the informed consent form for my records.

 — 4/11/21

Researcher's Signature — Date

5.3
CULTURAL PROBE APENDIX

PARTICIPANT 1



SEATING AREA 1
SEATING AREA 2
SEATING AREA 3
DANCE FLOOR
BAR

PARTICIPANT 2

BAR
Seating area 3
Open space
Quiet space

PARTICIPANT 3

SAFE ROOM
BAR
SEATING AREA 1
DANCE FLOOR
QUIET SPACE

SENSORY CARDS

emotional diary responses

Please note any additional notes or responses here:

To Conduct This test I Put my Self out Side my Comfort ZONE and The Cards definitely helped me Cope in The Space.

Emotional diary – participant 1

Please answer this section of research honestly and to the best of your ability.

How did entering the busy social setting affect you emotionally? And what was your thought process?

When entering The Space I noticed That it was very crowded, This made me feel very nervous I even considered leaving. But for The Purpose of The Study I Stayed.

After attending the space for some time did your emotional state change?

after Sometime in The Space I began to feel more Comfortable But a group of People were very loud which made me uneasy

Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow

Yes, I used The Hemp Cloth one which Brought Some Comfort By Taking my mind of Things

Please note any additional notes or responses here:

My Results may Be Skewed as I was with a group of friends which made me feel Comfortable

Please note any additional notes or responses here:

N/A

emotional diary responses

Emotional diary – participant 2

Please answer this section of research honestly and to the best of your ability.

How did entering the busy social setting affect you emotionally? And what was your thought process?

I was nervous walking in but I noticed a group of friends that made me comfortable in the bar

After attending the space for some time did your emotional state change?

No mental state change as I stayed with the same group of friends

Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow

I didnt use them as a distraction to the environment but I fidgeted with them unintentionally

Emotional diary – participant 3

Please answer this section of research honestly and to the best of your ability.

How did entering the busy social setting affect you emotionally? And what was your thought process?

initialy I noticed the space was very crowded which I was fine with I usually enjoy social spaces but there was a group of boys that made me feel unwelcome due to cat calling

After attending the space for some time did your emotional state change?

The initial feeling of unease subsided and the environment was a very enjoyable experience compared to lockdown

Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow

I did not use the cards as my mental state was normal

Edinburgh Napier University Research Consent Form

[Cultural probe kit targeting mental wellbeing in the social environment]

Edinburgh Napier University requires that all persons who participate in research studies give their written consent to do so. Please read the following and sign it if you agree with what it says.

1. I freely and voluntarily consent to be a participant in the research project on the topic of social mental wellbeing to be conducted by Stefan Johnston, who is an undergraduate/postgraduate student/staff member at Edinburgh Napier University.
2. The broad goal of this research study is to explore the effects a busy social environment has on personal mental wellbeing in a post pandemic climate. Specifically, I have been asked to complete 3 tasks designed to understand how a social environment affects me personally through a diary, floor plan layout and sensory cards, which should take no longer than 10-15 minuets to complete.
3. I have been told that my responses will be anonymized. My name will not be linked with the research materials, and I will not be identified or identifiable in any report subsequently produced by the researcher.
4. I also understand that if at any time during the cultural probe I feel unable or unwilling to continue, I am free to leave. That is, my participation in this study is completely voluntary, and I may withdraw from it without negative consequences. However, after data has been anonymized or after publication of results it will not be possible for my data to be removed as it would be untraceable at this point.
5. In addition, should I not wish to answer any particular question or questions, I am free to decline.
6. I have been given the opportunity to ask questions regarding the cultural probe kit and my questions have been answered to my satisfaction.
7. I have read and understand the above and consent to participate in this study. My signature is not a waiver of any legal rights. Furthermore, I understand that I will be able to keep a copy of the informed consent form for my records.

KA
Participant's Signature

14/11/21
Date

I have explained and defined in detail the research procedure in which the respondent has consented to participate. Furthermore, I will retain one copy of the informed consent form for my records.

Sam
Researcher's Signature

14/11/21
Date

Edinburgh Napier University Research Consent Form

[Cultural probe kit targeting mental wellbeing in the social environment]

Edinburgh Napier University requires that all persons who participate in research studies give their written consent to do so. Please read the following and sign it if you agree with what it says.

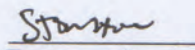
1. I freely and voluntarily consent to be a participant in the research project on the topic of social mental wellbeing to be conducted by Stefan Johnston, who is an undergraduate/postgraduate student/staff member at Edinburgh Napier University.
2. The broad goal of this research study is to explore the effects a busy social environment has on personal mental wellbeing in a post pandemic climate. Specifically, I have been asked to complete 3 tasks designed to understand how a social environment affects me personally through a diary, floor plan layout and sensory cards, which should take no longer than 10-15 minuets to complete.
3. I have been told that my responses will be anonymized. My name will not be linked with the research materials, and I will not be identified or identifiable in any report subsequently produced by the researcher.
4. I also understand that if at any time during the cultural probe I feel unable or unwilling to continue, I am free to leave. That is, my participation in this study is completely voluntary, and I may withdraw from it without negative consequences. However, after data has been anonymized or after publication of results it will not be possible for my data to be removed as it would be untraceable at this point.
5. In addition, should I not wish to answer any particular question or questions, I am free to decline.
6. I have been given the opportunity to ask questions regarding the cultural probe kit and my questions have been answered to my satisfaction.
7. I have read and understand the above and consent to participate in this study. My signature is not a waiver of any legal rights. Furthermore, I understand that I will be able to keep a copy of the informed consent form for my records.

Participant's Signature

17/11/21

Date

I have explained and defined in detail the research procedure in which the respondent has consented to participate. Furthermore, I will retain one copy of the informed consent form for my records.



Researcher's Signature

17/11/21

Date

Edinburgh Napier University Research Consent Form

[Cultural probe kit targeting mental wellbeing in the social environment]

Edinburgh Napier University requires that all persons who participate in research studies give their written consent to do so. Please read the following and sign it if you agree with what it says.

1. I freely and voluntarily consent to be a participant in the research project on the topic of social mental wellbeing to be conducted by Stefan Johnston, who is an undergraduate/postgraduate student/staff member at Edinburgh Napier University.
2. The broad goal of this research study is to explore the effects a busy social environment has on personal mental wellbeing in a post pandemic climate. Specifically, I have been asked to complete 3 tasks designed to understand how a social environment affects me personally through a diary, floor plan layout and sensory cards, which should take no longer than 10-15 minuets to complete.
3. I have been told that my responses will be anonymized. My name will not be linked with the research materials, and I will not be identified or identifiable in any report subsequently produced by the researcher.
4. I also understand that if at any time during the cultural probe I feel unable or unwilling to continue, I am free to leave. That is, my participation in this study is completely voluntary, and I may withdraw from it without negative consequences. However, after data has been anonymized or after publication of results it will not be possible for my data to be removed as it would be untraceable at this point.
5. In addition, should I not wish to answer any particular question or questions, I am free to decline.
6. I have been given the opportunity to ask questions regarding the cultural probe kit and my questions have been answered to my satisfaction.
7. I have read and understand the above and consent to participate in this study. My signature is not a waiver of any legal rights. Furthermore, I understand that I will be able to keep a copy of the informed consent form for my records.

Paul Joy
Participant's Signature

11/11/21
Date

I have explained and defined in detail the research procedure in which the respondent has consented to participate. Furthermore, I will retain one copy of the informed consent form for my records.

Researcher's Signature

11/11/21
Date

5.4 BIBLIOGRAPHY

Alleyne, R. 2012, Mobile phone addiction ruining relationships. The Telegraph
California. Gender, Place and Culture: A Journal of Feminist Geography, 8(2), pp.109-127.

Day, K., 2001. Constructing masculinity and women's fear in public space in Irvine,

Escandell-Vidal, V., 2016. Expectations in interaction. In Pragmemes and theories of language use (pp. 493-503). Springer, Cham.

Fileborn, B., 2016. Drugs and Booze. In Reclaiming the Night-Time Economy (pp. 169-199). Palgrave Macmillan, London.

Hall, J.A., Baym, N.K. and Miltner, K.M., 2014. Put down that phone and talk to me: Understanding the roles of mobile phone norm adherence and similarity in relationships. Mobile Media & Communication, 2(2)

Hickman, P., 2013. "Third places" and social interaction in deprived neighbourhoods in Great Britain. Journal of Housing and the Built Environment, 28(2), pp.221-236.

Hofmann, S.G., Anu Asnaani, M.A. and Hinton, D.E., 2010. Cultural aspects in social anxiety and social anxiety disorder. Depression and anxiety, 27(12)

Holt-Lunstad, J. et al., 2015, 'Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review', Perspectives on Psychological Science, 10(2)

Jara-Ettinger, J., Baker, C. and Tenenbaum, J., 2012. Learning what is where from social observations. In Proceedings of the annual meeting of the cognitive science society (Vol. 34, No. 34).

Kathirvel, N., 2020. Post COVID-19 pandemic mental health challenges. Asian journal of psychiatry, 53,

Lee, H. and Heo, S., 2021. Arts and cultural activities and happiness: Evidence from Korea. Applied Research in Quality of Life, 16(4)

Mathiyazhagan, T. and Nandan, D., 2010. Survey research method. Media Mimansa, 4(1), pp.34-45.

McDougall, Z. and Fels, S., 2010, September. Cultural probes in the design of communication. In Proceedings of the 28th ACM International Conference on Design of Communication (pp. 57-64).

Nakaya, A.C., 2015. Internet and social media addiction. Webology, 12(2), pp.1-3.

Pinker, 2017, the secret to living longer may be your social life [video online, available at: (https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life) accessed:29th October 2021

Primack, B.A., Karim, S.A., Shensa, A., Bowman, N., Knight, J. and Sidani, J.E., 2019. Positive and negative experiences on social media and perceived social isolation. American Journal of Health Promotion, 33(6),

Shellenbarger, S. 2013, Just look me in the eye already. The Wall Street Journal

Silk, J.B., Beehner, J.C., Bergman, T.J., Crockford, C., Engh, A.L., Moscovice, L.R., Wittig, R.M., Seyfarth, R.M. and Cheney, D.L., 2010. Strong and consistent social bonds enhance the longevity of female baboons. Current biology, 20(15)

Taylor, J., 2019. How to Survive and Thrive When Bad Things Happen: 9 Steps to Cultivating an Opportunity Mindset in a Crisis. Rowman & Littlefield.

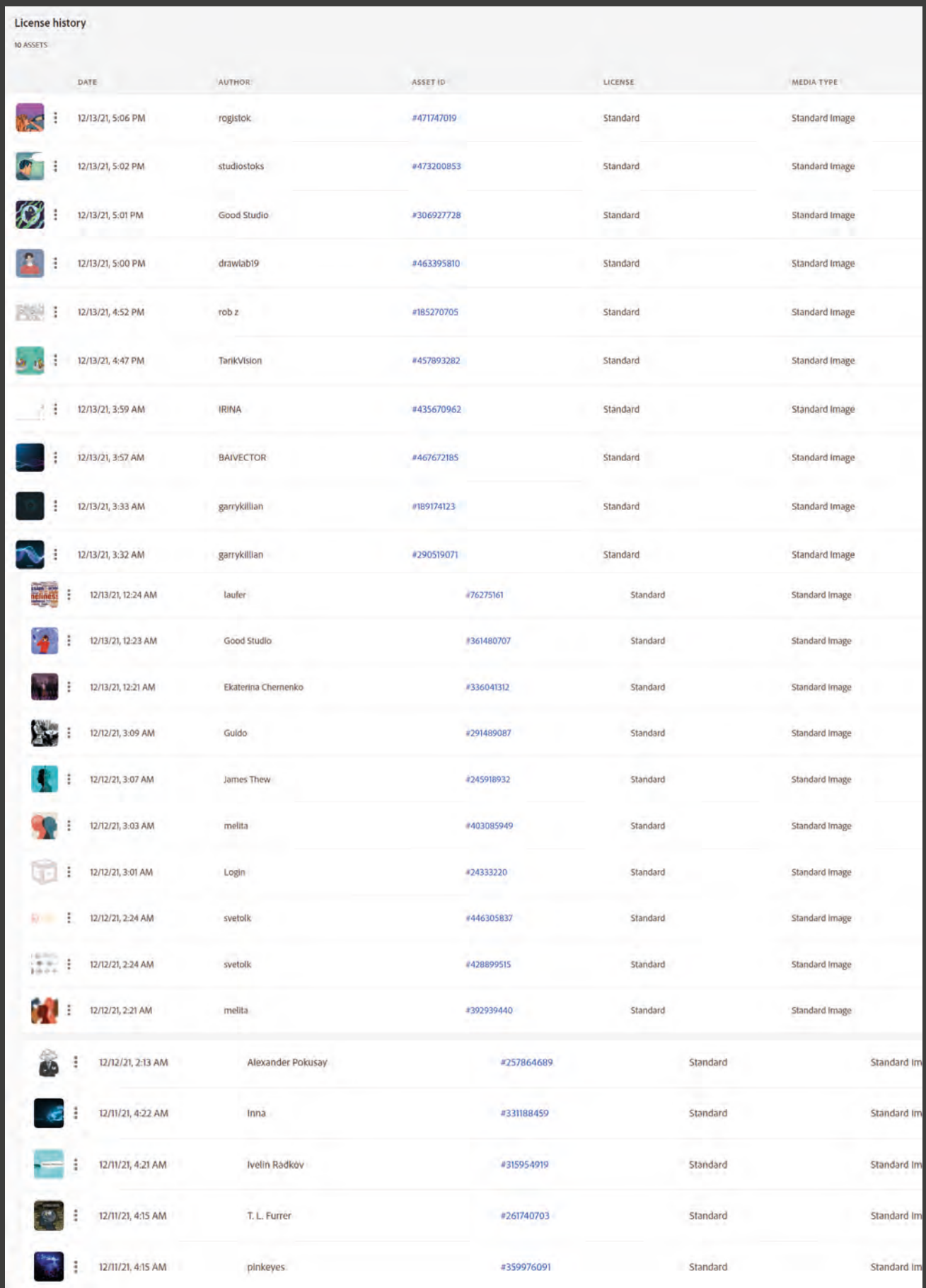
Taylor, S. and Asmundson, G.J., 2020. Life in a post-pandemic world: What to expect of anxiety-related conditions and their treatment. Journal of Anxiety Disorders, 72

Tutu, D., 2006. Reflections on the divine. New Scientist, 29.

Unceta, A., Castro-Spila, J. and Garcia Fronti, J., 2016. Social innovation indicators. Innovation: The European Journal of Social Science Research, 29(2)

Wesselmann, E.D., Wirth, J.H. and Bernstein, M.J., 2017. Expectations of social inclusion and exclusion. Frontiers in Psychology, 8

All graphic images are available at: https://stock.adobe.com/uk/ through subscription content and aid in the description of the subject matter.
licence history:



License history

10 ASSETS

DATE	AUTHOR	ASSET ID	LICENSE	MEDIA TYPE
12/13/21, 5:06 PM	rogistok	#471747019	Standard	Standard Image
12/13/21, 5:02 PM	studiostoks	#473200853	Standard	Standard Image
12/13/21, 5:01 PM	Good Studio	#306927728	Standard	Standard Image
12/13/21, 5:00 PM	drawlab19	#463395810	Standard	Standard Image
12/13/21, 4:52 PM	rob z	#185270705	Standard	Standard Image
12/13/21, 4:47 PM	TarikVision	#457893282	Standard	Standard Image
12/13/21, 3:59 AM	IRINA	#435670962	Standard	Standard Image
12/13/21, 3:57 AM	BAIVECTOR	#467672185	Standard	Standard Image
12/13/21, 3:33 AM	garrykillian	#189174123	Standard	Standard Image
12/13/21, 3:32 AM	garrykillian	#290519071	Standard	Standard Image
12/13/21, 12:24 AM	laufer	#76275161	Standard	Standard Image
12/13/21, 12:23 AM	Good Studio	#361480707	Standard	Standard Image
12/13/21, 12:21 AM	Ekaterina Chernenko	#336041312	Standard	Standard Image
12/12/21, 3:09 AM	Guido	#291489087	Standard	Standard Image
12/12/21, 3:07 AM	James Thew	#245918932	Standard	Standard Image
12/12/21, 3:03 AM	melita	#403085949	Standard	Standard Image
12/12/21, 3:01 AM	Login	#24333220	Standard	Standard Image
12/12/21, 2:24 AM	svetolk	#446305837	Standard	Standard Image
12/12/21, 2:24 AM	svetolk	#428899515	Standard	Standard Image
12/12/21, 2:21 AM	melita	#392939440	Standard	Standard Image
12/12/21, 2:13 AM	Alexander Pokusay	#257864689	Standard	Standard Im
12/11/21, 4:22 AM	Inna	#331188459	Standard	Standard Im
12/11/21, 4:21 AM	Ivelin Radkov	#315954919	Standard	Standard Im
12/11/21, 4:15 AM	T. L. Furrer	#261740703	Standard	Standard Im
12/11/21, 4:15 AM	pinkeyes	#359976091	Standard	Standard Im

BOX PHOTOGRAPHY

Emotional diary – participant 1
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
When entering the space I noticed that it was very crowded, this made me feel very nervous I even considered leaving. But for the purpose of the study I stayed.
After attending the space for some time did your emotional state change?
After sometime in the space I began to feel more comfortable but a group of people were very loud which made me uneasy
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
Yes, I used the Hemp Cloth one which brought some comfort by taking my mind of things
Sensory CARDS
Emotional diary – participant 2
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
I was nervous walking in but I noticed a group of friends that had me comfortable in the BAR
After attending the space for some time did your emotional state change?
No mental state change as I stayed with the same group of friends
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
I didn't use them as a distraction to the environment but I fidgeted with them unintentionally
Emotional diary – participant 3
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
initially I noticed the space was very crowded which I was fine with I usually enjoy social spaces but there was a group of bars that made me feel unwelcome due to cat calling
After attending the space for some time did your emotional state change?
The initial feeling of unease subsided and the environment was a very enjoyable experience compared to lockdown
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
I did not use the cards as my mental state was normal
SOCIAL SILENCE
DESIGN RESEARCH PORTFOLIO

Emotional diary – participant 1
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
When entering the space I noticed that it was very crowded this made me feel very nervous I even considered leaving but for the purpose of the study I stayed.
After attending the space for some time did your emotional state change?
After sometime in the space I began to feel more comfortable but a group of people were very loud which made me anxious
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
YES, I used the hemp cloth one which brought some comfort by taking my mind of things
SENSORY CARDS
Emotional diary – participant 2
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
Emotional diary – participant 3
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
After attending the space for some time did your emotional state change?
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
SOCIAL SILENCE
DESIGN RESEARCH PORTFOLIO
Edinburgh Napier UNIVERSITY
Social Silence
Word count: 8140
Stefan Johnston
40314552
'A design research portfolio submitted in partial fulfilment of the requirements of Edinburgh Napier University for the award of: BDes (Hons) in Interior and Spatial Design'
December 2021
"I confirm that the final version of my dissertation conforms to the requirements of the Degree Regulations in all respects. It is an original piece of work which is made available for photocopying, for inter-library loan, and for electronic access at the discretion of the Dean of School of Arts & Creative Industries."
Signed.....
Date...13/12/21.....

SENSORY CARDS
After attending the space for some time did your emotional state change?
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
Emotional diary – participant 3
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
After attending the space for some time did your emotional state change?
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
SOCIAL SILENCE

Emotional diary – participant 3
Please answer this section of research honestly and to the best of your ability.
How did entering the busy social setting affect you emotionally? And what was your thought process?
After attending the space for some time did your emotional state change?
Did you make use of the provided sensory cards. Please document any effects said cards had on your state of mind bellow
SOCIAL SILENCE
DESIGN RESEARCH PORTFOLIO