Supportive design: Therapeutic effects of color and light of inpatient spaces

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Abstract:

Color and light are used in healthcare environments as a visual and aesthetical element, neglecting different effects on patients and the supportive role of color and light. Statement of the problem: This paper asks about the ability of color and light of inpatient rooms to treat patients and support the recovery process. In addition, it asks sub-questions about the concept of supportive design, how it can support patients’ recovery process, how color and colored light are used for therapeutic purposes, and what are the levels, if any? Objective: The paper seeks an answer to its central question by investigating the ability of color and colored light to treat some physiological and psychological diseases; and how they can become a supportive design element in therapeutic environments. Method: A deductive approach used to deduct how the color and light of inpatient spaces can contribute to the therapy of some diseases and support the recovery process. The paper investigates the concept of supportive design, the historical and temporal experiments of using color in therapeutic process in both direct and indirect sides. Results: The study confirmed the ability of color and colored light in inpatient spaces to support the recovery process on both physiological and psychological sides. In addition to the main result, the paper concludes on the colors’ properties and their therapeutic or supportive effects, which the designer can refer to in selecting color schemes for inpatient spaces to support the recovery process.

Keywords:
Supportive design, recovery, Psychological effect

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