COPING WITH POVERTY
Impacts of Environment and Attention in the Inner City

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PREVIOUS WORK ON CONTACT WITH NATURE AND EFFECTIVE LIFE FUNCTIONING

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CONTRIBUTIONS OF THIS STUDY

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THE SITE: A NATURAL EXPERIMENT ON THE EFFECTS OF NEARBY NATURE

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Difficulty
How difficult or challenging is [this issue]?
How hopeless do you feel about [this issue]?
Neglect
Have you found that you have been putting off working on this goal?
Has delaying working on this goal cost you in some ways?
Do you feel you could take a more active role in trying to achieve this goal?
How much have you been putting this decision off?
[In this decision] how inclined do you feel to just go with the option that requires the least thought?
Has delaying this decision cost you in some ways?
Length
For how much time has [this issue] been a problem or worry for you now?
Severity
How serious are the consequences if this issue isn't resolved?
How serious are the impacts of it right now in your everyday life?
How important is it that this issue be resolved in the very near future?

NOTE: Each item is asked with respect to two major issues.

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RESULTS

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	M	SD
Ineffective Management of Major Issues scale	2.10	(.53)
Difficulty subscale	1.98	.87
Neglect subscale	1.62	.72
Length subscale	2.36	.85
Severity subscale	3.13	.65

NOTE: 0-4 scale: 0 = *not at all ineffective* to 4 = *very ineffective*.

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TESTING OF CENTRAL HYPOTHESES

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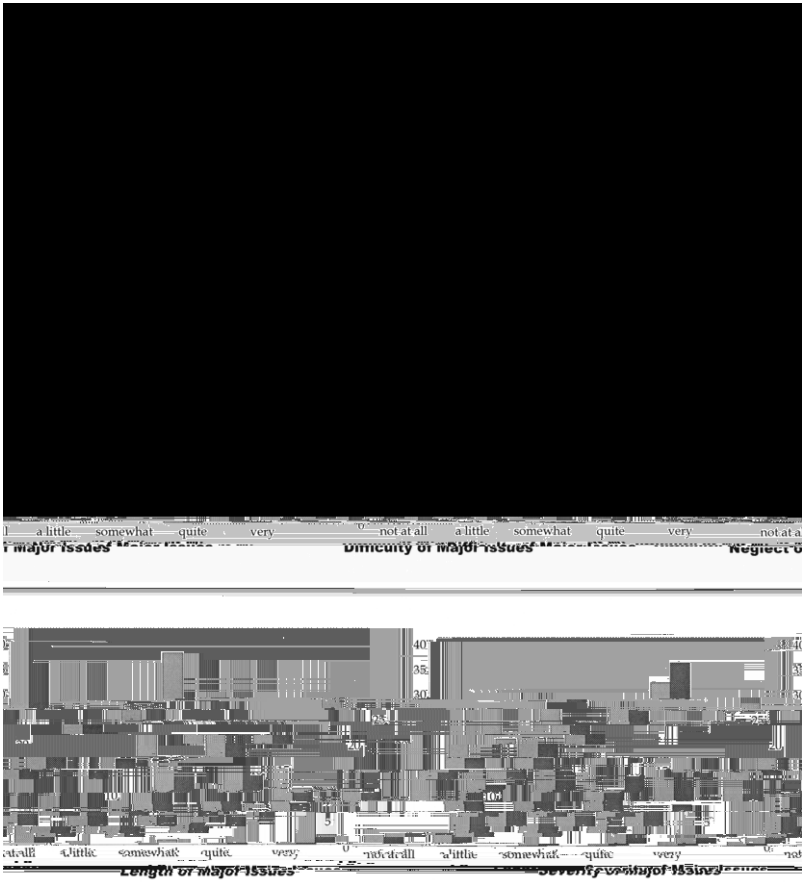

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NOTE: The bar graphs show the results for one measure of attention (Digit Span Backwards test [DSB]), a summary measure of life functioning (Ineffective Management of Major Issues Scale [IMMI]), and four subscales for life functioning.

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	Barren Condition		*Green Condition*			
	M	SD	M	SD	t *Statistic*	p *Value*
Digit Span Backwards test	4.64	1.2	4.96	1.0	–1.74	.05
Ineffective Management of Major Issues scale	2.20	.58	2.00	.46	2.40	.01
Difficulty subscale	2.18	.99	1.81	.73	2.53	.01
Neglect subscale	1.72	.76	1.52	.67	1.76	.05
Length subscale	2.59	.89	2.17	.77	2.96	.005
Severity subscale	3.28	.59	3.01	.68	2.47	.01

NOTE: *t* tests are one-tailed.

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EXAMINATION OF SPECIFIC POSSIBLE CONFOUNDS

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	Digit Span Backwards Test	*Ineffective Management of Major Issues Scale*	*Nearby Nature*
Demographics			
Age	X	X	—
Education	X	—	—
Employment	—	—	—
Income	—	X	—
Household			
Size of household	—	—	—
Marital status	—	—	—
Number of children	—	—	—
Years in apartment	—	X	—
Years in public housing	—	X	—
Well-being			
Health rating	—	—	—
Health symptoms	—	X	—
Stress	—	X	—
Positive mood	X	—	—
Substance use			
Tobacco	X	—	—
Alcohol	—	—	—
Prescription drugs	—	—	—
Other drugs	—	—	—
Sources of social support			
Neighborhood social ties	—	—	X
General social ties	—	—	—
Interviewer ratings			
Number of interruptions	—	—	—
Background noise	X	—	—
Privacy	—	—	—
Perceived rapport	—	—	—

NOTE: X's indicate relationships significant with an α of .05. In interpreting this table, it should be noted that the α was set at .05 per comparison. Typically, the number and posthoc nature of these analyses would suggest a familywise α to minimize the probability of a Type I error (false hit). In these circumstances, however, the concern is to minimize the probability of a Type II error (failure to detect a confound), and the greater sensitivity of a per comparison α provides greater confidence that there are no undetected confounds among those tested. At the same time, significant relations in this table should be taken with a grain of salt; it should be noted that even in the absence of any true relationships among the various pairwise combinations tested, 69 comparisons with an α of .05 per comparison would yield a mean of 3.45 significant relations arising solely due to chance (false hits).

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DISCUSSION

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HUMANS AND THE NATURAL ENVIRONMENT

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BEHAVIOR AND FUNCTIONING IN THE INNER CITY

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