








# CONTEMPLATIVE LANDSCAPE MODEL

ver.2.0

An expert-based, validated tool for visual quality assessment of urban green spaces. For an on-site use or photo representations (for the photos: to imagine as if you were there). Do NOT rate the quality of photography, weather conditions or personal preference.

Evaluate given landscape scene according to seven categories described in columns below, by scoring them from 1 to 6 points. Note, that two scores correspond to one description, which means you will need to decide which score fits better based on your expert's evaluation of the scene.

	 <b>LAYERS OF THE LANDSCAPE</b>	 <b>LANDFORM</b>	 <b>BIODIVERSITY</b>	 <b>COLOR &amp; LIGHT</b>	 <b>COMPATIBILITY</b>	 <b>ARCHETYPAL ELEMENTS<sup>4</sup></b>	 <b>CHARACTER OF PEACE &amp; SILENCE</b>
<b>6</b>	<ul style="list-style-type: none"> <li>Far-distance view (400m or more)</li> <li>Fore, middle and background visible</li> <li>Layers greatly enhance the visual quality</li> </ul>	<ul style="list-style-type: none"> <li>Undulating</li> <li>Natural lines</li> <li>Stimulation to look up to the sky</li> </ul>	<ul style="list-style-type: none"> <li>High diversity of plant and animal species</li> <li>Vegetation seems native and spontaneous</li> <li>Visible changes and motion<sup>1</sup></li> </ul>	<ul style="list-style-type: none"> <li>Harmonious, natural, broken or warm colors</li> <li>Visibility of light and shade<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>Physical and visual relations between elements are worked out</li> <li>Explicit spatial order, simplicity, harmony between natural and created</li> </ul>	<ul style="list-style-type: none"> <li>Strongly influence the overall perception</li> </ul>	<ul style="list-style-type: none"> <li>Explicit</li> <li>Contrast to the urban environment</li> <li>Accessible and safe</li> <li>No technology</li> <li>Invites to rest and relax</li> <li>Gives sense of solitude</li> </ul>
<b>5</b>							
<b>4</b>	<ul style="list-style-type: none"> <li>Layers moderately enhance the overall visual quality</li> </ul>	<ul style="list-style-type: none"> <li>Landform is not very significant to the setting</li> <li>OR</li> <li>Hard to say</li> </ul>	<ul style="list-style-type: none"> <li>Moderate diversity of species</li> <li>Moderate changes and motion</li> </ul>	<ul style="list-style-type: none"> <li>Moderate amount of contrasting colors</li> <li>Moderate amount of light and shade</li> </ul>	<ul style="list-style-type: none"> <li>Physical and visual relations are unclear</li> <li>OR</li> <li>Some elements disturbing the harmony and balance</li> </ul>	<ul style="list-style-type: none"> <li>Are present but not important for the overall perception</li> </ul>	<ul style="list-style-type: none"> <li>Moderate</li> <li>AND/OR</li> <li>Moderate sense of solitude</li> <li>AND/OR</li> <li>Less contrast with urban environment</li> </ul>
<b>3</b>							
<b>2</b>	<ul style="list-style-type: none"> <li>Layers are not visible</li> <li>OR</li> <li>Layers do not enhance the overall visual quality</li> </ul>	<ul style="list-style-type: none"> <li>Flat</li> <li>OR</li> <li>Rugged</li> </ul>	<ul style="list-style-type: none"> <li>Low diversity of species</li> <li>No visible changes or motion</li> <li>OR</li> <li>Presence of biophobic phenomena<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>Lots of vivid, contrasting colors</li> <li>Light and shade not visible</li> </ul>	<ul style="list-style-type: none"> <li>Physical and visual relations are not worked out well or not at all</li> <li>OR</li> <li>Chaos, clutter, lack of harmony</li> </ul>	<ul style="list-style-type: none"> <li>No archetypal elements</li> </ul>	<ul style="list-style-type: none"> <li>No character of peace and silence</li> <li>Busy</li> <li>No contrast with the urban environment</li> </ul>
<b>1</b>							

<sup>1</sup> Dynamic natural phenomena, e.g., seasonal, diurnal changes of vegetation, flying birds, bees etc. Ignore this for photo evaluation.

<sup>2</sup> Biophobic phenomena include, but are not limited to, snakes, spiders, darkness etc.

<sup>3</sup> In case of overcast weather, imagine the sunny conditions.

<sup>4</sup> Archetypal elements include: water (still or running body of water, waterfall, sea), path, clearing, mountain/hill, single old tree, stone, forest, desert (space of absence), grave, circle, dome, arc.

Source: Contemplative Landscape Model was developed by Dr. Agnieszka Olszewska-Guizzo. For research information contact [a.o.guizzo@neurolandscape.org](mailto:a.o.guizzo@neurolandscape.org).

References: Olszewska-Guizzo, A., Sia, A., & Escoffier, N. (2023). Revised Contemplative Landscape Model (CLM): A reliable and valid evaluation tool for mental health-promoting urban green spaces. *Urban Forestry & Urban Greening*, 86, 128016. <https://doi.org/10.1016/j.ufug.2023.128016>

Olszewska-Guizzo, A. (2023). *Neuroscience for Designing Green Spaces: Contemplative Landscapes*. Routledge. <https://doi.org/10.4324/9781003295167>

## Scoring and Interpretation

After scoring each landscape feature calculate the total CLM score by averaging scores of the 7 features. The following table indicates the approximate relationship between the total CLM score and levels of contemplativeness.

Total CLM score	Classification	Interpretation
> 4.33	High	High probability of the landscape scene to induce a significant positive brain response in most people.
3.83 - 4.33	Average	Low to no probability of the landscape scene to induce a positive mental health response in most people. The case of most existing urban parks and gardens
< 3.83	Low	The scene most likely induces increased cognitive load and psychological strain - a brain response typical for busy urban space exposure in most people.