

# Help us learn how to shape urban spaces for better mental health!

## INFORMATION

We are interested in measuring neural and physiological activity before and after a nature-based intervention is introduced to the **Panovec** neighbourhood & forest.

Your participation will help us understand and possibly enhance the mental well-being of people in the neighbourhood.

Register your interest and we will be in touch for more information!



## HOW?

You will receive a safe, easy-to-wear headset that connects to your phone. We will train you on how to use the device so you can record your brain's electrical activity and heart rate on your own during specific sessions over one week.

You will need to record for 20 minutes in the park, three additional times in your home, and report your experience using an app. You will also complete a few brief questionnaires about your lifestyle and well-being.



## LOCATION & DATE

This research will take place in the **Panovec** neighbourhood area in April-May 2025 and **will be repeated** at the same location after the construction of the nature-based intervention takes place.

## ELIGIBILITY & PARTICIPATION

**Healthy individuals, 18-65 years old, right-handed, with a normal or corrected to normal vision who live near the Panovec area and/or visit the site often.**

You can decide to withdraw at any time, and you will be compensated for your participation.

Your registration of interest is not a commitment to participate.

\*All data will be protected and processed anonymously.

**Share this opportunity with family and friends!**

For more information, contact us at [info@neurolandscape.org](mailto:info@neurolandscape.org) or **scan here**



