**APPENDIX 3 - ATTITUDINAL STATEMENT AND INTERVIEWEES’ RESPONSE**

**Sensory Sustainable Homes, A Study of the Healthy Happy Home (3H) Conceptual Design Model: An Explanatory Qualitative Study**

**Instructions:**

This semi-structured interview schedule was used for interviewees. These include- Architects, town planners / Constructing Companies, psychologists, sociologists, environment specialists (environmental biologists and environmental chemists), medical doctors, materials engineers, service engineers (mechanical, electrical, civil and Structural), builders, Art historians, beneficiaries/ Inhabitants/residents’, etc. It is an attitudinal statement, along with the interviewees’ responses from the focused group discussions and in-depth expert interview section. Data from this interview will be highly confidential and used for academic purposes only.

Table: Attitudinal Statement and Interviewees’ Response to the Psychosocial Well-being/Health and Happiness Nexus

|  |  |
| --- | --- |
|  | Absolutely inappropriate (AI) (1); Inappropriate (I) (2); Slightly inappropriate (SI) (3); Neutral (N)(4); Slightly appropriate (SA) (5); Appropriate (A) (6); & Absolutely appropriate (AA) (7) |
| **SN** | **Attitudinal Statement** | **(1)**(AI) | **(2)**(I) | **(3)**(SI) | **(4)**(N) | **(5)**(SA) | **(6)**(A) | **(7)**(AA) |
| **Level of Appropriateness -**  |
| 1 | Happiness is a mental state of well-being. |  |  |  |  |  |  |  |
| 2 | Home different from a house or any other space for that matter |  |  |  |  |  |  |  |
| 3 | If we keep in view the existing house structure, the home can be health-friendly |  |  |  |  |  |  |  |
| 4 | Home can be more health-friendly |   |  |  |  |  |  |  |
| 5 | The features/determinants of happiness can be implemented into a healthy home. |  |  |  |  |  |  |  |
| 6 | The features/determinants of happiness can be adapted into a healthy Residential neighbourhood. |  |  |  |  |  |  |  |
| 7 | all the human needs outlined in Maslow’s hierarchy of needs can be integrated into the residential home, whether rented or owned |  |  |  |  |  |  |  |
| 8 | The human needs outlined in Maslow’s hierarchy of needs can be integrated into the residential neighbourhood. |  |  |  |  |  |  |  |
| 9 | Sigmund Freud’s pleasure principle can be satisfied by providing certain facilities in the home.  |  |  |  |  |  |  |  |
|  | Very untrue of what I believe (VUWB) (1); Untrue of what I believe (UWB) (2); Somewhat untrue of what I believe (SUWB) (3); Neutral (N) (4); Somewhat true of what I believe (STWB) (5); True of what I believe (TWB) (6); & Very true of what I believe (VTWB) (7) |
|  | **My Beliefs**  | **(1)**(VUWB) | **(2)**(UWB) | **(3)**(SUWB) | **(4)**(N) | **(5)**(STWB) | **(6)**(TWB) | **(7)**(VTWB) |
| 10 | Sigmund Freud’s pleasure principle can be gratified in a residential neighbourhood by providing some facilities.  |  |  |  |  |  |  |  |
| 11 | The provisions of certain facilities in the residential neighbourhood will enhance the flow of a sense of community. |  |  |  |  |  |  |  |
| 12 | The provisions of certain facilities in the residential neighbourhood will generate a sense of belongingness. |  |  |  |  |  |  |  |
| 13 | The provisions of certain facilities in the residential neighbourhood will create a sense of aesthetics. |  |  |  |  |  |  |  |
| 14 | The provisions of certain facilities in the residential neighbourhood will create a sense of security. |  |  |  |  |  |  |  |
| 15 | Regular weekly/monthly sanitation in the residential neighbourhood may increase residents’ satisfaction. |  |  |  |  |  |  |  |
| 16 | Having a space like a romantic corner or a green room as part of the spaces in the home is vital. |  |  |  |  |  |  |  |
| 17 | Providing a space like a worship/prayer/meditation room as part of the home is essential. |  |  |  |  |  |  |  |
| 18 | Creating a space like a thinking/quiet/study corner as part of the spaces in the home is necessary. |  |  |  |  |  |  |  |
| 19 | A congested home creates mental stress and tension, which can result in unhappiness. |  |  |  |  |  |  |  |
|  | Strongly disagree (SD) (1); Disagree (D) (2); Somewhat disagree (SD) (3); Neither agree nor disagree (NA) (4); Somewhat agree (SA) (5); Agree (A) (6); & Strongly agree (SA) (7) |
|  | **Level of Agreement**  | **(1)**(SD) | **(2)**(D) | **(3)**(SD) | **(4)**NA) | **(5)**(SA) | **(6)**(A) | **(7)**(SA) |
| 20 | Adverse physical health conditions reduce happiness in the home. |  |  |  |  |  |  |  |
| 21 | A poorly maintained residential neighbourhood can lead to adverse physical health and affect happiness. |  |  |  |  |  |  |  |
| 22 | Providing a communal garden or green outdoor space can enhance residents’ happiness. |  |  |  |  |  |  |  |
| 23 | Suitable air quality flow into the home would enhance occupants’ happiness. |  |  |  |  |  |  |  |
| 24 | Adequate natural daylight in the home would increase happiness. |  |  |  |  |  |  |  |
| 25 | The choice of colour in the home’s interior would improve health & happiness. |  |  |  |  |  |  |  |
| 26 | A good view from the home and access to nature in the neighbourhood would improve health & happiness. |  |  |  |  |  |  |  |
| 27 | The physical environment influences happiness activities, adaptation, and sense of place, thereby improving the general level of happiness. |  |  |  |  |  |  |  |
| 28 | A residential neighbourhood with a well-connected short walking path with fewer vehicular routes might increase psychosocial well-being and happiness. |  |  |  |  |  |  |  |
| 29 | A residential neighbourhood with water and air filtration might increase the psychosocial, health and happiness. |  |  |  |  |  |  |  |
| 30 | A neighbourhood with a child-friendly play area and hobby spaces might increase psychosocial health and happiness. |  |  |  |  |  |  |  |
| 31 | A residential neighbourhood with adequate security and safety might increase psychosocial health and happiness. |  |  |  |  |  |  |  |
| 32 | A residential neighbourhood with adequate facilities for social connection, social inclusion and social gathering might increase the psychosocial, well-being, and happiness |  |  |  |  |  |  |  |
| 33 | Green spaces provide places in low-income neighbourhoods where people can experience a sense of community. |  |  |  |  |  |  |  |
| 34 | Public open spaces are ideal to promote social cohesion and inclusion and thus enhance ‘social capital, a factor strongly associated with good health. |  |  |  |  |  |  |  |
| 35 | Community gardens increase residents’ sense of community ownership and stewardship, focus on neighbourhood activities, expose inner-city youth to nature, connect people from diverse cultures, reduce crime by cleaning up vacant lots, and build community leaders. |  |  |  |  |  |  |  |
| 36 | Social support in the collective maintenance of shared community gardens can help sustain healthy lifestyle changes. |  |  |  |  |  |  |  |
| 37 | Open spaces encourage walking and outdoor activities such as outdoor games, sports, and cycling, increasingly recognised as the best ways to improve physical and mental well-being. |  |  |  |  |  |  |  |
| 38 | Living in a poor or socioeconomically disadvantaged neighbourhood is associated with poor health outcomes, including adverse mental health outcomes and a greater prevalence of chronic disease risk factors, such as hypertension. |  |  |  |  |  |  |  |