



Wellbeing is now an influential agenda in the commercial built environment.

It has a proven business case: only 1% of typical operating costs are represented by energy bills whereas 90% are attributable to the workforce. This suggests that even modest workplace interventions can produce considerable returns.

However, there is still a great deal to learn about the impact of design on wellbeing, how to capture its subjective nature, and how to design for the achievement of wellbeing outcomes.

A toolkit for wellbeing

Research at the Manchester Urban Institute, in collaboration with Arup, has developed an approach to capture and evidence the financial case for good design.

Multi-item scale

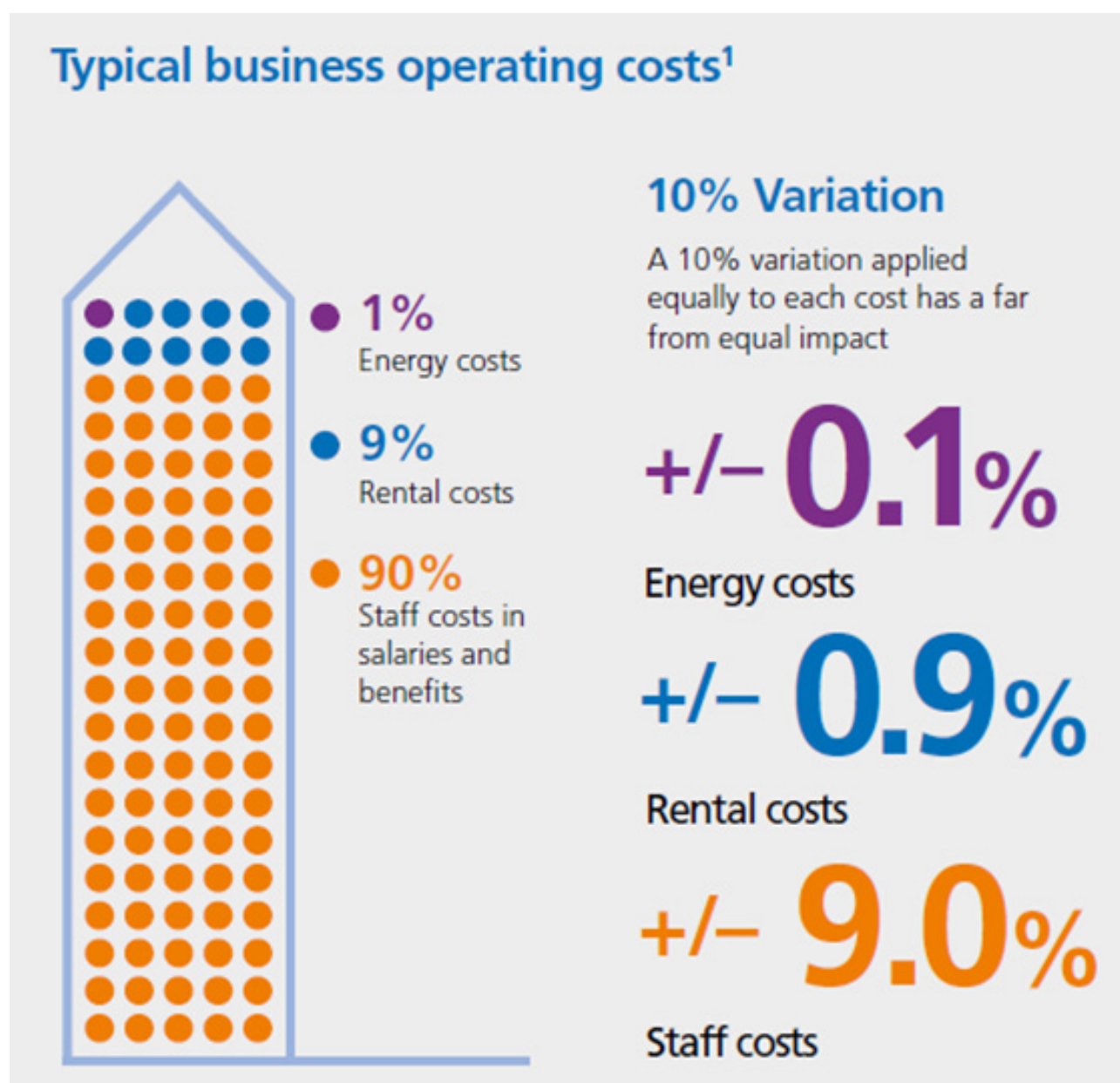
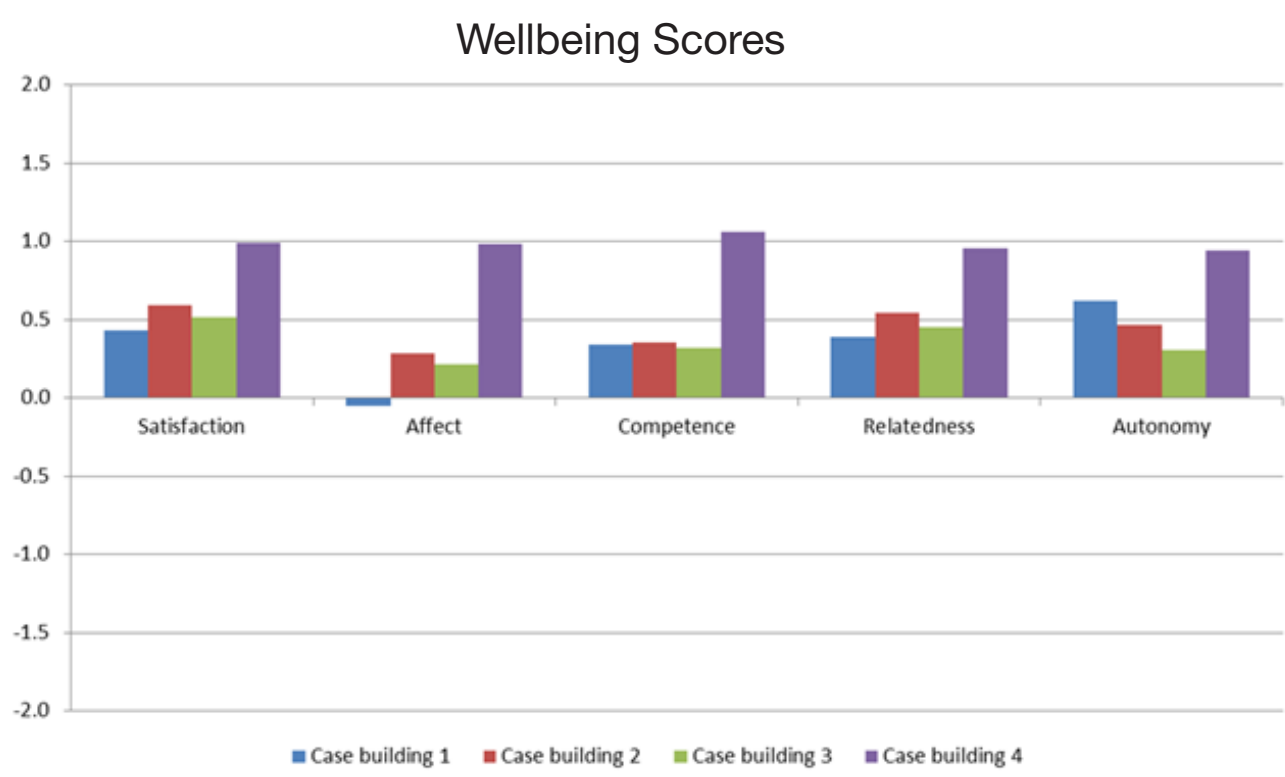
A scale based on the SACRA model of “eudaimonic” wellbeing has been developed and statistically validated. It represents a cost-effective way to measure a psychological definition of wellbeing in buildings. It produces an overall wellbeing score per building, which can also be disaggregated across five sub-domains of wellbeing to generate richer insights than typical post-occupancy methods.

Valuation

The quantitative wellbeing score is used to place a monetised value on wellbeing using techniques from Social Return on Investment (SROI). A social impact methodology, SROI is widely used across the third sector, and increasingly by the public and private sectors. It includes the application of financial proxies, consideration of value transfer and counterfactual evidence.

Driving learning

The combination of psychological wellbeing measurement with social value represents a powerful approach for articulating the impact of workplaces on people. It enables the link between wellbeing and productivity to be better supported, whilst the use of transferable social impact metrics communicates the value of design to a wider set of audiences. The toolkit is an opportunity to engage both clients and designers to shape the built environment in positive ways.



Source: WGBC, 2014. Health, Wellbeing & Productivity in Offices: The next chapter for green building

Please tick (✓) the box that best describes your experience when you spend time in this building

	Strongly Disagree	Disagree	Disagree	Neutral	Strongly Agree
I feel optimistic when I'm in this building	-2	-1	0	1	2
I have purpose when I'm in this building	-2	-1	0	1	2
I feel rewarded when I'm in this building	-2	-1	0	1	2
I feel at ease when I'm in this building	-2	-1	0	1	2
I feel interested in other people when I'm in this building	-2	-1	0	1	2
I can be myself when I'm in this building	-2	-1	0	1	2
I feel worthwhile when I'm in this building	-2	-1	0	1	2
I deal with problems well when I'm in this building	-2	-1	0	1	2
I feel empowered when I'm in this building	-2	-1	0	1	2
I think clearly when I'm in this building	-2	-1	0	1	2
I feel inspired when I'm in this building	-2	-1	0	1	2
I feel useful when I'm in this building	-2	-1	0	1	2
I feel close to other people when I'm in this building	-2	-1	0	1	2
I feel successful when I'm in this building	-2	-1	0	1	2
I feel fulfilled when I'm in this building	-2	-1	0	1	2
I can make up my own mind about things when I'm in this building	-2	-1	0	1	2
I feel valued when I'm in this building	-2	-1	0	1	2
I can apply myself to what I'm doing when I'm in this building	-2	-1	0	1	2
I feel joyful when I'm in this building	-2	-1	0	1	2
I feel in control of my own decisions when I'm in this building	-2	-1	0	1	2
I feel energised when I'm in this building	-2	-1	0	1	2
I feel at my best when I'm in this building	-2	-1	0	1	2

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Kelly has wide-ranging industry and research-in-practice experience in sustainability, social value and wellbeing, with a particular specialism in urban evaluation and learning. She has over five years of expertise in the development and application of social value methodologies to the built environment, public realm and green infrastructure, working across commercial and academic contexts.
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SACRA model of “eudaimonic” wellbeing



Wellbeing Scores (%)

