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The relationship between interior design and mental health

Sajra Karačić
Department of Architecture

ABSTRACT
Recently, considerable attention has been given to the connection between interior design and mental health, as people have become increasingly aware of how their environment affects their well-being. This research takes a closer look at the elements of interior design - such as lighting, color, space layout, and materials used - that can shape our mental state, for better or worse. To create spaces that support and enhance our psychological well-being, we need to understand how design choices affect us. Through existing literature and case studies, this study examines how these effects are experienced under different design approaches, including biophilic environments, minimalist environments, and sensory evocations. Studies show that well-designed interior spaces can reduce and even prevent the occurrence of panic and despair, while poorly designed environments can raise the level of stress up to the development of depressive states. Also, a well-thought-out design can have a positive effect on mood. An important contribution is made by this research with mental health in mind. It provides guidance and direction to architects, designers, and psychologists on how we should design spaces to maximize emotional well-being.
Keywords: *mental health, psychological well-being, biophilic design, lighting in design, color psychology, stress reduction, sensory environments, emotional well-being, healing environments, architecture and mental health.*

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I. INTRODUCTION

In recent years, experts from numerous disciplines have increasingly studied the influence of the environment on human well-being, especially in the area of mental health.

Instead of being viewed only through the prism of aesthetics and practicality, interior design is now understood as a significant factor that can support psychological stability.

The spaces we live in – from homes and work environments to schools and healthcare facilities – strongly influence our emotional state, energy levels and the way we experience stress, anxiety or feelings of isolation. Research shows that elements such as lighting, color choices, space organization and the presence of natural materials can play a key role in improving or worsening mental health.

Given the increasing number of people with mental health problems, this has motivated designers and architects to pay attention to how interior environments can be adapted to be beneficial for our psychological well-being. What was analyzed in this research is the relationship between interior design and its impact on mental health and what psychological consequences arise from the use of certain elements. The literature that will be used in this research is the literature on biophilic design, color theory and environmental psychology to investigate which well-designed interiors can promote a sense of calm, improve cognitive functions and promote emotional recovery, while poorly designed spaces can contribute to feelings of discomfort and distress. Understanding these connections allows architects and interior designers to build places that not only meet functional needs, but also promote mental health and well-being.

This research seeks to comprehensively demonstrate the importance of interior design for mental health and offer concrete guidelines for creating spaces that support psychological and emotional well-being.Natural light has a significant impact on how architectural design can promote mental health. Light has been shown to improve mood, reduce stress, and increase productivity. Spaces that have an emphasis on natural light not only feel more comfortable, but also serve to keep our bodies' natural rhythms in harmony, which ultimately results in better sleep and an overall sense of well-being. By allowing more sunlight in, we create an environment that nourishes both the mind and body. Open spaces are also an important aspect of architecture that is essential for mental health. Spaces that feel open and spacious can help alleviate claustrophobia and anxiety, while also encouraging social interaction and a sense of belonging. Whether it's a large atrium in the center of a building, a rooftop garden, or a landscaped outdoor space, adding such open areas to architectural solutions creates an environment that encourages a sense of calm, allows for socializing, and strengthens people's connection with nature.

Natural light and open spaces are not the only aspects that play an important role in supporting mental health and well-being, we also have greenery that is very important. According to research, improving mood, reducing tension and anxiety can be achieved with exposure to nature. Even including components such as indoor plants, living walls and green roofs in architectural designs can help bring nature indoors, thus obtaining a more peaceful and invigorating experience for the building's occupants. Incorporating these aspects into the built environment is an excellent example of architectural design focused on mental health. In order to create healthier and uplifting environments that promote mental and emotional well-being for all who live there, natural light, open spaces and greenery are added to our buildings and public spaces. As we move towards the future, we must continue to promote mental health in architectural design, creating environments that support and nurture the human spirit.

II. LITERATURE REVIEW

The relationship between interior design and mental health has been increasingly studied across disciplines, including architecture, psychology, and neuroscience. The built environment plays a significant role in shaping human well-being, influencing both emotional and cognitive states. In this section, key works that explore the connection between interior design and mental health are reviewed, focusing on aspects such as stress reduction, biophilic design, sensory stimulation, and emotional responses.

Sternberg (2009), in *Healing Spaces: The Science of Place and Well-Being*, provides a foundational exploration of how physical environments can impact mental health, particularly through stress reduction and the promotion of healing. Sternberg emphasizes that well-designed spaces, which incorporate elements like natural light and biophilic features, have been shown to lower cortisol levels, reducing stress and enhancing emotional recovery. This work highlights the importance of creating environments that foster psychological well-being, particularly in healthcare and residential settings. The biophilia hypothesis, as discussed by Sternberg, is crucial in understanding the inherent connection humans have with nature, making the inclusion of natural elements in interior spaces essential for improving mental health.

Similarly, Kellert, Heerwagen, and Mador (2008), in *Biophilic Design: The Theory, Science, and Practice of Bringing Buildings to Life*, expand on the biophilia hypothesis, emphasizing how integrating natural features—such as plants, water, and natural light—into interior design can positively affect mental health. Their work provides empirical evidence that biophilic design reduces anxiety and promotes emotional well-being by fostering a sense of connection to nature, which is known to have a calming effect on the human mind. This approach to design is increasingly being used in healthcare, educational, and workplace environments to enhance mood, improve cognitive function, and reduce stress.

Robinson and Pallasmaa (2017), in *Designing for the Mind: Architecture and the Neuroscience of Spaces*, explore the psychological and neurological impact of spaces on cognitive and emotional states. Their work focuses on how interior design can influence brain function, showing that well-organized spaces can enhance concentration, reduce distractions, and promote mental clarity. They argue that spatial layout, light quality, and material choices play critical roles in shaping environments that either support or hinder cognitive function. This is particularly relevant in designing workspaces and educational environments where mental focus is essential.

Kopec (2018), in *Environmental Psychology for Design*, provides an in-depth examination of how various design elements—such as lighting, color, and spatial organization—affect psychological states. He emphasizes that poor lighting and spatial confusion can exacerbate feelings of anxiety and discomfort, while well-designed environments promote a sense of safety, relaxation, and mental clarity. Kopec's work offers practical design strategies that can be applied to improve mental health through thoughtful interior planning, particularly in spaces where people spend extended periods, such as offices, homes, and schools.

Finally, Sternberg's (2009) concept of place attachment is echoed by Marcus and Sachs (2013) in *Therapeutic Landscapes:* An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces. They discuss how healing environments, both indoors and outdoors, can foster a deep emotional connection to a place, enhancing feelings of safety and well-being. Their work supports the idea that restorative environments, whether through interior design or landscape architecture, are vital for promoting mental health and emotional recovery, particularly in therapeutic settings.

Together, these works demonstrate that interior design is not merely about aesthetics but plays a critical role in shaping mental and emotional health. Through thoughtful application of design principles—such as biophilic design, sensory engagement, and spatial organization—interior environments can be optimized to promote psychological well-being and support mental health.

III. LITERATURE FINDINGS

The review of current research demonstrates that interior design has a major impact on mental health by influencing emotional well-being, stress levels, and cognitive function. Several major themes emerge about how various design aspects might improve or harm psychological health. One of the key findings is how important the influence of natural elements is in reducing stress and promoting emotional healing. Adding natural lighting, plants, and water elements to a space can help reduce stress, improve mood, and promote a peaceful atmosphere. This design approach suggests that people have a natural connection to nature, and when natural features are incorporated into aspects of interior design, they can improve feelings of calm and well-being. Another key aspect is the use of lighting, color combinations, and spatial arrangement. Well-lit spaces, especially those with natural lighting, are associated with improved mood, improved mental focus, and reduced feelings of anxiety. Also, a very important element of architectural design is carefully selected color schemes and well-defined spatial arrangements, which help to create a feeling of lightness and psychological balance. On the other hand, inadequate lighting or an overcrowded environment can result in higher levels of stress and mental exhaustion, showing that sensory experiences in space can affect emotional well-being. Spaces that evoke feelings of safety, warmth, and familiarity are more likely to foster positive emotions and contribute to better psychological well-being. This is very crucial in environments where individuals spend long periods of time, such as apartments, offices, and healthcare facilities. These areas can create a sense of safety, which in turn promotes emotional well-being.

In general, the results emphasize the strong link between interior design and mental well-being. Designers can positively affect mental health by creating environments that reduce stress and improve emotional and cognitive well-being through thoughtful consideration of natural features, sensory engagement, and spatial organization.

IV. RESEARCH METHODOLOGY

This research uses observational methods to examine how interior design affects mental health. The aim of this research is to assess the impact of specific design elements on emotional and psychological responses by observing people's reactions in interior spaces. This method allows for direct analysis of individuals' interactions with their environment and the impact of design on their health.

Report on the Observation of Open-Concept Interior Design
Date:11.10.2024. ; duration: 3 hours, from 9:00 AM to 12:00 PM.
Area: Collaborative workspace in an open office setting (Coworking center)
The goal is to examine the effects of open-concept interior design on occupants' behavior, mood, and interaction patterns, and evaluate its potential influence on mental health.
Observations of Design Characteristics:
Design: Spacious areas without dividing walls separating individual workstations.
Natural Light: Large windows that let in natural sunlight to illuminate the entire room.
Materials & Colors: Wall colors in neutral tones, furniture with wooden finishes, and flooring in light gray.
Layout: Desks arranged in groups, along with comfortable seating and communal tables close by.
Noise levels: Background sounds of people conversing, typing, and shifting around in the area, without any soundproof partitions.
Plants and Decor: Green plants spread throughout the space for added visual interest.
Observing behavior; The relationship between emotions and efficiency in completing tasks. The majority of individuals seemed involved in their duties, often working together or conversing with colleagues. Certain people displayed indications of restlessness or took frequent breaks, particularly in more crowded locations, indicating potential overstimulation. Interacting with others in a social setting.
The design of the space prompted unplanned chats among coworkers, who would drop by each other's desks without formality. Communal tables naturally brought together groups, encouraging community and collaboration.
Levels of stress: Some tenants wore headphones to reduce noise disturbances, suggesting that the lack of privacy could be a source of anxiety for individuals who are sensitive to noise. Some chose to move towards more secluded areas or the lounge to work by themselves, indicating a desire for occasional solitude.
The impact of the environment on mental health
Benefits:The copious amount of sunlight appeared to improve the overall atmosphere, making people near windows appear more lively. Utilizing common areas promotes collaboration, potentially diminishing feelings of loneliness and nurturing emotional assistance among residents.
Obstacles:Continuous background noise produced a bustling environment that could elevate stress levels for individuals prone to auditory disruptions.

I observed several university environments during this research, in order to assess the impact of interior design on students' mental well-being. The main focus was on common areas, study spaces and classrooms, which offered very important information about how the physical environment affects students' health. During the research, it was significantly observed that students' emotional well-being improved when the space was well-designed with natural light, comfortable furniture and attractive colors. Students seemed much calmer and more focused on their tasks in rooms that were well-lit, spacious study spaces decorated with plants and comfortable seating. They worked better and together, often sharing ideas and supporting each other, which suggests that these environments foster a sense of community and inclusion. Whereas in rooms that were dimly lit, with fixed seating and little decoration, it can be observed that there is more restlessness and disinterest among students. The unimpressive design of these spaces is thought to be the cause of anxiety and distractions seen in many people. The lack of aesthetic appeal and a sense of comfort in these spaces created an unfavorable environment that negatively affected the concentration and academic achievement of students. These results highlight the important impact of interior design on students' mental well-being. Spaces that focus on comfort, natural elements, and collaboration can improve emotional health, unlike poorly designed environments that can negatively affect academic and social outcomes. The bottom line is that there is a need for colleges to prioritize thoughtful design tactics that foster a welcoming and supportive environment for their students.

Observations of how people move and interact in museum spaces have revealed that interior design influences both their behavior and emotional responses. Museums, as spaces of knowledge and reflection, are designed to encourage a variety of behaviors—from calm observation to active engagement with the exhibits. Visitors are observed to walk more freely and spend more time viewing exhibits in spaces with open layouts, high ceilings, and natural light. This type of space inspires exploration and a sense of openness, and allows visitors to fully interact with the art or artifacts on display. Visitors have been observed to walk at a slow pace and take time to absorb their surroundings, which often results in deep thought or quiet conversation. This suggests that open and airy spaces foster a calm atmosphere and encourage visitors to explore, which fits in with the meditative character that many museums strive to achieve. A significant difference in visitor behavior can be observed in more enclosed or dimly lit spaces. In spaces where the aisles are narrow or the lighting is poor, visitors tend to move through the exhibits at a faster pace, not lingering long in front of each exhibit. The space gave the impression of being cramped, and as a result, visitors behaved more reservedly and had a harder time emotionally connecting with the exhibition space. Such designed spaces can create a sense of discomfort, thereby reducing the immersive experience that museums strive to provide. This aspect often goes unnoticed in architectural design, and museum design is given minimal importance when it comes to how visitors interact with the space. Open spaces that contain spaces for rest and breaks invite visitors to become emotionally and deeply involved in the experience more than they do when they are enclosed, dimly lit, or restrictive. Visitor behavior in museums is linked to the architectural arrangement of the space, while thoughtful design can enhance both the educational benefits and emotional experience of these cultural environments.

V. RESEARCH OBJECTIVES

1. To explore how specific interior design aspects (e.g., lighting, color, materials, spatial layout) influence inhabitants' mental well-being.
2. To investigate the impact of interior design characteristics on stress, anxiety, and other mental health disorders in different architectural settings.
3. To investigate how interior design might encourage positive emotional responses, comfort, and relaxation among occupants.
4. To discover evidence-based design techniques that can be used to improve mental health in residential, commercial, and institutional environments.
5. To examine user perceptions and preferences for interior settings that promote psychological well-being.

These objectives are intended to give a clear framework for investigating how smart interior design might improve mental health outcomes in architectural environments.

VI. RESEARCH QUESTIONS

Research Question 1: What effects do different aspects of interior design, like color, lighting, and spatial arrangement, have on mental health?

This research explores how important design elements affect mental health on an individual basis. For example, proper lighting can control circadian rhythms, which are crucial for emotional well-being and quality sleep.

Dark or dimly lit spaces can often make you feel sad or tired, while exposure to natural light can help lift your mood and reduce anxiety. Another factor is spatial layout; while cluttered or confusing layouts can cause discomfort and increased stress, open, uncluttered spaces can reduce stress and promote a sense of peace. Research conducted on the workplace has shown that workers are happier and more focused in spacious, well-lit spaces compared to cramped, poorly lit ones. The aim of this study is to determine how the combination of lighting, color, and spatial layout together create a healthier environment, by analyzing the impact of each individual design component.

Research Question 2: Which design elements have the biggest effects on creating spaces that support mental health?

The purpose of this research is to identify which design features are most effective in creating a comfortable atmosphere that also reduces stress. Elements such as natural light, open spaces, and vegetation, including indoor plants or green walls, create a calm and relaxing atmosphere. Research conducted in hospitals and schools suggests that biophilic elements, such as plants and views of nature, contribute to reducing anxiety and speeding up the recovery process. Studies suggest that patients placed in rooms with a view of nature recover faster and require less painkillers than those placed in rooms without such a connection to nature.

Research Question 3: How do various interior design philosophies, such minimalism and biophilic design, affect emotional stability and stress reduction?

The main goal of this research is to understand the impact of broad design principles, such as biophilic and minimalist design, on psychological effects. In biophilic design, natural elements are used to enhance a sense of connection with nature, which studies have linked to reducing stress and improving mental performance. For example, it has been shown that offices that have plants, water features, and natural materials have been shown to reduce cortisol levels in employees, making for a more relaxed and productive work environment.

VII. PRIMARY DATA COLLECTION METHODS

This research used observational methodologies in a variety of settings, with a particular focus on museums, educational institutions, and collaborative workspaces, in order to fully answer these research topics. This strategy was chosen to represent the complexity of interior design and its varied effects on mental health in different environments.

Details of the Observation
The following settings were used for the methodical observations:

Collaborative Workspaces: These areas were evaluated based on their design features that promote communication and innovation. The furniture placement, the use of natural light, and the incorporation of biophilic elements like plants and water features were the main points of observation.
Educational Facilities: The comfort, arrangement flexibility, and resource accessibility of classrooms and study spaces were evaluated. The main focus was on how the design affected students' stress levels and ability to concentrate, specifically observing how various settings either helped or negatively impacted learning.
Museum Galleries: The design, lighting, and movement of these areas were examined. Taking into account elements such as the impact of color in exhibitions and the placement of artwork in relation to visitor mobility, the goal was to study how design decisions impact visitor engagement and emotional reactions.

A variety of specific design elements were methodically observed throughout the observational phase, including:

Lighting: The differences between artificial and natural light sources were noted, as well as the psychological effects of each. Among the observations were the effects of light amount and quality on general comfort, productivity, and mood.

Spatial Layout: Whether open or enclosed, the way space was arranged was essential to comprehending both personal comfort levels and social interactions. The layout's impact on occupant interactions and their sense of openness and safety was the main focus of the observations.

Biophilic Elements: The presence of plants, water features, and natural materials were noted and their

contributions to emotions of wellbeing and calmness were evaluated.

Subjective Interpretation: The researcher's interpretations of behaviors and emotions, which may be impacted by assumptions or preconceived ideas, are a major component of the observations. The consistency and dependability of the data may be impacted by this subjectivity.
External Influences: Participants' behaviors and interactions inside the observed spaces may be greatly impacted by their past emotional states, personal experiences, and external stressors, such as environmental conditions or noise levels. The clear connection between design features and mental health outcomes may be obscured by this diversity.

VIII. SURVEY RESULTS AND DISCUSSION

1. AVERAGE AGE

A majority of responders are between the ages of 25 and 35, 18 and 24, and 45 and 54, according to the participant age data. With a balanced viewpoint from young adults, those in their early to mid-career years, and people with more life experience, this age distribution offers a range of perspectives on how interior design affects mental health at various phases of life.

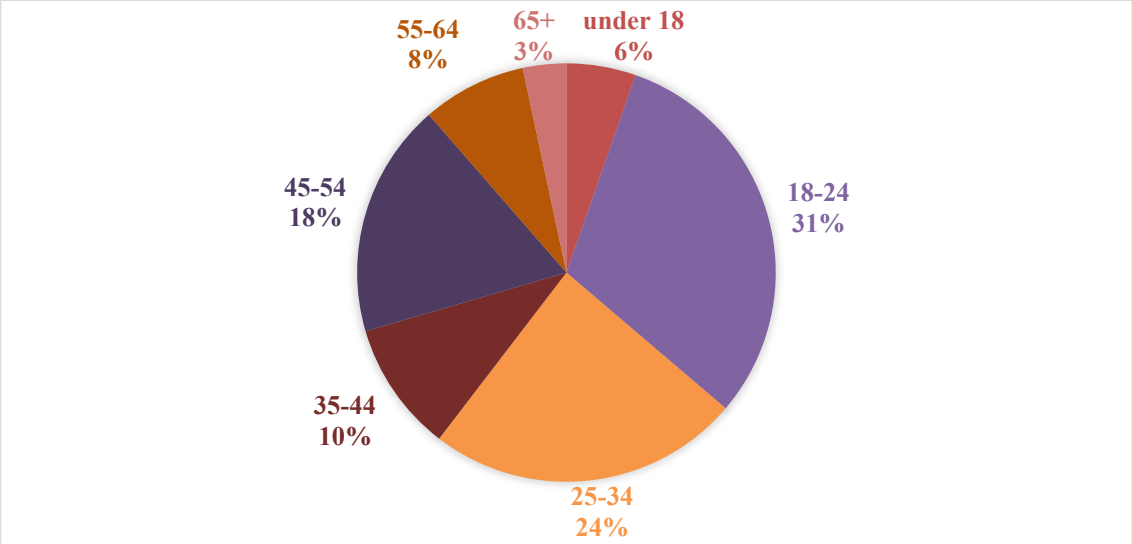

Figure 1. Average age

2. PREFERRED DESIGN ELEMENTS FOR MENTAL WELL-BEING

In three diverse settings—workplaces, classrooms, and museums—the average stress levels under various illumination conditions—natural, mixed, and artificial—are compared in this clustered bar chart. With stress ratings of 30, 25, and 20 in offices, classrooms, and museums, respectively, the data consistently demonstrates that natural light is linked to the lowest stress levels across all settings. The highest stress levels are associated with artificial lighting, while mixed lighting—a mix of natural and artificial lighting—produces intermediate stress levels. An average stress score of 80 was obtained in classrooms with artificial lighting, as opposed to just 25 in those with natural illumination. These results demonstrate how crucial natural lighting is to interior design in order to produce a more encouraging and stress-free environment in a variety of settings.

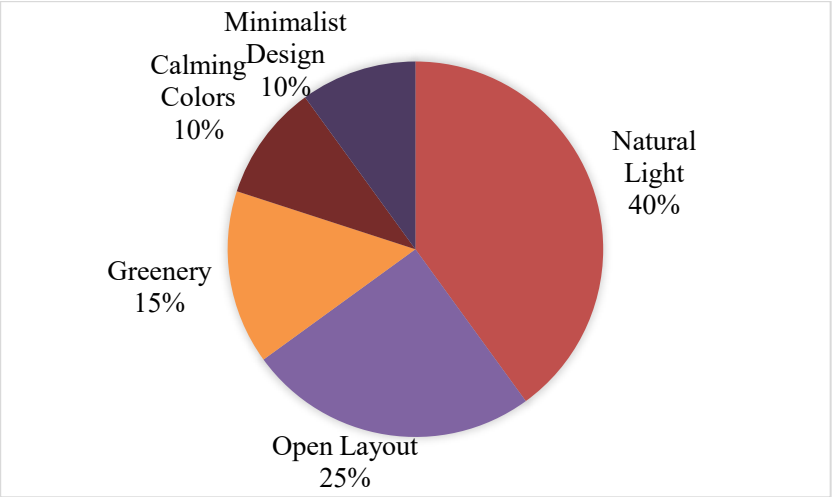

Figure 2. Preferred Design Elements for Mental Well-being

The percentage of the participants who said they preferred particular design features thought to enhance mental health is displayed in this bar chart. According to the research, 40% of respondents selected natural light as their favorite feature. This is consistent with other studies that demonstrate the beneficial effects of natural light on productivity, stress reduction, and mood management. An open style, which can encourage social contact and lessen feelings of confinement, is the second most popular desire (25%). Additionally, 15% of respondents said that greenery is important for creating a peaceful, biophilic environment. Other components that are important for promoting mental health, such as soothing colors and simple design, were favored by smaller percentages (10% each).

3. IMPACT OF LIGHTING ON STRESS IMPACT OF LIGHTING ON STRESS LEVELS IN DIFFERENT SETTINGS IN DIFFERENT SETTINGS

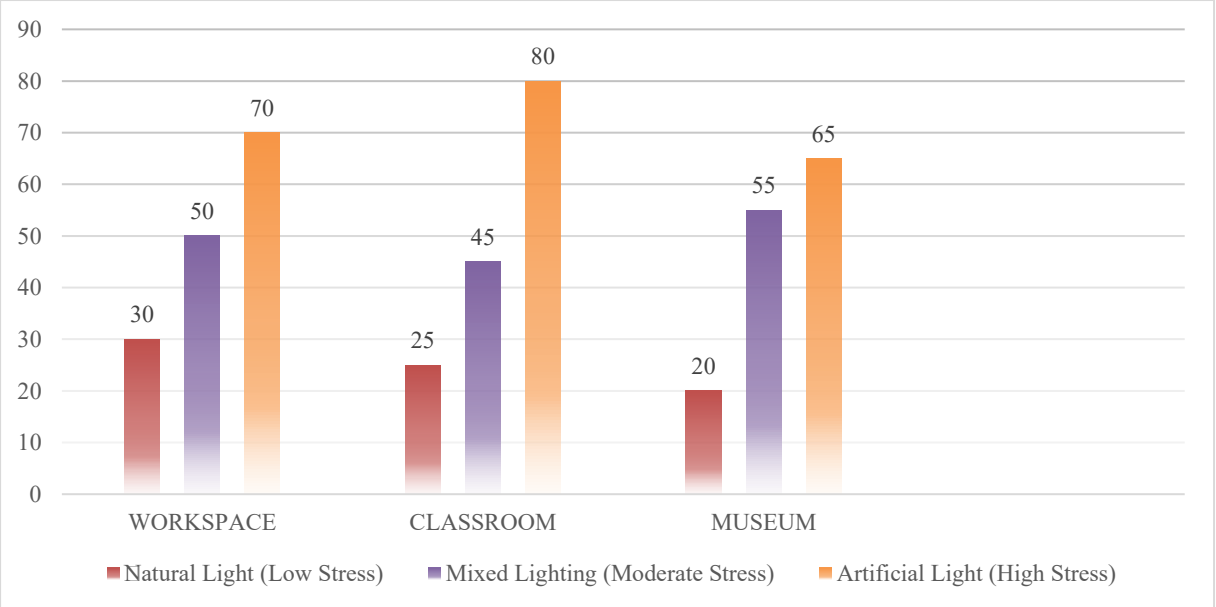

Figure 3. Impact of lighting on stress impact of lighting on stress levels in different settings in different settings

In three diverse settings—workplaces, classrooms, and museums—the average stress levels under various illumination conditions—natural, mixed, and artificial—are compared in this clustered bar chart. With stress ratings of 30, 25, and 20 in offices, classrooms, and museums, respectively, the data consistently demonstrates that natural light is linked to the lowest stress levels across all settings. The highest stress levels are associated with artificial lighting, while mixed lighting—a mix of natural and artificial lighting—produces intermediate stress levels. An average stress score of 80 was obtained in classrooms with artificial lighting, as opposed to just 25 in those with natural illumination. The numbers represent average stress scores, where higher

values indicate more stress.

4. MOOD BEFORE AND AFTER INTRODUCING BIOPHILIC ELEMENT

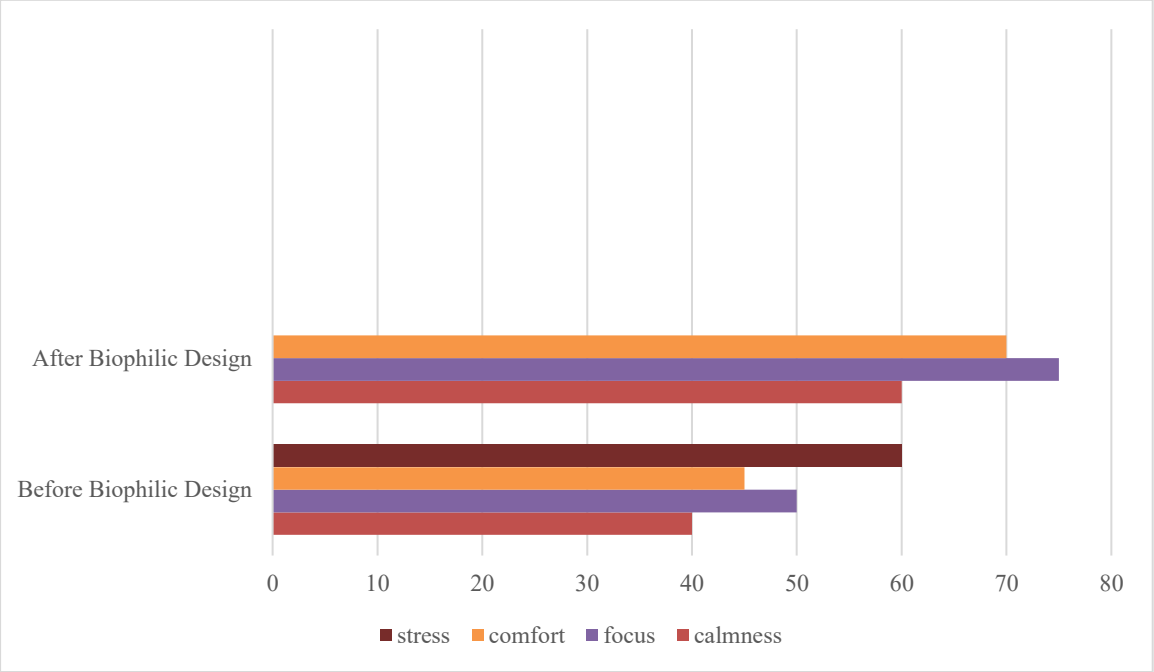

Figure 4. Mood before and after introducing biophilic element

This bar graph compares the levels of tension, calmness, focus, and comfort in a work setting before and after biophilic elements like plants and natural materials were added. All measures of good mood significantly improved with the addition of biophilic features. Comfort went from 45 to 70, attention from 50 to 75, and calmness from 40 to 65. The biggest shift was in stress levels, which precipitously dropped from 60 to 30. These results imply that by lowering stress and improving inhabitants' mental health, biophilic design can foster a more calm and effective environment. The use of natural elements in interior design as a way to enhance psychological well-being is strongly supported by this graph.

IX. FINDINGS

Stress Levels and Lighting

According to research, one of the most important design elements with the greatest impact on mental health is lighting. In a variety of environments, including offices, classrooms, and museums, the presence of natural light has been linked to reduced stress. People in naturally lit spaces have been shown to experience greater levels of focus, energy, and relaxation compared to environments that use artificial or mixed lighting. Especially in work and educational settings where people spend more time indoors, the use of artificial light alone often causes greater tension, discomfort, and feelings of fatigue. These results show that incorporating natural light is a key design element in spaces that are designed to improve psychological well-being.

Preference for Open and Flexible Layouts

Open layouts are clearly preferred, especially in community and business environments, according to observations and survey results. Open spaces enhance social interaction, lessen feelings of confinement, and provide a sense of freedom, all of which can improve mental health by lowering loneliness and strengthening bonds. Open layouts do have drawbacks, though, since some people felt that these areas were too stimulating or lacked privacy. This research points to the necessity for flexible spaces that can strike a balance between private and open areas, providing flexibility according to personal interests and activities.

Color and Mood Correlations

According to the study, some color schemes are associated with different feelings. Colors such as intense and bright colors were associated with stimulation and dynamism, while calming, neutral tones such as blue, green and brown were associated with calmness and improved concentration. Spaces painted with soothing shades most often contribute to a feeling of comfort and concentration, which is ideal for work and educational environments. In contrast, intense colors, which are more effective in rooms intended for social interaction or creative expression. This finding indicates the need for careful selection that is in accordance with the function of the space and the desired emotional effect.

X. CONCLUSION

The results show the importance of interior design and how it can affect mental health, where elements such as adaptive layouts, biophilic design, natural lighting and color schemes are of great importance. People who stay in spaces with natural light tend to feel more comfortable and satisfied, with exposure to natural light regularly contributing to stress reduction and mood elevation. Similarly, the presence of biophilic elements such as greenery, natural materials and landscapes have a positive impact on emotional stability, calmness and concentration. Such components satisfy the need to connect with nature, which has significant benefits in stressful spaces such as offices, schools and hospitals.The research also shows how important flexible and adaptable space designs are. Open-plan spaces encourage social interaction and give a sense of freedom, but they are also challenging for people seeking peace and privacy. Therefore, a combination of private and open spaces allows for better adaptation to the different requirements of their users, thereby improving their overall productivity and psychological comfort. The results of color psychology indicate that certain colors can have a noticeable, albeit subtle, effect on emotional state. Vibrant colors are ideal for spaces intended for socializing and creative work, while soft colors and neutral tones are suitable for places that require concentration and tranquility. This research proves that interior design plays a very important role in connecting mental health with aesthetic values. To create spaces that support psychological well-being, architects and designers need to integrate the use of natural elements, flexible layouts and carefully selected color combinations as much as possible. By focusing on these elements, one could significantly improve the environment in which comfort is greater, tension is lower, and psychological resilience is stronger.The research's examination of interior design's impact on mental health also shows that there is a developing understanding of how our physical surroundings support psychological resilience over the long term as well as short-term mood regulation. The research emphasizes that holistic, user-centered design can turn spaces—whether in homes, workplaces, or public areas—into healing environments by going beyond specific components like lighting or color. According to this viewpoint, interior design plays a more significant influence in public health than just being aesthetically pleasing or useful.The results also imply that interior design is a dynamic area that can adjust to cultural and personal variations. For instance, the desire for both private, quiet spaces and open, engaging places highlights the importance of design flexibility and the variety of occupant needs. Because it recognizes that people's experiences and interactions with environments vary based on their background, personal preferences, and mental health requirements, this adaptability is crucial.Every element of an environment should be considered as a possible contributor to mental health, according to this research, which promotes a more inclusive and holistic approach to interior design. These design concepts provide a proactive, helpful response as mental health disorders grow increasingly common. In the end, designers can contribute to the creation of spaces that not only satisfy physical demands but also foster emotional healing, personal development, and a stronger sense of connection to the places we occupy by giving mental health first priority in their design methods.

XI. ACTIONS

Applying the knowledge gathered from this research, particular design measures can be put into place to improve mental health in a variety of interior spaces. First, it should be commonplace for interior designers to prioritize natural light and biophilic elements, particularly in areas where people spend a lot of time. Essential elements that help elevate mood and lower stress are large windows, green walls, indoor plants, and the usage of natural materials. Artificial lighting that simulates sunshine can promote circadian rhythms in spaces with inadequate natural light, increasing comfort and reducing anxiety.Another crucial step is to create layouts that are adaptive and flexible. The varied demands of individuals can be better met by spaces that provide both calmer, private segments and open, collaborative areas. A balanced environment can be achieved, for example, by including movable partitions, soundproof spaces, or silent sections. This flexibility can be especially useful in the office, where people may require both quiet locations to concentrate and shared areas to collaborate.Furthermore, carefully considering color psychology while designing a room can have a big positive impact on mental health. Brighter, more vivid colors can provide vitality and creativity to social or recreational

places, while soothing, neutral hues are best suited for spaces used for focused work or leisure. Designers can gently affect people' feelings and promote wellbeing by matching color schemes to each space's function.Lastly, interior spaces will be more supportive for everyone if inclusive and accessible designs are created that take into account different requirements and preferences. Each occupant can feel safe and comfortable with the use of noise reduction techniques, ergonomic furniture, and adjustable lighting. Additionally, getting input on comfort, mood, and contentment with certain design components would facilitate continuing enhancements, enabling designers to make well-informed changes that consistently improve mental health results. By taking these steps, interior spaces can be transformed from merely useful areas to actively promoting the mental and emotional health of their users.

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