

Thesis Abstract

This study aims at exploring whether the perceived restoration on viewing natural scenes is consistent with the actual restoration of directed attention. 28 undergraduate students were separated into two groups, viewing the largely restorative or the least restorative scenes. After inducing directed attention fatigue by urban noises and arithmetic questions, participants were asked to view 25 pictures according to their assigned group. The objective restoration was assessed using Necker Cube Pattern Control test (NCPCT) and physiological measures. Perceived Restoration Scale (PRS) was taken as the subjective measure. A weak correlation was found between the score of NCPCT and PRS score. This result suggests that the subjective perception of restorativeness cannot sufficiently predict the objective restoration.