

# Healing Together

## A Psychiatric Center for Adolescent and Young Adults

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# Content

Student Background	1
Abstract	2
Background and Existing Gaps	3
Aim and Research Questions	5
Method and Tools	6
Delimitations	7
Relevance to Sustainable Development	8
Relevant Theories	9
Literature Review	12
Case Studies	14
Interview	19
Project Introduction	20
Brief	21
Description of functions	22
User Profile	26
Site Analysis	29
General Plan	36
Design Qualities	37
Design Strategies	38
Volume Development	40
Concept Diagrams	42
Plan	44
Material Choice	48
Interior View	50
Furniture Choice	54
Elevations	56
View from Entrance	60
Outdoor Space	62
Sections	64
Discussions	66
Conclusion	68
References	69
Appendix	72

# Student Background

**Name:** Hanjin Liu

**Born:** 2001/08/16

**Nationality:** Chinese

**Previous Education:**

2019-2024 South China University of China, Architecture

2020-2023 Politecnico di Torino, Architecture (Exchange project)

**Architecture and Urban Design (MPARC)**

Housing and Healthcare Architecture Profile

**Previous Studios in Chalmers:**

ACE 470 Healthcare architecture 1

ACE 520 Residential Healthcare: Housing for seniors

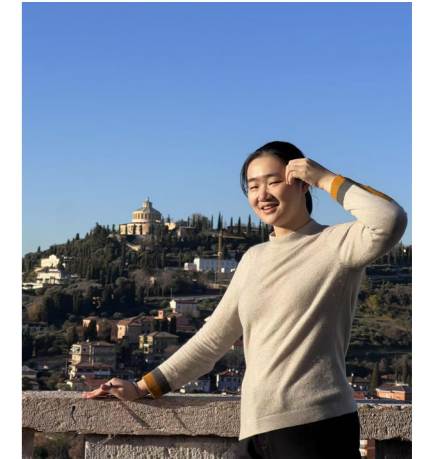
ACE 490 Building on context and buildings

**Interested fields in architecture:**

1) Architectural design of healthcare facilities

2) Reformation and renovation of heritage/historic buildings

In practice, I want to focus on designing for the marginalized groups, including elderly people, disabled people, people with low income and others.



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## Abstract

This master thesis focuses on designing healing spaces for adolescent and young adults with psychiatric disorders.

Thanks to rapid scientific advancements, awareness of mental health issues is growing, and different types of healthcare architecture of this field are evolving in response. The focus on this specific group in this thesis arises from an identified gap in the current system, where certain problems particular to this group are not sufficiently emphasized.

Theories relevant to the research are adolescent psychology, psychology in emerging adulthood and healthcare architecture design, and research methods used to carry out the research include literature review, case studies of architectural projects in different parts of the world, and interviews with psychiatrists and patients.

Researches show that healing spaces for adolescent and young adults with psychiatric disorders should have the following features or qualities: access to natural lighting, connection to nature, a soothing environment in general, space that facilitates autonomy, and spaces with different levels of interactions. In addition to the common demand of people with psychiatric disorders, adolescent and young adults especially need to feel the sense of belonging, have the opportunity to stay active and express themselves, and participate in outdoor activities in a psychiatric facility. The architecture should be integrated with a variety of activity spaces of different levels of privacy, a clear navigation system, indoor indication of nature, and different types of outdoor spaces to satisfy the demand of the possible users and promote well-being.

A design project of a psychiatric center for the target group located in Utby, Gothenburg is carried out according to the outcomes of the research, and a booklet summarizing the key aspects to pay special attention to healing spaces for the target group is also written to complement and further develop the project. The results of the research should offer insights for other similar projects.

## Background and Existing Gap

According to WHO's latest Mental Health Atlas published in 2024, and estimated one in eight people suffer from mental disorders, and due to the influence of the COVID-19 pandemic, GBD (Global Burden of Diseases) estimated a substantial increase in depressive and anxiety disorders. Yet progress and support related to treating mental health problems remain insufficient, which calls for more facilities and organizations to cooperate and provide the help people need.

When it comes to adolescents and young adults, statistics have proven that the percentage of people aging from 15 to 24 with depressive, bipolar, anxiety, attention deficit and hyper-active disorders are actually higher than that of all age groups (see diagram on the next page). It also shows that females are more likely to suffer from mental health issues than males.

Another research in the US also shows that half of the mental disorders present in adulthood had developed by the age of 14, and three quarters appeared by the age of 24. This also calls for interventions especially during the adolescent and young adult period of life. (WHO, 2024)

As science and technology develop, we are gaining more and more knowledge of neuroscience and psychology, and psychiatric problems people can face are also better studied, and more scientific treatments are provided. Specialized psychiatric hospitals and institutes have been established to provide treatments to the patients and carry out research, yet certain gaps remain: As is mentioned in the previous page, adolescents and young adults are confronting certain psychiatric issues prevalent in, or even specific to their age group, yet they are often categorized either as "older children" or "young adults" in the present medical system, an approach that may not solve their problems properly (Norouzi, 2023). There should be psychiatric facilities dedicated to their issues and provide them with guidance according to research on the psychology of the age group.

The research sheds light on how the needs of adolescents and young adults with psychiatric disorders differ from adults and what kind of architectural design helps them recover better not only in treatment rooms and wards in a hospital or clinic, but more importantly, in other spaces outside a hospital. Future design projects can either refer to the results, or continue investigating according to them.

# Background and Existing Gap

# Aim and Research Questions

**Prevalence of mental disorders across age and sex (2019)**

	ALL AGES (MILLIONS)	ALL AGES (%)			AGE (%)					AGED 20+ YEARS (%)					
		ALL	MALE	FEMALE	< 5	5-9	10-14	15-19	20-24	25-49	50-69	70+	ALL	MALE	FEMALE
Mental disorders	970	13.0	12.5	13.5	3.0	7.6	13.5	14.7	14.1	14.9	14.7	13.1	14.6	13.4	15.7
Schizophrenia	24	0.3	0.3	0.3				0.1	0.3	0.5	0.5	0.2	0.5	0.5	0.4
Depressive disorders <sup>a</sup>	280	3.8	3.0	4.5		0.1	1.1	2.8	4.0	4.8	5.8	5.4	5.0	4.0	6.0
Bipolar disorder	40	0.5	0.5	0.6			0.2	0.6	0.7	0.7	0.7	0.5	0.7	0.7	0.7
Anxiety disorders <sup>b</sup>	301	4.0	3.0	5.0	0.1	1.5	3.6	4.6	4.7	4.9	4.8	4.4	4.8	3.6	5.9
Eating disorders <sup>c</sup>	14	0.2	0.1	0.2			0.1	0.3	0.4	0.3			0.2	0.2	0.3
Autism spectrum disorders	28	0.4	0.6	0.2	0.5	0.5	0.5	0.4	0.4	0.4	0.3	0.3	0.3	0.5	0.2
Attention-deficit/hyper-activity disorder	85	1.1	1.7	0.6	0.2	2.4	3.1	2.4	1.7	0.9	0.3		0.7	0.4	1.1
Conduct disorder	40	0.5	0.7	0.4		1.1	3.6	2.1							
Developmental disorder (idiopathic) <sup>d</sup>	108	1.5	1.5	1.4	2.2	2.3	2.2	2.0	1.8	1.3	0.7	0.4	1.1	1.1	1.1
Other mental disorders <sup>e</sup>	117	1.6	1.9	1.3			0.1	0.4	1.0	2.2	2.6	2.7	2.2	2.7	1.8

Source: IHME, 2019 (96).

<sup>a</sup> Includes major depressive disorder and dysthymia.

<sup>b</sup> Includes all anxiety disorders and PTSD.

<sup>c</sup> Includes anorexia and bulimia nervosa.

<sup>d</sup> For more information on developmental disorder and autism spectrum disorders see the forthcoming WHO-UNICEF Report on Developmental Delays and Disabilities.

**Aim:**

The aim of this project is to research on how to design spaces that help adolescents and young adults with psychiatric disorders heal, apply the results to an actual project of a psychiatric center, and offer insights for other similar projects.

**Research question:**

How to design spaces that help adolescent and young adults with psychiatric disorders heal?

**Research sub-questions:**

- I. What are the recommendations for designing psychiatric treatment rooms and other therapy spaces?
- II. How do the needs of adolescents and young adults with psychiatric disorders differ from maturer patients in therapy spaces?
- III. What kind of (architectural and furniture) design helps adolescents and young adults with psychiatric disorders heal better?
- IV. What kind of activities help adolescents and young adults heal better, and how can architecture respond to that?

Fig 1. Prevalence of mental disorders across age and sex (2019)

# Method and Tools

## I. Literature review

The existing literature provides scientific data and analysis on the different types of psychiatric disorders adolescent and young adults would suffer from, the effect that environment has on recovering from such disorders, and describes patients' experiences and feelings in healing spaces as well. The thesis should first provide a comprehensive analysis of these researches, and then carry out the architectural design with the gathered information.

## II. Case studies

The studied cases of this thesis include similar psychiatric centers, psychiatric hospitals and other rehabilitation centers. All these facilities have the same goal: promote (mental) health and help their user heal, which is also the goal for this project. Certain good features and solutions found in the projects can be adapted to the new design, and their drawbacks can be avoided and will promote critical thinking towards the design.

## III. Interviews

Interviews with professionals and practicing doctors provide first-hand information on how patients feel in the existing healing spaces, how their conditions develop, and what they usually demand. Interviews with possible users of the facility provides inspirations on what could happen in the facility, and how they envision the space. The gathered information adds to what is obtained from the studied literature, and should be taken into consideration when carrying out the design.

## IV. Concept sketch

Important principles and strategies are presented and explained with concept sketches throughout the project.

## V. Evidence based design

Evidence based design is a critical design process carried out through thoroughly investigating and balancing information gained from existing evidences including research or scientific bases, existing best practices, and contexts. It is a practical method for architectural design in the healthcare sector. Decisions made in the project should have supporting evidences.

# Delimitatins

I. Despite I would very much like to research on and design for adolescents and young adults with all kinds of psychiatric disorders, the focus of this research and project is mainly on those with mild to moderate level of disorder. Dealing with severe or acute disorders is not possible in the proposed facility, and requires more professional insights and cooperations with more disciplines, which is unfortunately far beyond my ability.

It should also be mentioned that although certain discussions and results of the research could, as the author aims them to be, also applicable for inpatient psychiatry, the project focuses on designing for outpatient psychiatry.

II. Although I strive to find common ground in patients' needs and preferences and come to a general conclusion, it should still be emphasized that feelings and opinions towards spaces and design are usually personal. I could provide advices with supporting evidences that are helpful in general, taking into consideration different cultural backgrounds with the information that I have access to, but I cannot guarantee them having a positive effect on each individual.

III. Although with the literature review and case studies, I attempt to access and gather information from different cultural backgrounds, I am aware that what I can include is very limited, and is not always applicable in all parts of the world. Such topic certainly requires a more thorough and profound study.

# Relevance to Sustainable Development



I. The project provides informations for constructing a environment that is beneficial to the well-being of people in general, and focuses on designing spaces for people in need of recovering from their mental health disorders.



II. The project focuses on a marginalized group, aiming to listen to and fulfill their needs, connecting them to a community and is against the misunderstandings and discriminations towards them.



III. The architectural design should not harm, but rather fit into and even help develop its natural surroundings, securing the biodiversity and ecological balance in the area.

# Relevant Theories

## I. Adolescent psychology and psychology in emerging adulthood

Adolescence, the phase between childhood and adulthood, normally refers to people aging between 10 and 19. It is considered an important physical and psychological transition phase in one's life raising questions of independence and identity (Csikszentmihalyi, 2025). The transitions happening in one's mind and body can cause anxiety of one's development, and if not properly guided, lead to more severe psychological issues. Adolescent psychology deals with the unique mental health needs of adolescents and the complexity of this period.

Emerging adulthood is a relatively new concept focusing on young adults aged 18 to 25. It is closely connected, though still differs from adolescence (Arnett, 2014). In this phase, people tend to continue exploring and developing their identity, yet often feel fallen in between adolescence and adulthood. The confusion and stimulations from the outside world can lead to involuntary changes, and psychological problems like anxiety and depression often occur (Brito & Soares, 2023). Psychology of emerging adulthood tries to understand the consequences of the events happening in this period, and their effect on one's mental health.

Studying the psychology of adolescents and young adults helps us understand the why they could be suffering from the psychiatric disorders in this phase, and what facilities and activities help them heal, which is vital for the design. To better connect the two different age groups and narrow down the scope of this research, only adolescents aged between 15 and 19 will be considered, as they are closer to adulthood, face similar problems as young adults, and should not be treated together with children younger than them. It should also be noted that according to Arnett, the founder of the theory of emerging adulthood, young adulthood is in fact different from emerging adulthood (Arnett, 2000). However, for easier representation that better fit people's common knowledge and avoid confusion, the young adults mentioned in this thesis are aged 18 -25.

# Relevant Theories

## II. Relevant Disorders and Symptoms

As previously mentioned, this research and design project mainly deals with mild or moderate disorders prevalent in, or even specific to the target group. Having a basic understanding of the disorders is important as the design should avoid the negative stimuli, and provide adequate support. The categories of disorders to be considered are listed as follows:

### a. Depressive disorder

Depressive disorder (also known as depression) is a common mental disorder. It involves a depressed mood or loss of pleasure or interest in activities for long periods of time. Depression is different from regular mood changes and feelings about everyday life. It can affect all aspects of life, including relationships with family, friends and community. It can result from or lead to problems at school and at work. (Definition by WHO)

### b. Bipolar disorder

Bipolar disorder is a mental health condition characterized by mood swings from one extreme to another. During a manic episode, a person experiences an extremely high mood with lots of energy (feeling very happy, excited, overactive). On the contrary, during a depressive episode, a person experiences a depressed mood (feeling sad, irritable, empty). They may feel a loss of interest or pleasure in activities that they had previously enjoyed. (Definition by WHO)

### c. Anxiety disorder

People with an anxiety disorder may experience excessive fear or worry about a specific situation (for example, a panic attack or social situation) or, in the case of generalized anxiety disorder, about a broad range of everyday situations. They typically experience these symptoms over an extended period – at least several months. Usually they avoid the situations that make them anxious. (Definition by WHO)

### d. Neurodevelopment disorders (ADHD and ASD)

Neurodevelopmental disorders refers to a group of disorders that begin in childhood. They affect the development and function of the brain. They may impact a child's interactions or functioning at home or school or in the community. (Definition by American Psychiatric Association)

This research focuses on Attention-Deficit/Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD), which most patients show symptoms in childhood, but others discover and deal with them during adolescence and early adulthood.

### e. Obsessive-compulsive disorder (OCD)

A disorder characterized by recurrent intrusive thoughts (obsessions) that prompt the performance of neutralizing rituals (compulsions). Typical obsessions involve themes of contamination, dirt, or illness (fearing that one will contract or transmit a disease) and doubts about the performance of certain actions (e.g., an excessive preoccupation that one has neglected to turn off a home appliance). (Definition from APA Dictionary of Psychology)

# Relevant Theories

## III. Healthcare architecture design

Healthcare architecture design focuses on the architectural and interior design of healthcare facilities including hospitals, clinics and others in the healthcare industry. Designing healthcare facilities is often different from designing other buildings, as such facilities have certain requirements and restrictions. Regulations and instructions should be carefully followed when carrying out such design.

Although the design is an outpatient facility that is not restricted by healthcare regulations, studies of healthcare architecture and the recommendations they provide are still good insights for designing spaces that are helpful for healing. The regulations and instructions for healthcare design also helps marks out the relevant aspects to be paid special attention to when designing such healing spaces for adolescents and young adults.

Research on healthcare architecture of this thesis focuses on two aspects: I. Studies and evaluations of the existing healthcare facilities, especially in the present-day European context, and II. psychiatric healthcare design guidance documents in the European context, mainly the Swedish PTS psychiatric design program (Lokaler for psykiatri - Kunskapsoversikt och riktlinjer).

# Literature Review

Researches on psychiatric healing spaces focus mainly on in-patient psychiatric hospitals, gathering feedback from patients and staff, and studying the built environment. Not all results in these researches are relevant to this study, yet certain design features and functions that are generally beneficial to the healing process are summarized in this literature review and applied to the project.

To better focus on the topic, this review mainly emphasizes on the design for adolescents and young adults, and the design especially for staff is not included. To avoid confusion, the word “visitor(s)” will be used to refer to the adolescents and young adults visiting the facilities.

## I. Possible activities and supporting facilities

In addition to receiving therapy and having consultations, visitors should also be offered the opportunity to participate in different activities in a psychiatric facility. According to interviews with staff and visitors, art and music has a positive effect on adolescent and young adults with psychiatric disorders (Trpuc et al., 2016). Group activities such as cooking and board games as distractions and ways of communications are also suggested. The activities should have little consequences of failure, and carried out with some levels of guidance (Hutton et al., 2021). Activity spaces should be designed to be multi-purpose or flexible and equipped with build-ins with multiple uses, so that visitors has more control over the space and more freedom to carry out different activities according to their will (Norouzi, 2023).

## II. Interaction and privacy

Balancing the privacy the visitors need and the necessary interpersonal communication is an important topic in designing psychiatric healing spaces. Adolescents and young adults require more peer socialization to enhance self-esteem and build up their own connections (Norouzi et al, 2023). They also emphasize on feeling a sense of belonging (Hutton et al., 2021). On the other hand, privacy is an important aspect of adolescence mental healthcare as it has positive effects on reducing stress and pathological behaviors, and corresponds to adolescents and young adults’ needs for independence and freedom (Hutton et al., 2021). Providing adequate private spaces also helps foster positive interaction. Psychiatric facilities should ideally have spaces of different levels of publicity, ranging from open-up common spaces to completely private rooms. Movable furniture arranged in small groups enables visitors to choose the kind of communication they want, and availability of leisure-time resources facilitates social interactions (Jovanovic et al., 2019). Locating the facility close to local communities rather than in isolated locations helps users integrate into community life, and reduces stigma as well (Jovanovic et al., 2019).

## III. Light and Materiality

Psychiatric facilities should always be equipped with large windows that let light flood in (Jablonska & Świątek-Morys, 2024), as access to enough natural lighting is associated with less depression and anxiety (Bodryzlova et al., 2024). In terms of artificial lighting, visitors should have the ability to adjust the color and intensity of indoor lighting according to their preference (Jabłońska & Furmanczy, 2024).

“Warm” materials like wood could aid in regulation of emotional responses (Hagerup, 2025). It is generally agreed that warm colors in common spaces have a soothing effect, but visitors’ preferences of colors in their private rooms vary greatly. However, it should be emphasized that greyish materials, and dark and over

# Literature Review

saturated colors should be avoided in all spaces (Norouzi et al., 2023).

## IV. Navigation

Visitors with anxiety disorders and neurodevelopment disorders usually have trouble recognizing signs and finding directions, and unclear navigation in the facility worsens their situation. Easy way-finding fosters visitors’ feeling autonomy and control as well (Bodryzlova et al, 2024). Adopting one coherent layout for the architecture with few changes of direction in the circulation system is the base for clear navigation (Jabłońska & Furmanczy, 2024, Norouzi et al., 2023). Long and narrow corridors, repetitive elements, and blind spots should be avoided. On the other hand, sight lines should be maximized and ideally lead towards outdoor view (Jabłońska & Furmanczy, 2024, Jovanovic et al., 2019, Norouzi et al., 2023). Applying colors to different zones of the facility also assist visitors’ identification of the spaces (Jabłońska & Furmanczy, 2024).

## V. Outdoor space and indication of nature

Natural green space provides positive distractions for the users, reduces stress and anxiety, relieves symptomatology in persons with depression and bipolar disorders, and promotes well-being of people in general (Jabłońska & Furmanczy, 2024, Hagerup, 2025, Trzpuc, 2016, Norouzi et al, 2023). To facilitate therapy, site for a psychiatric facility needs to be large enough to plan a garden and a walking area (Jabłońska & Furmanczy, 2024). Adolescents and young adults especially need a place to exert their energy. Visitors should be able to stay within diverse plants, walk around, and do exercises in daylight in outdoor spaces (Norouzi et al, 2023). It should be emphasized that outdoor green space should not only “be there”, but more importantly, to invite users to actively participate (Simonsen et al., 2024). Instead of one open up courtyard space, users should be able to choose from multiple small courtyards equipped with facilities for different activities, including physical exercise, playing games, growing plants or isolating themselves (Norouzi et al., 2023, Simonsen et al., 2024). The activities in the outdoor spaces help promote social interactions between visitors and help them engage with nature.

Although visitors are usually suggested to outdoors, most people still spend most of their time in the facility indoor. It is also necessary that they feel connected to nature when staying inside. This is achieved through creating openings that face outdoor green spaces, and displaying art that indicates nature (Jabłońska & Furmanczy, 2024, Norouzi et al, 2023). Incorporating natural elements indoor is not only for aesthetic purposes. It is an act that helps enhance mindfulness, reduce stress, and foster recovery (Hagerup, 2025).



Personal spaces



Letting light flood in



Clear navigation



Closeness to nature

# Case Studies

Not many projects serve the exact same function as the proposed project, and the number of directly relevant cases found is limited. However, referring to projects and organizations in other fields could also be helpful for carrying out the design. The chosen case studies in this project lie in the following categories.



Psychiatric Hospitals

Although the proposed project is aimed for outpatient psychiatry, built psychiatric hospitals, especially their interior design, are still practical references of the project, as the design should help relieve stress and benefit the healing process. Their choice of material and geometries can also be applied to outpatient psychiatric facilities.



Maggie's Center

Maggie's is an organization that provides free support and care for cancer. Maggie's center are often well designed according to a clear brief, providing comfortable consultation, communication and social spaces for patients. Their function distributions of the centers have many similarities to the project, and the furnishing also aims to make the spaces relaxing and healing.



Organizations

Though there aren't many clinics or hospitals focusing on mental health of adolescents and young adults, several organizations aims to help patients in this age group heal and rehabilitate. Learning about their process of helping the participants and the activities they organize also provides important information for designing the psychiatric center.

A few selected cases are demonstrated and analyzed in the following pages. The important qualities and features that can be applied in this project (and other future projects) are summarized and demonstrated at the bottom of the page.

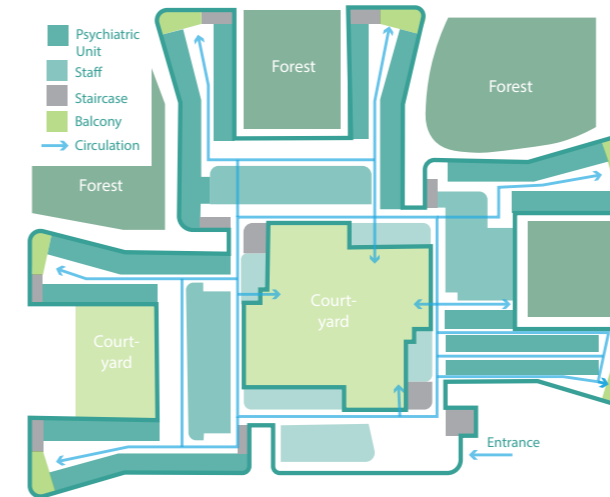
It should also be mentioned that architectural projects in different parts of the world are collected, so that the results of the analysis could be unbiased and applicable in more contexts.

# Case Studies

## Tampere Psychiatric Clinic - Finland

The architect of this project aims to benefit the wellbeing of the patients and doctors in the clinic by emphasizing access to the outdoors, natural materials and daylight.

The building is located within a forest. The U-shaped plans embrace the surrounding green space, providing a pleasing view for whoever walking pass the corridors. Tall windows introduce more daylight into the building for people having to stay indoor. A shared courtyard is located in the center, and access to it is possible from both floors.



Wooden strip is a common element found both on the facade and interior design. Its natural and warm tone has a soothing effect on the patients. Indications of nature are often seen indoor, such as plants and drawings of the forest. Curvature is also an element repeatedly used in the project, helping calm the patients (CF Møller, n.d.).



Closeness to nature



Curvature



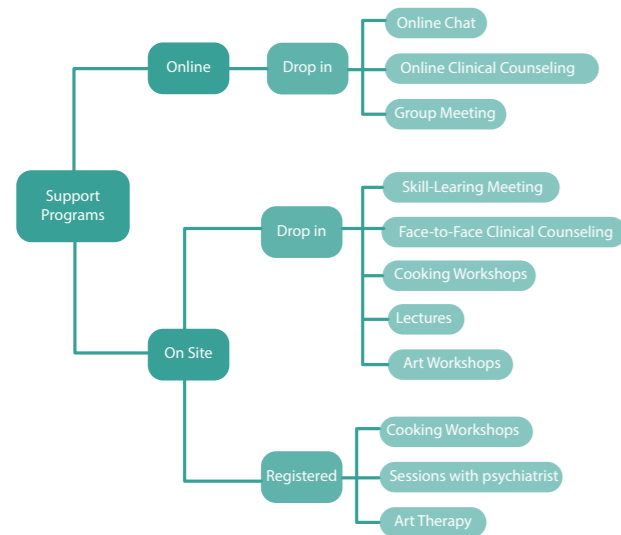
Materiality



Indoor indication of nature

# Case Studies

## Stella's Place Toronto - Canada

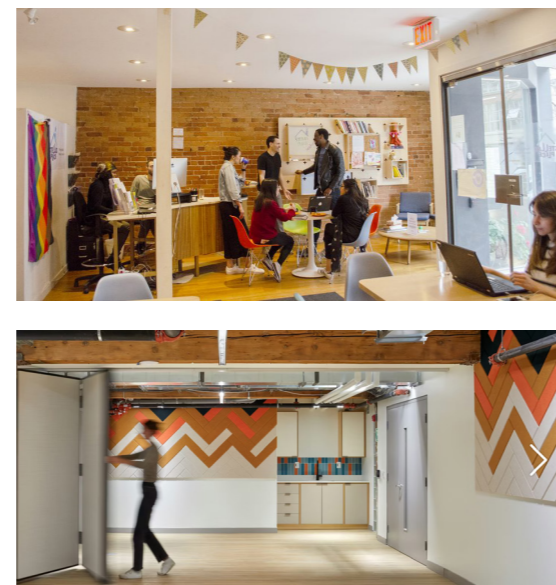


Programs provided at Stella's Place

Stella's Place is a non-profit organization that provides free mental health services for young adults aged 16 to 29, empowering the visitors to learn new skills and manage their own mental health and access support on their own terms (Stella's Place, n.d.).

A team of young architects were commissioned the building project, as it is believed that participants of the organization should have the chance to communicate their thoughts and needs to likeminded peers.

The design aims to promote wellness, while not making a clinical impression. This is achieved through the choice of materials and letting light flood in. In addition to creating welcoming common spaces, the design also emphasizes on providing personal spaces. Equipping barrier-free facilities in the building is considered an important enhancement to the space (Cicerone n.d.).



Accessibility



Material texture



Vivid colors



Letting light flood in

# Case Studies

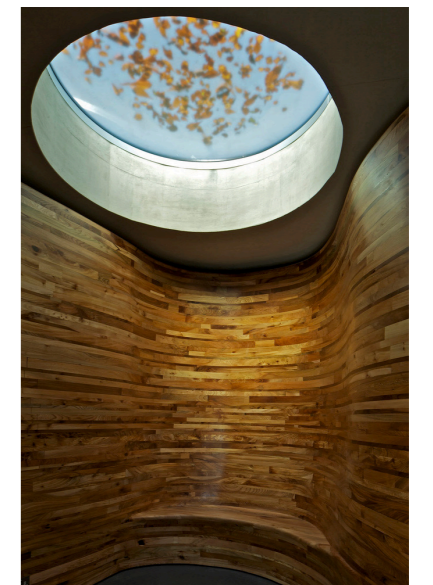
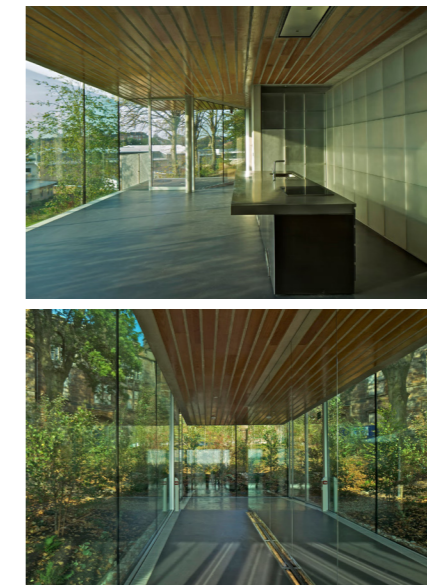
## Maggie's Center Gartnavel - United Kingdom



The Maggie's Center Gartnavel in Glasgow is a single-level building with interlocking volumes surrounding a courtyard. The arrangement of the spaces eliminate the isolation of each rooms, minimizing the need of corridors and allowing rooms to flow. Thus visitors can feel at ease, as if they were at home. Despite the close connection of functions, the design also emphasizes on personal spaces, in counseling rooms and other private areas.

The building is also surrounded by nature, both by the internal courtyard and the surrounding greenery. Glass curtain walls can be found on the external facades and enclosing the courtyard, providing a view to nature and letting light into the building.

The rooms are of different heights. The private spaces have a lower ceiling, and the common areas are more open and spacious.



Closeness to nature



Transparency



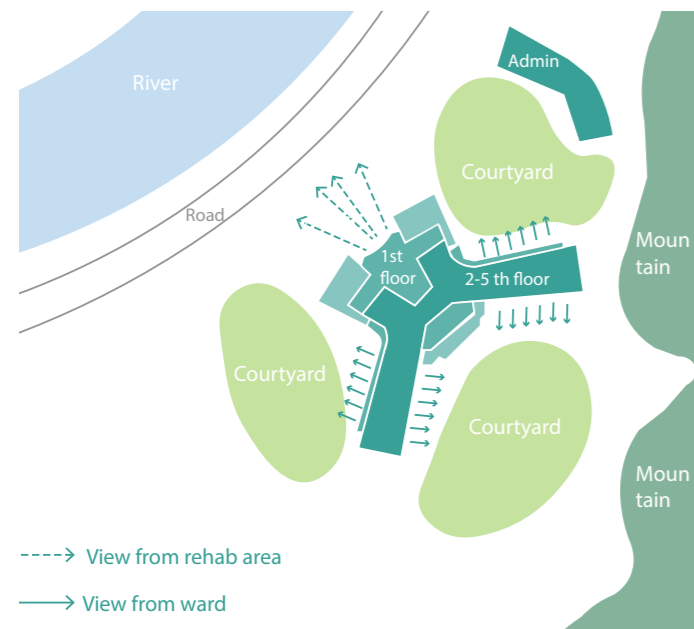
Materiality



Different room heights

# Case Studies

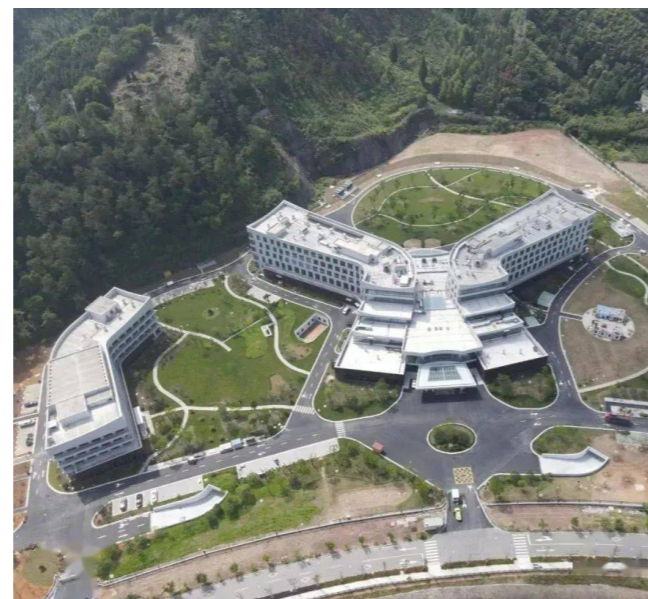
## Hangzhou Seventh People's Hospital Extension - China



This project is located between the forest and rivers, far from the city noise. The architect's aim is to integrate the design into the water and mountains, so that patients and doctors feel close to nature in the building.

With the plan stretching out on both sides into a curve, the architect manages to ensure a nice view to nature (river or forest) from all wards and common spaces, and creating separate courtyards for different sectors. Abundant daylight in the wards is guaranteed with large windows. The architect aims to make the patients feel at home with these features.

Set backs are applied on geometries to allow more daylight into the relatively large building, and create more pleasant common spaces (Smith Group, n.d.).



Closeness to nature



Curvature



View to the lake



Setback in the geometries

# Interview

Before carrying out the actual project, it is important to listen to potential users of the facility, including staff and visitors. The following are the main aspects that they emphasize on and envision.

## Psychiatrists

"The most common mental disorders adolescents and young adults that we receive in clinics suffer from are depression, ADHD, ASD, and OCD."

"It is very helpful and clearer to see adolescent and young adults as a separate category."

"Decorations such as flowers and paintings are helpful for the therapy and healing process."

"The therapy rooms should be in a very quiet area. There should be a transition area between the rooms and the waiting area."

"The rooms should be sound proof for the sense of security and privacy."

"Us doctors want the therapy rooms to be larger."

## Patients (possible visitors)

"The rooms for counseling should be enclosed, providing a sense of security, but should have plenty of sunlight."

"It is more ideal if rooms and common spaces that are empty and open up have dividers that separate them to smaller but not completely enclosed areas. I would prefer lots of corners created by movable partitions or low bookshelves."

"I have neurodevelopment disorders and I want the signs in the facilities to be larger and more obvious. I often overlook signs or fail to read all the information on it."

"I want very soft chairs and carpets."

"There should be special treatments on the visual and tactile aspects of the spaces to make us feel better."

"(In a psychiatric center) I would like a small room with soft sofas that I can sit with friends."

"(In a psychiatric center) I want large bean bags in the common spaces. I also want a large cushion where I can roll over."

"It would be nice if lessons of psychomotor exercises and expressive arts that help open up the mind and stretch our bodies can be held (in the psychiatric center)."



Personal spaces



Softness and quietness



Clear Navigation



Letting light flood in

# Project Introduction

The psychiatric center is aimed to create spaces for adolescents and young adults with mental health issues to receive therapy, rehabilitate, and relax by themselves, with their peers or with the guidance of professionals, without having to be in a hospital environment. Patients with psychiatric disorders, especially the adolescent and young adult groups, require an environment and community where they feel safe and be surrounded by people similar to them, where they choose to open up or be completely on their own. This is the aim of this architectural project: A space for therapy, communication, or simply escape.

Based on the possible activities to be held in the facilities, the functions of the spaces can be divided into the following categories:

**I. Therapy:** Patients with psychiatric disorders need repeated reexaminations to assess their conditions within a certain time span after the diagnosis is made, and be given prescriptions regularly. The doctors in the center could help with that: not examining and diagnosing, but fulfilling the need for regular reassessment, documentations, and prescriptions, so that they don't have to return to psychiatric hospitals all the time. If the psychiatrists in the center consider the patients' state worsens, they will direct them to psychiatric hospitals for more detailed examinations. In addition to receiving clinical reassessments, visitors should also be provided the opportunities to talk to a psychological counselor when they consider necessary.

**II. Relaxation:** Patients with psychiatric disorders would normally avoid noise, crowded spaces and too much communications. Thus, quiet areas designed for being alone and uninterrupted should be available.

**III. Activity:** As the studied literature demonstrates, although patients with psychiatric disorders require time on their own, communication, especially with people in the similar situation, is very beneficial for the healing process. Thus, there should also be areas that are open up and promote human interactions. The activities to be held in this area are those proved favorable for the patients, e.g., drawing, cooking, and psychomotor exercises.

**IV. Staff:** As many people require chatting and meetings online for psychiatric or psychological consultations, two teleoffices are provided for staff in addition to necessary offices, staff rooms, and group rooms. Staff would also hold meetings or join the activities and provide guidance in the activity spaces. It should be noted that the center is considered an outpatient facility, and it is assumed that most of the staff for the facility work part-time only.

**V. Outdoor:** Visitors should be provided with different types of outdoor spaces for different activities. The community is also invited to use some of the spaces and participate in certain activities.

The project brief is demonstrated on the right. Some of the room types are newly defined in this project or require better specification, and are thus explained in better details in the following pages.

# Brief

	Area	Number	Total Area
<b>Therapy Area</b>			
Therapy Room	12	3	36
Conversation Room	12	3	36

<b>Staff Area</b>			
Office	12	2	24
Group Room	12	1	12
Staff Room	12	2	24
Teleoffice	12	2	24
Administrative Office	12	1	12

<b>Relaxation Area</b>			
Relaxation Room	12	4	48
Library	40	1	40

<b>Activity Area</b>			
Small Activity Room	30	2	60
Large Activity Room	80	1	80
Art Room	40	1	40

<b>Common Area</b>			
Reception	10	1	10
Shared Kitchen	50	1	50

## Logistics

WC	2	4
RWC	5	1
Electricity Room	5	2
Cloakroom	5	1
Storeroom	12	1

## Outdoor Space

Parking	12.5	6
Handicap Parking	25	1

Seating	50	2
Gardening	36	1
Sports Facilities	50	2

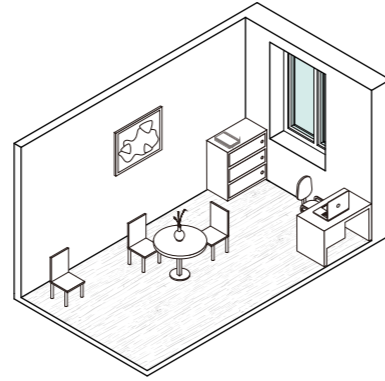
Total Area 536 sqm

+ Communal Space (\*1.5) 804 sqm

## Description of Functions

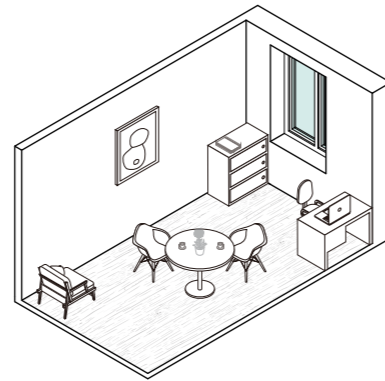
### Therapy Room

Room for regular reassessments and documentation of the condition, and prescriptions with psychiatrists. Visitors can do tests on the computer.



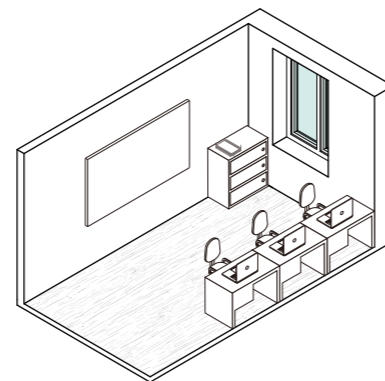
### Conversation Room

Room for having meetings with psychological consultants, equipped with props such as sand trays and therapeutic cards, and projective media.



### Teleoffice (Staff)

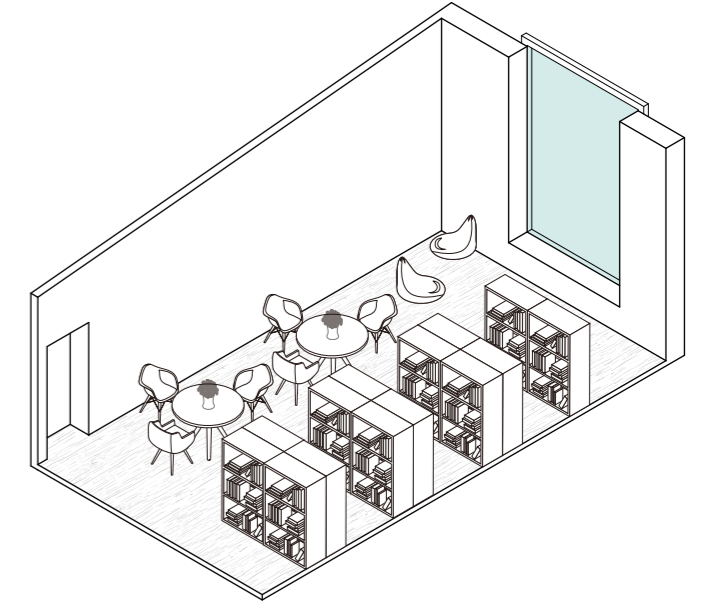
Office for staff to deal with consultation through online chatting or video call.



## Description of Functions

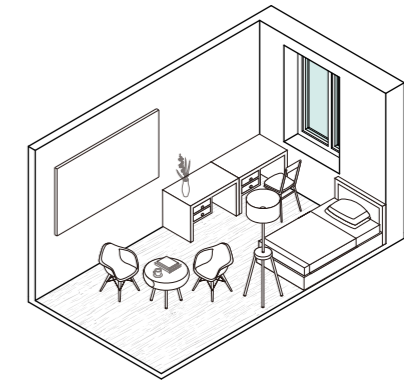
### Library

Part of the relaxation area, the library provides books related to psychology and other books beneficial to the visitors, who are supposed to remain quiet in this space.



### Relaxation Room

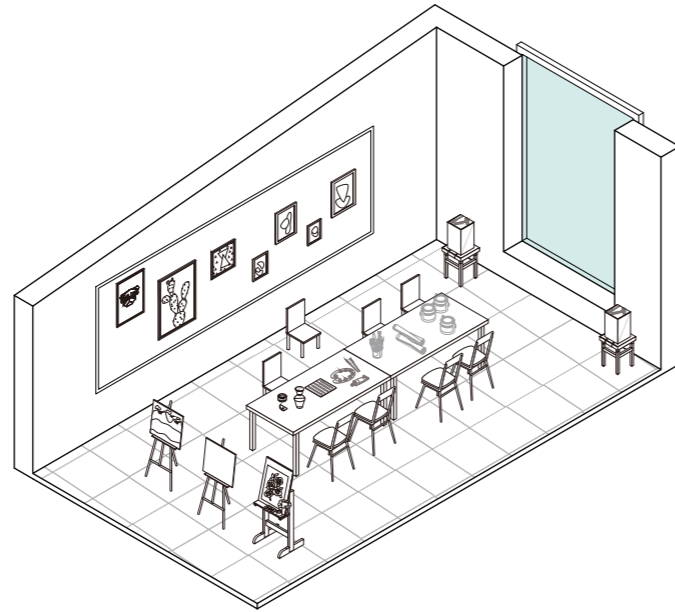
Bookable rooms with a adjustable lighting system for visitors to sit down, meditate, or even sleep without any interruption or supervision. It is also possible to play music and smell different aromas in the room. Users of the room can lock the doors and be on their own or with their close friend.



## Description of Functions

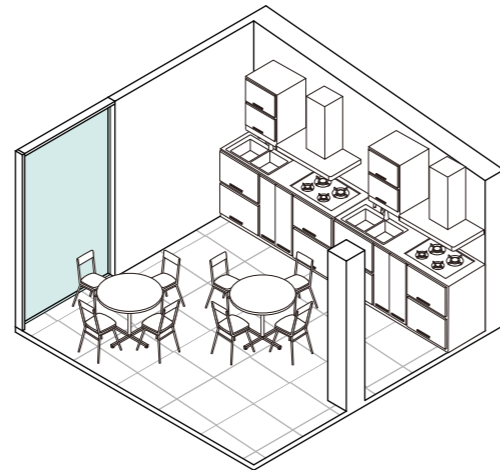
### Art Room

Art is an important media for expressing thoughts and emotions, which is especially beneficial for younger patients with psychiatric disorders. Studies have also shown that painting, coloring and clay sculpturing can help people calm down and relieve stress. The room is equipped with painting and clay sculpturing tools for visitors to use, and they can also exhibit their work on the exhibition board.



### Shared Kitchen

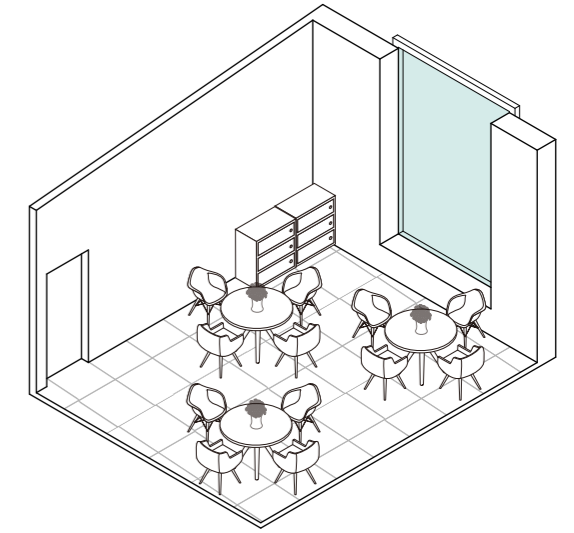
Researches and a number of practices suggest that cooking is an ideal group activity that help build up self-recognition and strengthen group connection. The shared kitchen is not only for dining, but more importantly, for the visitors to cook and enjoy the food together. It should be noted that there are four kitchen counters. The goal is to guarantee that people are still able to use the kitchen by themselves when they don't want to join any group activities.



## Description of Functions

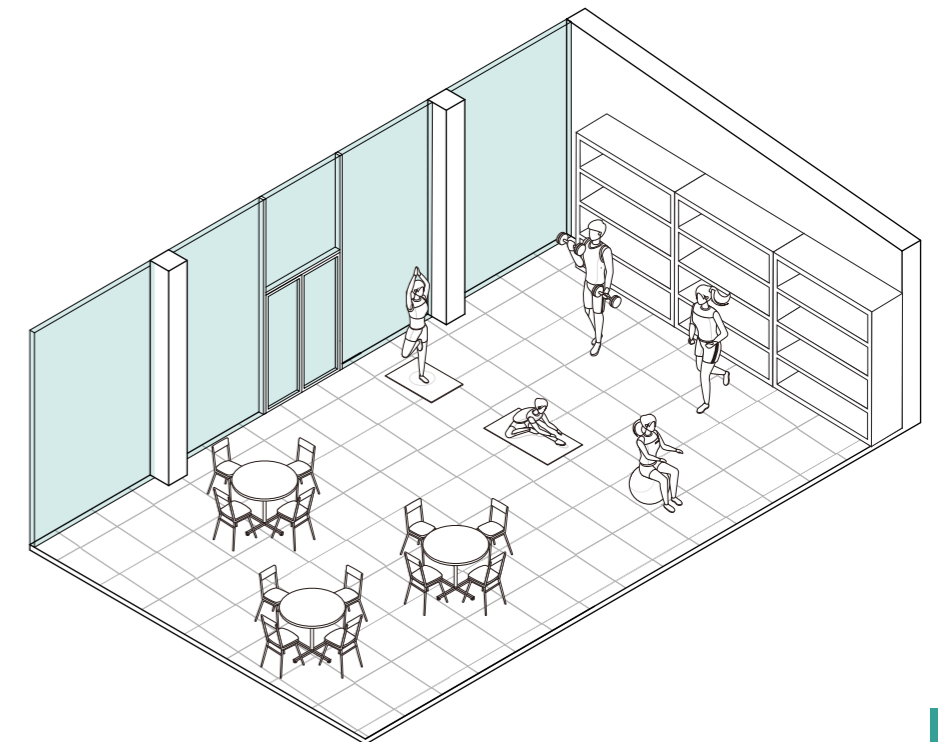
### Activity Room (Small)

Bookable rooms for visitors to hold activities such as board games, video games and seminars in small groups. The users can choose to be on their own (with doors locked) or joined and guided by professionals.



### Activity Room (Large)

Large activity room connected to the shared kitchen and outdoor spaces. It is where guided group activities of psychomotor therapy exercises and expressive arts are held. When no activities are scheduled, visitors can dine or gather and hold group activities with a nice view to the outside. The room is open up and equipped mostly with movable furnitures to fit its functions.



## User Profile (Visitors)

To better explain how the facility works, a few hypothetical users of the psychiatric center are listed. It should be noted that it is not the kind of disorder to be treated that is discussed, but rather, how the requirements of the users can be fulfilled in the spaces.



Lukas, 16

Lukas is a high school student who sign up for meetings with one of the psychiatrist in the center every other weekend. In addition to receiving reassessments and perscriptions, he also finds it reassuring to communicate with the psychiatrist and gain advice. After the session with the psychiatrist, he sometimes joins the cooking activity when he is in the mood.

## User Profile (Visitors)



Maja, 20

Maja is a college student, and is very interested in paticipating in lessons of psychomotor exercises and expressive arts held in the center. She finds such activities help her better express herself and gain control over her bodies. She also eagerly participates in the cooking activities, which gives her the sense of achievement and helps her start communications with others more smoothly.



Julia, 19

Julia is taking a year off from high school to recuperate. Presently, she still doesn't feel very comfortable to interact with other people. However, staying at home all the time makes her feel too enclosed and is not helping her heal. She has to leave the house, but she still wants to be in a place where she feels safe and supported. That's why she visits the center twice or three times a week. She spends a lot of time in the relaxation room and library alone, and sometimes books a meeting with the psychological consuelor. She also uses the kitchen, but presently she is only using it on her own.



Oskar, 22

Oskar has a lot of thoughts and is eager to express, and is very interested in art. However, he only feels safe when surrounded by people with similar situations. Therefore, he visits the center during the weekends and spend a lot of time in the art room. He also participates in some of the group activities in the activity rooms, especially when a professionist is also present, who can better explain the reasons behind his decisions, and make him feel understood.

## User Profile (Staff)



Emma, 32

Emma is a practicing psychiatrist who works three half days per week in the center, the exact days depending on her schedule. Most of the time she has online or face-to-face appointments with the visitors to communicate and assess their situation. She also accepts drop in sessions when she has the time.



Erik, 28

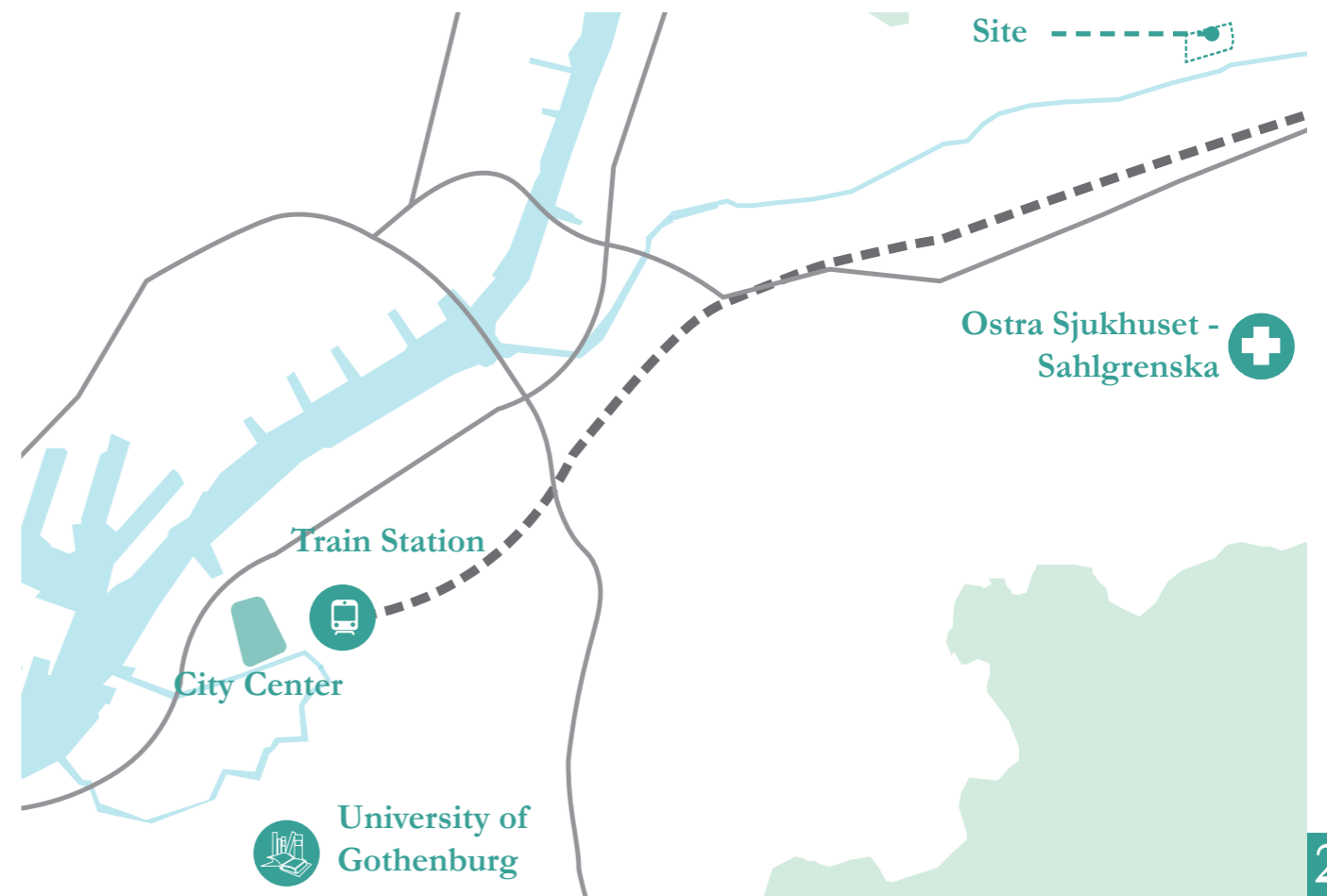
Erik is a psychologist and works at the center on Friday, Saturday and Sunday. On Friday he arranges psychological counseling, which people book in advance. During the weekend, he participates in group activities of the users and provides guidance. He also propose and help plan activities of psychomotor exercises and expressive arts using his professional knowledge.

## Site - Utby

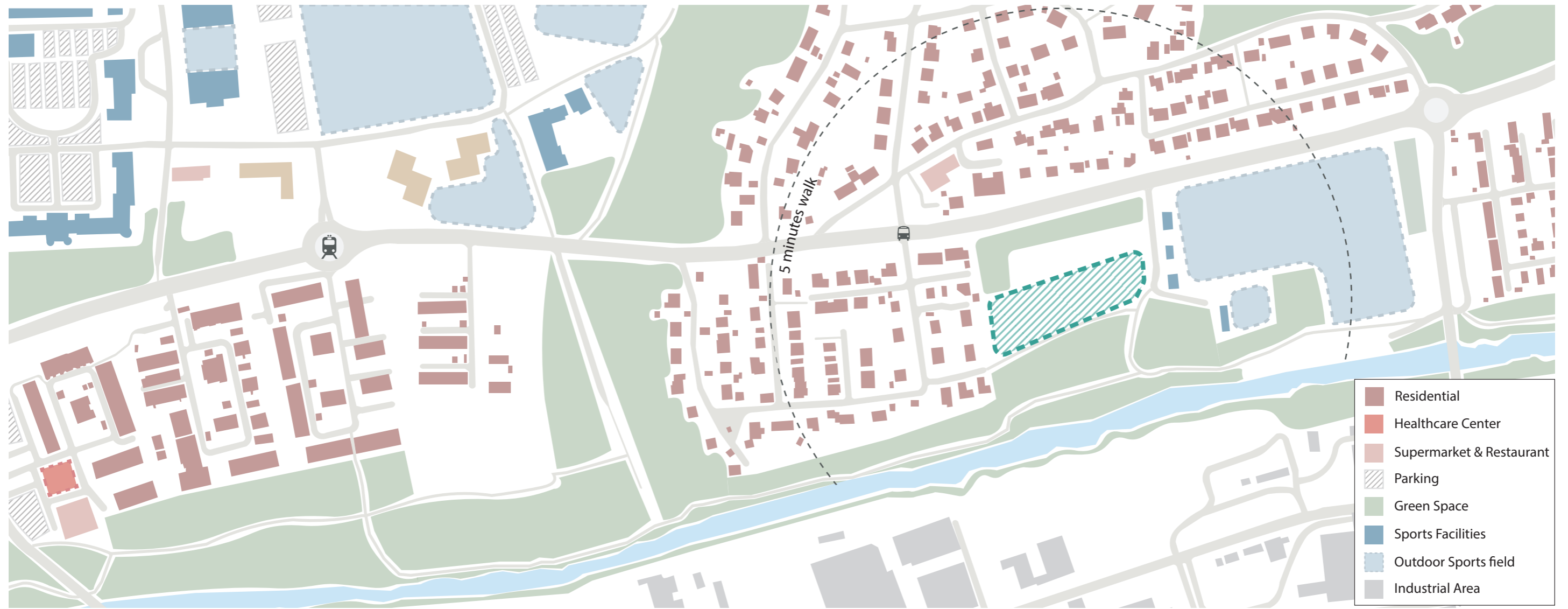
The site is located in Utby, Gothenburg city. The reason to construct the facility in the city of Gothenburg is as follows:

- 1) Gothenburg is a relatively young city, with 11% of the population being college students, and 3% being high school students (SCB, 2024). Locating the facility in such a city is likely to benefit more people.
- 2) Gothenburg is the second largest city and an important city in Sweden. Thus, having a facility as such could also have greater influence, and positively affect the surrounding area.
- 3) The Department of Psychiatry and Neurochemistry of University of Gothenburg can provide scientific guidance for the arrangement of activities in the facility. On the other hand, the information that this facility collects could also be valid data for scientific researches.

The location of the site and its relationship with some important facilities in the city is demonstrate below.

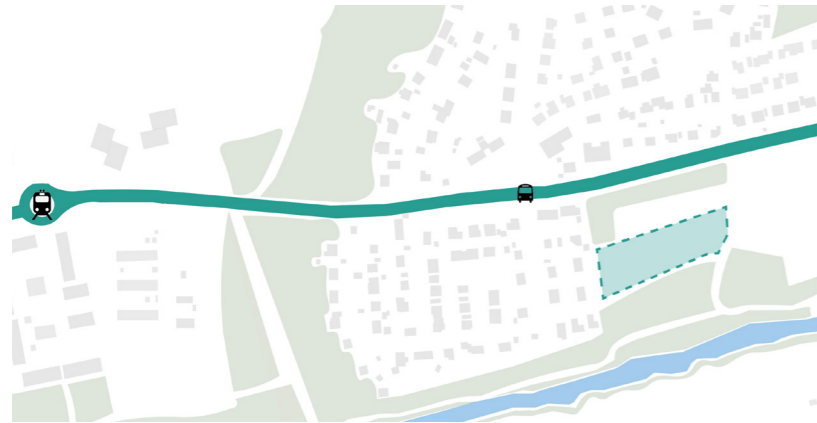


# Site - Utby



# Qualities of the Surrounding Area

## Transportation



The site is 25 minutes of public transport from the city center, and is right next to a small bus station, and only seven minutes' walk from a tram station where many tram lines cross, so that it is still accessible, but not too busy and crowded.

## Sports Facilities



As is marked in the diagram, a variety of public sports facilities, both indoor and outdoor, can be found in the area, making it possible to cooperate with these facilities (organizations) to hold activities that help promote health and benefit the healing process.

## Healthcare Support



The site is close to a healthcare center with child and adult mental health support as part of the service (Omtanken vardcentral & BVC - Kviberg), and thus cooperation and mutual support is possible. The location of the healthcare center is demonstrated in the diagram.

## Community



Most buildings surrounding the site are small scale residential buildings. Researches prove that psychiatric facilities located in local communities rather than in isolated locations might improve patient interaction with others (Jovanovic et al., 2019). Letting the community participate in some of the outdoor activities is beneficial for assisting the people using the facility build connections with other people.

## Close to Nature



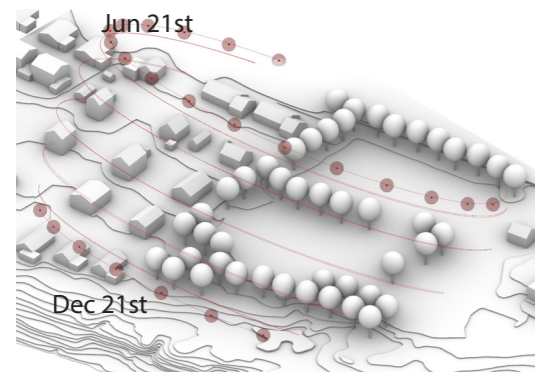
The site is surrounded by green spaces and is facing a lake, separating the site to the busy city with too many hard surfaces. It is also very close to a nature park. Thus connection and view to nature is possible.

## Tranquility

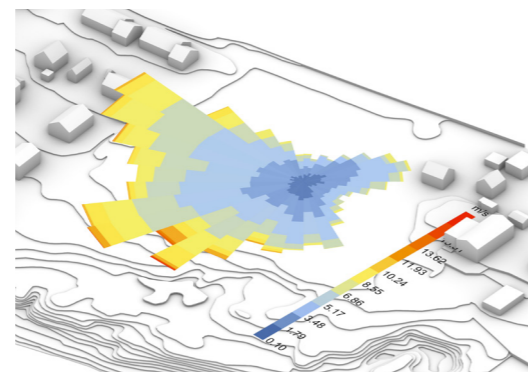


Greenery belts favor a decrease in acoustical energy and unwanted noises (Jablonska, 2024). The green belt on the south of the site and the lake guarantee that the site is tranquil despite some industrial factories are located on the opposite side of the lake.

# Climate Conditions

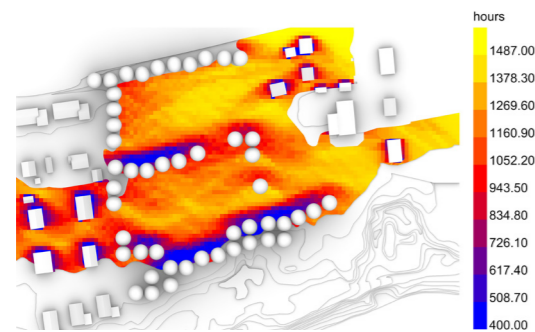


Sun Path

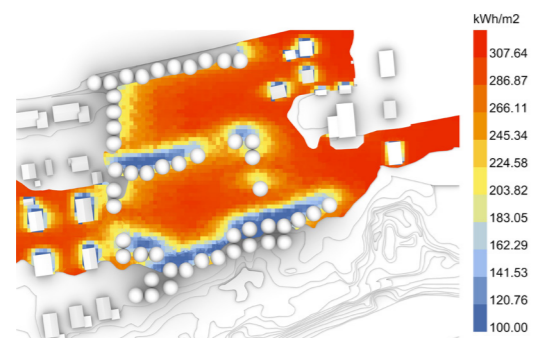


Windrose

The diagrams demonstrates the relationship between the sun path and wind and the chosen site. According to the diagram, the strongest wind is from the west and southwest of the site.



Sun Hours - Winter



Incident Radiation - Summer



Incident Radiation - Winter

The analysis show the daylight condition of the chosen site. When building on the site, areas affected by the dense trees during summer should be avoided. Although the site enjoys plenty of sunlight in summer, how the outdoor area can be shaded should be considered. The amount of daylight during winter is insufficient, and measures should be taken to solve the problem.

# Site Photos



Surrounding residential area



View from site

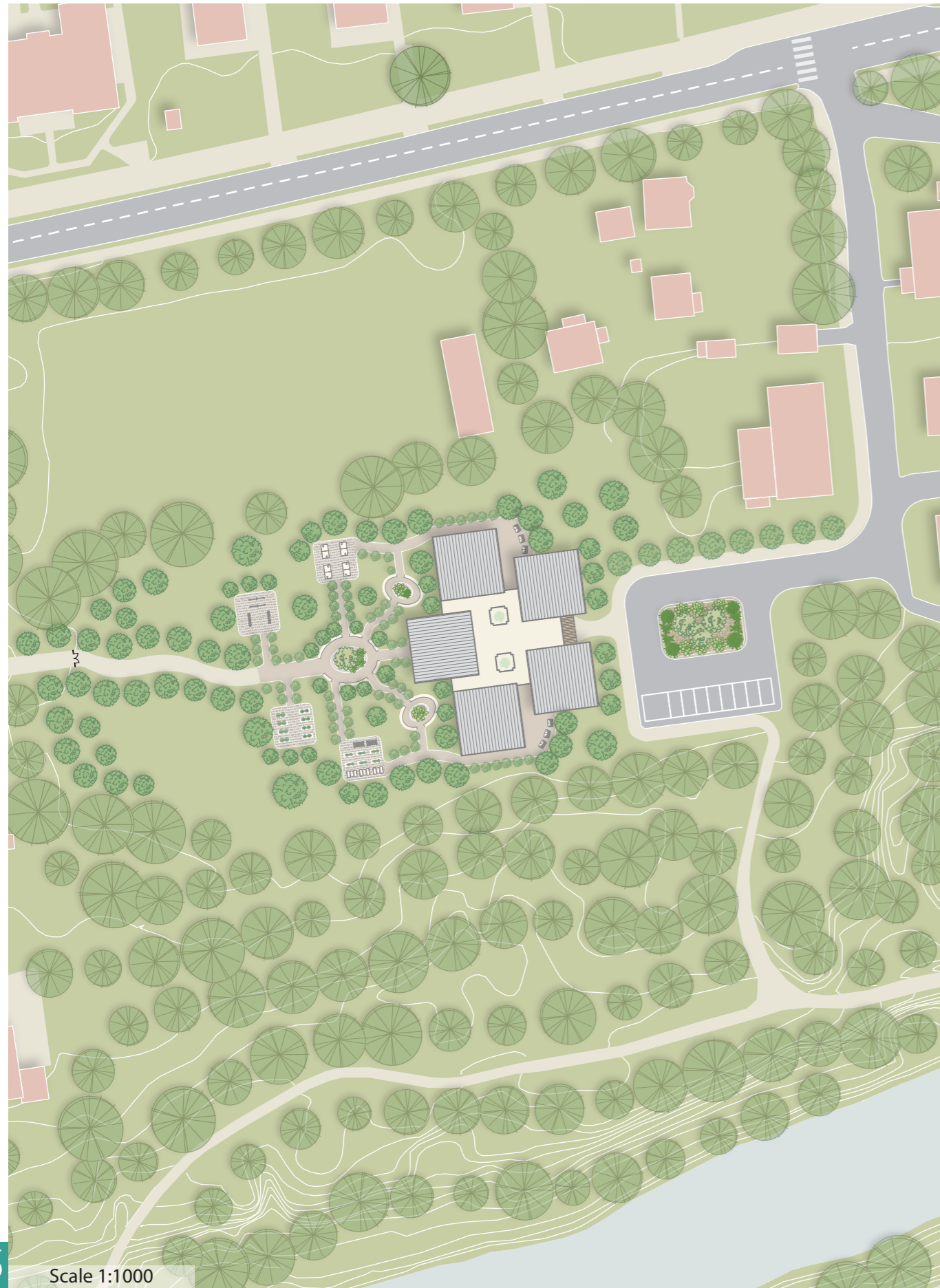


Site Photos - Summer



Site Photos - Winter

## General Plan



## Design Qualities

### Architecture that heals

When making decisions for this project, the most important aspect to consider is if the design helps the user of the space heal. Ideally, the design of spaces, choices of colors and materials, and the furnishing of this project should all have a verifiable positive effect on the healing process. It is also important that design solutions that are considered harsh, cold or agitating are carefully avoided in the project.

### Inclusive design

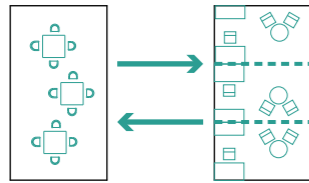
The architecture should satisfy the users' needs regardless of their gender, races and personal conditions. It should create an warm and welcoming environment where no matter what issues the visitors or patients are facing, they should be free from discriminations and be able to communicate openly and equally.

### Connection to nature

The architecture should be surrounded by nature, and build contact with the surrounding environment. It should not do harm to, but rather coexist with nature and even help enhance it. This can be achieved through using sustainable materials, creating green spaces in outdoor areas, and avoid cutting down trees during construction.

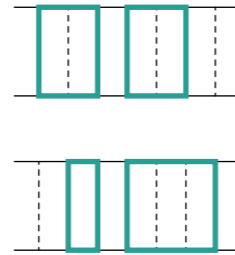
# Design Strategies

## Building Structure



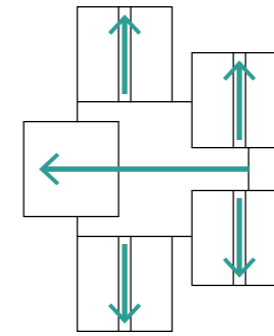
### Flexibility - Room Structure

The room dimensions strictly follow the same modularity. Thus, it is easy to change the function by refurbishing the room or rearrange the structure if necessary in the future.



### Flexibility - Window Structure

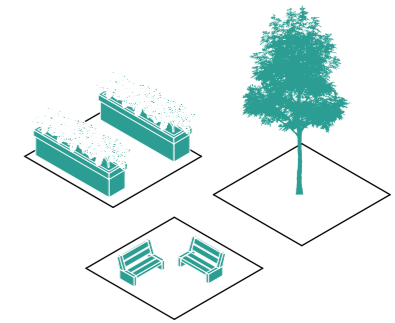
The windows also follow a grid of 0.6 m, and therefore it is easy to rearrange the openings when needed in the future.



### Direct Access and Sightline

The different volumes of the building follows a coherent form for easy navigation, and each volume has a sightline that leads towards outside.

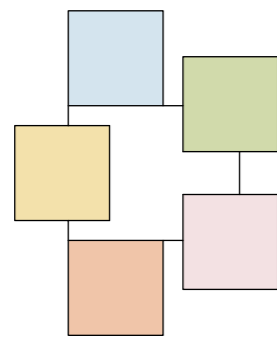
## Outdoor Space



### Different Types of Outdoor Spaces

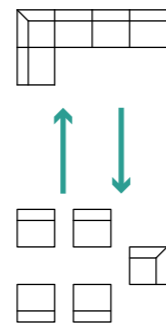
The outdoor space is separated into different areas of different functions, so that users can choose the kind of activity to attend and communication to participate in.

## Indoor Space



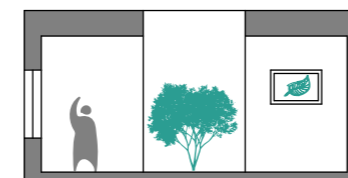
### Color Theme

Different zones of the building are characterized by different colors, helping the users to navigate and giving the spaces character.



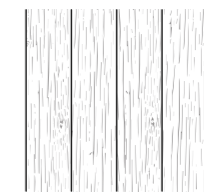
### Movable Modular Furniture

Movable furniture gives its users control to the environment and possibility to choose the kind of interaction they prefer.



### Indoor Indication of Nature

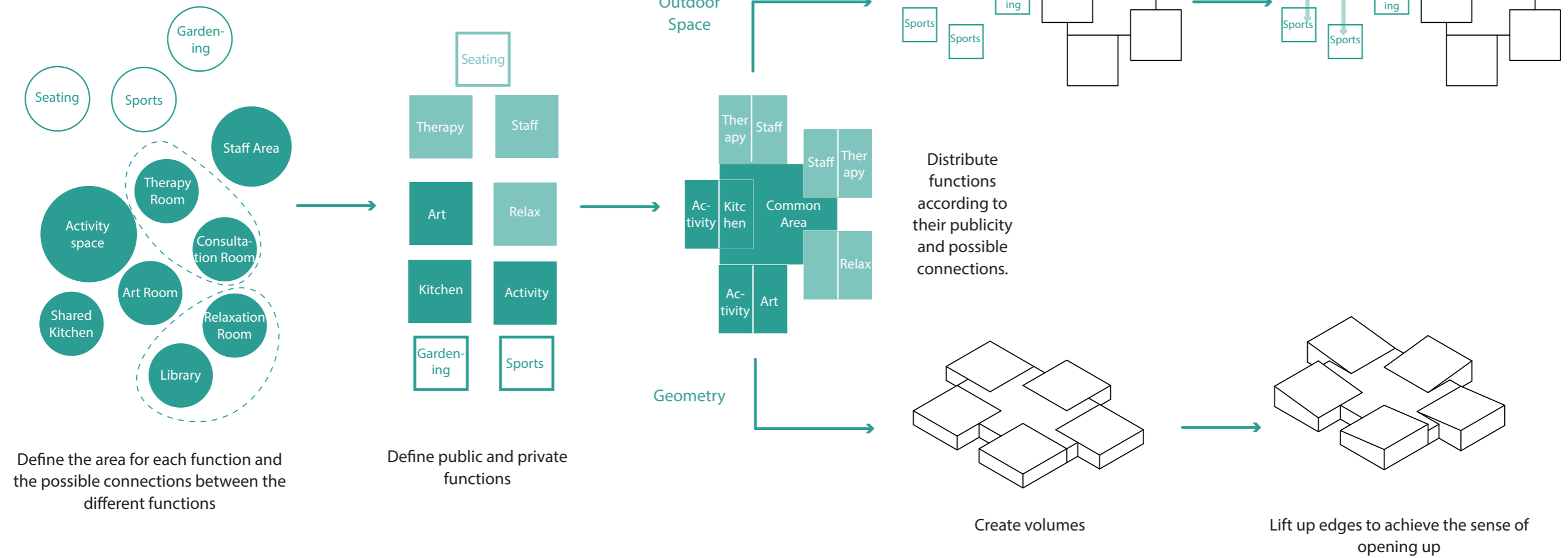
It is necessary that spaces dedicated to people with psychiatric disorders have indoor indication of nature, such as indoor plants or decorations with natural elements, so that they still feel connected to nature even when they prefer to stay inside.



### Materiality

Natural material connects to nature, and has a soothing effect, benefiting the healing process.

# Volume Development

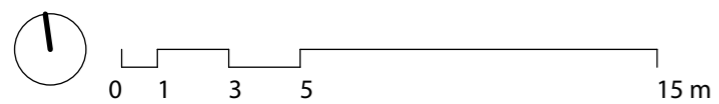




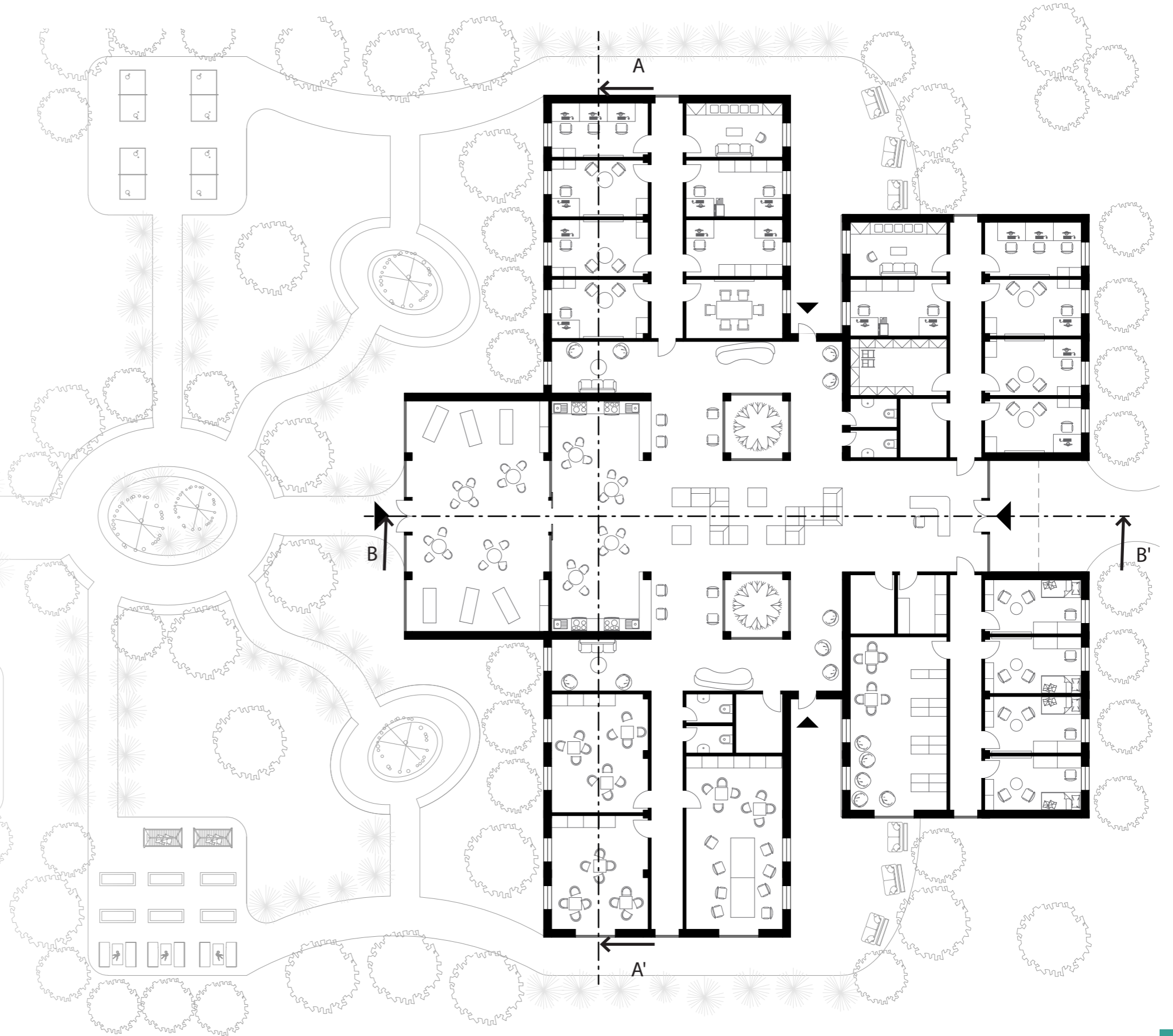
# Plan-Funtion Distribution



- Therapy Area
- Activity Area
- Personal Area
- Common Area
- Staff Area
- Logistics Area



# Plan-Furnished



# Material Choice

Fig 2. Wood facade and pattern



Fig 3. Aluminum roof panels

Fig 4. Floorings for common spaces

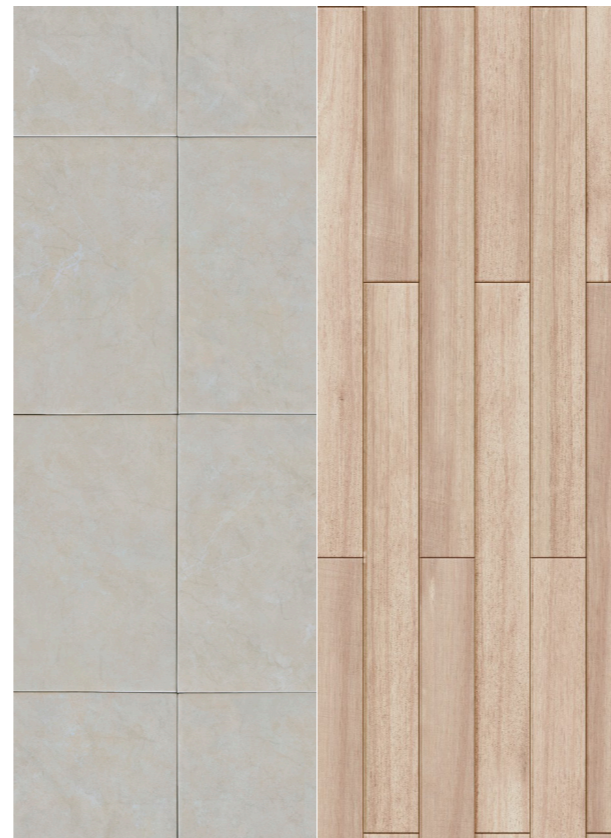


Fig 5. Floorings for private areas

Fig 6. Pavement pattern

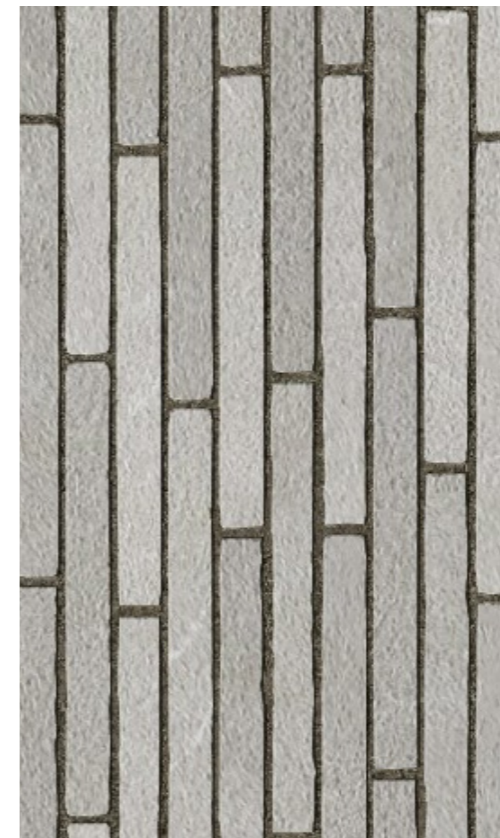
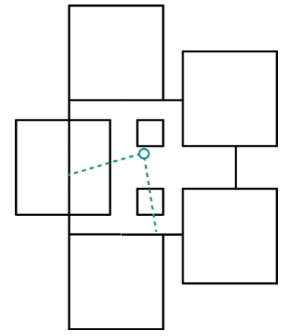


Fig 7. Hard surface pattern

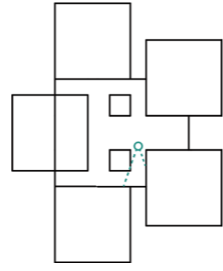
## Interior View



### Common Area

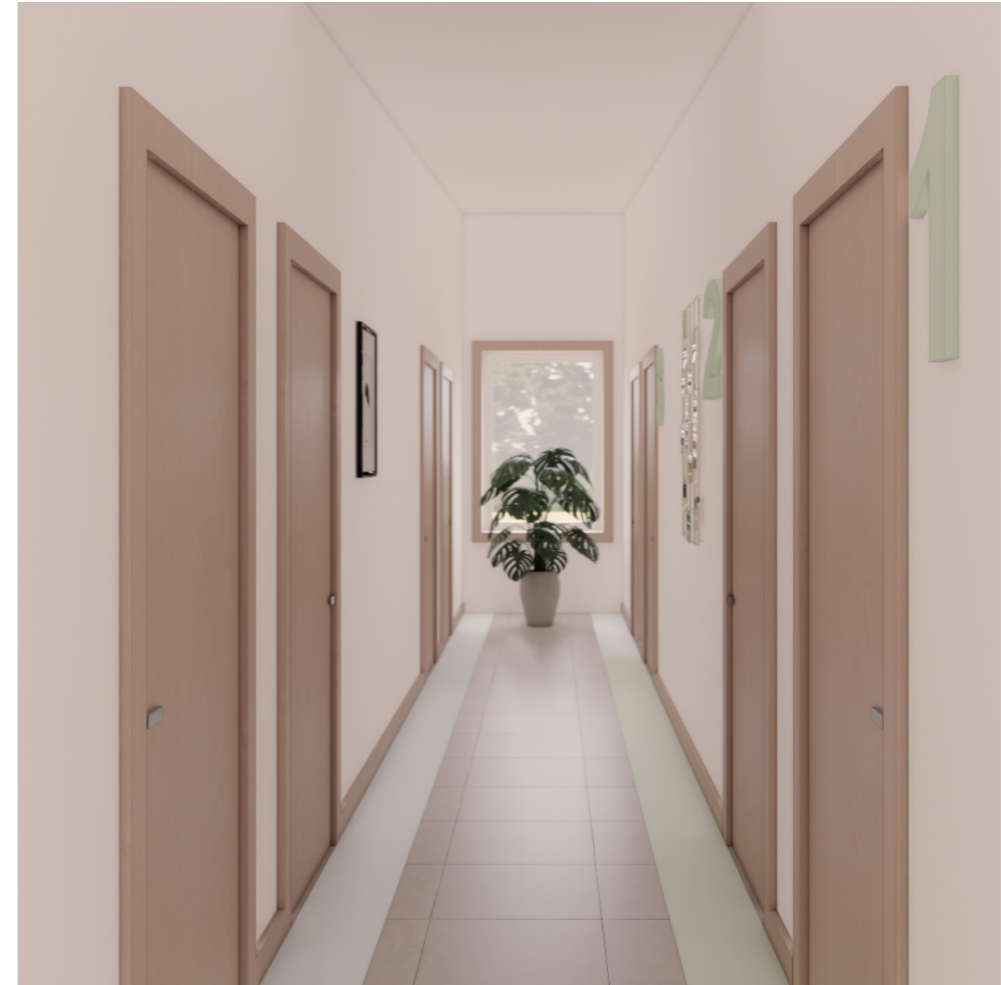
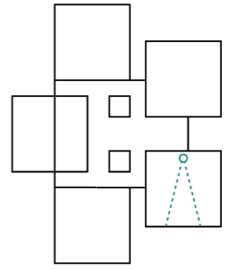
The modular seating and common kitchen provide spaces for interactions with a view towards outside.

## Interior View



### Sitting Area

The sitting area in the common space enjoys plenty of daylight and indoor green view. The soft surfaces and natural materials also have a soothing effect.



### Corridor Space

The color bands on the floors indicates the different functions, and help visitors navigate. Each corridor leads to a window facing the outdoor green space.

## Furniture choices

The following are some furniture choices closely relevant to the design concept. Though it is not necessary that the exact same products are chosen, the qualities they offer should be applied in the design.



Fig 8-10. Modular seating in the common area

It is easy to move the modular seatings around and create different kinds of arrangements that foster different levels of communications, providing the visitors the sense of autonomy and encourage positive interactions.



Fig 11-12. Beanbags in the seating area and library

**54** Beanbags make it possible for visitors to lie down or sit in the way they want. They help relieve stress and provide a sense of security.



Fig 13-14. Outdoor seating

The outdoor seating should ideally have soft surfaces that are waterproof.

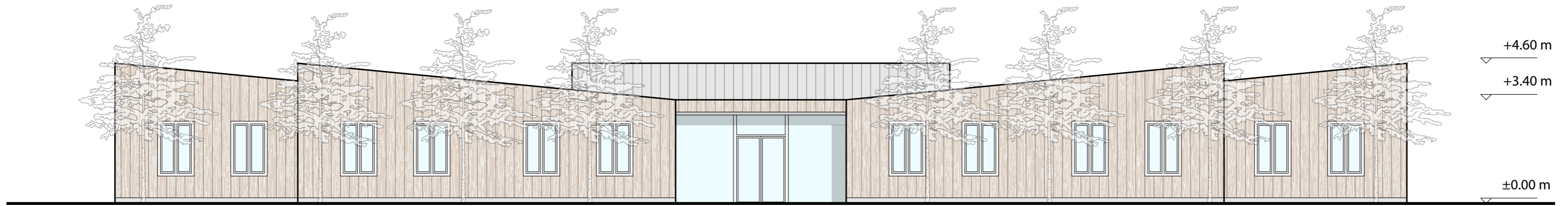


Fig 15. Dining tables and chairs

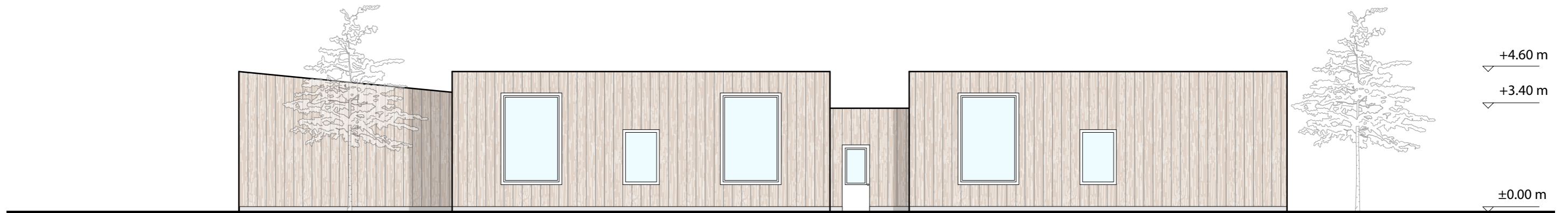
The dining tables and chairs should match the natural materiality of the architecture, and can be moved around easily to make it possible to arrange spaces for different kinds of group activities.

**55**

# Elevations



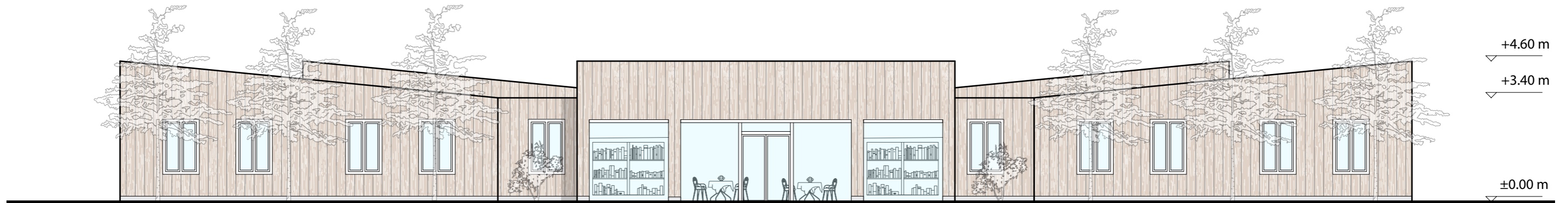
## East Elevation (Entrance)



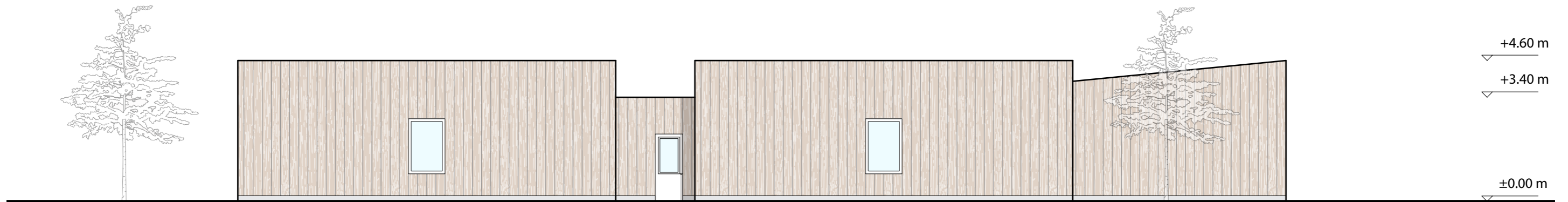
## South Elevation



# Elevations



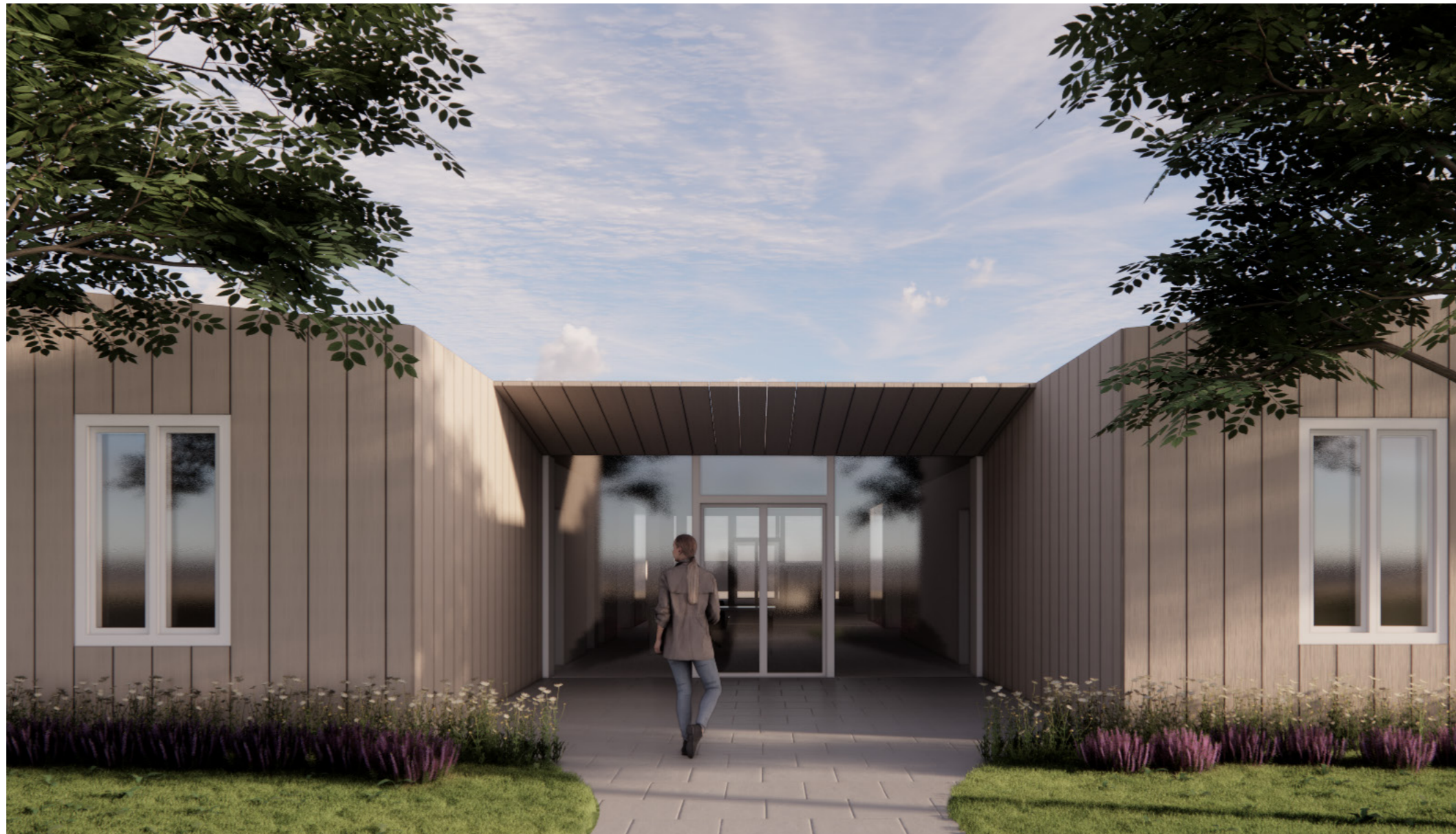
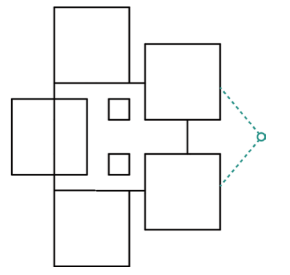
## West Elevation



## North Elevation



# View from Entrance



# Outdoor spaces



Fig 8. Sports facilities



Entrance path from the community



Nursery for gardening activities

The outdoor space of the facility should also be available for the community when the facility closes, giving qualities to the area.



Hard surfaces for activity areas

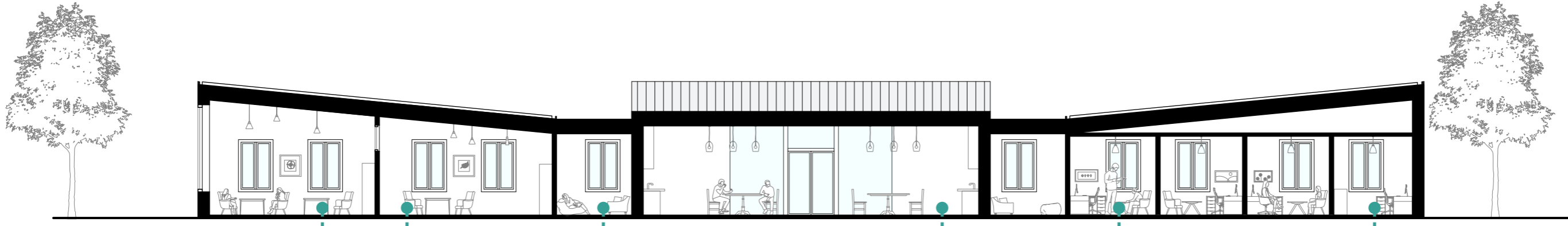
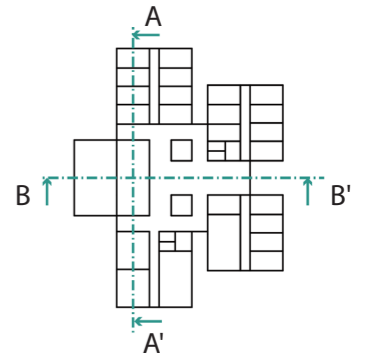


Fig 17. Curved benches



Outdoor seating

# Sections



Section AA'

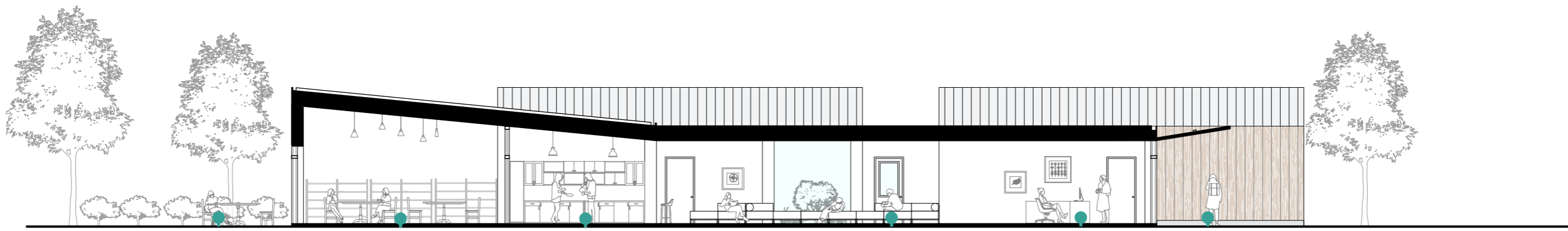
Group activity space

Seating area

Common kitchen

Consultation room

Teleoffice



Section BB'

Outdoor seating area

Activity space connected with outdoor area

Common kitchen

Modular seating in the common space

Reception

Entrance



# Discussions

## How to design spaces that help adolescent and young adults with psychiatric disorders heal?

Based on the research and the design process, the following are summarized the features of a space that facilitate the psychiatric healing process, not limited to a psychiatric center or hospital.

**I. Access to natural lighting:** Having access to natural lighting even when remaining indoor, especially in the morning, is proved to reduce stress and depression, and benefit mental and physical well-being in general (Jabłońska & Furmanczy, 2024). Rooms should be equipped with large enough windows, and room height and depth should be limited to receive sufficient daylight.

**II. Connection to nature:** Users of the space should be able to engage in nature both when going outdoors, and remaining indoors. Nature is not only an aesthetic element, but more importantly, it benefits the healing process better when people can participate in it. Outdoor activities such as outdoor physical activities and gardening should be available for people when they want to actively engage in nature (Simonsen et al., 2023). Direct view to green spaces from the windows, and other indoor indications of nature such as paintings of natural elements provide the possibility to experience nature even without having to move around.

**III. A generally soothing environment:** Although people often have different perceptions of space, it is still possible to create a generally warm and calming environment. To achieve this effect, natural material such as wood, and bright and subdued colors should be used (Hagerup, 2025, Norouzi et al., 2019), and harsh materials and dark colors should be avoided. Curved elements also have a positive effect. Guaranteeing acoustic comfort is also important for making the space feel calm and secure. Therefore, noises from heavy-traffic roads, construction sites, and over crowded areas should be blocked, and rooms should be equipped with sound proof materials (Jabłońska & Furmanczy, 2024).

**IV. Space that facilitates autonomy:** Psychiatric facilities should endeavour to support a sense of identity, independence, and the autonomy of their users (Liddicoat et al., 2020). Visitors should be able to move around freely without getting lost in the facility. The architecture should guarantee clear wayfinding with a coherent layout and well integrated navigation system. The sense of autonomy is also related to having control over the environment, such as having the freedom to arrange furniture according to the type of activity and communication to participate in, and the possibility to change the color and intensity of artificial lighting.

**V. Providing spaces for different levels of interaction:** Adequate interaction with staff and other visitors, and with community members is proved to benefit people with psychiatric disorders. On the other hand, it is vital that privacy is respected, and private space is always available (Jovanović et al., 2019). Therefore, spaces of different levels of privacy should be provided, from personal rooms, to small group rooms, to common spaces. This also applies in outdoor spaces.

## What do adolescents and young adults with psychiatric disorders especially need in addition to receiving therapy in a psychiatric center?

The needs of adolescent and young adults with psychiatric disorders are generally the same as those of maturer people. However, they also have some demands that, when consciously taken care of, can benefit the healing process. The following are some aspects relevant to this project:

**I. The sense of belonging:** It is believed that in addition to autonomy and privacy in a psychiatric healing space,

adolescent and young adults especially have the need to belong to part of a group (Hutton et al., 2021). Letting them be with people in the same age group and with similar situation, even if they do not actively communicate with each other, adds to the sense of belonging and security, and helps them build up self-esteem (Norouzi et al., 2023)

**II. The opportunity to express:** Adolescent and young adults are in a period when they are especially active and eager to express. They need to have their own therapy spaces to stay motivated and facilitate expression, such as art rooms, activity rooms, and gyms. They should be offered the freedom to participate in the activities of their choice (Norouzi et al., 2023) and the supporting facilities. Architectural design should provide them with welcoming and flexible activity spaces.

**III. The chance to be outside:** Adolescent and young adults normally have more energy to exert than maturer people. Many of them require a space to run around and be loud. This also provides them with possible distractions from their mental condition (Norouzi et al., 2023, Trzpuć et al, 2016). Thus, selection of the site and architectural design should guarantee enough outdoor spaces. More ideally, users could be offered different types of outdoor spaces, so that they can choose to be active or calm when going outside.

## Other discussions on the project

**Choice of the site:** The site of a psychiatric facility for adolescent and young adults should be accessible yet away from hustle and bustle of the city. It should also be quiet, close to nature and have enough area for outdoor spaces, but should not locate on a isolated site (Jabłońska & Furmanczy, 2024). The selected site locates in a community, and generally fulfills these requirements. However, it is also true that the site should be more accessible.

**Choice of colors:** Color is a regularly discussed theme in psychology and is proved to affect mental health, yet it is also a complicated and delicate subject that still requires in depth research. In this project, colors are used to facilitate navigation and give the spaces characters. However, which color should be used in each zone and its effect on the visitors is beyond the scope of this project and this therefore neglected.

## Conclusion

This thesis researches on how to design healing spaces for adolescents and young adults with psychiatric disorders to benefit well-being and facilitate the healing process through methods of literature reviews, case studies, and interviews.

In conclusion, the important architectural qualities and features of such spaces can be summarized as: access to natural light, connection to nature, calming and welcoming materiality, fostering autonomy, and providing spaces of different levels of social interaction. Another focus of the study is on the specific needs of adolescents and young adults in a psychiatric healing space including feeling a sense of belonging, express themselves, activity, and participate in outdoor activities. These qualities are integrated into the project, and the demand of the possible users is believed to have been fulfilled.

Architecture is never only a passive environment, but rather an active component of the therapy (Hagerup, 2025). In the future, more researches focusing on the effect of spaces on the long-term healing process of adolescent and young adults with mild to moderate psychiatric disorders could be carried out, so that spaces and facilities could be designed to benefit more people.

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## AI Disclaimation

AI is used to refine the grammar and some of the expressions in the literature review, discussion, and conclusion sessions. The reference list is also reformatted through AI.

## Downloaded Figures

Figure 1  
Prevalence of mental disorders across age and sex (2019)  
From *World mental health report: Transforming mental health for all (2022)*,  
<https://www.who.int/publications/i/item/9789240049338>

Figure 2-7  
Architectural texture samples.  
Note. From *Architextures* (n.d.),  
<https://architextures.org/textures/category/>

Figure 8-10  
NOAH Living. (n.d.). Einsitzer sessel eckmodul weiss [Photograph].  
NOAH Living. <https://noah-living.com/en/products/einsitzer-sessel-eckmodul-weiss>

Figure 11  
Slowdown Studio. (n.d.). Products [Photographs].  
Slowdown Studio. <https://www.slowdown.se/products/>

Figure 12  
Slowdown Studio. (n.d.). Foam bean bag OM-135 Madu white [Photograph].  
Slowdown Studio. <https://www.slowdown.se/products/foam-bean-bag-om-135-madu-white>

Figure 13  
IKEA. (n.d.). NÄMMARÖ 2-seat modular sofa, outdoor, light brown stained/FRÖSÖN/DUVHOLMEN beige [Photograph].  
IKEA. <https://www.ikea.com/se/en/p/naemmaroe-2-seat-modular-sofa-outdoor-light-brown-stained-froesoenduvholmen-beige-s69607510/>

Figure 14  
IKEA. (n.d.). NÄMMARÖ seat section for modular sofa, outdoor, light brown stained [Photograph].  
IKEA. <https://www.ikea.com/se/en/p/naemmaroe-seat-sec-for-modular-sofa-outdoor-light-brown-stained-10510299/>

Figure 15  
IKEA. (n.d.). LISABO/LISABO table and 4 chairs, ash veneer/ash [Photograph].  
IKEA. <https://www.ikea.com/se/en/p/lisabo-lisabo-table-and-4-chairs-ash-veneer-ash-s69554856/>

Figure 16  
Outdoor fitness area at VA Healthcare facility.  
Note. From *Greenfields Outdoor Fitness* (n.d.),  
<https://gfoutdoorfitness.com/va-healthcare/>

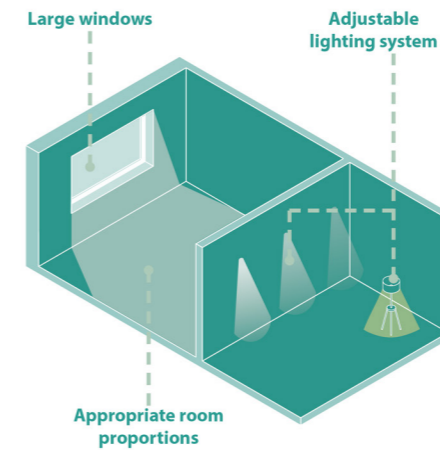
Figure 17  
Urban benches and planters.  
Note. From *Urban benches and planters* [Photographs], by Barka Pro, n.d.  
<https://barka.pro/en/custom-architectural-concrete-products-for-urban-landscapin/urban-benches-and-planters/>. Copyright n.d. by Barka Pro.

## Things that we care about ...

These provided recommendations are applicable in both facilities as the design project, and other healing spaces for adolescent and young adults.

Patients and participants of the facilities are indicated as "visitors" in the explanations.

## Natural and Artificial Lighting

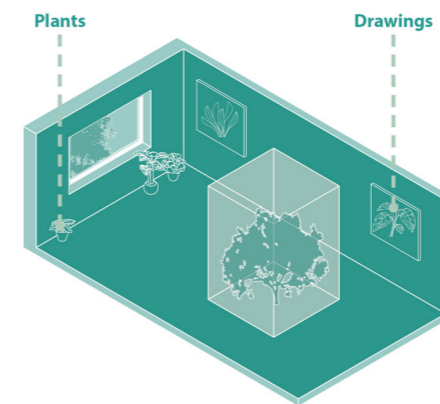


1

Having access to natural lighting even when remaining indoor, especially in the morning, benefit mental and physical well-being.

In terms of artificial lighting, the intensity and color of the light should be adjustable. This also offers visitors control over the space.

## Indoor Indication of Nature

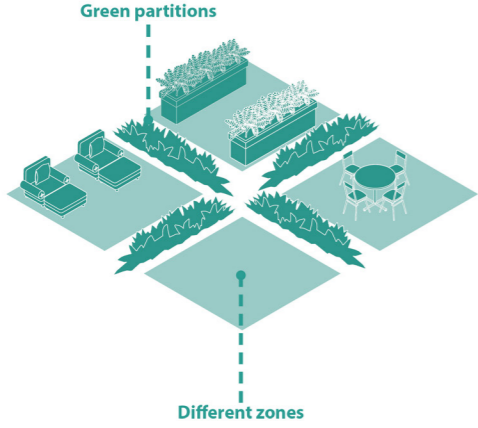


2

Nature is always considered an important aspect in healing architecture. However, accessing nature often means having to go outside, which is not always possible due to the weather, and visitors' will of staying indoor should also be respected. Visitors should also be able to engage in nature when staying inside.

# Appendix - The Booklet

### Different Types of Outdoor Spaces



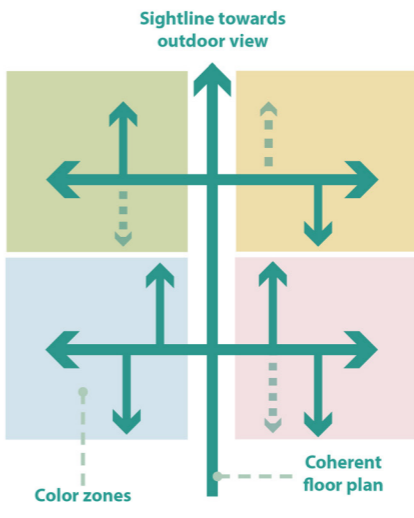
Green partitions

Different zones

Spending time in the outdoor area is often considered an important part of the healing process. However, visitors tend to use the outdoor spaces differently, either quiet or loud, and might not want to be joined by others. Thus, the outdoor space should be divided into different zones to make more types of activities possible.

3

### Clear Navigation



Sightline towards outdoor view

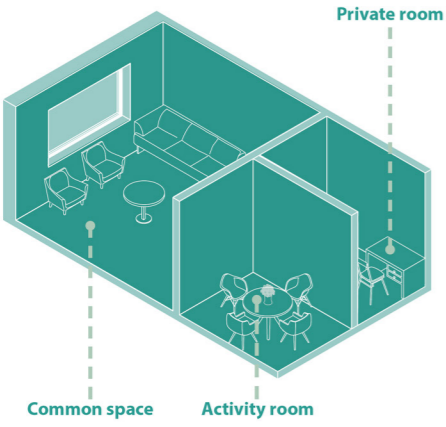
Color zones

Coherent floor plan

Visitors with anxiety disorders and neurodevelopment disorders usually have trouble recognizing signs and finding directions, and unclear navigation in the facility worsens their situation. Easy way-finding fosters visitors' feeling of autonomy and control.

5

### Different Levels of Interactions



Private room

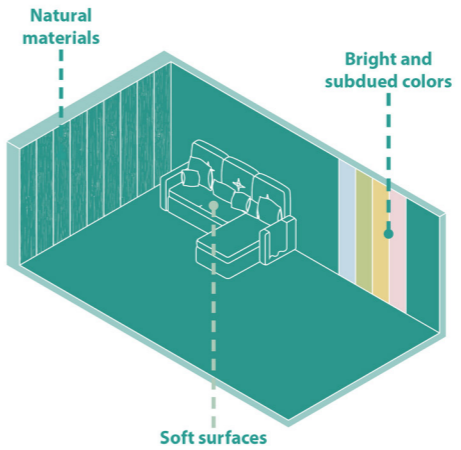
Common space

Activity room

Interaction with staff and other visitors, and with community members is proved to be able to benefit visitors. On the other hand, some people prefer to spend time on their own. Spaces designed for different levels of interactions, from open common area to private rooms should be available for visitors to choose.

4

### Materials and Colors



Natural materials

Bright and subdued colors

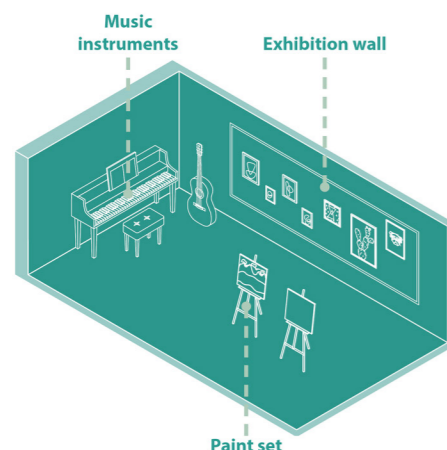
Soft surfaces

Adequate materiality, color and furniture choice help make the space calming and welcoming, which is especially important for a psychiatric facility.

6

## Appendix - The Booklet

### Art and Music



Music instruments

Exhibition wall

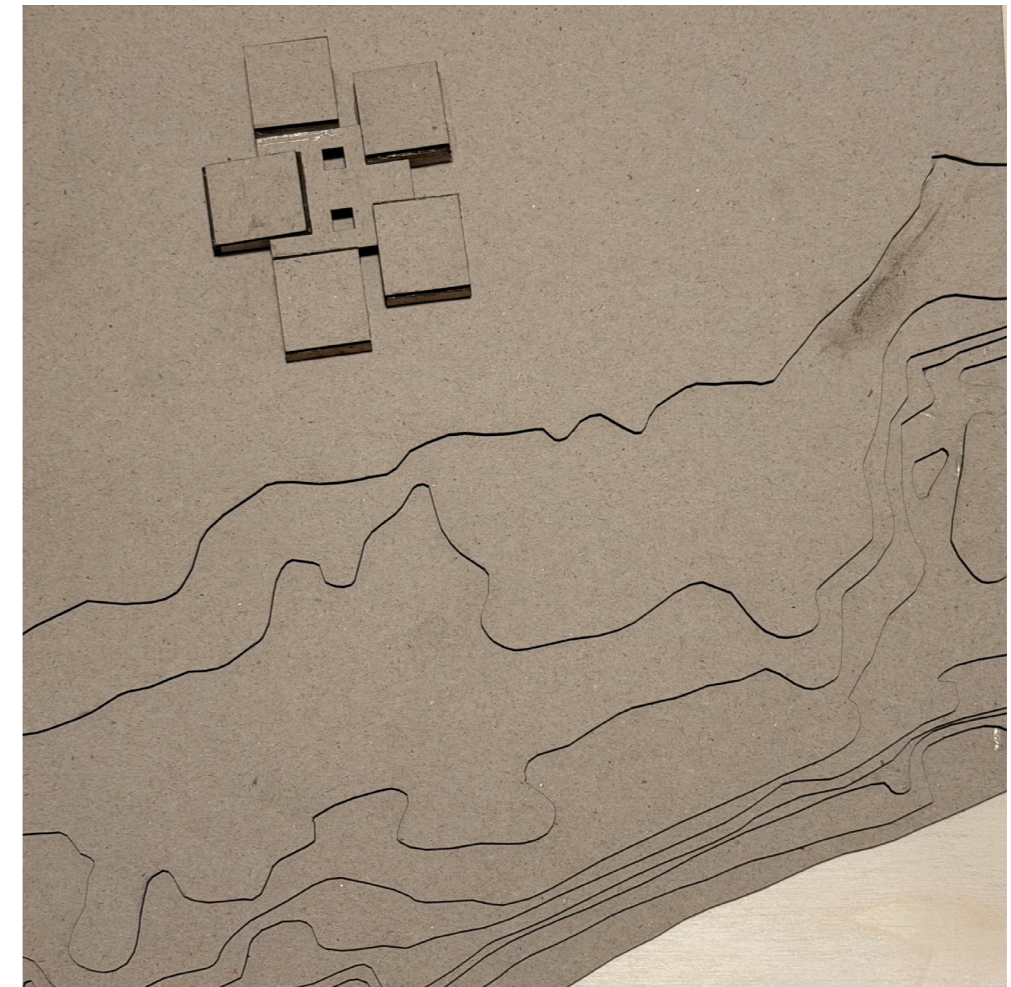
Paint set

8

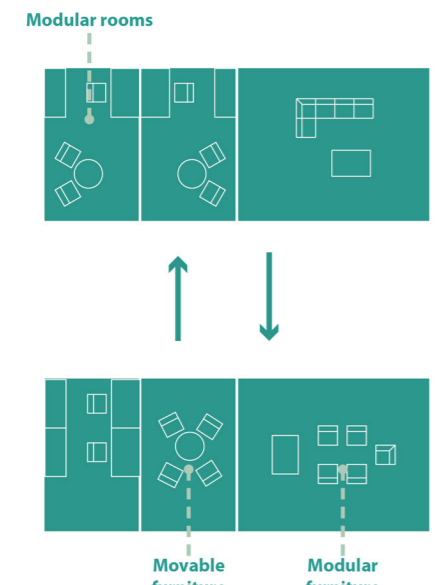
Researches have proven that being able to create and appreciate art and music benefits the therapy process. Adolescents and young adults are also in a stage where they are eager to express their thoughts and feelings, and art and music are good media for expression.

The diagram shows a 3D perspective of a room. On the left, there is a piano and a guitar. On the right, there is a wall with several framed pictures. In the center, there is a paint set on a table. The room is labeled 'Art and Music'.

## Appendix - Model Photo



### Flexible Spaces



Modular rooms

Movable furniture

Modular furniture

7

The sense of autonomy that visitors need is highly related to choosing the kind of activity to participate in and being able to arrange the space as they want.

The diagram shows two rows of three rectangular boxes representing modular rooms. The top row is labeled 'Modular rooms'. Below it, there are two rows of furniture icons. The first row is labeled 'Movable furniture' and the second row is labeled 'Modular furniture'. Arrows point from the furniture rows up to the modular rooms, indicating that the furniture can be used to create different room configurations.