

Exploring the Psychological Effects of Interior Colours on Mood Across Educational, Occupational and Therapeutic Spaces: A Narrative Systematic Review

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Abstract

Color within an interior is one of the significant environmental factors affecting psychological experiences such as mood, emotions, concentration, and well-being of humans. However, there may exist certain differences in psychological effects of color due to differences in the context where people experience it. The current narrative systematic review named Exploring the Psychological Effects of Interior Colors on Mood in Educational, Occupational, and Therapeutic Settings analyzes existing literature on the influence of interior color environments on mood in educational, occupational, and therapeutic spaces. The analysis of emotional and psychological effects of various color characteristics taking into account the context is considered. There will be a systematic literature search in academic databases using pre-defined keywords and inclusion criteria. Relevant studies concerning interior color and its psychological or mood-related effects will be identified and included. Synthesis of the identified literature will take place using narrative analysis method aimed at finding common features of the literature, theoretical background, methods used, and gaps in the existing literature. The outcome of the review is expected to give an integral understanding of the psychological function of interior colors and help to develop environmental and interior design practice.

Keywords: Interior colour, mood, psychological effects, educational spaces, occupational spaces, therapeutic spaces, environmental psychology, narrative systematic review