

Desk plants for improved productivity

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More research confirms that plants on our desks at work have a really positive effect. Two studies from Norway offer further evidence.

Both studies asked delegates to participate in a study. In [the first one](#), they were asked to read a few sentences on screen and remember the last word in each one. This is to test their attention capacity. Delegates were asked to perform this test at a desk with no additional decoration or with plants on the desk. After a short break, they were asked to perform the same task again.

The delegates with plants on their desks improved their score the second time whereas those working with no plants did not.



[The second study](#) used slightly different settings to reach similar conclusions. One desk had no decoration, one had plants and one a desk with plants by a window. Participants who did the test at a desk with plants again showed more improvement than the 'empty desk'; the desk with plants and by a window gave the participants an additional cognitive boost.



'Ruth K. Raanaas of the Norwegian University of Life Sciences, a collaborator on both studies, says office plants may be a simple, cost-effective way to keep workers satisfied and focused. "Most people spend a large proportion of their life at work, so even small effects may have great practical significance when aggregated over employees and time of employment."

A long line of research Over the years a vast amount of research has been carried out to show just how necessary nature is to us and how helpful plants indoors can be. Researchers around the world have come to very similar conclusions about the psychological affect plants have on us. The necessity of green spaces in urban landscapes and our need to connect with nature has been widely spoken about in recent years too.

Plants have shown their ability to reduce stress levels, make us more productive, improve creativity as well as help us recover faster when in hospital.

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