INTRODUCTION

Major depressive disorder (MDD), is a mood disorder that affects how a person thinks, feels, and leads their day-to-day life (National Institute of Mental Health (NIMH), 2021). The lack of treatment may have a negative affect on a person’s work performance (Haslam et al., 2005). These negative affects stems from both the physical symptoms and psychological symptoms of depression and anxiety. For instance, indecision and lack of focus (Haslam et al., 2005). Therefore, a supportive setting is not only beneficial for people with depression but for their employers as well.

In addition, due to the recent pandemic of COVID-19, it does not only have a negative effect on a person’s physical health, but their mental health as well. The Centers for Disease Control (CDC), COVID-19 has been shown to the symptoms of psychological disorders such as anxiety, depression, and stress (Czeisler MÉ et al., 2020). The increase is due to multiple factors. For instance, the uncertainty in everything that comes with the pandemic: emotional isolation, conflicting information about the virus, economic losses, and medical responses (Pfefferbaum & North, 2020).

Wuhan, China is chosen for this project due to this research’s implications. The reason is due to the many challenges of the mental health system in China (Qiu et al., 2018). The Chinese government spends less than 2.35% of their health budget on mental health, as well as having a shortage on mental illness specialists, only having 2.19 psychiatric physicians for every 100,000 population (Yu et al., 2017; Que, et al., 2019). The Chinese government spends less than 2.35% of their health budget on mental health, as well as having a shortage on mental illness specialists, only having 2.19 psychiatric physicians for every 100,000 population (Yu et al., 2017; Que, et al., 2019). Therefore, this shows a great importance to having a supportive setting space in an environment where mental health is not prioritized.

RESEARCH QUESTION

What design features may be incorporated in corporate workspaces to create a supportive setting to minimize risks and symptoms of major depressive disorder, as well as enhance mood and motivation among users?

METHODS

The methods used to conduct this research was by reviewing relevant scholarly articles on the built environment and its affect on mental health. Databases such as Google Scholar, EBSCO, and JSTOR were the primary resources used to retrieve the articles. Some keywords that were utilized are: built environment, mental illness, psychological disorders, stress, and workspaces.