2022 ASID IMPACT REVIEW:
ESSENTIALS INSIGHTS BRIEF

Interior Design:
Evidence-Based Design In Practice

ICON and Lennar 3D-printed Homes Codesigned by BIG-Bjarke Ingels Group (2021)

RESEARCH STUDIES ON COVID-19
Moving Strategies To Post Pandemic Action

AMERICAN SOCIETY OF INTERIOR DESIGNERS
RESEARCH

OVERVIEW

ESSENTIALS highlights the relationship of current research to the interior design profession and its significance to other groups.

Considering the overarching role of designers as leaders and collaborators, finding ways to communicate and utilize this data to appropriate stakeholders is important. Critical messages for designers, builders, educators, public officials and legislators, unfold as a result of new and relevant information. An aggregate of cross-discipline data provides an opportunity to focus on specific user groups and needs.

"Imagining a viable and vibrant future for interior design depends on our willingness to adopt systems thinking. To the extent designers can develop a deeper understanding of the interaction between their work and the wider world, our profession will take on a new importance and make a far greater impact. With this as our North Star, we illustrate the connections between our profession and countless others; in so doing, we maximize design's potential impact to create a future of equity, resilience, and wellbeing for humanity."

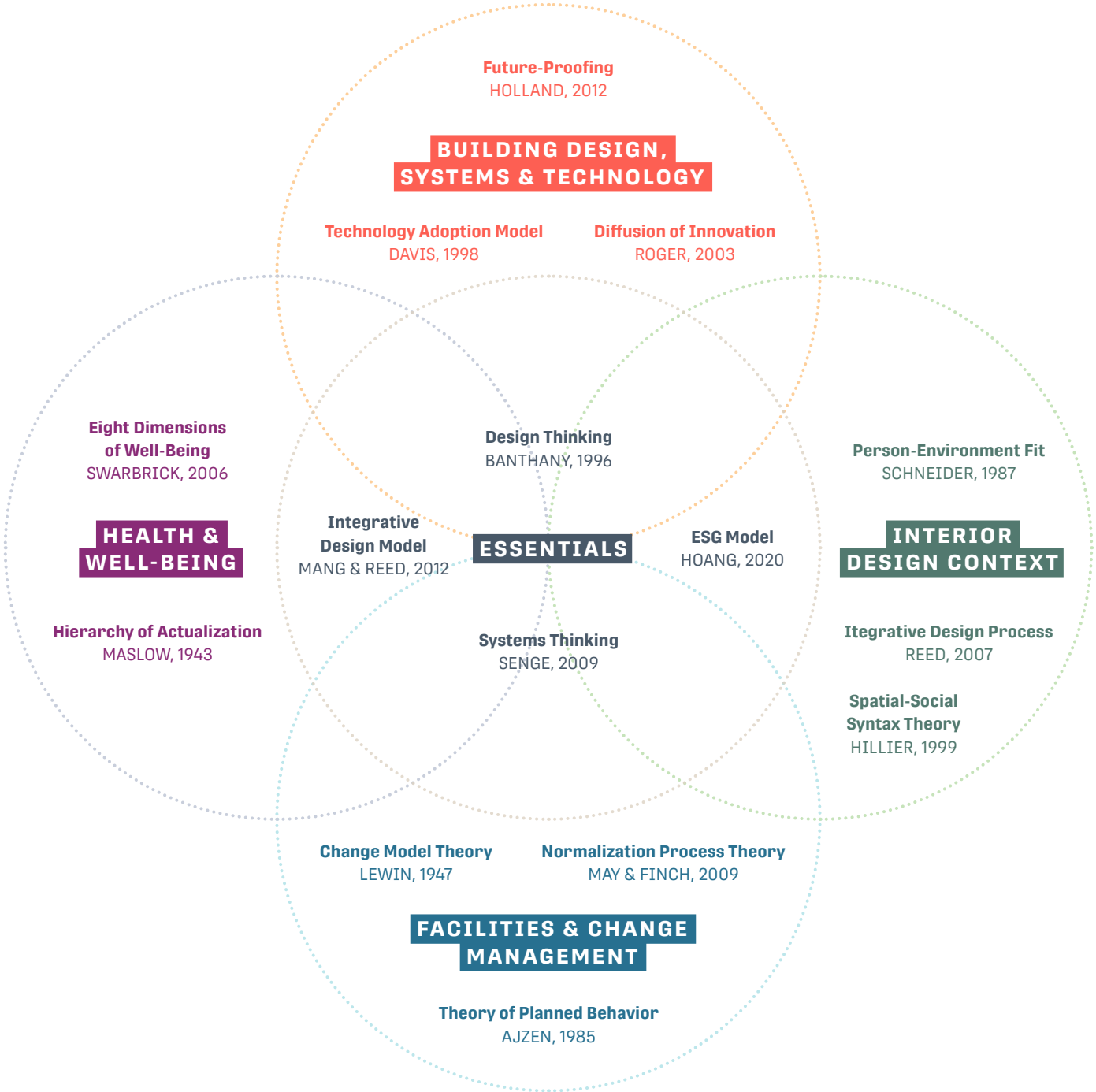
– TAMA DUFFY DAY, FASID, FIIDA, FACHE, LEED AP, PRINCIPAL, GENSLER

INTERIOR DESIGN AND ESSENTIALS

ESSENTIALS is the culmination of exploring reliable research and information throughout the pandemic, relevant to the interior design profession. The process of discovery yielded defining connections between interior design and multiple disciplines, the scalability of complex variables (from individuals to groups and communities), and shared concerns regarding the built environment. As influencing factors emerged, future directions identified both shared observations and unique opportunities for the interior design profession to lead, research, and collaborate on multiple levels. Initiatives focusing on health & well-being, building design, systems & technology, interior design context, and facilities & change management remain critical. Human-centered theories, interior solutions, and innovation provide the context for designing sustainable environments and future-proofing strategies.[2] [5] [13] [16]

THEORETICAL CONTEXT: UNDERSTANDING THE FUTURE OF DESIGN

This model illustrates the connection between the research and the foundation for design from a theoretical perspective. Further analysis in the subsequent model identifies the scalability of these variables across sectors and typology.



SCALABILITY MODEL

HOLISTIC FRAMEWORK DESIGN CONSCIOUSNESS

DESIGN FOR FUTURE

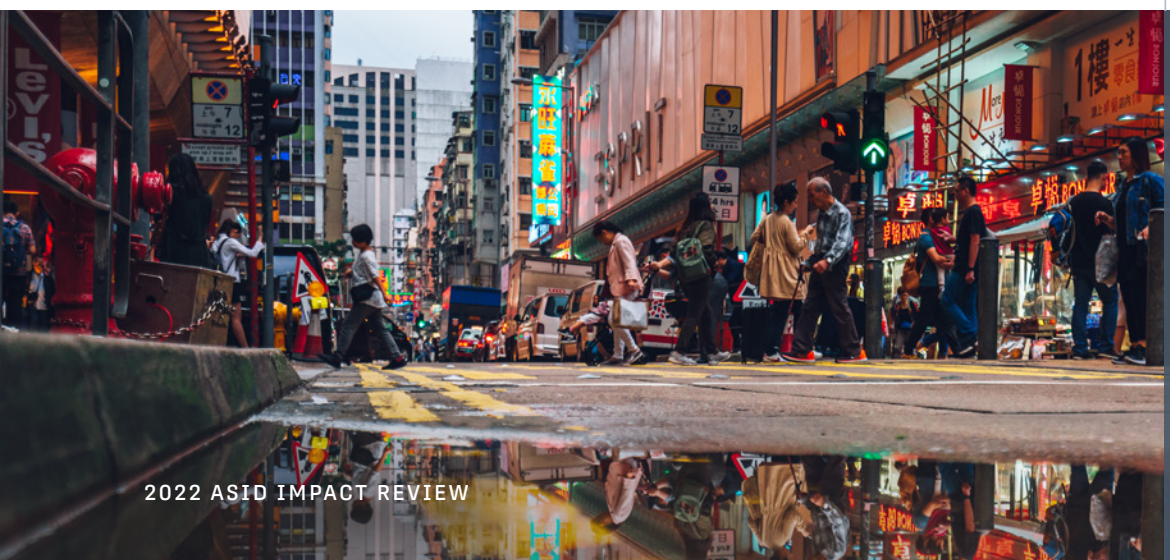
Predictive strategies of designing for the future are based on incorporating the concepts of "futureproofing" and "resiliency" as a foundation. From the architecture, environmental design, engineering, and construction (AEC) fields, futureproofing is linked with sustainable design.[17] Embedded within design for the future is the fusion of a technological framework that focuses on improving the quality of life, the functionality and adaptability of buildings, and reduces obsolescence of the built environment.[13] A holistic approach for the future acknowledges the physical, functional, aesthetic, and sustainable characteristics of spaces that can paradoxically contribute to their obsolescence and increased lifecycle.[12] [15]

Flexibility, adaptability, and diversity are key in the context of resiliency, in order to anticipate the future and develop methods to minimize the effects of dramatic change.[16] [17] Resiliency, or the ability to adapt is relevant for both people and environments.[8] Understanding the connection between people and place is imperative as a forward-thinking, human-centered sustainable strategy in terms of design for the future.[2] [3] [10]

ESSENTIALS

A GLOBAL PERSPECTIVE

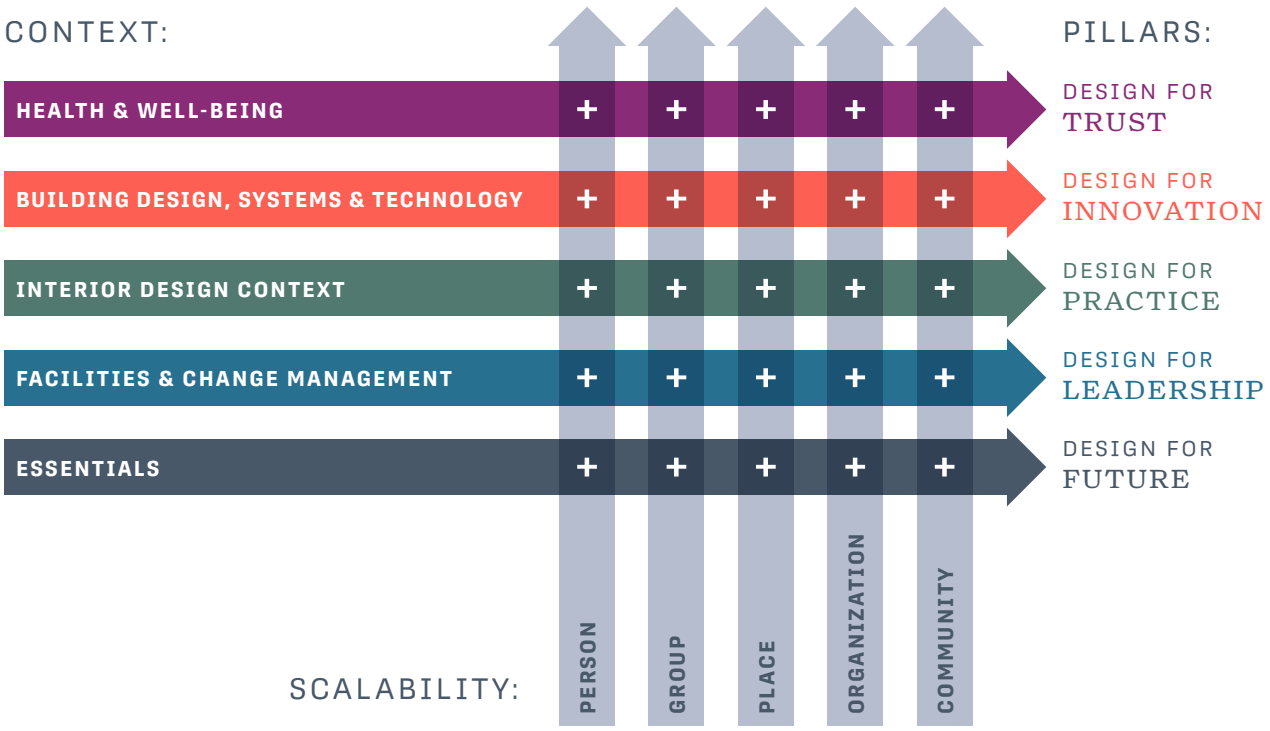
Global unprecedented and life-threatening events will continue to evolve over time, from COVID-19 and related health crises to climate change and environmental strains, compromising the fundamental existence of humans.[2] As has been seen throughout the course of history, pandemics result in major shifts in the way in which private, public, and community environments are designed and maintained.[12] The need for increased resilience, improved designed environment, sustainable buildings, and a systems-thinking approach to design and urban development is critical.[9] [11] [19] The health & well-being of people, groups, and communities is at stake and transcends sectors and disciplines. Socio-economic issues, urbanism, and social inclusivity emerge as barriers to health & well-being, with clear implications for design solutions.[20] [21] Regenerative design and emerging typologies have the potential to change the landscape of design and impact the health & well-being for all people.[3] [5] [10]



INSIGHTS BRIEF: CONTEXT

FRAMEWORK

THE FIVE PILLARS OF DESIGN CONSCIOUSNESS©



"Five Pillars of Design Consciousness" define a framework that **informs the future practice of interior design**.

Key relationships in the critical areas frame new conversations linking to people and strategic design initiatives identified as "pillars." The result is a multi-disciplinary approach that connects interior design practice with research, technology, building systems, and innovation. Interior design is at the intersection of these issues as an intrinsically human-centered profession; collaboration among groups is an imperative in driving changes that impact health and well-being.

A HOLISTIC VIEW

CONTEXTUAL RELATIONSHIPS

Influencing Factors:

HUMAN-CENTERED | RESILIENT | HOLISTIC

The pandemic has impacted all aspects of life and consequently the health and well-being of people across the globe. Well-being is influenced by many variables, not the least of which are emotional stress, anxiety, trauma, and loss that affect wellness on multiple levels. Physical concerns related to the Corona Virus itself, coupled with the deeply rooted psychological and mental issues associated with months of isolation and loneliness have resulted in a new human-centered and holistic approach to design. As relationships between the built environment and health + well-being emerge, resiliency becomes a key variable.

Influencing Factors:

INNOVATION | FUTURE PROOFING | IOT

Transmission of the virus has required a new focus on air ventilation systems, filtration systems, fresh air capacity and disinfection, humidity and comfort controls are among other considerations. Lighting design has emerged as an important part of the building system and key to mitigation strategies. Integrative solutions in terms of metrics that monitor and measure key variables, space utilization, thermal sensors, and touch free technology positively impact human health & well-being. Interdisciplinary collaboration drives this conversation.

Influencing Factors:

SPATIAL CONFIGURATION | EVIDENCED BASED SOLUTIONS
INTERDISCIPLINARY COLLABORATION

Interior design has been identified at the core of solutions with direct impact on health & well-being, as confirmed by protocols established by the CDC. From minimalist design solutions (cleanable materials and surfaces) to flexible and adaptable spaces, social distancing, furnishings and product selections, and - materials, interior design decisions are key in reducing viral transmission and contribute to health & well-being. Spatial configurations that include natural views, daylight, and exposure to green space further promote sustainability initiatives and well-being.

Influencing Factors:

ECONOMICS | INFRASTRUCTURE | HUMAN BEHAVIORS

The pandemic has forced an unprecedented change not only in the approach to facilities but human behavior as well. Key factors including cleaning protocols, building usage and maintenance, and energy consumption affect design decisions. Outdated buildings and lack of investment in infrastructures have resulted in buildings that are not often capable of supporting recommended protocols to mitigate viral transmission. Utilizing space appropriately requires behavioral changes that are often difficult to manage. Social distancing, hand sanitizing, room capacities, and other protocols require cohesive strategies that communicate how design solutions impact health & well-being.

Influencing Factors:

SOCIAL JUSTICE | SUSTAINABLE COMMUNITIES
SYSTEMS THINKING

As has been seen throughout history, the result of this pandemic is a major shift in the way in which private, public and community environments are designed and maintained. The need for increased resilience, improved air quality, sustainable buildings, and a systems thinking approach to design and urban development is critical. The health & well-being of people, groups, and communities is at stake and transcends sectors and disciplines. Socio-economic issues, urbanism, and social inclusivity emerge as barriers to health & well-being, with clear implications for design solutions and broad scale collaboration. Increased green areas, renewable energy, closed-loop water supplies, and sustainable buildings are variables in mitigating future viruses. Emerging typologies have the potential to change the landscape of design and impact health & well-being for all people.

ESSENTIALS
A SYSTEMS APPROACH TOWARDS RESILIENCE

SYSTEMS THINKING

Senge (1990) conceptualized "systems thinking" as a mind shift from looking at individual components to seeing the whole as an interrelated system of parts. In this context, the parts are interdependent and viewed as dynamic relationships that are linked. [19] Similarly, the built environment is considered an unified "building system" in which all parts work together for effective function of the whole. In response to critical issues where building systems have significant impact, there is no finite boundary between systems, but all must be considered holistically.[14] Considering complex issues such as the pandemic, climate change, and social issues (among others) systems thinking is relevant, scalable, and contextual based on the environment in which it is applied. A systems approach fosters resiliency of creative thought to construct solutions.[9]

DESIGN THINKING

Design thinking is linked with systems thinking as both are open systems but design thinking approaches problems from an inherently humanistic perspective. Each considers divergent views and possibilities, supports cross-disciplinary thinking, and emphasizes blurred lines. Design thinking however, is also transformative as it focuses on developing awareness of patterns/structures, deepens insights and relationships of people, and cultivates visions of growth and development. First explored by Banathy (1996) design

thinking is described as a creative and multi-dimensional process that is collaborative in nature.[2] Because flexible, creative, and innovative solutions are needed in today's world, the unique approach of designers in thinking and acting provides impetus for understanding human beings in the built environment.[1] [11] [13]

INTEGRATIVE DESIGN

Integrative design is means to engage all stakeholders in the design process early on. Cross-disciplinary teamwork and an interconnectedness inform the way in which sustainable environments are designed. In that there are no boundaries, and the approach is holistic, in process and perspective, it parallels both systems thinking and design thinking. The continuous iterative process informs decisions throughout the process through post-occupancy. Important in the integrative design process is understanding the alignment and relationships between humans, their activities, and earth systems. Building typologies, systems, and communities have such a critical impact on the environment, applying an integrative design process can contribute to a healthier and sustainable future.[5] [10]

ESG MODEL

The environmental, social, and governance model (ESG) emerged from the stock and asset management environment as regulatory controls forced transparency in terms of financial and data reporting. The ESG is used to predict investments based on variables such as climate risk, government policies, and the financial environment.[7] More recently however, because organizations view these issues as opportunities, they have been more broadly adapted as a model for solid business practice across sectors. Willis Towers Watson (2021) addresses ESG through the lens of six areas of focus: climate, risks and analytics, diversity, equity and inclusion, well-being, sustainable investment, and governance. Because ESG takes into account social and environmental variables as a strategy, it is viewed as an integrated process for corporate responsibility.[20] [21]

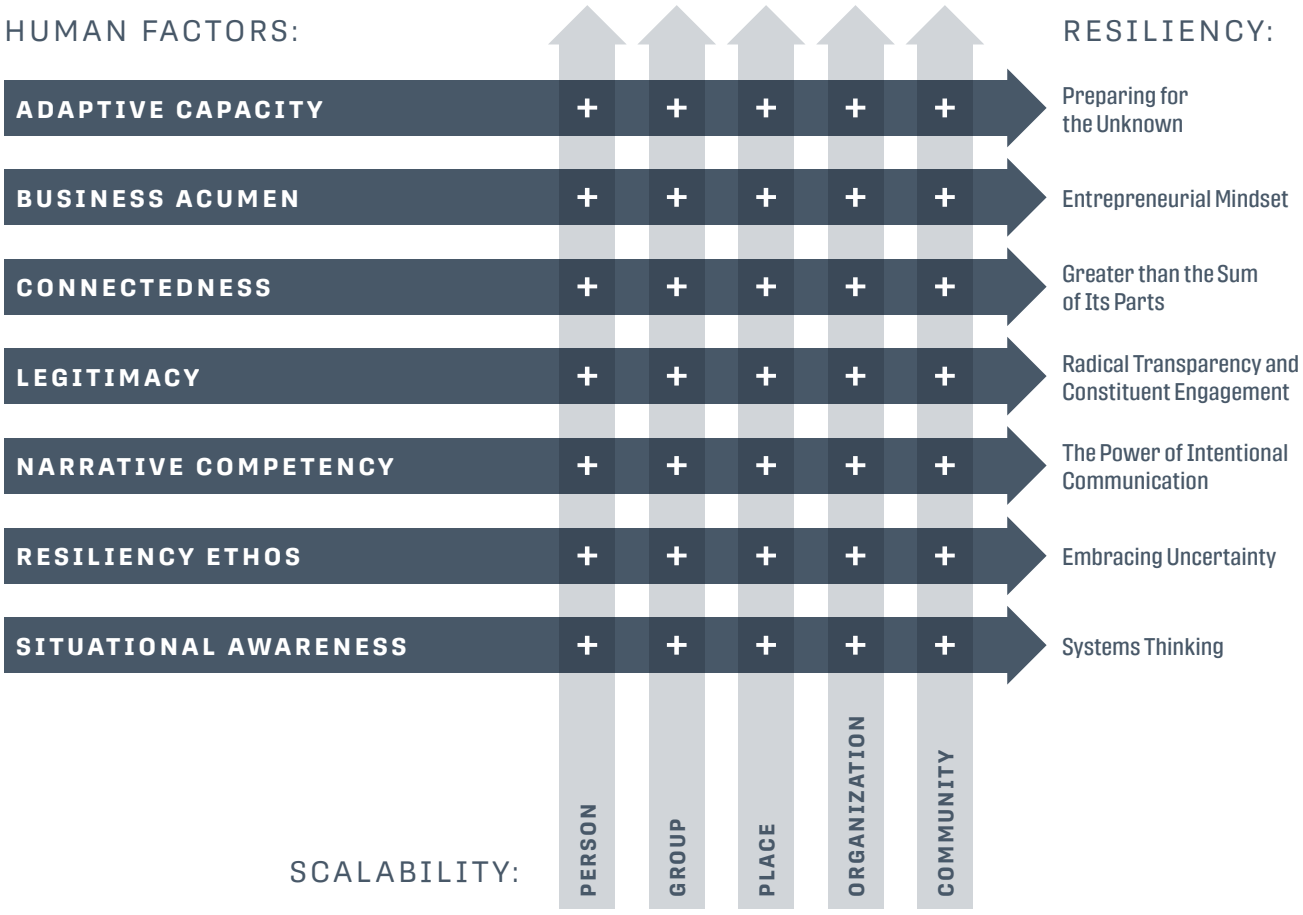
An example of how ESG has migrated into the built environment is through product labeling of materials, such as the UL protocols and ECOLOGO Certification. Because ESG disclosures are critical to environmental decisions for interior designers, companies that follow the guidance are more preferred than others.[7] Ecolabels build trust and demonstrate accountability to the environment and social issues and as a result, the protocols will be increasingly important across sectors in the future. In that resilience considers sustainability a key component, the ESG Model is relevant for the future and will continue to increase in importance.[20] [21]

Resiliency in the context of design is reflected in a systems approach that includes an integrative process recognized as design thinking, integrated design and ESG. Important in this conversation is the realization that a human centered approach is imperative for success. Partners Global (2020) suggested that human resiliency must include a perspective of "civility" that connects people with the environment and change, particularly in times of crises.

HUMAN-CENTERED

RESILIENT FACTORS OF A CIVIL SOCIETY

ADAPTED FROM PARTNERS GLOBAL (2020)



THE INSIGHT BRIEFS ESSENTIALS:

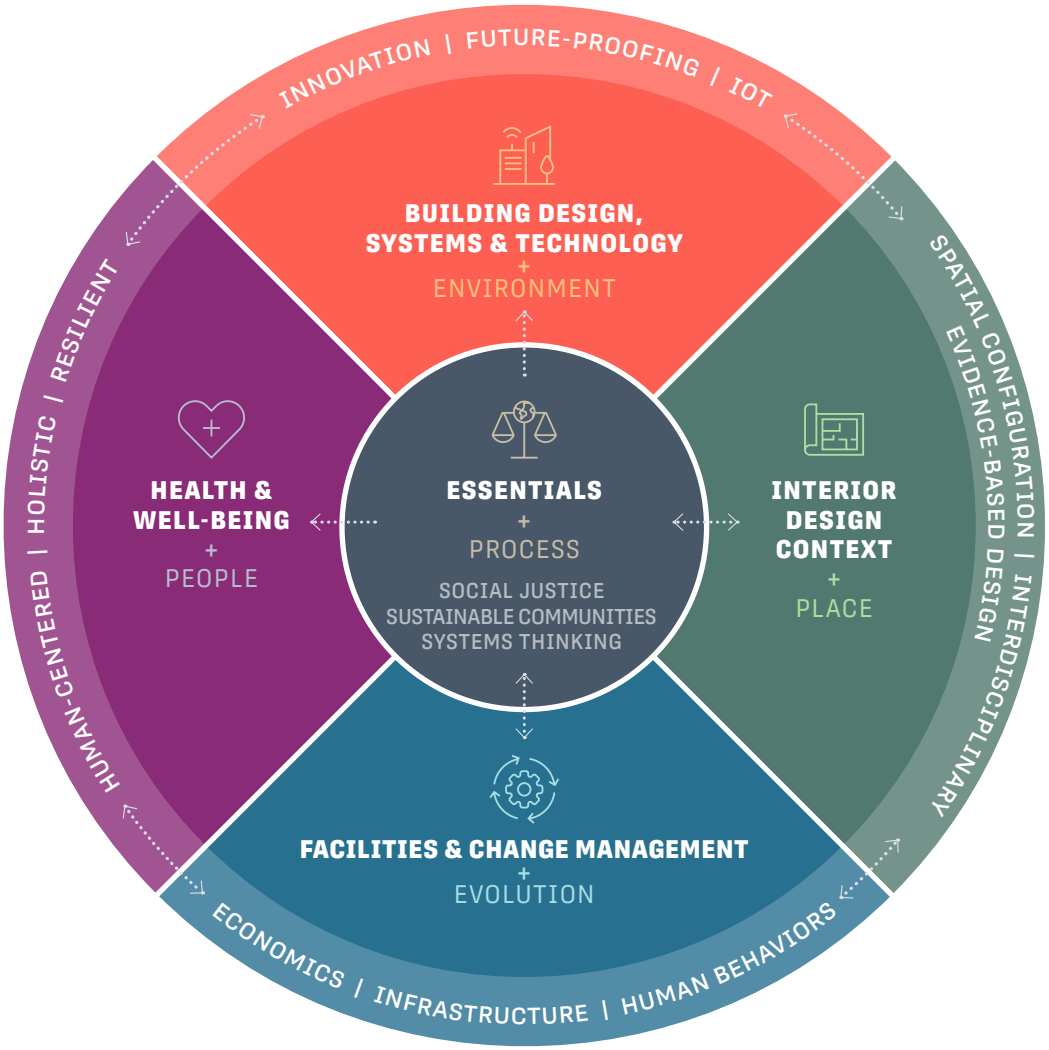
CONNECTING THE DOTS

The Insights Briefs linked well-known and accepted theoretical frameworks from the social and natural sciences to interior design for the purpose of demonstrating the transdisciplinary nature of design solutions in the context of COVID-19. This approach is critical to initiate discussions, practices, and research going forward. In addition, it establishes a common language to understand the interface between the built environment and health and well-being.

ESSENTIALS overlays these concepts broadly and points to a sustainable, regenerative future based on adaptivity, collaboration, flexibility, and resiliency. The context for design for the future needs to be focused on human-centered design, technology, interdisciplinary collaboration, infrastructure, and systems thinking. These conversations not only include and extend beyond the parameters of interior design practice but inform high-level initiatives that inform design and policy as well.

INFLUENCING FACTORS

UNDERSTANDING THE DESIGN FUTURE



INSIGHTS BRIEFS REALIZED

HEALTH & WELL-BEING

- Health & Sustainability
- Self-Actualization
- Social Issues
- Disruptive Change

DESIGN FOR
TRUST

BUILDING DESIGN, SYSTEMS & TECHNOLOGY

- Resiliency
- Collaboration
- Interior Design
- Governance & Policies

DESIGN FOR
INNOVATION

INTERIOR DESIGN CONTEXT

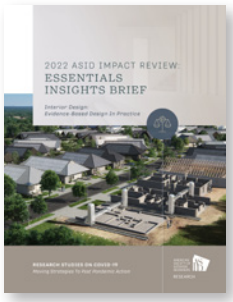
- Place
- Materiality
- Social Culture
- Regenerative Design

DESIGN FOR
PRACTICE

FACILITIES & CHANGE MANAGEMENT

- Technology Interface
- Culture
- Interior Environment
- Communication

DESIGN FOR
LEADERSHIP



ESSENTIALS

- Adaptive Management
- Transdisciplinary Work
- Organizational Flexibility
- Design Equity

DESIGN FOR
FUTURE

ESSENTIALS

Influencing Factors:

SOCIAL JUSTICE | SUSTAINABLE COMMUNITIES
SYSTEMS THINKING

SOCIAL JUSTICE

DIVERSITY | EQUITY | URBAN CONTEXT | RESILIENCY

Commit to design strategies that advance equity and social change

- Adopt strategic goals to protect vulnerable populations including improved housing conditions, transportation systems, and built environments in which they live and work.[4] [15]
- Integrate business transformations for social change from incremental to disruptive measures for positive impact.[6] [13] [15]
- Apply concepts of resiliency theory (vis a vis "survival, recovery & thriving") to design solutions that promote human health and well-being for all people. [8]

SUSTAINABLE COMMUNITIES

REGENERATIVE DESIGN | ENVIRONMENTAL IMPACT PRESERVATION | RESTORATION

Establish adaptable and flexible community development (and redevelopment) goals:

- Design to integrate the natural and human living systems to create and sustain greater health benefits.[10]
- Improve and apply known anti-viral design strategies that address pandemic responses from a housing, neighborhood and community perspective for the future.[12]
- Apply precedents to address challenges of highly populated areas for buildings and public spaces in urban areas from buildings to public spaces.[5] [14]
- Leverage the health benefit of sustainable buildings to promote resilience and support the community. [20]

SYSTEMS THINKING

MULTI-DIMENSIONAL INQUIRY | SOCIAL SYSTEMS DESIGN SYNTHESIS | CREATIVE CULTURE

Cultivate a continuous loop of communication to inform decisions and set goals.

- Integrate ESG as a holistic process of investment in people and policy.[7]
- Consider resiliency as part of organizational structure to support stakeholders in shared decision making and goal-setting.[8] [11]
- Consider architecture and design from a new "urbanism" perspective that is multi-disciplinary and promotes a continuous loop of knowledge generation.[14] [19] [21]
- Approach design from a "living systems" ("regenerative") way that integrates with the ecological system to find new solutions. [10]

LOOKING FORWARD

OBSERVATIONS FOR THE FUTURE

The practice of continuous assessment of inputs and outcomes, team effectiveness, and interactions becomes part of **ADAPTIVE MANAGEMENT** practices. Knowledge generation, team collaboration with stakeholders, and social ethnography informs a new iterative management process to parallel design. (Morton)

TRANSDISCIPLINARY emerges as the norm vs. the exception as different scientific approaches are needed to address complex challenges into the future. The impact of natural disasters, pandemics, economic migration, and global warming require technological and social innovation from the natural and social sciences, humanities, and design creatives.

DESIGN FOR FUTURE is the context for solutions that are sustainable, holistic, and resilient. The mitigation of risks and avoid obsolescence, resulting in a lifecycle approach that has environmental, social, and governance implications. Looking to the future through design is transdisciplinary, collaborative, and adaptable. Technology is integrated holistically in the context of designing for well-being. (Rich)

ORGANIZATIONAL FLEXIBILITY is key to a group's ability to adapt to unforeseen challenges. Disruptive change will continue to influence how leaders proactively manage and respond in the future with fluidity. A framework diversification and flexibility of teams is part of this transformation. (Morton)

The complexity of the pandemic has brought an awareness to the need for **DESIGN EQUITY** in order to mitigate health crises of the future. Transforming urban spaces that result in healthy, self-sufficient, and anti-viral environments is a critical paradigm shift. (Megahed, Pinheiro)

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ABOUT ASID IMPACT REVIEW: TASK FORCE

ASID established the ASID IMPACT Review: Task Force with the goal of examining interior design's role in the pandemic. Specific goals of the Task Force included the research, identification, and analysis of reliable and relevant content for interior design professionals, including but not limited to principles, guidelines, and /or tools. Through creative and strategic processes, subject matter experts, and a triangulated process, ASID will demonstrate DESIGN IMPACTS LIVES and advance its leadership in response to COVID-19 and beyond. Additionally the work will inform best practices and identify other critical initiatives, improving environments for all and advancing the profession. The approved content will address critical gaps in the research, identify future initiatives, and examine ways to demonstrate the impact of interior design for the benefit of enhancing people's lives.

IMPERATIVE:

To create healthy, equitable, and beautiful places that inspire and promote human well-being from personal spaces to the community.

GUIDANCE:

- We believe we have a responsibility to the planet and future inhabitants to create healthy, sustainable, and livable spaces
- that design has the ability to positively impact people's lives
- that interior design is at the core of the built environment and an integral part of the design process
- that interdisciplinarity, collaboration, and integrative design are critical to our future
- that evidence based design and research informs best practices, influences public policy, and has demonstrative effect on the design of spaces

A SPECIAL THANK YOU TO THE ASID IMPACT REVIEW: TASK FORCE

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ABOUT ASID

The American Society of Interior Designers believes that design transforms lives. ASID serves the full range of the interior design profession and practice through the Society's programs, networks, and advocacy. We thrive on the strength of cross-functional and interdisciplinary relationships among designers of all specialties, including workplace, healthcare, retail and hospitality, education, institutional, and residential. We lead interior designers in shared conversations around topics that matter: from evidence-based and human-centered design to social responsibility, well-being, and sustainability. We showcase the impact of design on the human experience and the value interior designers provide.

ASID was founded over 40 years ago when two organizations became one, but its legacy dates back to the early 1930s. As we celebrate nearly 85 years of industry leadership, we are leading the future of interior design, continuing to integrate the advantages of local connections with national reach, of small firms with big, and of the places we live with the places we work, play, and heal. Learn more at asid.org.

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