

Evidence-based design

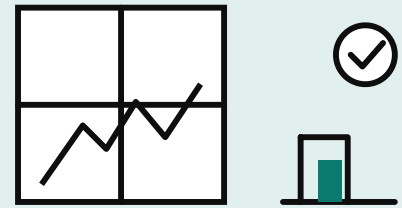
An approach that bases design decisions, especially for buildings, on the best available research and that measures the results to learn from them.

In Spanish

Diseño basado en la evidencia

Origin

Ulrich (1984); Hamilton and Watkins (2009)



What it's for

It avoids deciding only by habit or intuition when design affects people's health, safety or well-being.

Principles

Look for evidence

Before deciding, review what studies and similar projects say.

Form hypotheses

Each important decision is framed as a bet that can be checked.

Measure and share

The result is evaluated and published so others can learn.

How it's done

1



Review the existing research on the problem.

2



Design with clear hypotheses about its effect.

3



Measure what happened afterward and share it.

Applications in design

 **When to use it**
In hospitals, schools or workplaces, where decisions affect health or performance.

 **Avoid**
Citing an isolated study as if it were a law.

 **Don't fall for it**
What worked in one place may not work in another: measure in your project too.

8.70 → 7.96 days

What the research says
Gallbladder surgery patients in a Pennsylvania hospital spent fewer days in hospital in rooms with a view of trees than in rooms facing a brick wall (Ulrich, 1984).

Connections

Related to

 Spatial design

 Design for health

Authors and works

1984	Roger S. Ulrich	Showed that the view from the window could influence patients' recovery, a key study for this approach.
2009	D. Kirk Hamilton and David H. Watkins	Explained how to apply evidence-based design in different building types.

Sources

Original sources

- Ulrich, R. S. (1984). View through a window may influence recovery from surgery. *Science*, 224(4647), 420–421.
- Hamilton, D. K., & Watkins, D. H. (2009). *Evidence-based design for multiple building types*. John Wiley & Sons.

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