Approach

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.

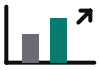
How it's done

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

Used by

- Interior design
- 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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