

Designers Light Forum

Can Changes in Color Temperature Influence Subjective Impressions of an Environment?

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Learning Objectives

At the end of the this course, participants will be able to:

- 1. Understand the basic principles of the Flynn work on subjective impressions of lighting systems.
- 2. Recognize the limitations of the Flynn studies on the influence of color temperature on subjective impressions
- 3. Understand the parameters of the study of chromaticity using tunable white on subjective impressions of an environment
- 4. Recognize the implications for design using tunable white to reinforce subjective impressions in an environment



The Influence of Chromaticity on Subjective Impressions in Lighted Environments

- Introduction
- Methodology
- Results
- Conclusion

Flynn Studies ("Psychology of Light")

psy-chol-o-gy

Function: noun

Etymology: New Latin *psychologia*, from *psych- + -logia* -logy

1: the science of mind and behavior

2 a: the mental or behavioral characteristics of an individual or group b: the study of mind and behavior in relation to a particular field of knowledge or activity

3: a treatise on psychology





The Psychology of Lighting

- The Influence of Light on Preference
- The Influence of Light on Perception
- The Influence of Light on Impressions
- The Influence of Light on Behavior
- The Influence of Light on Mood

- Flynn Studies ("Psychology of Light")
- Supposition that lighting can have a significant effect on user attitudes & the atmosphere created by an environment by communicating consistent patterns of impressions among occupants

Kent State/GE Studies: 1971-1975

Penn State Studies: 1975-1979

- Two Research Techniques:
 - -Semantic Differential Rating Scales
 - -Multi-Dimensional Scaling

Semantic Differential Rating Scales

visually warm :	<u>:</u>	:	::	::	: visually cool
dislike :	:	:	::	<u>:</u> :	: like
simple :	:	:	::_	: <u>:</u> :	: complex
pleasant :	:	<u>:</u>	<u>: : : : : : : : : : : : : : : : : : : </u>	::	: unpleasant
hazy :	<u>:</u>	<u>:</u>	::_	:::	: clear
public :	:	<u>:</u>	::_	::	: private
confined :	<u>:</u>	<u>:</u>	::_	:::	: spacious
relaxing:	:	<u>:</u>	::_	::	: tense
bright :	:	<u>:</u>	<u>:</u>	::	: dim
stimulating:	:	<u>:</u>	::_	::	: subduing
distinct :	:	:	::_	::	: vague
colorful :	:	<u>:</u>	::_	::	: colorless
functional :	:	:	::_	::	: non-functional
ordinary :	:	:	::_	::	: special
cluttered :	:	:	:	::_	: uncluttered
comfortable:	:	:	::_	::	: uncomfortable

Categories of Impression

- Impressions of Visual Clarity
- Impressions of Spaciousness
- Impressions of Relaxation
- Impressions of Privacy or Intimacy
- Impressions of Pleasantness and Preference
- Impressions of Warmth or Coolness

Lighting Modes

- Uniform / Non-Uniform Mode
- Overhead / Peripheral Mode
- Bright / Dim Mode
- Visually Warm / Visually Cool Mode

Impression of Visual Clarity

• Bright, uniform lighting mode

• Some peripheral emphasis, such as with high reflectance walls or wall lighting

Impression of Spaciousness

• Uniform, peripheral (wall) lighting

Brightness is a reinforcing factor, but not a decisive one

Impression of Relaxation

Non-uniform lighting mode

Peripheral (wall) emphasis rather than overhead lighting

Impression of Privacy or Intimacy

Non-uniform lighting mode

Tendency toward low light levels in the immediate locale of the user, with higher brightnesses remote from the user

• Peripheral (wall) emphasis is a reinforcing factor, but not a decisive one

Impressions of Pleasantness and Preference

Non-uniform lighting mode

Peripheral (wall) emphasis



Lighting Reinforcement of Subjective Impressions

Impression of Visual Clarity

Bright, uniform lighting mode

• Some peripheral emphasis, such as with high reflectance walls or wall lighting

Impression of Spaciousness

• Uniform, peripheral (wall) lighting

• Brightness is a reinforcing factor, but not a decisive one

Impression of Relaxation

• Non-uniform lighting mode

Peripheral (wall) emphasis rather than overhead lighting

Impression of Privacy or Intimacy

• Non-uniform lighting mode

• Tendency toward low light levels in the immediate locale of the user, with higher brightnesses remote from the user

Peripheral (wall) emphasis is a reinforcing factor, but not a decisive one

Impressions of Pleasantness and Preference

• Non-uniform lighting mode

• Peripheral (wall) emphasis

Table 12.2 Subjective Impressions					
Impression	Lighting Modes ^{a,b,c}	Design Implications	Example Reinforcing Techniques ^d	Typical Applications	
Preference	Perimeter Nonuniform Bright	Use perimeter nonuniform lighting. Brighter effects help, but not necessary.	A window wall or accenting a wall AND Accenting wall art or accenting one or several architectural or material features and/or using decorative lighting, such as pendants, sconces, or table or floor lights placed intermittently around edges of room or area	Most spaces See Figure 12.12 See Figure 12.13	
Privacy	Nonuniform Use nonuniform relatively dim lighting. Emphasis at periphery helps, but not necessary.		 Dim and somewhat spotty lighting effects from downlighting or using dim decorative lighting, such as pendants, sconces, or table or floor lights 	Upscale clubs Upscale restaurants Some residential spaces Meditation spaces See Figure 12.13	
Relaxation	- Perimeter - Nonuniform - Dim	Use perimeter nonuniform lighting. Dimmer effects help, but not necessary.	Wallwashing one or two darker-toned walls or features or dim wallwashing one or two lighter- toned walls or features AND Softly accenting select art and/or several architectural or material features and/or using decorative lighting, such as pendants, sconces, or table or floor lights placed intermittently around edges of room or area	Casual areas Conference rooms Lounges Sit-down restaurants Waiting areas	

Impression	Lighting Modes ^{a,b,c}	Design Implications	Example Reinforcing Techniques ^d	Circulation Assembly spaces See Figure 12.14	
Spaciousness	- Uniform - Perimeter - Bright	 Use uniform wall lighting. Brighter effects help, but not necessary. 	 Window walls for at least two walls and/or wallwashing at least two walls; consider wall reflectances of 60% or more for at least half the walls to be lighted 		
Visual Clarity	Bright Perimeter Uniform	 Create bright ceiling and worksurfaces with some emphasis on periphery. Uniform effects help, but not necessary. 	 Skylights, relatively bright recessed lensed modular luminaires, recessed direct/indirect modular luminaires, or downlighting mixed with uplighting; consider ceiling reflectances of 90% AND Window walls and/or wallwashing 	Work spaces See Figure 12.15	

- a. Lighting modes are listed in order of most influential first.
- b. Dim and bright are used in a relative sense. No quantitative design values are available. Surface reflectances affect senses of dim and bright.
- c. Nonuniform as used here means that the patterns of light are applied intermittently, but not in a completely random or haphazard manner. Uniform indicates that the pattern or patterns of light are consistently or regularly arranged.
- d. Daylight or electric light can be employed to achieve reinforcing techniques. Subjective impressions' techniques are combined with other lighting techniques as necessary to meet other design criteria.



Figure 12.13 | Privacy and Preference

In a dimmed meditation scene, nonuniform lighting is used to define a dim zone in the vicinity of users. Here, the adaptation effect created by bright focals relative to the dim background makes the dim seating areas appear even dimmer. Strong luminances achieved with CMH spotlights on the altar and tabernacle. relative to the uniform but low-level house lighting allow for personal meditation in anonymity. In the users' periphery, the fluorescent slot. although on dim setting, provides subtle wall accenting and works with the accenting of the tabernacle and altar to enhance preference impressions.

» Image ©2005 Gene Meadows



Figure 12.14 | Spaciousness

Uniform wall lighting elicits an impression of spaciousness

at The Congresso Nacional do Brasil. Daylight is employed to achieve the uniform wall lighting in this lobby area.

» Image ©Alan Weintraub/Arcaid/Corbis



Figure 12.15 | Visual Clarity

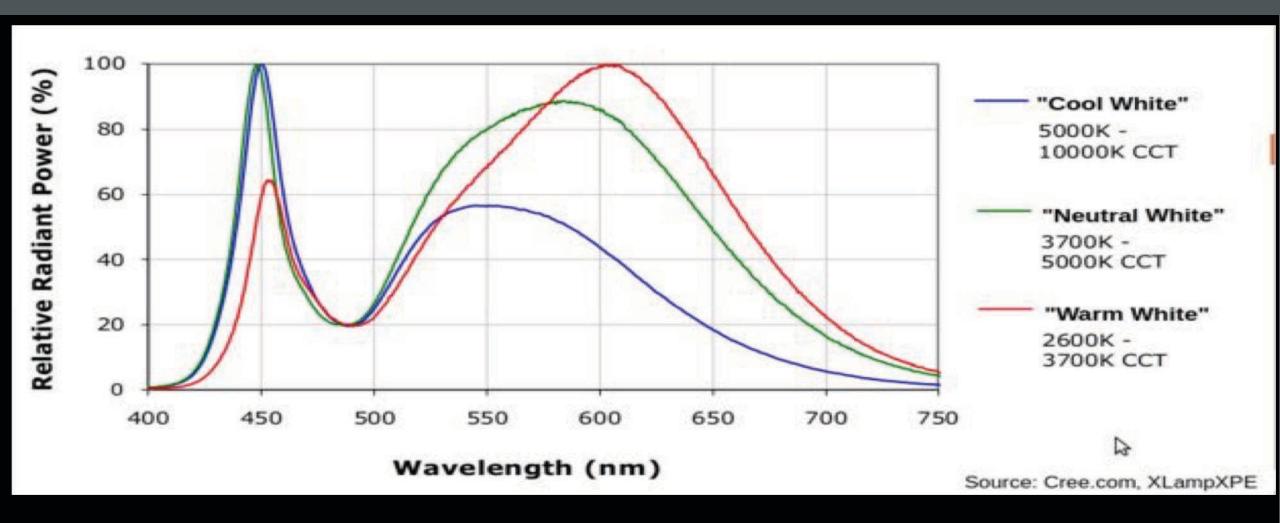
A uniform pattern of skylights offer a bright ceiling plane (3). Skylighting combines with downlighting and table lights to create a bright work plane zone. Wall lighting is uniform and bright (3). All of which contributes to an impression of visual clarity—deemed an important factor for this adult reading area in a community library.

» Image ©Balthazar Korab Photography Ltd.

Flynn Study Sources

- Incandescent
- Fluorescent
 - Cool white (4200 K; 62 CRI)
 - Warm white (3000 K; 51 CRI)
- Cool Deluxe Mercury (3900 K; 49 CRI)
- Phosphor Coated Metal Halide (3900 K; 65 CRI)
- High Pressure Sodium (2100 K; 24 CRI)

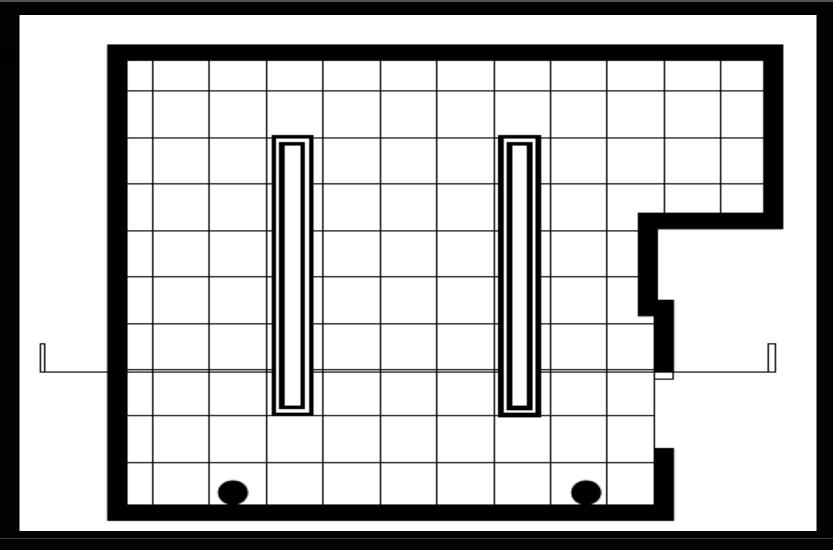
White LED Spectra



The Influence of Chromaticity on Subjective Impressions in Lighted Environments

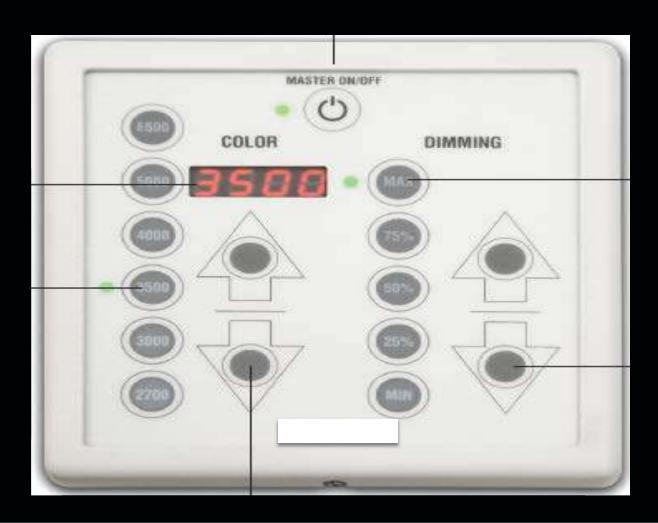
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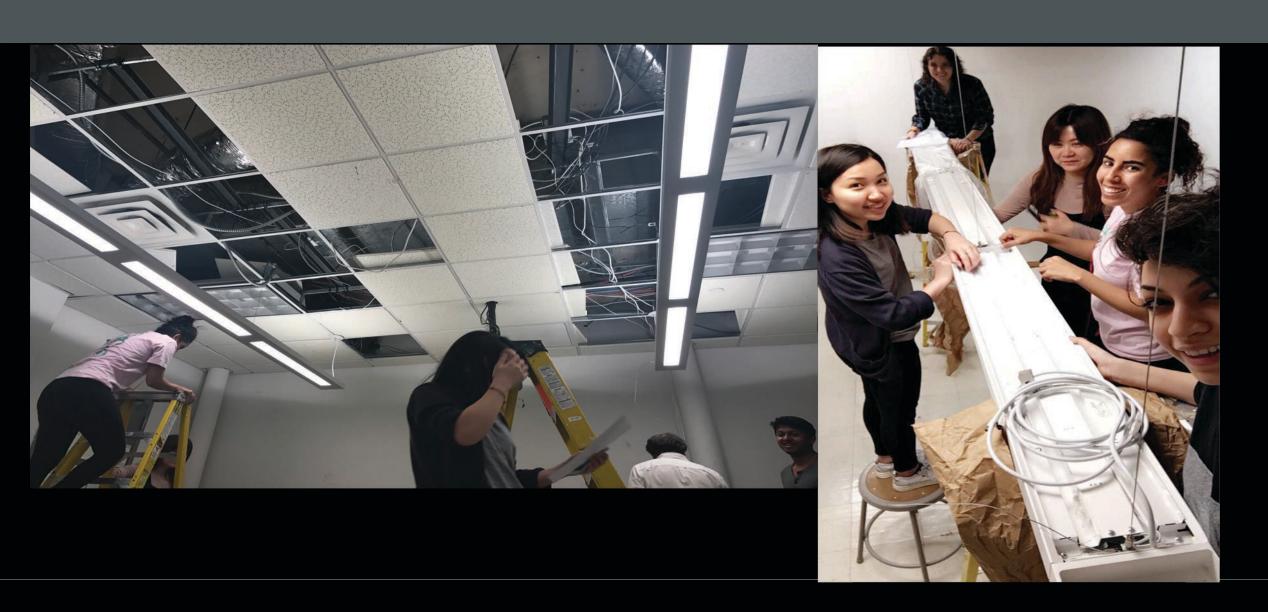
Reflected Ceiling Plan View of Experimental Room Showing Luminaire Locations



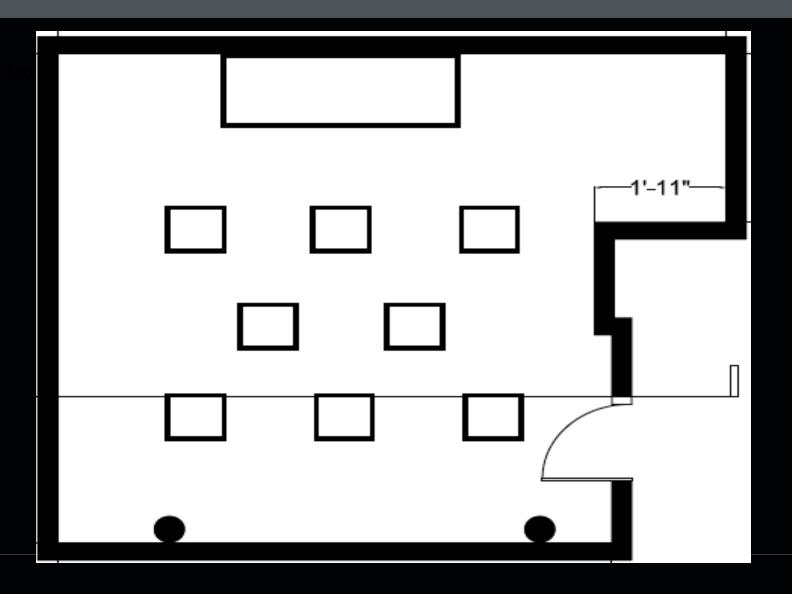
Experimental Room Luminaires & Controls







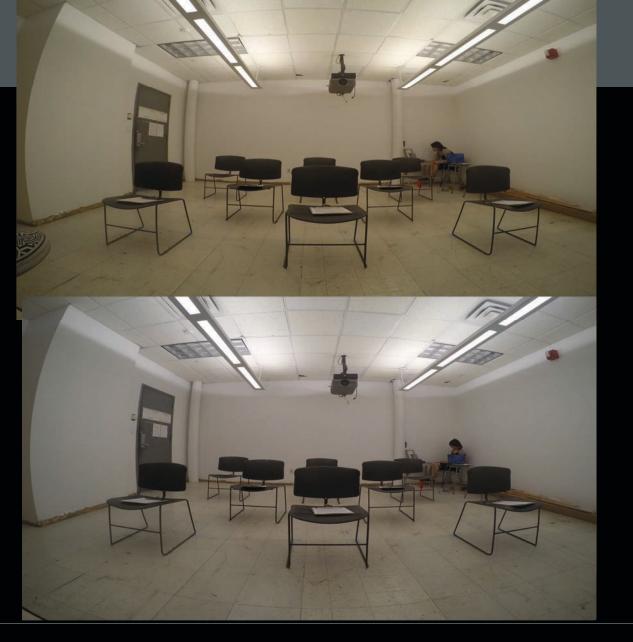
Plan View of Experimental Room Showing Subject Seating Locations

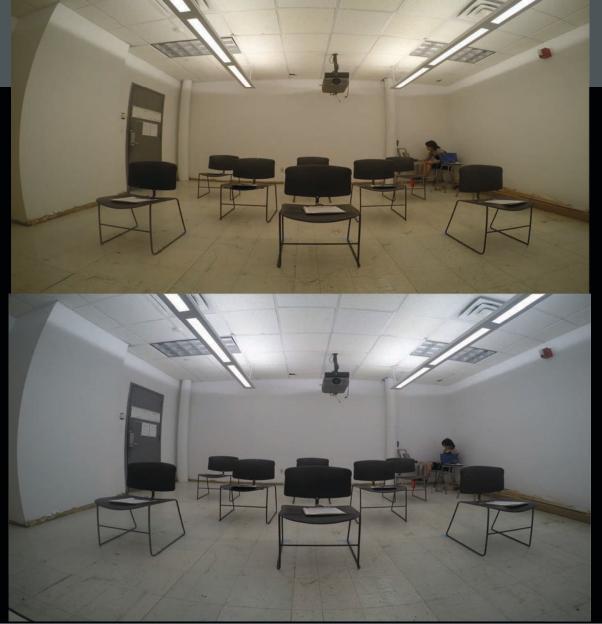




Experimental Conditions

- Six color temperatures (2700, 3000, 3500, 4000, 5000, 6500)
- Twenty-eight subjects
- Overhead-peripheral, uniform-non-uniform, and bright dim (50 f.c.) held constant
- Illuminance and CCT measurements taken at all CCT levels to ensure consistency
- Two parts to testing (two dependent variables):
 - Ratings of each CCT on semantic-differential rating scales
 - Ratings of differences between paired color temperatures on scale of 1-10





Flynn, 1979



A guide to methodology procedures for measuring subjective impressions in lighting

A major objective of IERI Project 92 has been the development of a research methodology for studying psychological and related subjective effects of illumination. In this sense, the study has made note of two aspects of human behavior that might be influenced, to some extent, by spatial illumination: (1) the effect of light on subject impression and attitude: and (2) the effect of light on performance and overt behavior. The

Experimenter Instructions (from Flynn, 1979)

APPENDIX 1							
NARRATIVE INSTRUCTIONS FOR USE WITH BI-POLAR RATING SCALES							
(room is prepared with an 'initial light setting'; subjects enter, and select seats; booklets with rating forms are at each seat location, with a blank cover sheet facing up)							
experimenter: (read slowly)	"THE RESEARCH YOU ARE PARTICIPATING IN TODAY IS PART OF A BROADER PROJECT STUDYING THE EFFECT OF ENVIRONMENTAL FACTORS ON SEVERAL KINDS OF HUMAN BEHAVIOR.						
-	"THERE ARE SEVERAL PARTS TO THE RESEARCH THAT YOU CAN HELP US WITH TODAY. WE WILL EXPLAIN EACH ONE TO YOU AS WE GO ALONG.						
	"FIRST, YOU WILL NOTICE THAT THERE IS A GROUP OF FORMS BEFORE YOU ON THE TABLE. THE SPECIFIC INSTRUCTIONS ARE GIVEN ON THE FIRST PAGE."						
	(pause to allow each subject to turn over the blank cover page before him revealing an instruction sheet. copy of instruction sheet is on the following page in this attachment)						
experimenter:	"I'LL GO THROUGH THESE INSTRUCTIONS WITH YOU TO MAKE SURE WE'RE COMPLETELY CLEAR CONCERNING THE PROCEDURE,"						
	(go to instruction sheet on the following page; read instructions aloud, while subjects follow along on their sheet)						
there are undon While you make past experience are to judge the The rating the room as ve	hing you are to do is to rate this room on several rating e interested in the Impressions, images, and moods this ted for you. Of course, in some respects this room is in from any other room you have seen. At the same time abtedly many similarities to other rooms you have seen. e the ratings we would like for you to take into account your e with various kinds of other rooms. In other words, you is room in terms of your past experience with other rooms. s are done in the following manner. If you would describe ry good, place an X on the scale as shown below:						
bad : ; ; ; ; X : good If you feel the room is very bad, the X would be placed at the other end of the scale:							
end of the scale	e:						
bad :	: X : : : : : : : : good						
If you feel would be place	the room is moderately good or moderately bad, the X d as follows:						
	::: good						
	OR						
bad :	: : X : : : : : : : : : : : : good						
If you feel be placed as fo	the room is only slightly good or slightly bad, the X would llows:						
bad :	: : : : : : : : : : : : : : : : : : :						
bad							
Finally if you feel the room is neither good nor bad, the X would be placed in the middle of the scale representing a neutral position.							
bad	: : : X : : : : : good						
Each rating should be made in a similar fashion. Be sure to read both words at each end of a scale before you decide where to make the X. There are no right or wrong answers to this task in the usual sense. We want your subjective judgment concerning how the room appears to you.							
	(return to narrative without reference to instruction sheet)						
"WE'LL NOW RATE THE ROOM.							
"AFTER YOU'VE COMPLETED YOUR RATINGS, PLEASE TURN YOUR RATING FORM FACE DOWN							

ON THE TABLE (DESK) IN FRONT OF YOU

AND YOU'LL RECEIVE FURTHER INSTRUCTIONS

(subjects turn over instruction sheet to find a bi-polar rating form similar to FIGURE 1; subjects rate the room)

(after all subjects have completed ratings, experimenter

UPON THE IMPRESSIONS AND MOODS CRÉATED FOR INDIVIDUALS USING THAT ROOM. AT THIS POINT, I'LL SHOW YOU SEVERAL DIFFERENT WAYS THAT THIS ROOM CAN BE ARRANGED IN TERMS OF LIGHTING. EACH SETTING WILL BE SHOWN FOR ABOUT 10-15 SECONDS, AND THERE WILL BE ____SUCH SETTINGS.

"WHILE I AM SHOWING YOU THESE SETTINGS, PLEASE PAY ATTENTION TO THE KINDS OF IMPRESSIONS AND MOODS THAT THE SETTING SEEMS TO CREATE FOR YOU.

AFTER YOU HAVE BEEN SHOWN ALL SETTINGS, WE WILL GO THROUGH THEM AGAIN, ONE AT A TIME. AFTER YOU'VE HAD A CHANCE TO ADAPT TO EACH SETTING DURING THIS SECOND SHOWING, YOU WILL BE ASKED TO RATE THE MOODS AND IMPRESSIONS CREATED BY THAT ARRANGEMENT ON A RATING SHEET LIKE THE ONE YOU INITIALLY COMPLETED.

"SO NOW I'LL BRIEFLY SHOW YOU THE DIFFERENT LIGHT SETTINGS,"

(show the ____light settings in the sequence that is applicable to group being tested; allow approximately 10-15 seconds for each in the initial showing)

experimenter:

"NOW THAT YOU'VE HAD A BRIEF EXPOSURE TO ALL OF THE LIGHT SETTINGS, WE WOULD LIKE TO HAVE YOU RATE EACH OF THEM. USE THE NEXT FORM IN YOUR SERIES. IT WILL READ AT THE TOP RIGHT. THIS NOTATION IDENTIFIES THE LIGHT SETTING.

"PLEASE DON'T TURN OVER THE COVER SHEET TO STUDY THE RATING FORMS YET."

(slight pause)

"EACH FORM IN THE BOOKLET IS EXACTLY LIKE THE ONE YOU COMPLETED EARLIER, AND THE RATINGS ARE MADE IN THE SAME WAY.

"THERE ARE FORMS IN THE BOOKLET: ONE FOR EACH LIGHT SETTING. EACH FORM IS SEPARATED BY A BLANK SHEET.

"THE PROCEDURE FOR THE RATINGS IS AS FOLLOWS:

- VERY SHORTLY, I'LL SWITCH ON THE FIRST LIGHTING ARRANGEMENT.
- (2) YOU'LL SIT APPROXIMATELY ONE-MINUTE WHILE YOUR EYES ADAPT TO EACH LIGHT SETTING. THEN I'LL ASK YOU TO TURN OVER THE BLANK COVER PAGE. AS I DO SO, I'LL CALL OUT THE NUMBER FOR THE LIGHT SETTING. THIS NUMBER SHOULD BE THE SAME AS THE NUMBER IN THE UPPER WITH SAME AS THE NUMBER IN THE UPPER OF THE SAME AS THE NUMBER IN THE SAME AS THE NUMBER IS NOT THE SAME, PLEASE CALL THIS TO MY ATTENTION.
- (3) YOU MAY THEN BEGIN YOUR RATINGS OF THE LIGHT SETTING. STOP WHEN YOU COME TO THE NEXT BLANK SHEET.
- (4) AFTER EVERYONE HAS COMPLETED THE FIRST RATING FORM, I'LL SWITCH TO ANOTHER LIGHT SETTING --- AND THE PROCEDURES WILL BE REPEATED UNTIL ALL LIGHT SETTINGS HAVE BEEN RATED.
- (5) IT IS IMPORTANT THAT YOU DO NOT BEGIN YOUR RATINGS OF A LIGHT SETTING UNTIL I TELL YOU TO DO SO."

(this last item is to insure that the subject goes through a period of adaptation to the new setting before the rating begins)

experimenter:

"WHILE YOU ARE MAKING THESE RATINGS, PLEASE REEP IN MIND THAT YOU ARE ASKED TO RATE THE MOODS, THE FELLINGS, THE IMPRESSION THAT THE LIGHT SETTING CREATES FOR YOU. BUT YOU ARE SPECIFICALLY ASKED TO MAKE THESE RATINGS IN TERMS OF COMPAISON (IN SO FAR AS YOU CAN) OF ONE LIGHT SETTING WITH THE OTHERS IN THE GROUP. A GIVEN LIGHTING WITH THE OTHERS IN THE GROUP OF A CIVEN LIGHTING ABRANCE MENT IN TERMS OF YOUR REMEMBERANCE OF THE EFFECTS CREATED FOR TOUR BYOUR THE OTHER LIGHT SETTINGS AS WELL.

"AGAIN, IN THIS EXPERIMENT, THERE ARE NO RIGHT OR WRONG ANSWERS AS SUCH. WE ARE INTERESTED IN YOUR SUBJECTIVE IMPRESSIONS,"

(begin the light settings; allow approximately 1-minute for adaptation to each before subjects turn over the blank sheet to begin the rating)

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Semantic-Differential Rating Scales Used in Study (from Flynn, 1979)

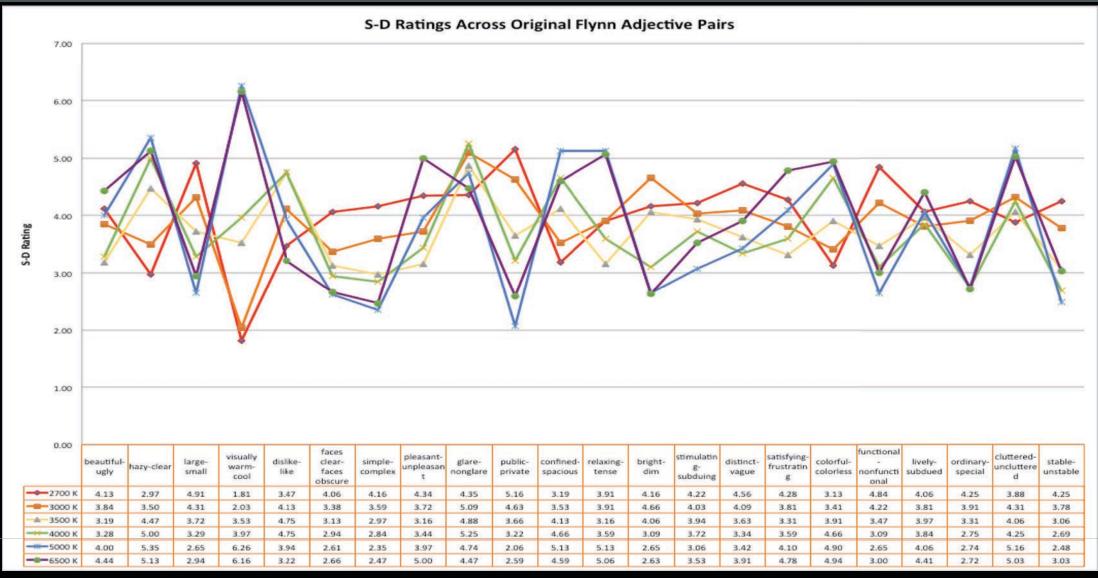
beautiful	:	.:	::	·	:	:	::	ugly
hazy	:	_:	:	≣	:	.=	.::	clear
large	:	·	.=		:	:	.::	small
visually warm	:	. :	::			:	::	visually cool
dislike	:	_:	.=		:	.=	.::	like
faces clear	=	:	::		:	=	::	faces obscure
simple	=	::	::	=	:	:	::	complex
pleasant	=:	::	=	:	:	=	:	unpleasant
glare	:	::	:=:	=	=	::	·:	no-glare
public	:	::	::	:	·:	:	::	private
confined	:	::	:=:	:	:	::	::	spacious
relaxing	:	::	·=	=	=	::	::	tense
bright	:	::	::	=	:	::	::	dim
stimulating	:	.=:	::	:	·:	:	::	subduing
distinct	:	::	:	=	=	:	=	vague
satisfying	:	::	:	=	=	=	:	frustrating
colorful	::	:=:	=:	=	=.	=:	:	colorless
functional	::	:-	<u>=</u> _	=	=	=:	:	non-functional
lively	::	=	:	=	=	:	:	subdued
ordinary	::	:=:	=:	=:.	=	=:.	=	special
cluttered	::	=:		=	=:.	=.	:	uncluttered
stable	::	==		=	=	=	:	unstable
comments (if a	ny):							



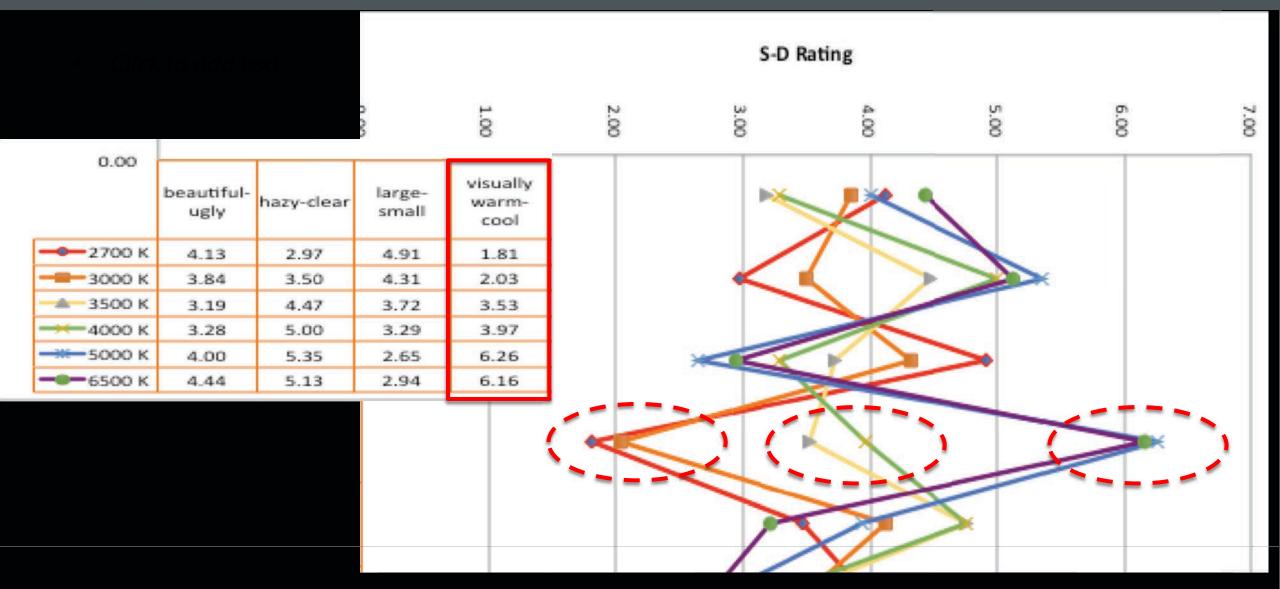
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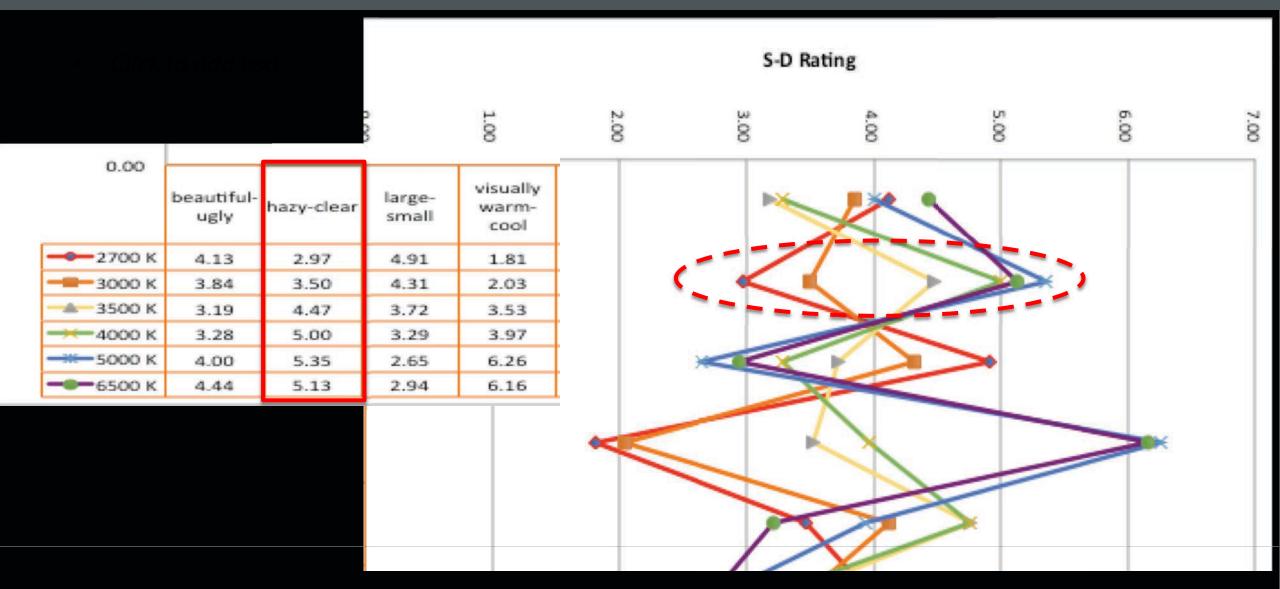
Plot of Mean Semantic Differential Ratings on Twenty-Two S-D Scales Used in Study



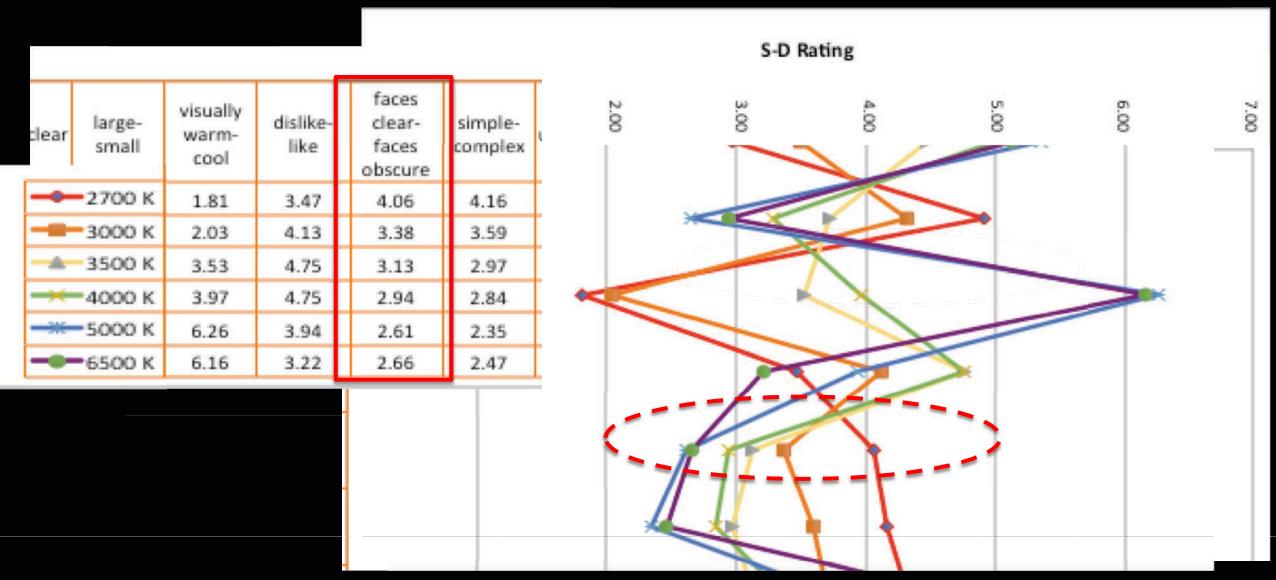
Plot of Mean Ratings on Visually Warm-Visually Cool Scale



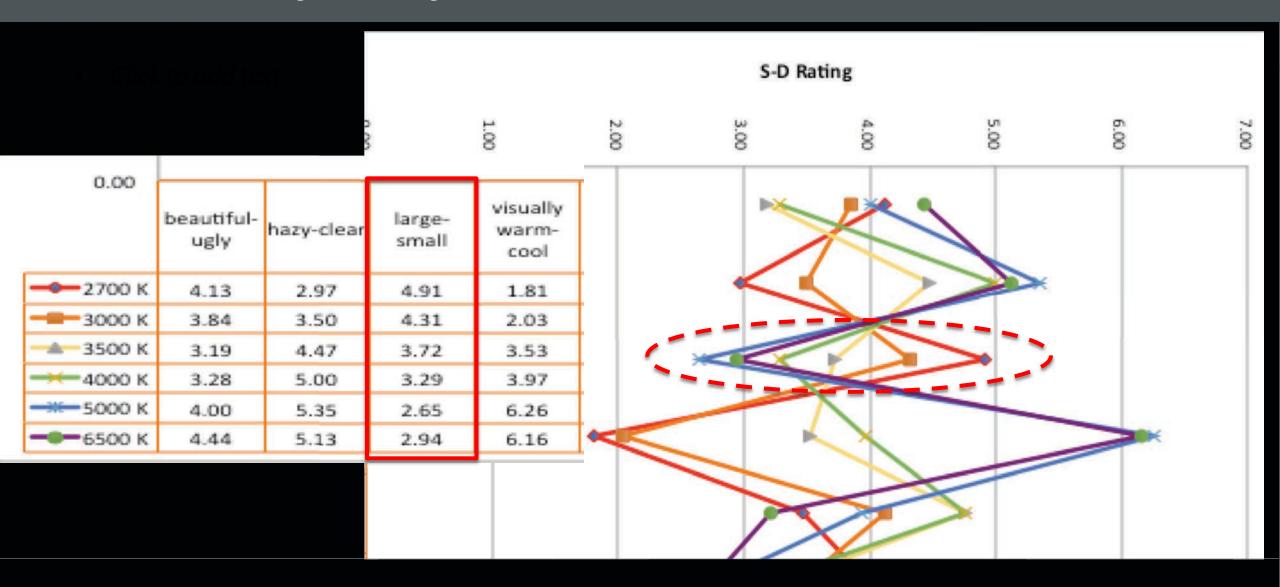
Plot of Mean Ratings on Hazy-Clear Scale



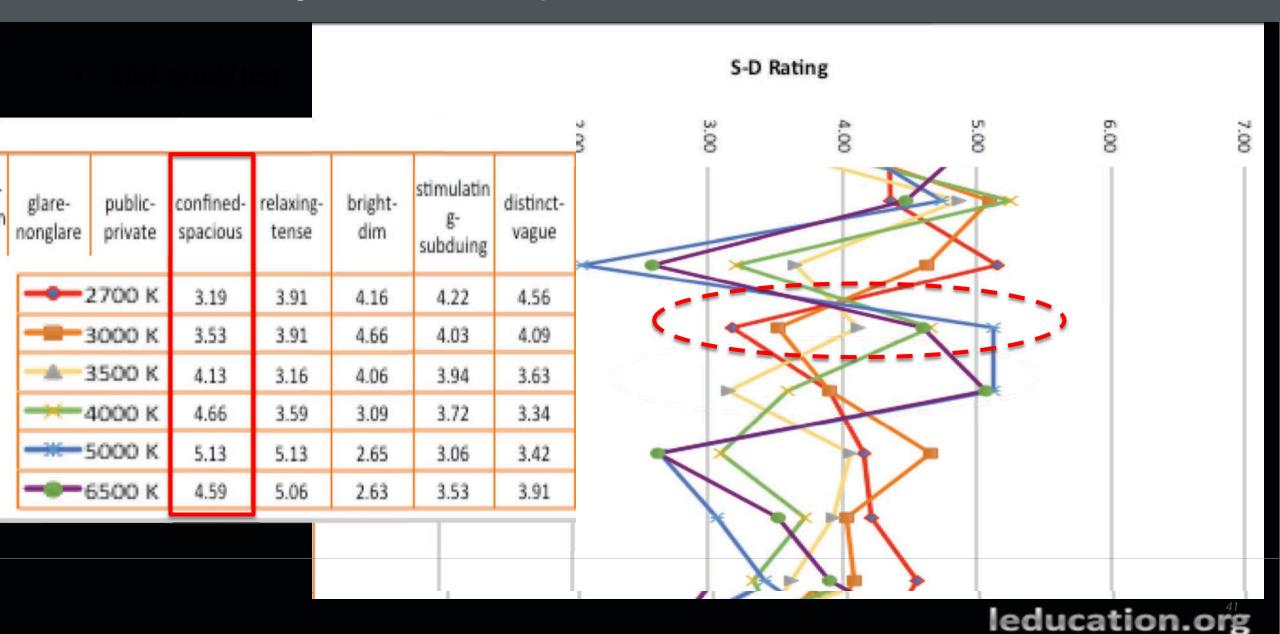
Plot of Mean Ratings on Faces Clear-Faces Obscure Scale



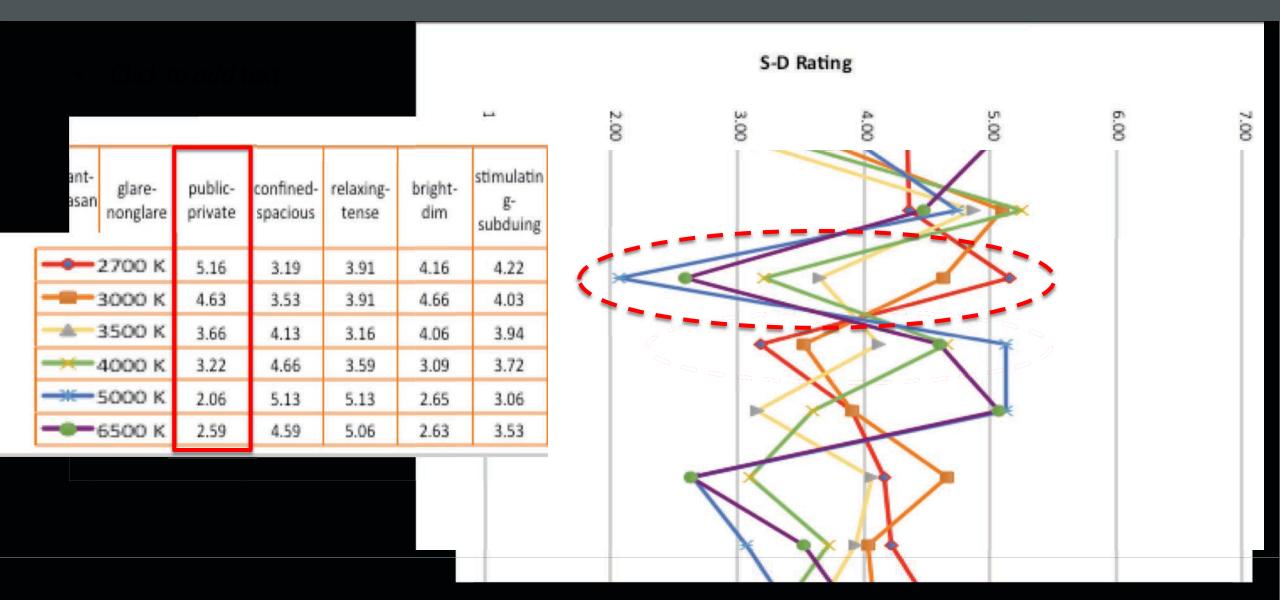
Plot of Mean Ratings on Large-Small Scale



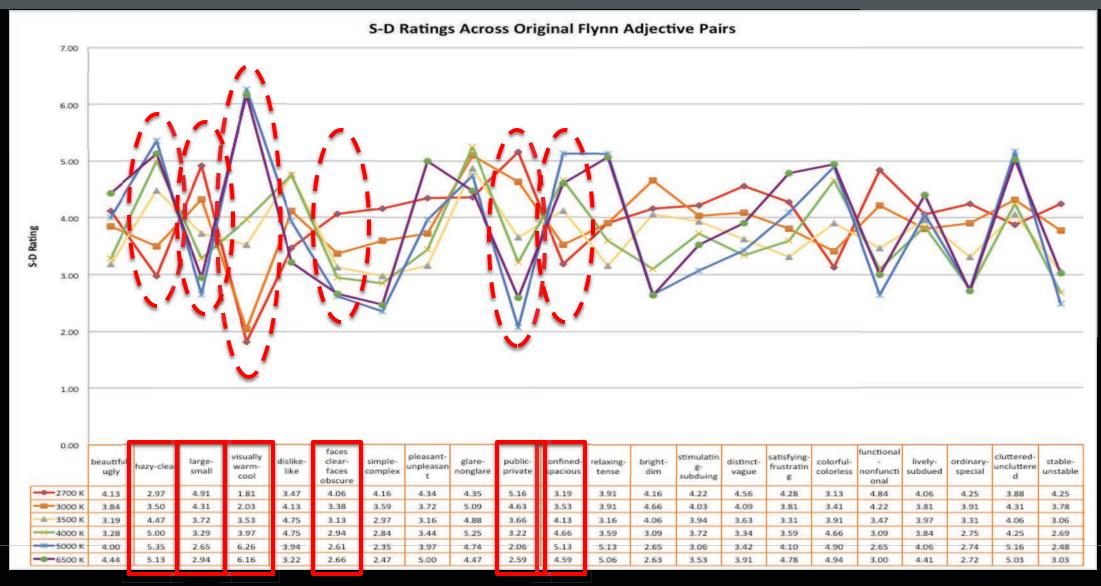
Plot of Mean Ratings on Confined-Spacious Scale



Plot of Mean Ratings on Public-Private Scale



Plot of Mean Semantic Differential Ratings on Twenty-Two S-D Scales Used in Study



Other Observations of Semantic Differential Ratings

- Higher color temperatures tend to reinforce an impression of simplicity while lower color temperatures an impression of complexity (2.35 for 5000 K versus 4.16 for 2700 K)
- Lower color temperatures reinforce an impression of a more colorful environment while higher color temperatures an impression of a more colorless environment (3.13 for 2700 K versus 4.94 for 6500 K)
- Higher color temperatures tend to reinforce an impression of a more functional environment while lower color temperatures tend to reinforce an impression of a less functional environment (2.65 for 5000 K versus 4.84 for 2700 K)
- Lower color temperatures tend to reinforce an impression of a more special environment while higher color temperatures tend to reinforce an impression of a more ordinary environment (4.25 at 2700 K versus 2.72 at 6500 K)

Other Observations of Semantic Differential Ratings

- Several scales suggest a greater influence of mid-range color temperatures on the positive ends of several impressions
 - Beautiful-ugly
 - like-dislike
 - pleasant-unpleasant
- Mid-range color temperatures tend to play a larger role in influencing relaxation on the relaxationtension scale while high or low color temperatures tend to reinforce an impression of tension.

Mean Ratings of Difference When Comparing Appearance of Environment at Different Color Temperatures



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Conclusions

- The very clear difference (6.29 versus 1.81) on the visually warm-visually cool scale supports the conclusion that subjects were indeed responding to differences in color temperature when rating their subjective impressions.
- There is a distinct difference between the responses to high and low color temperatures in general, as well as mid-range color temperatures, but the responses tend not to discriminate between color temperatures at the high, low and mid-ranges.
- There is a strong influence of CCT on several impressions consistent with Flynn's other modes
 - Public-private
 - Clear-hazy
 - Spaciousness-confinement

Limitations/Next Steps

- Not equal steps in CCT (2700, 3000, 3500, 4000, 5000, 6000)
- Limited subject population (graduate design students in NYC)
- Classroom/work environment
- Other lighting characteristics held constant (no interactions of lighting characteristics)



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This concludes The American Institute of Architects Continuing Education Systems Course



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