THE NEXT STEP IN CIRCULAR HOUSING

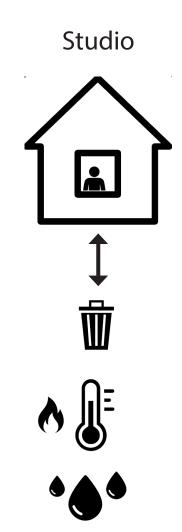
An exploratory user-centred research into the relationship between design and circular behaviour of students living in student housing complexes.



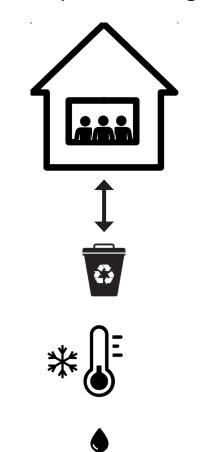
Management in the Built Environment, Delft University of Technology 21/22



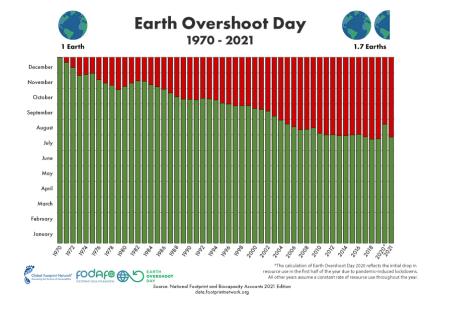
Introduction



Grouped housing



Problem statement







- Circular Economy requires new behaviours

Main Question: "What is the relation between design and circular behaviour?"

lethodology

Societal:

- Lower environmental impact in user phase
- Easier for people to show circular behaviour
- 56.000kg of waste with two cases, 400 inhabitants
- Transferable and replicable to any other context

Scientific:

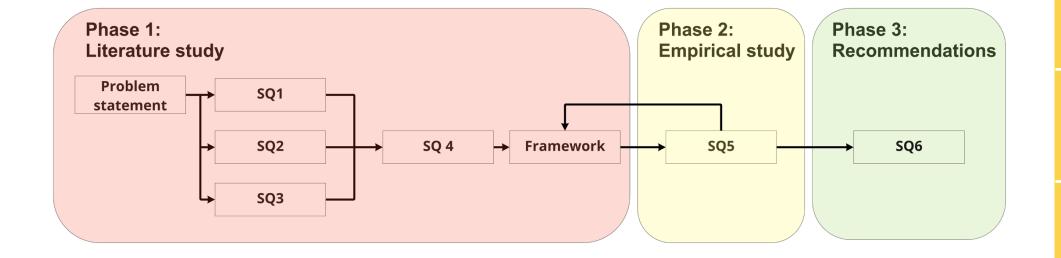
- User is not yet the focus in circular economy (Wastling, Charnley & Moreno, 2018)
- Lack of interest from businesses into the daily life practises in a circular economy (Selvefors et al., 2019)



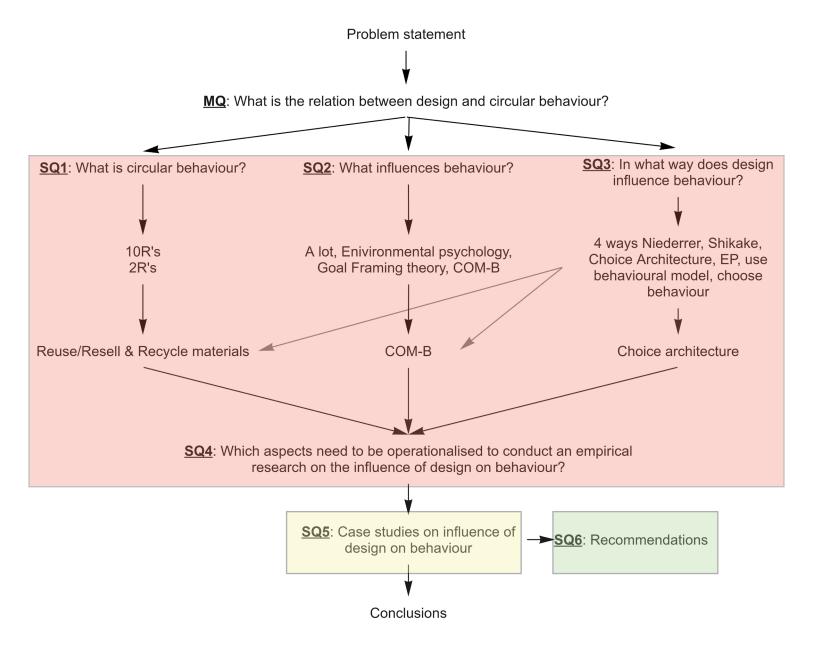
Research output

- Understanding of relation between design and circular behaviour
- Ready to use framework and method for researching for any context and behaviour
- Recommendations for the studied cases and in general

Research design



Research questions

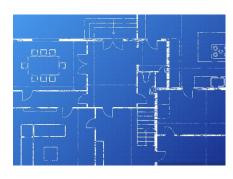


Methodology

- Qualitative study
- Grounded theory & sensitizing concepts
- Themes as variables
- Document analysis & semi-structured interviews
- Cross case analysis



OM-B aspect	Design aspect	Choice technique	Influence
		technique	milidence
apability sysical	Distance	B1.B2	
,	Weight	B2.B3	
	Accessibility	B2.B3	
	Height	B1.B2	
	Thresholds	B2,B3	
apability sychological	Difficulty	A1,82,83,C1	
	Access to information	A2	
	Reminders	C1	
	Understanding	A1,A2	
oportunity sysical	Availability of inanimate objects	81,83	
	Duration	B2.B3	
	Costs financial	B2,B4	
	Costs social	B2,B4	
	Distance	B1,B2	
oportunity icial	Rules from organisation	A3,B4,C2	
	Norms	A3	
	Culture	A3	
	Participation	A2,C2	
otivation flective	Informing	A1,A2,A3	
	Important factors	depends	
	Reminders	C1	
	Rewards	84	
	Punishment	84	
otivation itomatic	Cue's	B1	
	Triggers	B1	
	Direct feedback	B4	
	Stable environment	B1	





COM-B aspect	Design aspect for Recycle Materials	technique	Mijnbouwplein
Capability			
physical	Accesibility	B2	Present
	Elevator	B2	Present
Capability			
psychological	Inform about what goes where	A1,A2,B2	Other people
			There are bins to separate at the
	Reminders to do it	C1	collection point
	Visible	C1,A2	Present
Opportunity			
physical	Distance to bins	B2	50-90m
			Not standard, small studio lacks
	Different bins at home	B1,B2,B3	space
	Different bins at the collection point	B1,B2,B3	Present
	Take away the costs such as buy your		
	own bins	B2	Missing
	Capacity bins for building	B2	Paper
	Size of studio	B2	Too small
Opportunity			present, not properly, collection
social	People participate collectively	A3,B4,C2	neglected
			Present, collection point out in the
	Visible culture	A2, C2	open
Motivation	Provide information on impact of		
reflective	recycling materials	A2, B4	Missing
	Reward or punish behaviour	B4	Missing
	Convenience	B2	Depends on location
	Stinking bins	B4	For some interviewees
	Not wanting to put effort	B2	For some interviewees
	No one is forcing	A3,C2	No control
	Roommates do it	A3	-
	Environmental reasons	A2	For most interviewees
Motivation	New location allows for new habits to		
automatic	form	R1	Present

lethodology

iterature

Context:

Circular behaviours:

- Students living in student housing complexes
 - Accessible data
 - Many students
 - Potential impact
 - High moving frequency

- Reuse and Recycle Materials
 - Potential impact
 - National goals
 - Frequency of behaviour
 - Physical objects needed

SQ1: "What is circular behaviour?"

- No consensus, very broad
- Desired behaviour for circular business models
- R ladders (38R's -> 10R)



RO Refuse

R1 Reduce

R2 Resell/Re-use

R3 Repair

R4 Refurbish

R5 Remanufacture

R6 Repurpose

R7 Recycle Materials

R8 Recover (Energy)

R9 Re-mine

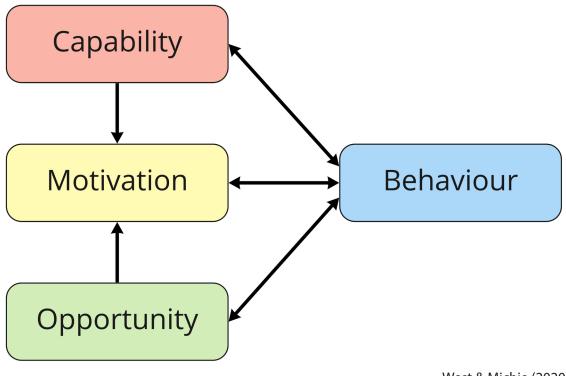
Vermeulen, Reike & Witjes (2018)

PHASE:	USE	END OF USE
a.	Establishing relationship	Prolong replacement
rshi	Product care	Return product
ser ownershi (product orientated)	Repair	Sell (via third party)
User ownership	Engage with product life extension services	Enable reuse
D	Product attachment/ownership	Correct disposal/ recycling
0.0	Adhere to contractual obligations	
rshi	Product care	Fast circulation of goods
Wne ce orie	Engage with product life extension services	Reducing operating costs
Product care Product care Product care Fast circulation of the control of the		
rovic se/per	Avoid Product misuse	
₫ 3	Avoid Damaging behaviours	

Wastling, Charnley & Moreno (2018)

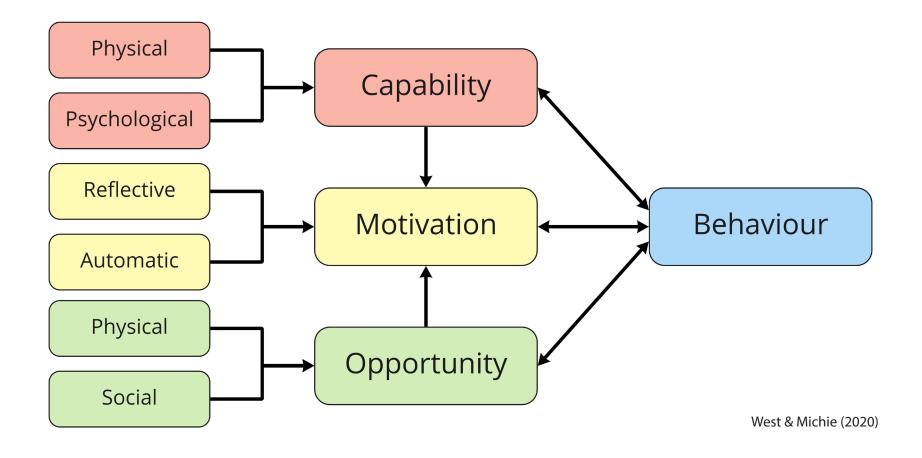
SQ2: "What factors influence behaviour?"

SQ2: "What factors influence behaviour?"



West & Michie (2020)

SQ2: "What factors influence behaviour?"



SQ3: "In what way does design influence behaviour?"

4 Main ways:

- Make easier
- Make difficult
- Stimulate
- Refrain

Niedderer et al. (2014)

3 Categories:

- Individual
- Context
- Middleground

Common steps in DfBC:

- 1. Decide on behaviour
- 2. Choose behaviour model
- 3. Research context and user
- 4. Choose suitable techniques

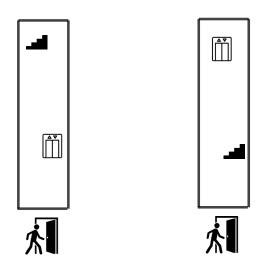
Matsumura et al., (2014); Münscher et al., (2015); Wastling et al. (2018)

SQ3: "In what way does design influence behaviour?"

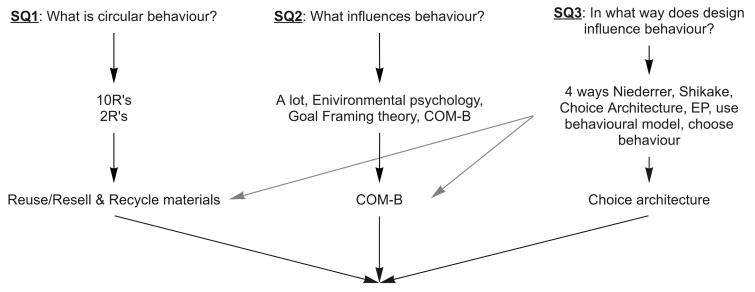
Category	Technique
A. Decision information	A 1 Translate information Includes: reframe, simplify
mormation	A 2 Make information visible
	Includes: make own behavior visible
	(feedback), make external information visible
	A 3 Provide social reference point
	Includes: refer to descriptive norm, refer to opinion leader
B. Decision	B 1 Change choice defaults
structure	Includes: set no-action default, use prompted choice
	B 2 Change option-related effort
	Includes: increase/decrease physical/
	financial effort
	B 3 Change range or composition of options Includes: change categories, change grouping of options
	B 4 Change option consequences
	Includes: connect decision to benefit/cost, change social consequences of the decision
C. Decision	C 1 Provide reminders
assistance	C 2 Facilitate commitment
	Includes: support self-commitment/public commitment

Münscher et al., (2015)

B2: Change option-related effort



SQ4: "Which aspects need to be operationalised to conduct an empirical research on the influence of design on behaviour?"



SQ4: "Which aspects need to be operationalised to conduct an empirical research on the influence of design on behaviour?"

Choose circular behaviour:



R0 Refuse

R1 Reduce

R2 Resell/Re-use

R3 Repair

R4 Refurbish

R5 Remanufacture

R6 Repurpose

R7 Recycle Materials

R8 Recover (Energy)

R9 Re-mine

Vermeulen et al. (2018)

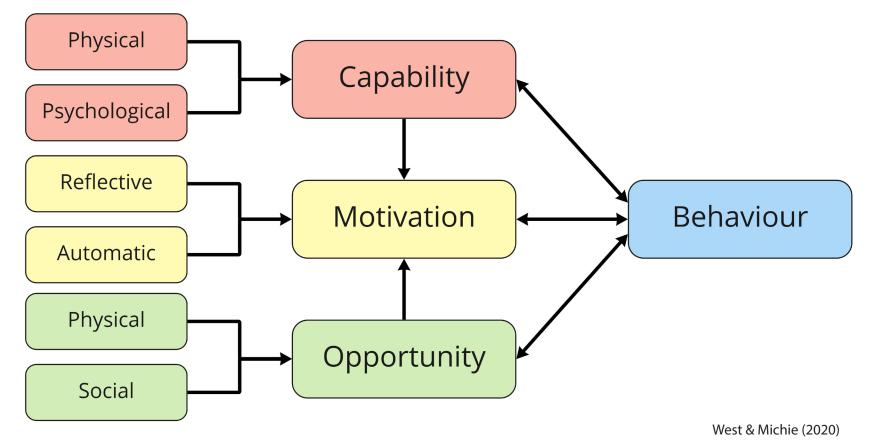


R2 Resell/Re-use

R7 Recycle Materials

SQ4: "Which aspects need to be operationalised to conduct an empirical research on the influence of design on behaviour?"

Choose behavioural model:



COM-B aspect	Design aspect
Capability physical	Distance
	Weight
	Accessibility
	Height
	Thresholds

COM-B aspect	Design aspect
Capability physical	Distance
	Weight
	Accessibility
	Height
	Thresholds
Capability psychological	Difficulty
	Access to information
	Reminders
	Understanding

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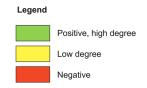
COM-B aspect	Design aspect
Capability physical	Distance
	Weight
	Accessibility
	Height
	Thresholds
Capability psychological	Difficulty
	Access to information
	Reminders
	Understanding
Opportunity physical	Availability of inanimate objects
	Duration
	Costs financial
	Costs social
	Distance
Opportunity social	Rules from organisation
	Norms
	Culture
	Participation

COM-B aspect	Design aspect
Capability physical	Distance
	Weight
	Accessibility
	Height
	Thresholds
Capability psychological	Difficulty
	Access to information
	Reminders
	Understanding
Opportunity physical	Availability of inanimate objects
	Duration
	Costs financial
	Costs social
	Distance
Opportunity social	Rules from organisation
	Norms
	Culture
	Participation
Motivation reflective	Informing
	Important factors
	Reminders
	Rewards
	Punishment

COM-B aspect	Design aspect
Capability physical	Distance
	Weight
	Accessibility
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Capability psychological	Difficulty
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Opportunity physical	Availability of inanimate objects
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Opportunity social	Rules from organisation
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	Participation
Motivation reflective	Informing
	Important factors
	Reminders
	Rewards
	Punishment
Motivation automatic	Cue's
	Triggers
	Direct feedback
	Stable environment

COM-B aspect	Design aspect
Capability physical	Distance
	Weight
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Capability psychological	Difficulty
	Access to information
	Reminders
	Understanding
Opportunity physical	Availability of inanimate objects
	Duration
	Costs financial
	Costs social
	Distance
Opportunity social	Rules from organisation
	Norms
	Culture
	Participation
Motivation reflective	Informing
	Important factors
	Reminders
	Rewards
	Punishment
Motivation automatic	Cue's
	Triggers
	Direct feedback
	Stable environment

Capability physical	Behaviour Y
Distance	5m
Weight	100kg
Accessibility	Not wheelchair accesible
Height	1m
Thresholds	Staircase



Choice architecture technique

A1, A2, A3, B2, B3, B4, C1, C2

B1, B2, B3

A1, A2, B1, B2, C1

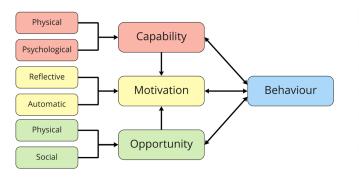
A2, A3, B4, C1, C2

B1, B2, B3, B4

A2, B4, C1

Literature research

Category	Technique
A. Decision information	A 1 Translate information Includes: reframe, simplify A 2 Make information visible Includes: make own behavior visible (feedback), make external information visible
	A 3 Provide social reference point Includes: refer to descriptive norm, refer to opinion leader
B. Decision structure	B 1 Change choice defaults Includes: set no-action default, use prompted choice
	B 2 Change option-related effort Includes: increase/decrease physical/ financial effort
	B 3 Change range or composition of options Includes: change categories, change grouping of options
	B 4 Change option consequences Includes: connect decision to benefit/cost, change social consequences of the decision
C. Decision assistance	C 1 Provide reminders C 2 Facilitate commitment Includes: support self-commitment/public commitment



West & Michie (2020)

	Own creation

COM-B subcategory

Capability psychological

Opportunity physical

Motivation reflective

Motivation automatic

Opportunity social

Capability physical

Münscher et al., (2015)

General

COM-B aspect	Design aspect	Choice technique	Influence
Capability physical	Distance	B1,B2	
	Weight	B2,B3	
	Accessibility	B2,B3	
	Height	B1,B2	
	Thresholds	B2,B3	
Capability psychological	Difficulty	A1,B2,B3,C1	
	Access to information	A2	
	Reminders	C1	
	Understanding	A1,A2	
Opportunity physical	Availability of inanimate objects	B1,B3	
	Duration	B2,B3	
	Costs financial	B2,B4	
	Costs social	B2,B4	
	Distance	B1,B2	
Opportunity social	Rules from organisation	A3,B4,C2	
	Norms	A3	
	Culture	A3	
	Participation	A2,C2	
Motivation reflective	Informing	A1,A2,A3	
	Important factors	depends	
	Reminders	C1	
	Rewards	B4	
	Punishment	B4	
Motivation automatic	Cue's	B1	
	Triggers	B1	
	Direct feedback	B4	
	Stable environment	B1	

General

COM-B aspect	Design aspect	Choice technique	Influence
Capability physical Distance		B1,B2	
	Weight	B2,B3	
	Accessibility	B2,B3	
	Height	B1,B2	
	Thresholds	B2,B3	
Capability psychological	Difficulty	A1,B2,B3,C1	
	Access to information	A2	
	Reminders	C1	
	Understanding	A1,A2	
Opportunity physical	Availability of inanimate objects	B1,B3	
	Duration	B2,B3	
	Costs financial	B2,B4	
	Costs social	B2,B4	
	Distance	B1,B2	
Opportunity social	Rules from organisation	A3,B4,C2	
	Norms	A3	
	Culture	A3	
	Participation	A2,C2	
Motivation reflective	Informing	A1,A2,A3	
	Important factors	depends	
	Reminders	C1	
	Rewards	B4	
	Punishment	B4	
Motivation automatic	Cue's	B1	
	Triggers	B1	
	Direct feedback	B4	
	Stable environment	B1	

Reuse

COM-B subcategory	Design aspect	Choice technique
Capability		
physical	make it easier or more difficult	B2
	Proximity	B1,B2
	Elevator	B2
Capability psychological	Explain how	A2
	Reminders at waste collection	C1
	Clear rules	A2
	Make it visible	A2
	Awareness of digital platform	A2
Opportunity physical	Place to offer items	B1, B3
	Short process and short distance	B2
	low cost or free	B2
Opportunity social	People participate collectively	A3
	Create zero waste norm	A3,B4,C2
	It is allowed by the organisation	B4,C2
	Make culture visible	A2, C2
	Stimulate culture of reuse	A3,C2
Motivation reflective	Provide information on impact of reuse	A1,A2,B4
	Important factors that influence motivation	Depends
	Make it visible	C1,A2
	Remove thresholds	B1,B2,B4
Motivation automatic	Trigger for reuse on the route to garbage collection point	A1,C1
	Offer direct reward for reuse New location allows for new habits to form	B4 B1

Recycle Materials

COM-B subcategory	Aspect for Recycle materials	Choice technique
Capability physical	Accesibility	B2
Capability psychological	Inform about what goes where	A1,A2,B2
	Reminders to do it	C1
Opportunity physical	Distance to bins	B2
	Different bins at home	B1,B2,B3
	Different bins at the collection point	B1,B2,B3
	Take away the costs such as buy your own bins	B2
Opportunity social	People participate collectively	A3,B4,C2
	Visible culture	A2, C2
Motivation reflective	Provide information on impact of recycling materials	A2, B4
	Important factors that influence motivation	Depends
	Reward or punish behaviour	
Motivation automatic	New location allows for new habits to form	B1

General

COM-B aspect	Design aspect	Choice	
COM-D aspect	Design aspect	technique	Influence
Capability	Distance		
physical		B1,B2	
	Weight	B2,B3	
	Accessibility	B2,B3	
	Height	B1,B2	
	Thresholds	B2,B3	
Capability psychological	Difficulty	A1,B2,B3,C1	
	Access to information	A2	
	Reminders	C1	
	Understanding	A1,A2	
Opportunity	Availability of inanimate		
physical	objects	B1,B3	
	Duration	B2,B3	
	Costs financial	B2,B4	
	Costs social	B2,B4	
	Distance	B1,B2	
Opportunity social	Rules from organisation	A3,B4,C2	
	Norms	A3	
	Culture	A3	
	Participation	A2,C2	
Motivation reflective	Informing	A1,A2,A3	
	Important factors	depends	
	Reminders	C1	
	Rewards	B4	
	Punishment	B4	
Motivation automatic	Cue's	B1	
	Triggers	B1	
	Direct feedback	B4	
	Stable environment	B1	

Reuse

COM-B subcategory	Design aspect	Choice technique
Capability		
physical	make it easier or more difficult	B2
	Proximity	B1,B2
	Elevator	B2
Capability psychological	Explain how	A2
	Reminders at waste collection	C1
	Clear rules	A2
	Make it visible	A2
	Awareness of digital platform	A2
Opportunity physical	Place to offer items	B1, B3
	Short process and short distance	B2
	low cost or free	B2
Opportunity social	People participate collectively	A3
	Create zero waste norm	A3,B4,C2
	It is allowed by the organisation	B4,C2
	Make culture visible	A2, C2
	Stimulate culture of reuse	A3,C2
Motivation reflective	Provide information on impact of reuse	A1,A2,B4
	Important factors that influence motivation	Depends
	Make it visible	C1,A2
	Remove thresholds	B1,B2,B4
Motivation automatic	Trigger for reuse on the route to garbage collection point	A1,C1
	Offer direct reward for reuse New location allows for new habits to form	B4 B1

Recycle Materials

COM-B subcategory	Aspect for Recycle materials	Choice technique
Capability physical	Accesibility	B2
Capability psychological	Inform about what goes where Reminders to do it	A1,A2,B2 C1
Opportunity physical	Distance to bins Different bins at home	B2
	Different bins at nome Different bins at the collection point	B1,B2,B3 B1,B2,B3
	Take away the costs such as buy your own bins	B2
Opportunity social	People participate collectively	A3,B4,C2
	Visible culture	A2, C2
Motivation reflective	Provide information on impact of recycling materials	A2, B4
	Important factors that influence motivation	Depends
	Reward or punish behaviour	B4
Motivation automatic	New location allows for new habits to form	B1

Empirical research

SQ5: "What influence do designs have on the circular behaviours of Reuse and Recycle Materials on inhabitants in current practice in student housing complexes?".

- 2 Cases
- 2 Behaviours
- Document analysis
- User research, semi-structured interviews
- Cross case analysis

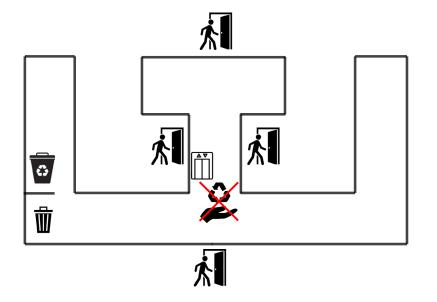
Empirical research

Document analysis

Case A



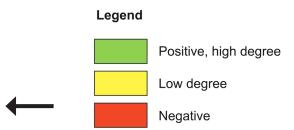
Case B



Empirical research - Reuse - Cross case analysis

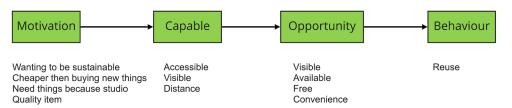
COM-B aspect	Design aspect for Reuse	Choice technique	Case A	Case B
Capability physical	Difficulty	B2	Easy	Easier, trolley
	Proximity	B1,B2	Central location	Central location
	Elevator	B2	Present	Present
Capability psychological	Explain how	A2	Advertisement, vague for entrance	Advertisement, vague for entrance
	Reminders at waste collection	C1	Stimulating to throw away	Option to offer potential reuse next to waste collection
	Clear rules	A2	Prohibited at entrance, but people do it anyways, drop-off, mayhem	Prohibited, but people do it anyways, drop-off
	Visible	A2	prohibited, but visible	prohibited, but visible
	Awareness of digital platform	A2	Not all interviewees know about facebook group	present
	Note that you can take it	A2	-	Sometimes
Opportunity physical	Place to offer items	B1, B3	Advertisement, Entrance but not clear	Advertisement, Entrance but not clear
	Short process and short distance	B2	present, max 75m	present, at the entrance
	low cost or free	B2	joint costs, free placing	joint costs, free placing
	Advertisement for next tenant	A2,C1	Present	Present
Opportunity social	People participate collectively	A3	Present	Present
	It is allowed by the organisation	B4,C2	When moving, but prohibited at entrace, but people do it anyways	When moving, but prohibited at entrace, but people do it anyways
	Make culture visible	A2, C2	Present	Present
	Contact with previous and next tenants	A2	Present	Present
Motivation reflective	Provide information on impact of reuse	A1,A2,B4	Missing	Missing
	Make it visible	C1,A2	Present	Present
	Low costs	B2	Present	Present
	Hygiene	-	Depends on item	Depends on item
	Convenience	B2	Present	Present
	Moving to studio needs more things	B1,B3	Present	Present
	Good quality items	-	Depends on person and object	Depends on person and object
Motivation automatic	Trigger for reuse on the route to garbage collection point	A1,C1	Depends on route	Present
	Offer direct reward for reuse	B4	Missing	Missing
	New location allows for new habits to form	B1	Present	Present

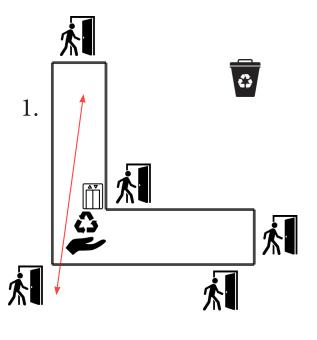


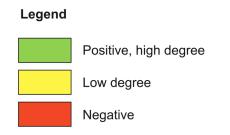


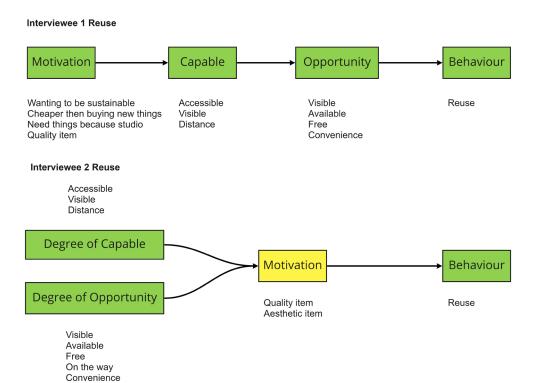
Empirical research - Reuse - Case A

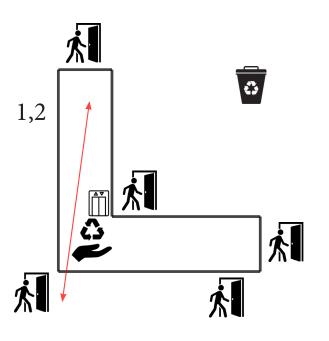
Interviewee 1 Reuse

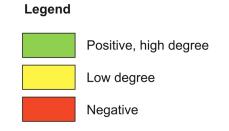




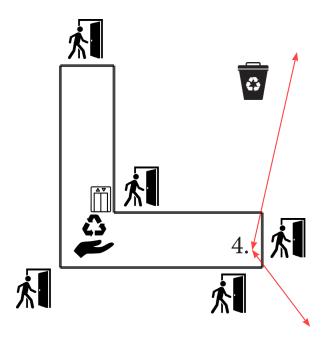


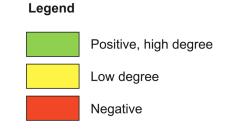






Interviewee 1 Reuse Capable Motivation Opportunity Behaviour Wanting to be sustainable Accessible Visible Reuse Cheaper then buying new things Visible Available Need things because studio Distance Free Quality item Convenience Interviewee 2 Reuse Accessible Visible Distance Degree of Capable **Motivation** Behaviour Degree of Opportunity Quality item Reuse Aesthetic item Visible Available Free On the way Convenience Interviewee 4 Reuse Accessible Not directly visible Not known when available Degree of Capable **Motivation** Behaviour **Degree of Opportunity** Might need an item No Reuse Available but not directly visible

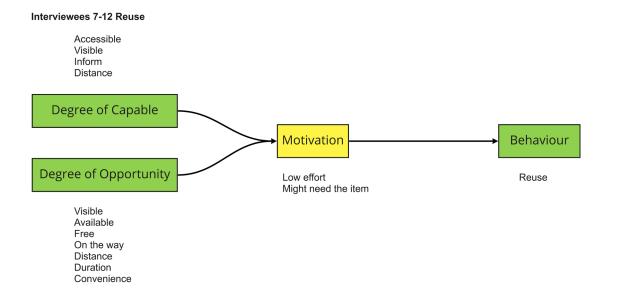


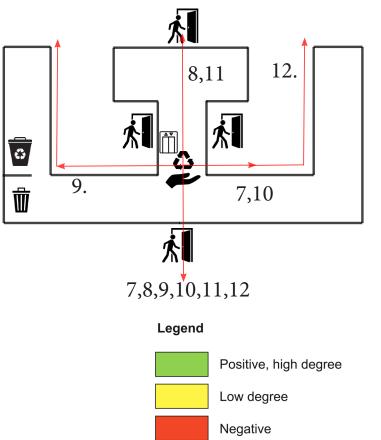


Unknown when available

Free Not on the way Not very convenient

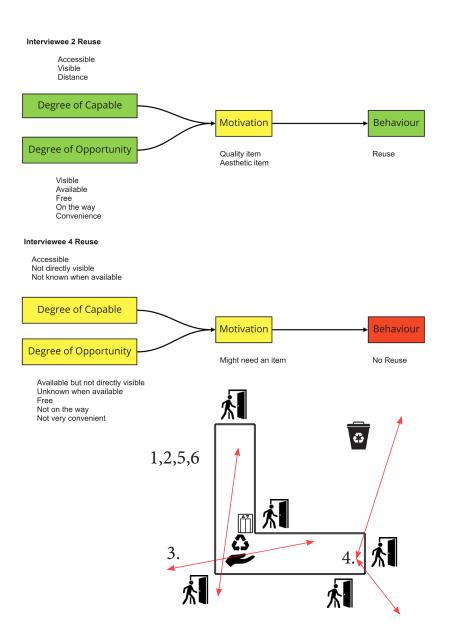
Empirical research - Reuse - Case B

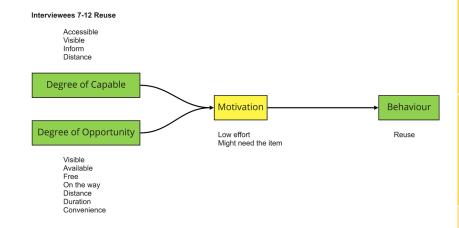


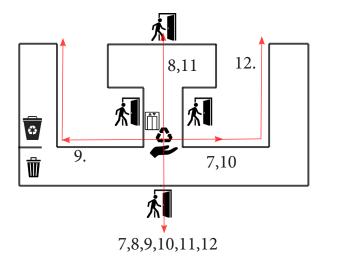


Empirical research - Reuse - Cross case analysis

Case A Case B







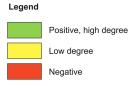
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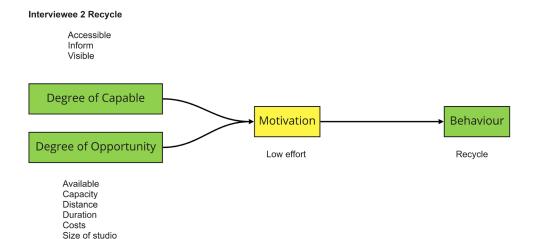
COM-B aspect	Design aspect for Recycle Materials	Choice technique	Case A	Case B
Capability	Ail-ilik.	B2	Duranet	Descript
physical	Accesibility		Present	Present
	Elevator	B2	Present	Present
Capability psychological	Inform about what goes where	A1,A2,B2	Other people	Roommates, other people
	Reminders to do it	C1	There are bins to separate at the collection point	There are bins to separate at the collection point
	Visible	C1,A2	Present	In a seperate room that is hidden
Opportunity				
physical	Distance to bins	B2	50-90m	45m-125m
	Different bins at home	B1,B2,B3	Not standard, small studio lacks space	In group housing yes, studio missing, small studio lacks space
	Different bins at the collection point	B1,B2,B3	Present	Present, but hidden
	Take away the costs such as buy your own bins	B2	Missing	Missing
	Capacity bins for building	B2	Paper	Glass
	Size of studio	B2	Too small	Too small
Opportunity social	People participate collectively	A3,B4,C2	present, not properly, collection point neglected	Present
	Visible culture	A2, C2	Present, collection point out in the open	Collection point hidden
Motivation reflective	Provide information on impact of recycling materials	A2, B4	Missing	Missing
	Reward or punish behaviour	B4	Missing	Missing
	Convenience	B2	Depends on location	Bins always available
	Stinking bins	B4	For some interviewees	Not mentioned
	Not wanting to put effort	B2	For some interviewees	Not separating all waste
	No one is forcing	A3,C2	No control	Unclear
	Roommates do it	A3	-	For group housing
	Environmental reasons	A2	For most interviewees	For most interviewees
Motivation automatic	New location allows for new habits to form	B1	Present	Present

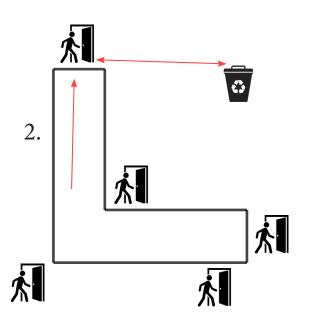


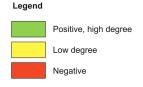




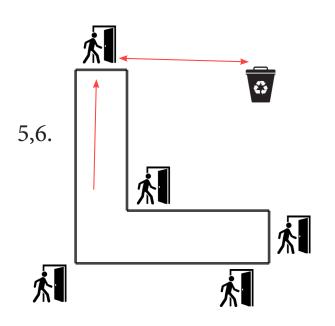


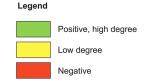




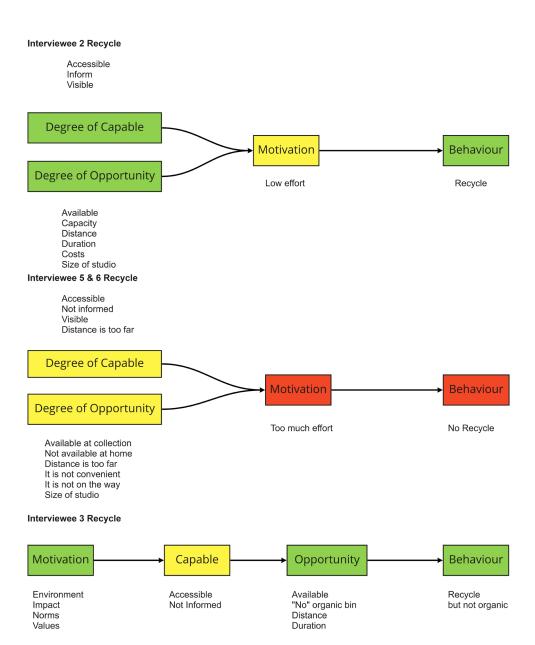


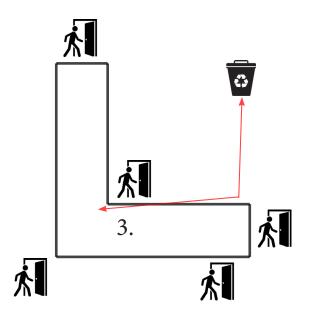
Interviewee 2 Recycle Accessible Inform Visible Degree of Capable Motivation Behaviour Degree of Opportunity Low effort Recycle Available Capacity Distance Duration Costs Size of studio Interviewee 5 & 6 Recycle Accessible Not informed Visible Distance is too far Degree of Capable Behaviour Motivatior Degree of Opportunity Too much effort No Recycle Available at collection

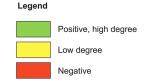


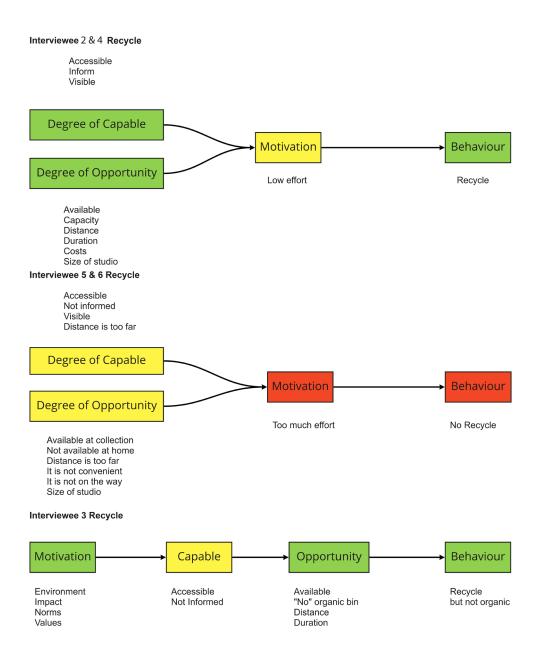


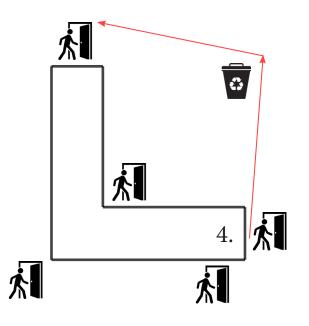
Not available at home Distance is too far It is not convenient It is not on the way Size of studio

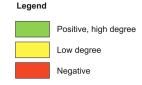


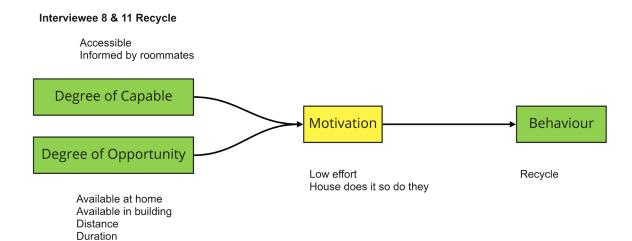


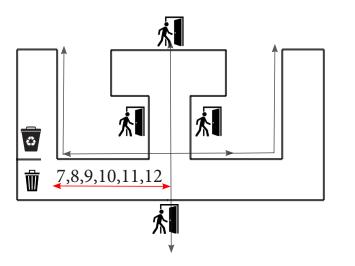


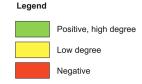


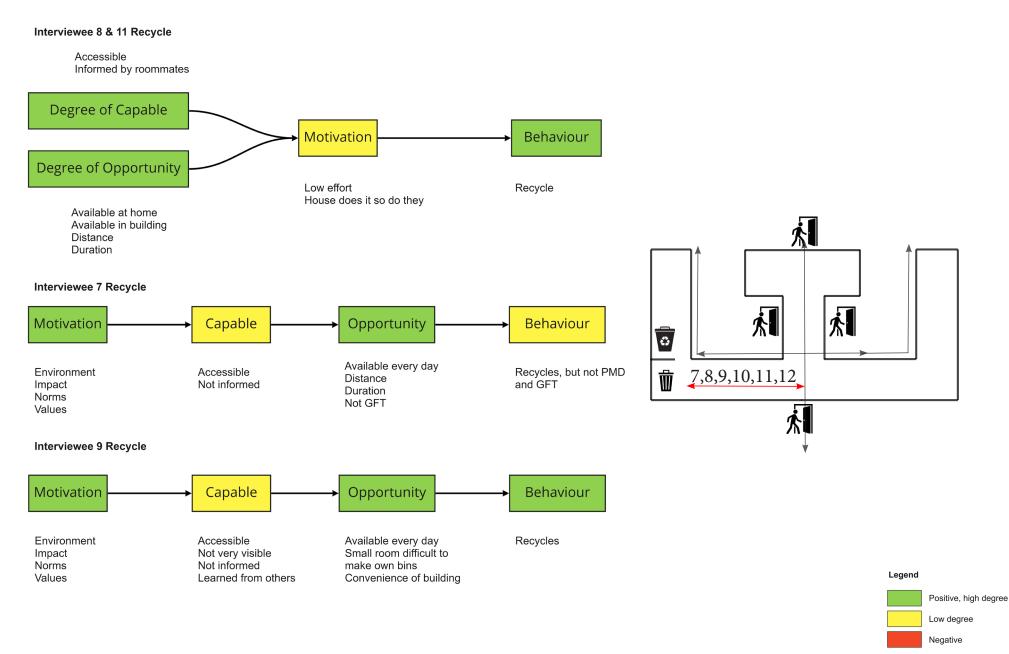




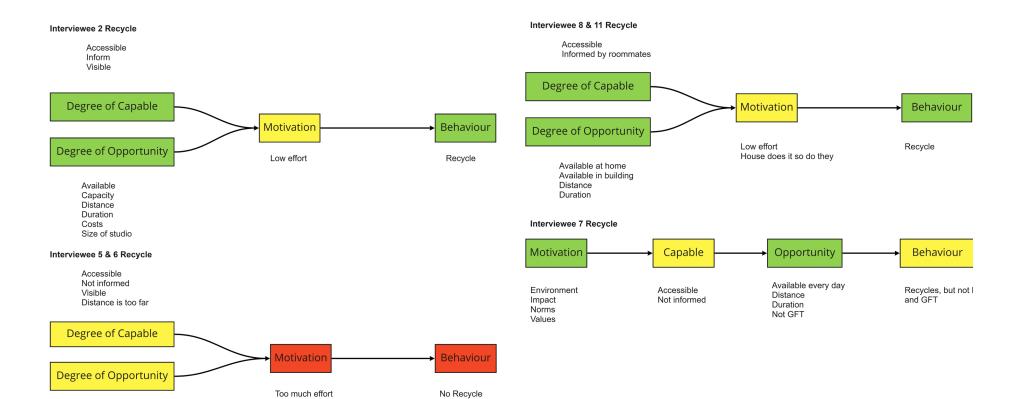


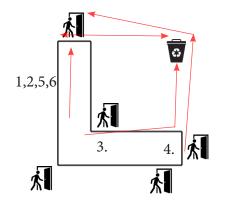


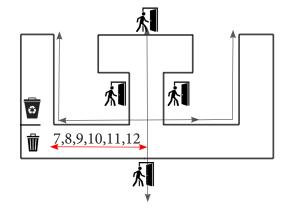




Available at collection Not available at home Distance is too far It is not convenient It is not on the way Size of studio







Recommendations

General recommendations:

- Facilitate and inform
- High degree of capability and opportunity
- Also impact motivation

Design principles:

- Distance
- Availability
- Duration
- Accessibility
- Visibility
- Convenience
- Costs
- Informing

Behaviour is complex:

- Specify behaviour
- Research context and users

Specific for Reuse:

- Visibility
- Convenience
- On the way
- Near your home
- Clear rules
- Trolley and Elevator

Specific for Recycle Materials:

- Availability at home
- Availability at building
- Informing
- Visibility
- On the way

- Design has influence on behaviour in multiple ways

- Make it possible or impossible, degree
- Not all aspects can be influenced by design
- Many aspects can be mapped with the framework

Discussion and limitations

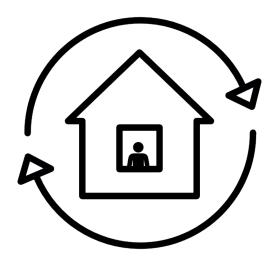
- Findings are specific for cases, might be transferable
- Interviewees might not provide true data
- Low amount of interviews, not yet saturated findings
- Interview on rational, conscious process, not habits
- Different perceptions of people

Future research

- More cases
- Different contexts
- Different behaviours
- Measure the weight of different aspects
- Feasibility, costs and benefits

THE NEXT STEP IN CIRCULAR HOUSING

An exploratory user-centred research into the relationship between design and circular behaviour of students living in student housing complexes.



Final graduation presentation Friday, 1st of July, 2022 12:45-14:30

Management in the Built Environment, Delft University of Technology 21/22

