

## Main Factors Influencing the Reduction of Anxiety in Hospitals

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Architectural design can show the environment more comfortable and aesthetically pleasing, which leads to reduction of patients' stress as well as increasing their satisfaction with the environment. The purpose of designing a treatment space is to offer enhanced medical services taking the mental and psychological conditions of users into account. Therapeutic spaces need to be of an acceptable quality that reduces patients' mental and emotional stress and helps to improve their spirit. In this article based on literature survey, some of the effective factors reducing the stress of the users and treatment spaces are introduced through the environmental design, including lighting, color, furniture, and the external environment. The data collection methodology is through library studies as well as study of domestic and foreign samples. Finally, the factors influencing stress reduction in therapeutic spaces are comprehensively discussed in detail. These factors can yield to creation of a more welcoming environment for the patient and create the required conditions for them to undergo a course of treatment. Taking advantage of these factors, it can be expected that medical centers, in addition to treatment, can be a suitable, beautiful and less stressed environment for patients, companions, staff and physicians.

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