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THE OVERVIEW EFFECT: A NEW INTERDISCIPLINARY METHODOLOGY AND POTENTIAL  
APPLICATIONS**Abstract**

This paper aims to help answer the question of whether the Overview Effect exists. The Overview Effect is a shift in awareness that seems to occur to astronauts when they view the Earth from a distance, often resulting in increased feelings of connection to the Earth and its people, along with motivations to protect the Earth. Today, the research is conducted using interviews and self-report questionnaires. In addition, researchers have started implementing more virtual reality (VR) manipulations, but the gathered data is still mostly based on qualitative methods. This is a problem because qualitative data alone does not make results statistically valid, and self-reports may not be enough to claim that an effect exists. There is quantitative research in awe and similar bodies of literature, but awe is not the same as the Overview Effect. An interdisciplinary approach can improve the current methodology and provide support for the existence of the effect. Biology and neuroscience can show researchers how the Overview Effect influences the brain. Psychological research can continue to reveal how people perceive themselves after experiencing the effect and help make VR more realistic. Philosophical methodology can help researchers determine what kinds of questions should be asked in interviews. If we can say that this effect truly exists, then there are many applications that can impact both astronauts and society. VR that replicates the Overview Effect could be used as a way to cope when astronauts are on Mars to serve as a form of familiarity, or even as a form of therapy upon return. In addition, in training, it could enhance astronauts' cooperation and cross-cultural understanding. On the other hand, it could not only be used to educate people on the importance of caring for the environment and others, but also as a way to motivate others to continue to explore space. Through a comprehensive literature review, this paper will suggest a new methodology for measuring the Overview Effect in order to increase and standardize quantitative data, establishing its existence. Lastly, it will suggest ways of measuring the value of applying the effect to impact therapy, teamwork, motivation, and cultural understanding.