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## **Developing a conceptual model of the impact of sustainable urban regeneration projects on mental health of citizens**

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### **Introduction**

In recent decades, different cities in developed countries and even developing countries have been involved in urban regeneration projects and policies. The plans and programs of the aforementioned approach mainly targeted the deprived areas, thus doing so, beyond the physical restoration of buildings and the mere consideration of the aesthetic aspects of the human environment, and along with this resolution. Problems seek to solve some social problems, improve the quality of human settlements, as well as promote and promote sustainability. While health may appear as one of the transitory concerns of urban policies, it has been found today that it is on the agenda of regeneration projects due to other dimensions, but the effects of such projects on various aspects of health, including mental health, are not well known. On the other hand, cities affect our mental statuses and will affect the public health and citizens' relationships, and the sum of this affects the whole city, so it is important for these relationships to bring happiness and joy for citizens. The city can be identified as a tool for improving mental health that enhances health (against disease). Urban planners and designers, architects, transportation professionals and politicians are all capable of affecting the mental health of citizens. In fact, it can be improved by promoting psychological well-being, empowerment and tolerance of individuals, as well as creating a better living environment. As such, it is important to study the relationship between urban regeneration projects and identify their effective indicators of mental health to improve the mental health of community members and reduce the incidence of mental disorders.

Mental health is one of the foundations of quality of life that enables people to have meaningful lives and be creative and active citizens. It is also an essential component of social cohesion, peace and stability in the living environment, which contributes to the promotion of social capital and the economic development of societies. On the other hand, the target of development projects with any approach is the citizens, who must have a certain level of health in order to have a productive life in cities. Therefore, the health of citizens in urban development policies should not be considered as a separate goal, and the health of the city cannot be considered independent from its citizens. In recent decades, various cities in developed and even developing countries have been involved in urban regeneration projects and policies. The plans and programs resulting from this approach mainly target deprived areas, and thus such measures go beyond the physical restoration of the buildings and just addressing the aesthetic aspects of the built environment. Urban regeneration policies as a comprehensive and integrated approach that targets disadvantaged areas to improve the quality of settlements, promote

sustainability and seek out to solve social and economic problems. As sustainable urban regeneration policies look for elimination of inequalities and deprivations within target areas, citizens' mental health and well-being can be effected by such interventions.

## Methodology

The aim of present study is to explain the relationship between different dimensions of sustainable urban regeneration projects on the mental health of citizens.

This is a review study that focuses on the relationship between sustainable urban regeneration projects and the mental health of citizens, based on researches conducted in this field. The meta-analysis method, that is a comprehensive review of the literature related to the subject, has been used to collect data.

## Results and Discussion

Based on the collection of the main categories and sub-categories of urban regeneration projects on the mental health of citizens, it was shown in a conceptual model that this relationship includes all the features of project planning processes and consequently the built, social and economic environments, as well as the process of implementation can affect physical and social health and therefore indirectly affect mental health or directly by changing the lifestyle and socio-economic status of individuals.

## Conclusion

Sustainable urban regeneration approach by helping individuals to progress and develop in order to choose a better lifestyle and with positive changes in socio-economic conditions, can improve the mental health of citizens. The impact of sustainable urban regeneration projects on the mental health of citizens directly and indirectly includes all the features of urban planning processes and its product in the built environment, socio-economic conditions and by the project implementation process. The process, product and implementation of urban regeneration projects can affect the mental health of citizens by changing their lifestyle and socio-economic status.

**Keyword:** Urban Regeneration; Sustainability; Mental Health; Conceptual Model; Meta-analysis.

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