



**Politecnico  
di Torino**

## **Honors Thesis**

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**Master's degree Science in Architecture Construction City**

**Abstract**

**Architecture and Neuroscience: A Dialogue between Body and Environment**

**Tutor/Correlator**

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The objective of this research was to explore the relationship between neuroscientific findings and their applications to the field of architecture, analysing how the body perceives and assigns meaning to the environment through "embodied cognition."

The research aims to inform on the most recent theoretical developments concerning the body-environment relationship and to highlight their architectural applications through a conceptual and diagrammatic metaproject of possible scenarios, using the Ex Poste building in Via Monteverdi, Turin, as a case study.

A mixed methodology was adopted: a literature review to identify neuroscientific strategies applicable to architectural design, followed by a questionnaire administered to 100 individuals frequenting the metaproject area. The data collected were analysed through summary diagrams and an emotional-cognitive map of experiences in the area, supported by urban analysis, a SWOT investigation, and an interview, with the aim of directing and guiding the metaproject scenarios.

The conclusions suggest that the integration of neuroscientific theories into architectural design can enhance the understanding of body-environment interaction, leading to more effective design strategies.

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**For info:**  
**(inserire indirizzo mail, facoltativo)**