

Table S1. Content and characteristics of geosurvey questions.

The content of the question	Type of an answer to the question
<p>“What is the level of stress related to the COVID-19 pandemic that you perceive/ feel?”</p>	<ul style="list-style-type: none"> – closed question, – a dichotomous slider on a scale from "0" to "10", where "0" meant "no stress" and "10" - "very high" level of stress
<p>"How has your perceived level of stress changed due to the COVID-19 pandemic?"</p>	<ul style="list-style-type: none"> – closed question, – choice 1 out of 3 answers: "decreased", "no change", "increased".
<p>„How stressful are you for you during the pandemic - please move the cursor on the axis:</p> <ul style="list-style-type: none"> – the presence of the virus; – uncertainty regarding changes in the scope of restrictions (introduced overnight) – concern about limiting contact with family/ friends – concern of losing one's own job or that of another close relative – concern about the loss of part of the income – concern about price increases – concern about the need to provide childcare in the event of the closure of nurseries/schools/kindergartens – concern about being quarantined – concern about change of working mode to remote – concern about providing all household members with conditions for remote work/ learning (computer equipment, rooms) – concern about using public transport – closure of sports clubs, gyms, swimming pools and fitness clubs – closure of gastronomical facilities – closure of cultural and entertainment facilities (cinema, theatres, etc.) – restrictions on leaving apartments and using public spaces – difficulties in accessing health care (family doctor, specialist doctor, hospital treatment, etc.) – the need/ obligation to wear protective masks – concern about non-compliance with restrictions by other people – difficulties and risks related to movement (domestic/ international trips)“ 	<ul style="list-style-type: none"> – closed question, – evaluation of each of the proposals included in the list, – a dichotomous slider on a scale from "0" to "10", where "0" meant "no stress" and "10" - "very high" level of stress

<p>„Do you perceive/ feel any of the effects of excessive stress:</p> <ul style="list-style-type: none">- weakness and general unwillingness to act;- problems with concentration/ memory;- anxiety attacks;- sleep disorders;- lack of appetite;- compulsive eating;- growing family conflicts;- growing conflicts at work;- growing neighbourly conflicts”	<ul style="list-style-type: none">- closed question,- evaluation of each of the proposals included in the list,- answers to choose from: "yes" or "no".
<p>"The use of which elements of the city structure increases the stress connected with the pandemic that you perceive/ feel, and which reduces it:</p> <ul style="list-style-type: none">- public transport stops, stations- small shops/ service points- large shopping malls- markets- churches- gyms, fitness clubs, swimming pools and other sports facilities- outdoor recreation areas (outdoor gyms, sports fields, tennis courts, playgrounds, etc.)- green areas (parks, recreational and leisure compact green areas, allotment gardens)- cultural and entertainment facilities (cinema, theatres, clubs, discos)- gastronomical facilities (cafes, restaurants, pubs)- collective accommodation facilities (hotels, motels, guesthouses)- public administration facilities (ZUS – Social Security Work, offices, municipal offices, town halls)- health care facilities (clinics and doctor's offices, hospitals)- public spaces - place, source (being among people)- office spaces- pandemic advertisements”	<ul style="list-style-type: none">- closed question,- evaluation of each of the proposals included in the list,- answers to choose from: "reduces stress", "no change", "increases stress".
<p>"Please indicate on the map from 1 to 5 places where you relax or reduce the level of perceived stress."</p>	<ul style="list-style-type: none">- indicating on the interactive map of the city from 1 to 5 specific locations (green pin),- for each indicated location (pins), a specific type of place (e.g. park, restaurant, gym) had to be specified in the empty field displayed next to it (next to map and pins).

<p>"Please indicate on the map from 1 to 5 places that stress you or increase the stress you perceive/ feel related to the pandemic."</p>	<ul style="list-style-type: none"> - indicating on the interactive map of the city from 1 to 5 specific locations (red pin), - for each indicated location (pins), a specific type of place (e.g. park, restaurant, gym) had to be specified in the empty field displayed next to it (next to map and pins).
<p>„What helps you reduce the level of stress you perceive/ feel during the pandemic:</p> <ul style="list-style-type: none"> - vaccination against COVID-19 - following news/information about the pandemic in the media (television, press, etc.) - undertaking/ continuing hobby activities (manual works, etc.) - direct contact with relatives (family, friends) - using social media, - watching movies, series, programs, etc. - staying in public spaces (among people) - contact with a pet - staying in a fitness club/gym - yoga/meditation - shopping in the mall/shopping centre - outdoor physical activity (walking, running, cycling, etc.) - staying among greenery (parks, gardens, green areas) - looking at greenery/water/nature, - working in the garden, caring for plants" 	<ul style="list-style-type: none"> - closed question, - evaluation of each of the proposals included in the list, - answers to choose from: "yes" or "no".
<p>" In what directions should the city change to make it more resident-friendly (reducing their stress) in the event of future pandemics?:</p> <ul style="list-style-type: none"> - built-up areas vs. green areas (parks, boulevards), - un arranged greenery (forests, meadows) vs. arranged greenery (parks, recreational and leisure compact green areas, squares, boulevards)" 	<ul style="list-style-type: none"> - closed question, - - dichotomous slider on a 10-point scale.

* a green areas/ greenery is are understood by the authors of the study as all areas covered with greenery, regardless of the form of ownership (public and private)