

QUESTIONNAIRE

Please read the following statements and tick the boxes below if you agree.

- I agree to take part in the above research. I have read the Participant Information and this has answered all my questions. I understand that my answers are anonymous and confidential, and I am free to withdraw from the research before submitting my answers, without giving a reason.
- I understand that my agreement to participate in this research does not affect my legal rights.
- Data Protection: I agree to Anglia Ruskin University processing anonymous personal data which I have supplied. I agree to the processing of such data for any purposes connected with this research project as outlined.
- I confirm that I am at least 18 years of age.

Please confirm that your current address is within BA1, BA2 or BA15 postcode areas, and you have lived here for at least six consecutive months?

- Yes, I confirm the above is correct.
- No, the above does not apply to me.

What is your gender?

- Female
- Male
- Other
- Prefer not to say

What is your age?

- 18-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65-74 years old
- 75 years or older
- Prefer not to say

Which of these best describes your ethnicity?

- White, British
- White, Other
- Mixed
- Black / African / Caribbean / Black British
- Asian / Asian British

- Other
- Prefer not to say

What is the highest level of education you have completed?

- No schooling completed
- Primary school
- Secondary school (GCSEs or equivalent)
- Sixth form, college, or apprenticeship
- HNC/HND/Foundation degree
- Bachelor's degree
- Master's degree
- Doctoral degree
- Professional accreditation
- Prefer not to say

Which of these best describes your employment status?

- Full time employed
- Part time employed
- Self-employed
- Volunteer (unpaid work)
- Student
- Unemployed (looking for work)
- Unemployed (not looking for work)
- Unable to work
- Retired
- Prefer not to say

Which of these best describes where you live?

- City centre
- City suburbs
- Town centre
- Town suburbs
- Large village (population more than 2000)
- Small village (population less than 2000)
- Hamlet (population less than 100)
- Isolated house or farm
- Prefer not to say

Which of these best describes the general area where you live?

- Urban
- Suburban
- Rural
- Remote

- Prefer not to say

The NR Scale appeared here. Available online:

http://www.naturerelatedness.ca/Nature_Relatedness_files/Nature%20Relatedness%20Scale%20and%20scoring-Nisbet%20et%20al.pdf (Accessed 7 December 2018)

On a scale of 1-10, where 0 is 'not at all' and 10 is 'completely'

- Overall, how satisfied are you with your life nowadays?
- Overall, to what extent do you feel the things you do in your life are worthwhile?
- Overall, how happy did you feel yesterday?
- Overall, how anxious did you feel yesterday

Thinking back to your early childhood (up to age 11), please answer the following questions:

Which of these best describes the area where you grew up?

If you lived in more than one place, please select the area you lived in for the longest and/or the area you have the strongest memories of.

- Urban
- Suburban
- Rural
- Remote
- Not sure / Don't remember

Did your parent(s) or legal guardian(s) encourage you to play outside?

- Never
- Rarely
- Sometimes
- Often
- Constantly
- Not sure / Don't remember

Did your parent(s) or legal guardian(s) encourage you to interact with nature? (e.g., climb trees, dig in mud, handle insects etc.)

- Never
- Rarely
- Sometimes
- Often
- Constantly
- Not sure / Don't remember

Did you have any pets?

Select all that apply.

- Cat
- Dog
- Other indoor pet
- Other outdoor pet
- I didn't have pets, and I didn't want one
- I didn't have pets, but I did want one
- Not sure / Don't remember

Do you have any regular hobbies that involve nature? Select all that apply.

- Bird-watching / Wildlife spotting
- Camping
- Cycling
- Gardening / Growing food
- Nature photography
- Outdoor swimming
- Running
- Volunteering for animal or environmental charity
- Walking / Hiking
- Water sport (e.g., kayaking, surfing etc.)
- Other
- I don't have any regular hobbies that involve nature

On average, how often do you partake in hobbies that involve nature?

- Never
- Rarely
- About once a month
- About once a fortnight
- About once a week
- More than once a week
- Daily

On average, how often do you visit nearby nature?
(e.g., gardens, parks, farmland, woodland etc.)

- Never
- Rarely
- About once a month
- About once a fortnight
- About once a week
- More than once a week
- Daily

Approximately, how much time have you spent outdoors in nature in the last seven days?

- I haven't spent any time outdoors in nature
- Less than 30 minutes
- Between 30 minutes and 1 hour
- Between 1 and 3 hours
- Between 3 and 5 hours
- Between 5 and 7 hours
- More than 7 hours

Do you currently have any of the following pets?

Select all that apply.

- Cat
- Dog
- Other indoor pet
- Other outdoor pet
- I don't have pets, and I don't want one
- I don't have pets, but I do want one

When you see the phrase 'connection to nature', what does it mean to you?

If you are unsure or prefer not to answer, please leave blank.

Here is one definition of connection to nature:

Connection to nature is an appreciation and understanding of our interconnectedness with other living things, and the importance of all aspects of the natural world - including those that may not be visually appealing or useful to humans.

Connection can be displayed through physical experiences and behaviours, emotions and feelings, internalised thoughts, and spiritual or moral values and beliefs.

People

- personally identify with nature
- have a nature-focused worldview
- have an understanding of how human actions can impact other living things
- display a level of comfort and desire to be out in nature
- be drawn to the wilderness
- be aware of, and fascinated by nature all around them

Connection to nature is not the same as environmentalism, nor is it simply an enjoyment of superficial aspects of nature, such as sunsets and snowflakes.

(Adapted from Nature Relatedness Research, n.d.; Nisbet, Zelenski and Murphy, 2009)

Considering the above definition, how connected to nature would you say you are?

- 1 Completely disconnected

- 2 Strongly disconnected
- 3 Reasonably disconnected
- 4 Slightly disconnected
- 5 Neither connected nor disconnected
- 6 Slightly connected
- 7 Reasonably connected
- 8 Strongly connected
- 9 Completely connected

Do you wish you could spend more time connecting with nature?

- Yes • No

If yes, what are the main reasons you do not spend more time connecting with nature? Select all that apply.

- Health reasons
- I don't know how to connect with nature
- Indoor activities are more tempting
- Lack of affordable nature experiences nearby
- Lack of interest from friends/family
- Lack of money
- Lack of nature nearby
- Lack of time
- Lack of transport to nearby nature

If no, what are the main reasons you do not want to spend more time connecting with nature? Select all that apply.

- I am content with the amount of time I spend connecting with nature
- I dislike nature
- I feel happier in urban environments
- I feel happier indoors
- I find nature frightening
- I just don't see the need to connect with nature
- I prefer to spend my time doing other things
- I spend too much time connecting with nature
- Nature does not interest me
- Other

In what ways do you think becoming more connected to nature could affect a person's well-being or mental health?

If you are unsure or prefer not to answer, please leave blank.

In comparison to other factors which might affect well-being or mental health (e.g., diet, exercise, work life, social life etc.) how important do you think connection to nature is? Please give a reason for your answer.

If you are unsure or prefer not to answer, please leave blank.

In what ways do you think your childhood shaped your current thoughts and feelings about nature?

If you are unsure or you prefer not to answer, please leave blank.

Finally, please confirm whether you have ever thought about the idea of 'connection to nature' before undertaking this survey?

- Yes, I had thought about the idea of 'connection to nature'
- No, I had not thought about the idea of 'connection to nature'

If yes, please give brief details.