Questionnaires

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Pro-nature Conservation Behaviour Scale – Short Form (ProCoBS-SF)

Pro-Environmental Consumer Behaviour Scale (PECB)

IMPORTANT NOTE

For *all* scales – when presenting to participants, do NOT use the full name/title of the scale. Use <u>only</u> the Acronym for the scale.

For *all* scales – use the scales as they are. Do not change wording or order of items. Use the response scale provided for each scale. Include the 'preface' instructions as they are for each scale. Changing items or response scales, or not including the preface – AS IS – can invalidate the data you collect.

You *will* need to amend the instructions as follows for the pre-, post-, and follow-up assessment time points.

For *pre-assessment*: Add this line to the end of the instructions:

Answer these questions in terms of how you generally feel.

For *post-assessment*:

For single one-time programmes that last from an hour to 2 consecutive days – Do not add any sentence.

For programmes consisting of several sessions over the course of a week or longer – add this line to the end of the instructions:

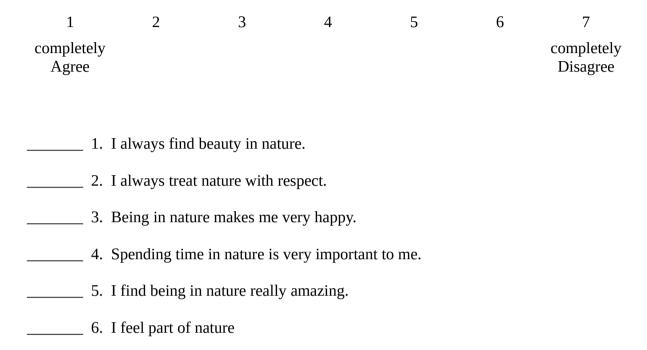
Answer these questions in terms how you have felt over the past xxxxxxx. (Replace xxxxxxx with the time frame that the programme spanned.)

For *follow-up assessment*: Add this line to the end of the instructions:

Answer these questions in terms how you have felt over the past xxxxxxx. (Replace xxxxxxx with the time frame that the programme spanned.)

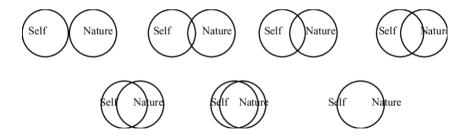
Nature Connection Index (NCI)

The following questions are about you and nature. By nature, we mean all types of natural environment and all the plants and animals living in them. Nature can be close to where you live in towns, the countryside, or wilderness areas further away.



The Inclusion of Nature in Self Scale (INS)

Please select the picture below which best describes your relationship with the natural environment. How interconnected are you with nature?



Connectedness to Nature Scale (CNS)

There are no right or wrong answers. Please answer as honestly and candidly as you can.

1	2	3	4	5
Strongly Disagree		Neutral		Strongly Agree
1. I	often feel a sense of o	neness with the natu	ıral world around	me.
2. I	think of the natural wo	orld as a community	to which I belon	g.
3. I	recognize and appreci	ate the intelligence	of other living org	ganisms.
4. I	often feel disconnecte	d from nature.		
5. V	When I think of my life of living.	, I imagine myself t	o be part of a larg	ger cyclical process
6. I	often feel a kinship wi	th animals and plan	its.	
7. I	feel as though I belon	g to the Earth as equ	ıally as it belongs	to me.
8. I	have a deep understan	ding of how my act	ions affect the na	tural world.
9. I	often feel part of the v	veb of life.		
10.	I feel that all inhabitan	its of Earth, human,	and nonhuman, s	share a common
11.	Like a tree can be part world.	of a forest, I feel er	nbedded within tl	ne broader natural
12.	When I think of my pl hierarchy that exists i		sider myself to be	a top member of a
13.	I often feel like I am o I am no more importa			
14.	My personal welfare is	s independent of the	e welfare of the na	atural world.

Nature Relatedness Scale – Short Form (NR-6)

For each of the following, please rate the extent to which you agree with each statement, using the scale from 1 to 5 as shown below. Please respond as you really feel, rather than how you think "most people" feel.

1	2	3	4	5
Disagree	Disagree	Neither Agree	Agree	Disagree
Strongly	a little	or Disagree	a little	Strongly

 1. My ideal vacation spot would be a remote, wilderness area.
 2. I always think about how my actions affect the environment.
 3. My connection to nature and the environment is a part of my spirituality.
 4. I take notice of wildlife wherever I am.
 5. My relationship to nature is an important part of who I am.
6. I feel very connected to all living things and the earth.

Scale of Positive and Negative Experiences (SPANE)

Please think about what you have been doing and experiencing in general. Then report how much you experienced the following feeling, by selecting a number from 1 to 5.

1		2		3		4		5
very rarely or never	' 1	rarely	SC	metimes		often		very often or always
	1. positive							
	2. negative 3. good							
	4. bad							
	5. pleasant							
	6. unpleasa	nt						
	7. happy							
	8. sad							
	9. afraid							
	10. joyful							
	11. angry							
	12. content	ed						
(Item to include	if using SPA	NE but not	SWLS:					
How satisfied ar	e you with yo	our life as a	whole?					
1 2	3	4	5	6	7	8	9	10
completely dissatisfied							complete satisfied	

Satisfaction with Life Scale (SWLS)

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by using the scale below. Please be open and honest in your responding.

1		2	3		4		5	(6	7
strongly disagree		agree	slightly disagree	e n ag	ixed or neither gree nor sagree		ghtly gree	agı	ree	strongly agree
	1.	In most w	ays my lif	fe is clo	se to my	ideal.				
	2. The conditions of my life are excellent.									
	3. I am satisfied with my life.									
	4. So far I have gotten the important things I want in life.									
	5. If I could do my life over, I would change almost nothing.									
(Item to inc	clude if u	sing SWL	S but not S	SPANE	:					
How happy	are you)								
1	2	3	4	5	6	7	;	8	9	10
comple unhap	-								complet happy	-

Flourishing Scale (FS)

Below are eight statements with which you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by using the scale below. Please be open and honest in your responding.

1	2	3	4	5	6	7		
strongly disagree	disagree	slightly disagree	mixed or neither agree nor disagree	slightly agree	agree	strongly agree		
	1. I lead a purposeful and meaningful life.							
	2. My social relationships are supportive and rewarding.							
	_ 3. I am eng	3. I am engaged and interested in my daily activities.						
	_ 4. I activel	4. I actively contribute to the happiness and well-being of others.						
	_ 5. I am competent and capable in the activities that are important to me.							
	_ 6. I am a good person and live a good life.							
	_ 7. I am optimistic about my future.							
	8. People respect me.							

Basic Psychological Needs Satisfaction (BPNS)

Please answer the following questions as honestly as you can.

1	2	3	4	5					
Completely Disagree	Disagree	Neither Disagree nor Agree	Agree	Completely Agree					
 1. I feel a s	ense of choice and	l freedom in the things Ι ι	ındertake.						
 2. I feel tha	it my decisions ref	lect what I really want.							
 3. I feel my	choices express v	who I really am.							
 4. I feel I h	ave been doing wl	nat really interests me.							
 5. I feel tha	5. I feel that the people I care about also care about me.								
 6. I feel co	6. I feel connected with people who care for me, and for whom I care.								
 7. I feel clo	7. I feel close and connected with other people who are important to me.								
 8. I experie	ence a warm feelin	g with the people I spend	time with.						
 9. I feel co	nfident that I can o	do things well.							
 10. I feel ca	pable at what I do								
 11. I feel co	ompetent to achiev	ve my goals.							
 12. I feel I	can successfully c	omplete difficult tasks.							

Pro-nature Conservation Behaviour Scale – Short Form (ProCoBS-SF)

For each item, please answer how likely you are to engage in the behaviour.

1	2	3	4	5	6	7
not at all likely						extremely likely
	_ 1. Get in	touch with lo	cal authoritie	s on nature co	onservation iss	sues.
	_ 2. Pick u	ıp litter when y	you see it.			
		or nature or w onal referendu		vation friend	ly legislation i	n local or
		or parties/ can ections.	didates with s	strong pro-na	ture conservat	ion policies
	_ 5. Maint	ain plants with	n berries/fruit	S.		
	6. Add log		r materials tha	at can be used	d as a home/ sl	nelter by
	_ 7. Plant	pollinator frie	ndly plants.			
	8. Provid	de food for wil	d animals suc	ch as birds.		

Pro-Environmental Consumer Behaviour Scale (PECB)

For each item, please answer how likely you are to engage in the behaviour.

1	2	3	4	5	6	7
not at likely						extremely likely
	1. Buy organic fo	ood rather th	an convention	nally grown fo	ood as often as	s I can.
	2. Eat more plant	s (such as ve	egetables, frui	ts, legumes, a	nd grains) and	l less meat.
	3. take energy use commuting	_	ouse gas emi	ssions into co	nsideration wl	nen making
	4. Decrease the a each week.	mount of tin	ne that I use p	roducts requir	ing electricity	or batteries
	5. Ajust the light	ing in my re	sidence so tha	nt it is a little o	larker than I l	ike it at night
	6. Turn off lights	when I am	leaving a roo	n.		
	7. Decrease the a	amount of wa	ater that I use	during baths	and showers.	
	8. Allow the temp	perature of m	ny showers to	be a little col	der than I like	them.
	9. Buy locally pr	oduced food	l rather than f	ood from far a	iway.	
	10. Reduce my c	onsumption	overall (havi	ng fewer mate	rial goods).	
	11. Use reusable	containers r	ather than dis	posable ones		
	12. Mend my clo	othes rather t	han buying n	ew clothes.		
	13. Buy used goo	ods rather th	an buying nev	w goods.		
	14. Reduce my u	se of paper.				
	15. Reduce the fr	equency wit	h which I trav	el by air.		
	16. Walk, bike, o	or take public	c transit rathe	than travellir	ng by car.	