

Questionnaires

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IMPORTANT NOTE

For *all* scales – when presenting to participants, do NOT use the full name/title of the scale. Use only 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 xxxxxxxx.

(Replace xxxxxxxx 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 xxxxxxxx.

(Replace xxxxxxxx with the time frame that the programme spanned.)

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 oneness with the natural world around me.
- _____ 2. I think of the natural world as a community to which I belong.
- _____ 3. I recognize and appreciate the intelligence of other living organisms.
- _____ 4. I often feel disconnected from nature.
- _____ 5. When I think of my life, I imagine myself to be part of a larger cyclical process of living.
- _____ 6. I often feel a kinship with animals and plants.
- _____ 7. I feel as though I belong to the Earth as equally as it belongs to me.
- _____ 8. I have a deep understanding of how my actions affect the natural world.
- _____ 9. I often feel part of the web of life.
- _____ 10. I feel that all inhabitants of Earth, human, and nonhuman, share a common "life force".
- _____ 11. Like a tree can be part of a forest, I feel embedded within the broader natural world.
- _____ 12. When I think of my place on Earth, I consider myself to be a top member of a hierarchy that exists in nature.
- _____ 13. I often feel like I am only a small part of the natural world around me, and that I am no more important than the grass on the ground or the birds in the trees.
- _____ 14. My personal welfare is independent of the welfare of the natural 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 Strongly	Disagree a little	Neither Agree or Disagree	Agree a little	Disagree 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	rarely	sometimes	often	very often or always

_____ 1. positive

_____ 2. negative

_____ 3. good

_____ 4. bad

_____ 5. pleasant

_____ 6. unpleasant

_____ 7. happy

_____ 8. sad

_____ 9. afraid

_____ 10. joyful

_____ 11. angry

_____ 12. contented

(Item to include if using SPANE but not SWLS:

How satisfied are you with your life as a whole?

1	2	3	4	5	6	7	8	9	10
completely dissatisfied									completely satisfied

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 engaged and interested in my daily activities.
- _____ 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 sense of choice and freedom in the things I undertake.
- _____ 2. I feel that my decisions reflect what I really want.
- _____ 3. I feel my choices express who I really am.
- _____ 4. I feel I have been doing what really interests me.
- _____ 5. I feel that the people I care about also care about me.
- _____ 6. I feel connected with people who care for me, and for whom I care.
- _____ 7. I feel close and connected with other people who are important to me.
- _____ 8. I experience a warm feeling with the people I spend time with.
- _____ 9. I feel confident that I can do things well.
- _____ 10. I feel capable at what I do.
- _____ 11. I feel competent to achieve my goals.
- _____ 12. I feel I can successfully complete 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 local authorities on nature conservation issues.
- _____ 2. Pick up litter when you see it.
- _____ 3. Vote for nature or wildlife conservation friendly legislation in local or national referendums/votes/etc.
- _____ 4. Vote for parties/ candidates with strong pro-nature conservation policies in elections.
- _____ 5. Maintain plants with berries/fruits.
- _____ 6. Add log piles or other materials that can be used as a home/ shelter by wildlife.
- _____ 7. Plant pollinator friendly plants.
- _____ 8. Provide food for wild animals such 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 all
likely | | | | | | extremely
likely | |
| _____ | | | | | | | 1. Buy organic food rather than conventionally grown food as often as I can. |
| _____ | | | | | | | 2. Eat more plants (such as vegetables, fruits, legumes, and grains) and less meat. |
| _____ | | | | | | | 3. take energy use and greenhouse gas emissions into consideration when making commuting decisions. |
| _____ | | | | | | | 4. Decrease the amount of time that I use products requiring electricity or batteries each week. |
| _____ | | | | | | | 5. Adjust the lighting in my residence so that it is a little darker than I like it at night. |
| _____ | | | | | | | 6. Turn off lights when I am leaving a room. |
| _____ | | | | | | | 7. Decrease the amount of water that I use during baths and showers. |
| _____ | | | | | | | 8. Allow the temperature of my showers to be a little colder than I like them. |
| _____ | | | | | | | 9. Buy locally produced food rather than food from far away. |
| _____ | | | | | | | 10. Reduce my consumption overall (having fewer material goods). |
| _____ | | | | | | | 11. Use reusable containers rather than disposable ones |
| _____ | | | | | | | 12. Mend my clothes rather than buying new clothes. |
| _____ | | | | | | | 13. Buy used goods rather than buying new goods. |
| _____ | | | | | | | 14. Reduce my use of paper. |
| _____ | | | | | | | 15. Reduce the frequency with which I travel by air. |
| _____ | | | | | | | 16. Walk, bike, or take public transit rather than travelling by car. |