

Anexo II

Nature Exposure Scale II (NES-II)

We are interested in your exposure to nature, both in your everyday life and activities, and when you take yourself on excursions outside of your everyday environments. We are also interested in your use of natural environments for physical activity. Please complete the following questions to reflect your current level of exposure to natural environments and participation in physical activity within these environments.

These 'natural environments' could be in urban (city parks for example) or rural areas. They could include things such as plants and animals (native or non-native), natural geography (e.g., hills, mountains, deserts, beaches, marshlands), natural water courses and waterscapes (e.g., rivers, streams, lakes, ponds and ocean). Having a view which includes these types of natural environments is also relevant. This is in contrast to the so called 'built environment' of houses, buildings, roads and all other such structures created by humans.

Nature Exposure in Your Everyday Life and Environments

Item 1: In your everyday home, travel and work environments and activities, please rate your level of exposure to natural environments (please circle a number)

5	4	3	2	1
High		Medium		Low
Most of my everyday environment is natural	About half of my everyday environment is natural		Very little of my everyday environment is natural	

Item 2: How much do you notice the natural environments in your everyday life (please circle a number)?

5	4	3	2	1
A great deal		Somewhat		Not much

Nature Exposure during Excursions OUTSIDE of Everyday Life Environments

These questions relate to your level of exposure to nature when you are outside your everyday environments. This would include trips you make in your leisure time (or occasionally as part of your study, work or social activities) to nature-rich environments in urban, rural or wilderness areas. These might be places that you travel to once a week, or less frequently, either for the express purpose of being in the natural environment or for some other main purpose.

Item 3: Please rate the frequency (how often) of exposure to nature-rich environments outside your everyday environment (please circle a number)

5	4	3	2	1
High		Medium		Low
Once a month or less	Once every 6 months		Once a year or less	

Item 4: How much notice would you take of the nature in these environments (please circle a number)?

5	4	3	2	1
A great deal		Somewhat		Not much

Nature Exposure during Physical Activity

These questions relate to your level of exposure to nature when you are engaging in physical activity. Physical activity in natural environment (called Green Exercise) might include activities such as walking, gardening, fishing, jogging or cycling. These physical activities could be conducted as part of, or coincidental to an everyday activity, or be a planned period of exercise. They might take place in urban, rural or wilderness areas.

Item 5: Please rate the frequency (how often) in which you perform physical activity in nature-rich environments (please circle a number)

5	4	3	2	1
High		Medium		Low
Weekly		Once every 6 months		Once a year or less

Item 6: How much notice would you take of the nature when you are performing physical activity (please circle a number)?

5	4	3	2	1
A great deal		Somewhat		Not much