



University of  
**Salford**  
MANCHESTER

# Does perceived restorativeness mediate the effects of perceived biodiversity and perceived naturalness on emotional well-being following group walks in nature?

Marselle, MR, Irvine, KN, Lorenzo-Arribas, A and Warber, SN

<http://dx.doi.org/10.1016/j.jenvp.2016.04.008>

<b>Title</b>	Does perceived restorativeness mediate the effects of perceived biodiversity and perceived naturalness on emotional well-being following group walks in nature?
<b>Authors</b>	Marselle, MR, Irvine, KN, Lorenzo-Arribas, A and Warber, SN
<b>Publication title</b>	Journal of Environmental Psychology
<b>Publisher</b>	Elsevier
<b>Type</b>	Article
<b>USIR URL</b>	This version is available at: <a href="http://usir.salford.ac.uk/id/eprint/39094/">http://usir.salford.ac.uk/id/eprint/39094/</a>
<b>Published Date</b>	2016

USIR is a digital collection of the research output of the University of Salford. Where copyright permits, full text material held in the repository is made freely available online and can be read, downloaded and copied for non-commercial private study or research purposes. Please check the manuscript for any further copyright restrictions.

For more information, including our policy and submission procedure, please contact the Repository Team at: [library-research@salford.ac.uk](mailto:library-research@salford.ac.uk).

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/302561954>

# Appendix A Walk Assessment Questionnaire

Dataset · May 2016

---

READS

12

4 authors:



[Melissa Marselle](#)

University of Salford

22 PUBLICATIONS 110 CITATIONS

[SEE PROFILE](#)



[Katherine N. Irvine](#)

James Hutton Institute

65 PUBLICATIONS 1,079 CITATIONS

[SEE PROFILE](#)



[Altea Lorenzo-Arribas](#)

Biomathematics and Statistics Scotland

17 PUBLICATIONS 7 CITATIONS

[SEE PROFILE](#)



[Sara L Warber](#)

University of Michigan

75 PUBLICATIONS 753 CITATIONS

[SEE PROFILE](#)

# Walk Assessment Questionnaire

Please complete **before** the walk

1. Below are a number of words that describe different feelings and emotions. Please use the scale below to indicate how you feel now, **before** your walk. (Please circle one number for each word).

**1 = Not At All or Very Slightly    2 = A little    3 = Moderately    4 = Quite A Bit    5 = Extremely**

Attentive	1	2	3	4	5
Strong	1	2	3	4	5
Irritable	1	2	3	4	5
Inspired	1	2	3	4	5
Afraid	1	2	3	4	5
Alert	1	2	3	4	5
Upset	1	2	3	4	5

Active	1	2	3	4	5
Guilty	1	2	3	4	5
Nervous	1	2	3	4	5
Excited	1	2	3	4	5
Hostile	1	2	3	4	5
Proud	1	2	3	4	5
Jittery	1	2	3	4	5

Ashamed	1	2	3	4	5
Scared	1	2	3	4	5
Enthusiastic	1	2	3	4	5
Distressed	1	2	3	4	5
Determined	1	2	3	4	5
Interested	1	2	3	4	5

2. How happy do you feel right now, **before** your walk?

Not happy										Very happy	
0	1	2	3	4	5	6	7	8	9	10	

3. What time did you start walking? \_\_\_\_\_

.....

Please complete immediately **after** the walk

1. What time did you stop walking? \_\_\_\_\_

2. Please use the scale below to indicate how you feel now, **after** your walk. (Please circle one number for each word).

**1 = Not At All or Very Slightly    2 = A little    3 = Moderately    4 = Quite A Bit    5 = Extremely**

Attentive	1	2	3	4	5
Strong	1	2	3	4	5
Irritable	1	2	3	4	5
Inspired	1	2	3	4	5
Afraid	1	2	3	4	5
Alert	1	2	3	4	5
Upset	1	2	3	4	5

Active	1	2	3	4	5
Guilty	1	2	3	4	5
Nervous	1	2	3	4	5
Excited	1	2	3	4	5
Hostile	1	2	3	4	5
Proud	1	2	3	4	5
Jittery	1	2	3	4	5

Ashamed	1	2	3	4	5
Scared	1	2	3	4	5
Enthusiastic	1	2	3	4	5
Distressed	1	2	3	4	5
Determined	1	2	3	4	5
Interested	1	2	3	4	5

3. How happy do you feel right now, **after** your walk?

Not happy										Very happy	
0	1	2	3	4	5	6	7	8	9	10	

4. Please rate the physical intensity of the walk

Very low										Very high	
0	1	2	3	4	5	6	7	8	9	10	

Please Turn Over 

**5. What type of environment did you walk in?** (Please tick the box that best describes the site)

Parks and Gardens (e.g. public gardens, formal parks)	<input type="checkbox"/>
Natural and Semi-natural places (e.g. Country Park, Nature Reserve)	<input type="checkbox"/>
Green corridor (e.g. river path, cycleways, bridleways)	<input type="checkbox"/>
Public space (e.g. streets, shopping centre, plaza)	<input type="checkbox"/>
Outdoor sports facilities (e.g. school playing field, football pitch)	<input type="checkbox"/>
Amenity green space (e.g. informal recreation ground, village greens)	<input type="checkbox"/>
Allotments, Community gardens, Urban farms	<input type="checkbox"/>
Farmland	<input type="checkbox"/>
Other (please write in):	

**6. How natural would you say the environment you walked in is overall?** (Please place an 'X' on the line below)

Natural \_\_\_\_\_ Artificial

**7. About how many different types of plants and trees would you say are in the walking environment?** (Please tick one box)

0	1 to 9 types	10 - 99 types	100 - 300 types	More than 300 types
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**8. About how many different types of birds would you say are in the walking environment?** (Please tick one box)

0	1 - 4 types	5 - 14 types	15 - 30 types	More than 30 types
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**9. About how many different types of butterflies would you say are in the walking environment?** (Please tick one box)

0	1 - 4 types	5 - 9 types	10 - 20 types	More than 20 types
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**10. Please indicate the extent to which each statement describes your experience of the walk.** (Please circle one number for each statement)

**0 = Not At All** **6 = Completely**

Being here suits my personality	0	1	2	3	4	5	6
This place has fascinating qualities	0	1	2	3	4	5	6
My attention is drawn to many interesting things	0	1	2	3	4	5	6
I have a sense that I belong here	0	1	2	3	4	5	6
It is chaotic here	0	1	2	3	4	5	6
I can do things I like here	0	1	2	3	4	5	6
Being here is an escape experience	0	1	2	3	4	5	6
I want to spend more time looking at the surroundings	0	1	2	3	4	5	6

There is much to explore and discover here	0	1	2	3	4	5	6
Spending time here gives me a break from my day-to-day routine	0	1	2	3	4	5	6
There is a great deal of distraction	0	1	2	3	4	5	6
I have a sense of 'oneness' with this setting	0	1	2	3	4	5	6
There is too much going on	0	1	2	3	4	5	6
I can find ways to enjoy myself here	0	1	2	3	4	5	6
It is a confusing place	0	1	2	3	4	5	6
I want to get to know this place better	0	1	2	3	4	5	6