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Appendix A Walk Assessment Questionnaire

Dataset · May 2016

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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