



Results of the David Suzuki Foundation

30x30 Nature Challenge French Survey

May 1-31, 2013

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Background and Survey Objectives

The 30x30 Nature Challenge is an annual intervention sponsored by the David Suzuki Foundation (DSF), aiming to increase Canadians' contact with the natural environment. Participants voluntarily sign up for the challenge on the DSF website before May 1st and pledge to spend a minimum of 30 minutes outdoors, in contact with nature, for 30 days during the month of May. A number of workplaces publicize the challenge and the DSF provides toolkits, designed specifically for employers, containing tips that encourage employees to spend time outdoors and in nature. Individual participants receive email updates and are able to visit the DSF 30x30 challenge website throughout the month of May for further suggestions on how to incorporate more nature contact into their daily life.

In 2013, a research survey (see Appendix) was designed by Senior Public Engagement Specialist, Aryne Sheppard, at the DSF, and Dr. Elizabeth Nisbet, a psychologist at Trent University, to assess the effects of the 30x30 challenge on participants. The goal was to measure changes in well-being and subjective connection with nature ('nature relatedness') over the month-long challenge. When people visited the DSF 30x30 challenge website, they were invited to participate in the challenge survey, and were directed to the Trent University online survey program (Qualtrics) to complete questionnaires about their nature relatedness, time use, and well-being. At the end of May, participants were emailed an invitation for a follow-up survey, with the same questions that had been administered a month earlier. The survey was available in both french and english. Results from the francophone participants are described in this report (english survey findings are summarized in a separate document).

The data was analyzed by Dr. Nisbet, at Trent University, and overall findings were provided to the DSF and interested participants during a webinar event June 10, 2013. The detailed findings and more complete methodology are described in this report. Overall, the 30x30 challenge was successful in encouraging participants to increase their nature contact. Participants also reported increased nature relatedness and well-being at the end of the challenge. The 30x30 nature challenge is a voluntary commitment and the respondents are self-selected, but the results suggest that increased nature contact has benefits for happiness. The results highlight the importance of further research to refine and test interventions that strengthen connectedness with nature, to promote regular nature contact, and to explore the potential 'happy path to sustainability'.

Sample Characteristics

Data for the initial (Time 1) survey included participants who completed the questionnaire up to and including May 6, 2013. After removing surveys with empty data, and those with unreliable data (weekly time use that was unrealistic, e.g., total of > 168 hours), the final Time 1 sample consisted of 829 people. Participants were mostly women (84.6%, $n = 699$; men: $n = 122$; other: $n = 2$; 3 people did not indicate their gender). The average age of participants was 44.61 ($SD = 14.01$, range: 16 to 79; 5 people did not provide their age).

A subsample of 341 people (after removing missing/unreliable data) completed the follow-up survey at the end of May (Time 2). This group of participants had similar characteristics to the larger Time 1 sample. Average age was 46.79 ($SD = 13.84$; range: 17 to 79; 3 participants did

not indicate age) and most were women (86.1%, $n = 292$, men: $n = 44$; other: $n = 1$; 4 people did not indicate their gender).

Results

Effects of the 30x30 Nature Challenge: Assessing Nature Contact Over Time

One goal of the study was to assess the effects of participating in the 30x30 challenge. To test whether participants were successful in their efforts to get outdoors, in nature, during the month of May, a number of time use questions were included in both the Time 1 and Time 2 surveys. Participants reported on the number of weekly hours spent engaged in various activities, including time spent "on a walk, hike, or activity in nature". Activities such as email, surfing the internet, and watching television were included to explore how these behaviours might change if participants spent more time in nature. Other activities, such as eating and sleeping, were indicators of response reliability (e.g., data with unrealistic hours in these activities, or in total weekly time use hours, was excluded). Paired samples t-tests were conducted to assess changes in nature contact over time (Table 1). Participants were successful in getting outdoors, in nature. The average weekly hours spent outdoors almost doubled, to approximately 8.6 hours, by the end of the survey (Figure 1). Nature contact was the activity that changed most; participants also spent more time relaxing, reduced their television time by approximately 1.8 hours per week, and spent almost an hour less per week surfing the internet or emailing (Figure 2).

Table 1

Average Weekly Time Use: Change in Nature Contact and Daily Activities from the Beginning to End of May

Activity	Time 1, $M(SD)$ Hours/Week	Time 2, $M(SD)$ Hours/Week	$t(d)$
On a walk, hike, or activity in nature	5.36 (4.77)	8.55 (7.47)	8.02** (0.50)
Shopping	2.42 (1.78)	2.46 (2.50)	0.27 (0.02)
At a gym or fitness facility	0.92 (1.86)	0.81 (2.00)	-1.15 (0.07)
Visiting friends	3.71 (5.73)	3.96 (5.61)	0.72 (0.04)
Watching television	6.98 (6.66)	5.20 (5.79)	-7.00** (0.39)
In a vehicle	4.07 (3.59)	4.38 (4.00)	1.47 (0.08)
Talking on the phone/texting	2.27 (3.26)	2.32 (3.92)	.31 (0.02)
Email/surfing the internet	8.74 (8.03)	7.60 (6.96)	-2.86** (0.16)
Eating	12.41 (6.03)	12.53 (5.78)	0.36 (0.02)
Sleeping	51.58 (8.55)	50.96 (8.75)	-1.27 (0.07)
Relaxing	8.55 (7.53)	10.27 (10.64)	3.25** (0.19)

Note: For each time point, table presents mean scores, with standard deviations in parentheses and results of paired-samples t-tests, comparing means, with effect sizes (Cohen's d) in parentheses. ** $p < .01$.

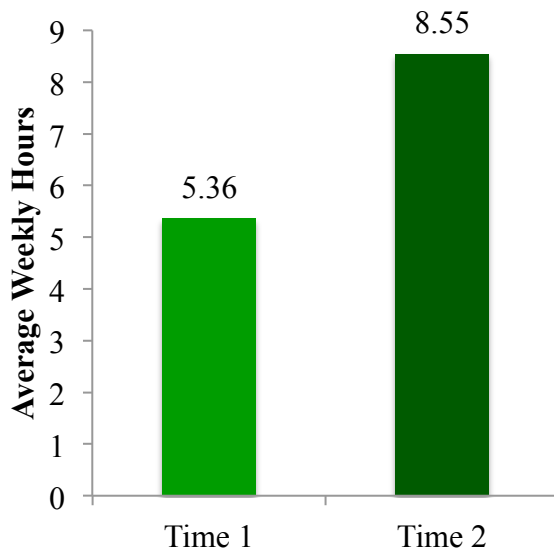


Figure 1. Change in Weekly Nature Contact

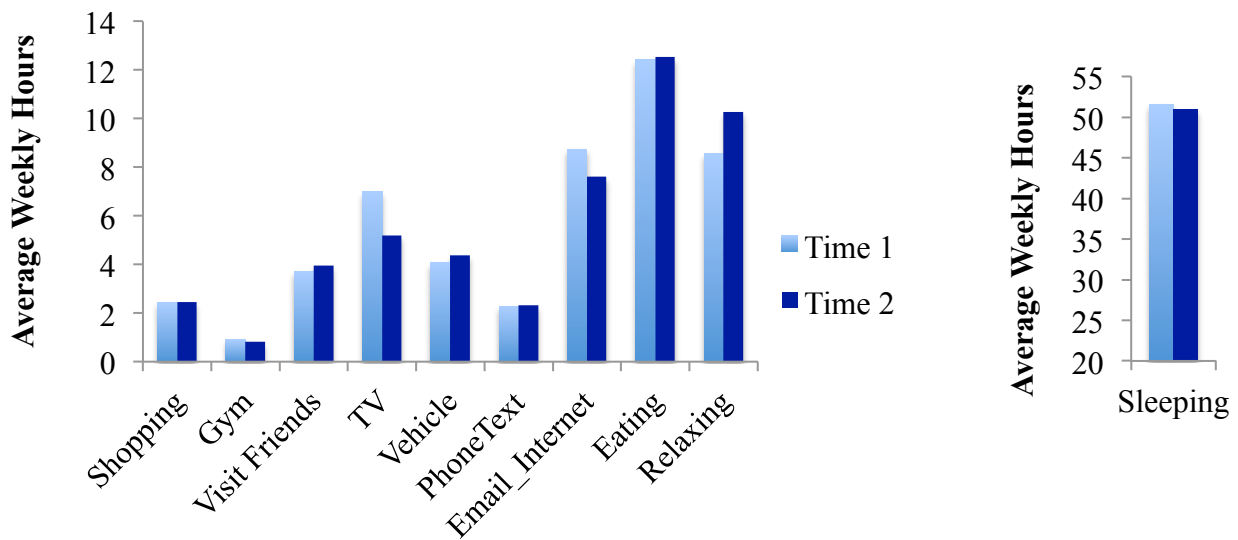


Figure 2. Change in Weekly Activities

Note: Sleeping is presented separately due to differences in scale.

Effects of the 30x30 Nature Challenge on Connectedness with Nature

Nature relatedness was measured using the 21-item self-report "Nature Relatedness Scale" (Nisbet, Zelenski, & Murphy, 2009). The scale assesses internalized identification with nature as well as nature-related worldviews, people's familiarity, comfort with, and desire to be in nature. Participants respond to 21 statements using a 5-point Likert scale ranging from 1 (*strongly disagree*) to 5 (*strongly agree*). Nature relatedness is comprised of three sub-dimensions, which contribute to one's relationship with the natural environment. The first dimension, nature related-self, represents an internalized identification with nature, reflecting feelings and thoughts about one's personal connection to nature. A person scoring high on this dimension would consider herself to be a part of nature and live life in ways that reflect this. The second dimension, nature related-perspective, represents an external, nature-related world view about how humans interact with other living things. This component of nature relatedness would be reflected in views about the treatment of animals and use of natural resources and may be apparent in pro-environmental attitudes. This aspect of nature relatedness would also be demonstrated by a sense of agency concerning individual actions and their impact on all living things. The third dimension, nature related-experience, reflects a physical familiarity with the natural world, a level of comfort with and desire for nature contact. This aspect of nature relatedness would be most evident in someone who seeks out nature, is drawn to the wilderness, and who is aware of and fascinated with nature everywhere in daily life. Reverse scored items were recoded and items were averaged to compute an overall score and scores on each subscale. A higher score indicates stronger connectedness with the natural environment.

Participants had high nature relatedness scores at the beginning of May (Table 2; in prior research, mean scores on the 21-item scale ranged from 3.2-3.7; environmental educators averaged 4.5). Participants had small but significant increases in their nature relatedness during the challenge. Overall nature relatedness increased, and the dimensions of nature related-self and nature related-experience in particular. In other words, participants strengthened their subjective connection with the natural environment - mainly through a stronger sense of identification with the natural world, and a greater desire to spend time in nature.

Table 2

Change in Nature Relatedness and Nature Relatedness Dimensions from the Beginning to End of May

	Time 1 <i>M (SD)</i>	Time 2 <i>M (SD)</i>	<i>t (d)</i>
Nature Relatedness	4.29 (0.38)	4.37 (0.37)	5.87** (0.32)
nature related-self	4.41 (0.47)	4.50 (0.45)	5.53** (0.29)
nature related-perspective	4.25 (0.46)	4.23 (0.47)	1.00 (0.05)
nature related-experience	4.19 (0.59)	4.36 (0.54)	7.27** (0.39)

Note: For each time point, table presents mean scores, with standard deviations in parentheses, and results of paired-samples t-tests, comparing means, with effect sizes (Cohen's *d*) in parentheses. ** $p < .01$.

Effects of the 30x30 Nature Challenge on Well-Being

To assess the well-being benefits of the challenge, participants were asked general questions about their perceived vitality, stress levels, sleep quality, negative and positive mood.

Participants rated five well-being statements using a 5-point Likert scale ranging from 1 (*strongly disagree*) to 5 (*strongly agree*). Indicators of ill-being (stress, problems sleeping, negativity) were reverse scored in order to compute a composite measure of general well-being (averaging all 5 items). Higher scores indicate more positive functioning.

The challenge was a positive experience for participants. Scores at the start of May reflected generally positive moods and relatively moderate levels of stress and negativity. There were significant increases on all indicators of well-being at the end of May. Participants reported feeling more vitality and energy, and a greater sense of calm and peacefulness. Feelings of stress, negativity, and sleep disturbances were lower at the end of the month (Table 3, Figure 3).

Table 3

Change in Well-Being from the Beginning to End of May

	Time 1 <i>M (SD)</i>	Time 2 <i>M (SD)</i>	<i>t (d)</i>
vitality, energy, enthusiasm	3.87 (1.00)	4.25 (0.83)	2.22** (0.40)
feeling less stressed	2.72 (1.23)	3.26 (1.24)	7.86** (0.42)
sleep quality	3.16 (1.45)	3.51 (1.41)	4.70** (0.26)
(lack of) negativity	3.30 (1.27)	3.72 (1.16)	5.99** (0.33)
mental calm, contentment, peacefulness	3.60 (1.07)	4.04 (0.88)	7.89** (0.44)
General Well-being (composite of all items)	3.33 (0.85)	3.76 (0.77)	10.90** (0.60)

Note: For each time point, table presents mean scores (on 1-5 scale), with standard deviations in parentheses. Results of paired-samples t-tests, comparing means, with effect sizes (Cohen's *d*) in parentheses. Indicators of ill-being (stress, problems sleeping, negativity) were reverse coded in order to compute the composite measure (averaging all 5 items); for all items higher scores indicate better well-being. ** $p < .01$.

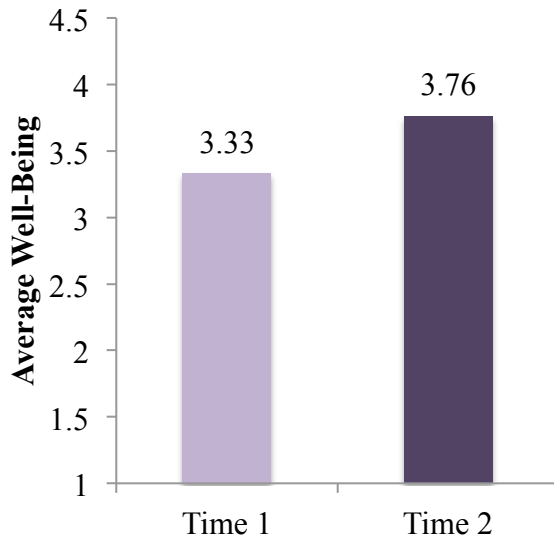


Figure 3. Change in General Well-Being

Participants who reported spending more time in nature at the end of May also reported greater well-being. More nature contact at the end of the challenge was also associated with more nature relatedness. Relative changes in nature contact were not linked to changes in connectedness or happiness however. Only changes in nature relatedness were associated with changes in well-being. In other words, reports from participants at the end of May indicated that people who were spending more time in nature were also happier and more connected with nature. In terms of change over the month of the challenge, the more that people increased their nature nature relatedness, the more their well-being improved (Table 4).

Table 4

Correlations Between Nature Contact, Nature Relatedness, and Well-Being at the End of May and Over Time

	1.	2.	3.
1. Nature contact	-	.19**	.14*
2. Nature Relatedness	.06	-	.17**
3. General Well-Being	.09	.21**	-

Note: Time 2 simple correlations are above the diagonal. Change correlations are below the diagonal. Change scores for nature contact, nature relatedness, and general well-being were calculated by regressing the Time 2 variable on the corresponding Time 1 variable, with the standardized residuals becoming the new variable reflecting change over the month-long challenge. ** $p < .01$.

Effects of the 30x30 Nature Challenge on Work Functioning

A number of workplaces across Canada publicized the challenge to their employees. At the beginning of the survey, respondents were asked if they had learned about the 30x30 challenge at work. A number of participants indicated 'yes' and were directed to three additional questions about job functioning (those who answered 'no' to this item skipped these questions): how satisfied they were with their job in the previous month, how well they were getting along with colleagues, and how productive they felt they were in their work role. A small number of the workplace participants completed both surveys ($n = 16$), providing an indicator of whether the challenge affected work functioning.

Participants reported no significant changes in job satisfaction, interactions with co-workers, or productivity (Table 5). Improvements in productivity would likely have reached statistical significance with a larger sample size and greater power (i.e., $p = .104$; moderate effect size).

Table 5

Change in Job Functioning from the Beginning to End of May

	Time 1 <i>M (SD)</i>	Time 2 <i>M (SD)</i>	<i>t (d)</i>	
job satisfaction	3.88 (0.96)	4.13 (0.62)	0.85	(0.22)
getting along with colleagues	4.38 (0.81)	4.38 (0.62)	0.00	(0.00)
productive in work role	3.81 (0.54)	4.06 (0.68)	1.73	(0.44)

Note: For each time point, table presents mean scores (on 1-5 scale), with standard deviations in parentheses. Results of paired-samples t-tests, comparing means, with effect sizes (Cohen's d) in parentheses. Due to non-significant differences on all 3 items, no composite variable was computed. ** $p < .01$.

Discussion

The purpose of surveying participants was to assess whether the 30x30 nature challenge was effective in promoting nature contact. The survey was designed to measure changes in well-being and subjective connectedness with nature. Overall, participants reported that the 30x30 challenge was a positive experience. Not only did people significantly increase their weekly nature contact, but participants also had better moods and less stress at the end of the challenge. Despite the fact that challenge participants were highly nature related at the beginning of the study, there were still increases in connectedness. The significant effects were for the nature related-self and nature related-experience dimensions, reflecting enhanced self-identification with the natural environment and a greater desire for nature contact. The perspective dimension of nature relatedness reflects a pro-environmental attitude. The high scores on this aspect of connectedness at the beginning of the study suggest challenge participants were already conscious of ecological issues. The purpose of the nature challenge is to reconnect Canadians with nature, as opposed to a direct environmental attitude intervention. Although repeated and

increased nature contact may promote pro-environmental attitudes, educational information is likely an important component in fostering more environmental concern. In a less nature related or less ecologically minded group of people, combining natural history education with nature contact may be effective in cultivating connectedness and motivating environmental behaviour.

The well-being benefits people experience when spending time in nature are also likely to foster greater environmental awareness and concern. The more contact people have with the natural environment, the more they are likely to feel connected with nature and want to protect it. When nature contact results in more positive feelings and reduced stress, these experiences are likely to be self-rewarding, motivating people to maintain regular nature contact. Modern lifestyles often make this challenging and can disconnect people from the natural environment. The results of the nature challenge suggest that, with commitment and effort, it is possible to find time to reconnect and experience the mental health benefits that come from regular nature contact. Regular nature contact is possible, even the city. In the responses to open-ended survey questions, many challenge participants reported feeling happier, just by having lunch outside or walking through a park. For some people, nature contact was already a regular part of their daily routine, but others noted that making the effort each day eventually became an enjoyable new habit. Not everyone was successful in meeting their goals for nature time, but for those who did, the result was a strengthened connection with the natural environment.

Limitations and Future Directions

Despite the encouraging results of the challenge, there are a number of limitations to consider with this research. First, there are several other potential factors that could account for why participants experienced greater well-being at the end of May. Weather usually improves and temperatures increase at this time of year in Canada. Although this can coincide with the unpleasant onset of biting insects (indeed several participants mentioned this in the open-ended questions), warmer and sunnier weather is likely to enhance well-being. Nonetheless, participants developed stronger nature relatedness over the month and these relative increases in nature relatedness were associated with improvements in well-being. It is also possible that increases in well-being and nature contact were the result of changes in workload or vacation time. Assessing these, and other factors such as weather, will be important in future work testing nature's causal effects on well-being.

The research design was correlational in nature, and participants were self-selected. Challenge participants are familiar with the DSF, so are likely not representative of all Canadians; they were also more nature related, potentially creating a ceiling effect in terms of measuring change. It is also possible that challenge participants were above average in their daily nature contact at the beginning of the study, although reports varied considerably (4.5% of participants reported no nature contact at all at the beginning of the challenge; this percentage dropped to less than 1% by the end of May). Further work, examining weekly nature exposure in a more diverse sample of Canadians would be a useful goal in future studies.

Due to the high face validity of the survey questions and the explicit goals of the study, it is possible that the results are due to demand characteristics - that participants were reporting what they believed the researchers expected. There were no reported changes over time for some

activities, however (e.g. time shopping, sleeping, eating). Thus, the surveys may have captured genuine shifts in how people spent their time during the challenge. Future research would benefit from the inclusion of a control group, and assessment of potential confounding factors such as weather, socio-economic status, and geography.

Finally, an important consideration in any interpretation of these results is the sample size; the magnitude of the correlations and effect sizes should be considered along with statistical significance. The changes in nature relatedness are relatively small and the relationship between nature relatedness change and well-being change is also small. It is encouraging, however, that the few hours of increased nature contact at the end of May had an effect on well-being. Participants reported improved mood and mental calm, but also decreased stress and negativity. This is considerable research evidence that brief nature contact enhances positive mood and reduces stress responses (see Selhub & Logan, 2012, for a review of the physical and psychological effects of nature). Strengthened nature relatedness had happiness benefits for challenge participants, suggesting that efforts to foster stronger bonds with the natural world has potential as a physical and mental health intervention. Promoting nature contact and connectedness as a way to enhance personal well-being may be a way to increase both human and environmental health simultaneously.

Conclusion

In sum, the 30x30 challenge was successful in encouraging participants to increase their regular nature contact. The commitment to spending more time in nature was beneficial for participants' nature relatedness and well-being. The 30x30 nature challenge is a voluntary commitment with self-selected participants, however the results suggest that increased nature time can promote happiness and strengthen human-nature bonds. Our natural environment is an important mental health resource. Human well-being and ecological sustainability are complementary, not competing goals and our connection with nature offers a potential 'happy path to sustainability'.

References

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Appendix: Nature Challenge 30x30-French Survey:

Vous êtes maintenant inscrit au Défi nature 30x30!

Consentement éclairé

Nous savons que l'usage et la protection des renseignements à votre sujet vous préoccupent. Le consentement éclairé vise à confirmer que vous comprenez bien le but de l'étude ainsi que la nature de votre participation à celle-ci. Le consentement éclairé doit vous donner assez d'information pour vous permettre de déterminer, en toute connaissance de cause, si vous souhaitez prendre part à l'étude.

Présente étude: Défi nature 30x30

Personnel de recherche: Les personnes suivantes participent à ce projet de recherche; vous pouvez les joindre en tout temps si vous avez des questions ou des préoccupations :

Dre Elizabeth Nisbet (courriel : elizabethnisbet@trentu.ca, 705-748-1011, poste 7855)

Si vous avez des préoccupations d'ordre éthique par rapport à cette recherche, adressez-vous à l'organisme suivant :

Karen Mauro, agente de certification et conformité réglementaire, Conseil sur l'éthique de la recherche, service de recherche de l'Université Trent, téléphone : 705-748-1011 poste 7896, courriel: kmauro@trentu.ca

Conseil sur l'éthique de la recherche, service de recherche de l'Université Trent, bureau 344, Collège Gzowski, campus Symons, Peterborough, Ontario, Canada, K9J 7B8.

Objet: Cette recherche a pour objet d'améliorer notre compréhension du lien entre le temps passé en nature et le bien-être individuel. Elle porte également sur les effets de la relation entre les gens et la nature. Vous recevrez de la rétroaction sur le résultat général de l'étude une fois le Défi terminé.

Exigences de la tâche: Nous vous demanderons de remplir deux sondages virtuels — l'un au début et l'autre à la fin du Défi — à un mois d'intervalle.

Risque ou malaise potentiels: Nous ne nous attendons pas à ce que cette étude donne lieu à un malaise quelconque, mais s'il vous arrivait de ne pas vous sentir à l'aise, vous pouvez décider de ne répondre à aucune question. Vous pouvez également vous retirer de l'étude en tout temps sans aucune conséquence fâcheuse.

Confidentialité: La confidentialité des données recueillies dans le cadre de cette étude est assurée. Les données sont collectées par l'entremise de serveurs sécurisés au moyen de l'outil de sondage Qualtrics de l'Université Trent. Les fichiers de données du chercheur seront chiffrés et stockés dans un laboratoire verrouillé. Seuls les chercheurs de l'Université Trent verront vos réponses. Tout renseignement permettant de vous identifier, comme votre adresse électronique, sera stocké séparément de votre questionnaire une fois l'étude terminée. L'adresse courriel que vous que vous allez nous fournir sera utilisée uniquement pour vous inviter à remplir le second sondage le 1er mai 2013. Seules les données cumulées de ces questionnaires seront transmises à la Fondation David Suzuki et seules les notes cumulées de ces questionnaires serviront aux fins des présentations ou des publications de cette recherche.

Droit de retrait: À tout moment au cours de l'étude, vous avez le droit de ne pas répondre à certaines questions ou de vous retirer complètement de l'étude, et ce, sans pénalité. Dans ce dernier cas, vos données ne se seront pas utilisées. Vous pouvez retirer vos réponses au sondage en tout temps en envoyant un courriel à la chercheuse (elizabethnisbet@trentu.ca).

J'ai lu la description précitée de l'étude du Défi nature 30x30. Les données recueillies peuvent être reproduites dans des publications de recherche ou servir à des fins d'enseignement. Mon approbation confirme que j'accepte de participer à l'étude et ne constitue nullement une renonciation à mes droits. Je suis âgé d'au moins 16 ans.

RECONNAISSANCE

EN INSCRIVANT MON ADRESSE ÉLECTRONIQUE ET CLIQUANT SUR « SUIVANT », JE RECONNAIS AVOIR LU ET COMPRIS LA PRÉSENTE ENTENTE ET L'AVOIR SIGNÉE DE MON PLEIN GRÉ. Veuillez imprimer le présent formulaire de consentement pour vos propres dossiers. Cette étude a reçu l'autorisation du conseil d'éthique de la recherche de l'Université Trent (2013-22884).

Courriel :

Comment avez-vous entendu parler du Défi nature 30x30?

- ☐ J'ai été encouragé à y participer sur mon lieu de travail (1)
- ☐ Courriel de la Fondation David Suzuki (2)
- ☐ Réseaux sociaux de la Fondation David Suzuki (3)
- ☐ Réseaux sociaux du Mouvement Desjardins (4)
- ☐ Site Internet d'un organisme dont je suis membre (5)
- ☐ Lors d'un événement ou dans un endroit que je fréquente (6)
- ☐ Par un proche (ami, famille, ...) (7)
- ☐ Autre (8)

IF J'ai été encouragé à y participer sur mon lieu de travail Is Selected, workplace questions are presented. Otherwise participants skipped to the end of page and end of workplace questions.

Pour quelle organisation travaillez-vous?

various organizations were listed for participants to choose from

Au cours du dernier mois, avez-vous été satisfait(e) de votre emploi?

- ☐ Très insatisfait (1)
- ☐ Partiellement en désaccord (2)
- ☐ (3)
- ☐ (4)
- ☐ Très satisfait (5)

Au cours du dernier mois, comment vous entendiez-vous avec vos collègues?

- ☐ Très mal (1)
- ☐ (2)
- ☐ (3)
- ☐ (4)
- ☐ Très bien (5)

Au cours du dernier mois, quel était votre niveau de productivité au travail?

- ☐ Pas productif(ive) du tout (1)
- ☐ (2)
- ☐ (3)
- ☐ (4)
- ☐ Très productif(ive) (5)

Au cours de la semaine dernière, combien d'heures avez-vous consacrées à ... (Veuillez entrer le nombre approximatif d'heures)

faire des achats

vous entraîner au centre sportif

faire une randonnée à pied ou faire une activité extérieure

rendre visite à des amis

regarder la télévision

vous déplacer en voiture

parler au téléphone/ texter

naviguer l'Internet et lire vos courriels

manger

dormir

vous détendre

Veuillez nous dire dans quelle mesure vous êtes en accord ou en désaccord avec les affirmations suivantes. (Prenez quelques instants pour évaluer le sentiment que vous ressentez réellement.)

	Fortement en désaccord (1)	Partiellement en désaccord (2)	Indifférent (3)	Partiellement d'accord (4)	Entièrement d'accord (5)
Je me sens vivant(e), énergique et enthousiaste.	☐	☐	☐	☐	☐
Je me sens souvent stressé(e) le jour.	☐	☐	☐	☐	☐
Je fais de l'insomnie ou j'ai le sommeil léger.	☐	☐	☐	☐	☐
J'éprouve souvent des sentiments négatifs (irritabilité, colère, frustration).	☐	☐	☐	☐	☐
J'éprouve souvent des sentiments de calme, de satisfaction et de paix intérieure.	☐	☐	☐	☐	☐

Veillez nous dire dans quelle mesure vous êtes en accord ou en désaccord avec les affirmations suivantes. (Prenez quelques instants pour évaluer le sentiment que vous ressentez réellement.)

	Fortement en désaccord (1)	en désaccord (2)	en désaccord (3)	Partiellement en accord (4)	Entièrement en accord (5)
J'aime bien être à l'extérieur, et ce, quelle que soit la météo.	☐	☐	☐	☐	☐
Certaines espèces animales sont destinées à disparaître.	☐	☐	☐	☐	☐
Les êtres humains ont le droit d'utiliser les ressources naturelles comme ils le veulent bien.	☐	☐	☐	☐	☐
Une vacance de rêve est, pour moi, un endroit dans la nature sauvage et éloigné des zones urbaines.	☐	☐	☐	☐	☐
Je réfléchis toujours à la façon dont mes actions ont un impact sur l'environnement.	☐	☐	☐	☐	☐
J'aime bien jouer dans la terre et avoir les mains sales.	☐	☐	☐	☐	☐
J'ai une connexion spirituelle avec la nature et mon environnement.	☐	☐	☐	☐	☐
Je suis conscient(e) des enjeux environnementaux.	☐	☐	☐	☐	☐
Je remarque la faune et la flore sauvage partout où je suis.	☐	☐	☐	☐	☐
Je ne vais pas souvent dans la nature.	☐	☐	☐	☐	☐
Je ne peux rien faire pour aider à résoudre les problèmes ailleurs sur la planète.	☐	☐	☐	☐	☐
Je ne suis pas séparé (e) de la nature, je fais partie de la nature.	☐	☐	☐	☐	☐

	Fortement en désaccord (1)	en désaccord (2)	en désaccord (3)	Partiellement en accord (4)	Entièrement en accord (5)
La pensée de me retrouver dans les bois, éloigné de la civilisation, m'effraie.	☐	☐	☐	☐	☐
Mes sentiments envers la nature n'ont pas de répercussions sur la façon dont je vis ma vie.	☐	☐	☐	☐	☐
Les animaux et les plantes devraient avoir moins de droits que les êtres humains.	☐	☐	☐	☐	☐
Je remarque la présence de la nature même lorsque je suis en pleine ville.	☐	☐	☐	☐	☐
La relation que j'entretiens avec la nature est une partie importante de la personne que je suis.	☐	☐	☐	☐	☐
La protection de la nature n'est pas nécessaire parce que la nature est assez forte pour se remettre de tous les impacts causés par les activités humaines.	☐	☐	☐	☐	☐
L'état des espèces animales et végétales est un indicateur de l'avenir de l'espèce humaine.	☐	☐	☐	☐	☐
Je pense beaucoup à la souffrance des animaux.	☐	☐	☐	☐	☐
Je sens que j'ai une relation intime avec tous les êtres vivants et avec la Terre.	☐	☐	☐	☐	☐

Pensez-vous apprécier votre participation au Défi nature 30x30?

- ☐ Pas du tout (1)
- ☐ (2)
- ☐ (3)
- ☐ (4)
- ☐ Beaucoup (5)

Vous êtes :

- ☐ Une femme (1)
- ☐ Un homme (2)
- ☐ Autre (3)
- ☐ Je préfère ne pas répondre (4)

Année de naissance:

(response options ranged from 1997 to 1898)

Merci d'avoir participé l'étude du Défi nature 30x30.

Vous recevrez un courriel à la fin du mois de mai vous demandant de remplir à nouveau ce sondage. En remplissant ce sondage avant et après le Défi nature 30x30, vous nous aidez à évaluer les effets bénéfiques que procure le contact avec la nature sur une base régulière. Au cours du mois de mai, la Fondation David Suzuki vous aidera à relever le Défi en vous proposant des activités, des trucs, de l'information et des astuces en publiant régulièrement sur la page Facebook du Défi. Pas sur Facebook? Pas de problèmes! Un courriel hebdomadaire est envoyé à tous les participants comprenant un résumé des activités de la semaine. Et maintenant, on se revoit dehors!

The follow-up survey administered at the end of the May contained the same questions (demographic information was omitted). Items that asked about the prior month on the May 1st survey were worded to inquire about the prior week on the May 31st survey. The final question about anticipated enjoyment of the challenge was reworded to ask about actual enjoyment. Two additional open-ended questions were added.

S'il vous plaît, décrivez-nous quels sont les changements dans votre humeur ou dans votre qualité de vie que vous avez remarqués au cours du dernier mois. (max. 150 mots) :

Comment le Défi nature 30x30 a-t-il eu une influence dans votre vie quotidienne? (max. 150 mots):

Merci d'avoir participé du Défi nature 30x30! Cette étape complète de l'étude portant sur les effets de la relation entre les gens et la nature. En remplissant ce sondage, vous nous avez aidés à améliorer notre compréhension du lien entre le temps passé en nature et le bien-être individuel. Consultez notre site Internet et notre page Facebook pour plus d'information sur notre connexion avec la nature. Vous y trouverez aussi en juin les résultats de cette étude. Renseignez-vous sur le projet « Le Saint-Laurent : Notre fleuve vivant » de la Fondation David Suzuki.