# Supplementary files A

## Background questions

39. What is your highest level of education?

Response alternatives:

|  |  |  |
| --- | --- | --- |
| 1 | 2 | 3 |
| primary | secondary | higher |

40a.In which part of the world were you born?

40b. In which part of the world was your mother born?

40c. In which part of the world was your father born?

Response alternatives:

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 2 | 3 | 4 |
| Sweden | Nordic/Baltic | Rest of the Europe | Rest of the world |

41. What is your annual earned income before tax?

Response alternatives:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 – 74 999 | 75 000 – 149 999 | 150 000 – 224 999 | 225 000 – 299 999 | 300 000 – 374 999 | 375 000 – 449 99 | 450 000 – |

## Nature visits

### Frequency

(The number before the question reflects the question number in the survey)

15. On average, how often did you visit nature areas, such as parks/forests/bodies of water, during the summer months before the Covid-19 pandemic?

16. On average, how often did you visit nature areas, such as parks/forests/bodies of water, during the winter months before the Covid-19 pandemic?

20. During the Covid-19 pandemic, on average, how often did you visit a nature area?

Response alternatives:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Every day | One to several times per week | One to several times per month | One to several times per year | Never |

### Reason for not visiting the nature areas

17. What was your reason for, before the Covid-19 pandemic, **not** to visit nature areas more often? You can choose more than one answer. (Only those who responded with alternative 4 or 5 to question 15.)

21. What was your reason for, before the Covid-19 pandemic, **not** to visit nature areas more often? You can choose more than one answer. (Only those who responded with alternative 4 or 5 to question 20)

Response alternatives:

0 1

1. I am not interested in/do not like visiting nature areas false true
2. My health does not allow me to visit nature areas false true
3. There are no suitable nature areas within walking distance false true
4. I feel insecure in nature areas false true
5. I do not have time to visit nature areas false true
6. I have a garden and that's enough false true

### Reasons to visit nature areas

18. What was your reason to visit nature areas before the Covid-19 pandemic? (Only those who responded with alternative 1, 2 or 3 to question 15)

22. What was your reason to visit nature areas during the Covid-19 pandemic? (Only those who responded with alternative 1, 2 or 3 to question 20)

Response alternatives:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| I visited natural areas… | never | seldom | sometimes | quite often | very often |
| a … To be in the fresh air |  |  |  |  |  |
| b … To recover from stress |  |  |  |  |  |
| c … For physical activity |  |  |  |  |  |
| d … To experience silence/nature sounds |  |  |  |  |  |
| e … For social reasons |  |  |  |  |  |
| f … To see other people |  |  |  |  |  |
| g … To walk my dog (or other pet) |  |  |  |  |  |
| h … To relax |  |  |  |  |  |
| i … To enjoy the beauty of nature |  |  |  |  |  |
| j … To be alone |  |  |  |  |  |
| k … For spiritual experiences |  |  |  |  |  |
| l … Because somebody else told me to do that |  |  |  |  |  |
| m … Because it is good for my health |  |  |  |  |  |
| n … To clear my head/think clearly |  |  |  |  |  |
| o … Because my work requires it |  |  |  |  |  |
| p … Because it's part of my regular transportation route |  |  |  |  |  |
| r Because of other reasons |  |  |  |  |  |

### What kind of natural areas did you visit?

19. What kind of natural areas did you visit before the Covid-19 pandemic and how often?

23. What kind of natural areas did you visit during the Covid-19 pandemic and how often?

Response alternatives:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |
|  | never | seldom | sometimes | quite often | very often |
| **a** Private garden |  |  |  |  |  |
| **b** Park |  |  |  |  |  |
| **c** Forest |  |  |  |  |  |
| **d** Freshwater bodies of water |  |  |  |  |  |
| **e** Saltwater beach/boating |  |  |  |  |  |
| **f** Nature reserve |  |  |  |  |  |
| **g** Green play parks |  |  |  |  |  |
| **h** Other type of area |  |  |  |  |  |

## Alcohol consumption

"Alcohol" includes medium or strong beer, alcoholic cider, wine, and spirits

One standard glass corresponds to 12 g of alcohol. This amount of alcohol is found in a glass (15 cl) of wine, a bottle (33 cl) of strong beer (5%) or 4 cl of spirits.

28. How often did you use to drink alcohol before the Covid-19 pandemic?

31. How often are you drinking alcohol during the Covid-19 pandemic?

Response alternatives:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| ≥4 times/week | 2-3 times/week | 2-4 times/month | ≤1 times/month | never |

29. How many glass/day did you typically drink when you drank alcohol before the Covid-19 pandemic?

32. How many glass of alcohol/day do you typically drink during the Covid-19 pandemic?

Response alternatives:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| 1-2 | 3-4 | 5-6 | 7-9 | 10 or more | I do not know |

## Physical inactivity

25. The last question (referring to the IPAQ short form) is about the time you spent sitting on weekdays during a regular week pre-COVID. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

Before the Covid-19 pandemic, how much time did you usually spend sitting on one of days on a regular week?

27. The last question (referring to the IPAQ short form) is about the time you spent sitting on weekdays during a regular week during the Covid-19 pandemic. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

During the Covid-19 pandemic, how much time did you usually spend sitting on one of days on a regular week?

## Mental Health

### *Perceived Stress Scale- PSS*

33. The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| In the last month, how often have you… | Never | Almost never | Sometimes | Fairly often | Very often |
| a … been upset because of something that happened unexpectedly? | 0 | 1 | 2 | 3 | 4 |
| \*b … felt that you were unable to control the important things in your life? | 0 | 1 | 2 | 3 | 4 |
| c … felt nervous and “stressed”? | 0 | 1 | 2 | 3 | 4 |
| \*d …felt confident about your ability to handle your personal problems in the last month? | 4 | 3 | 2 | 1 | 0 |
| \*e … felt that things were going your way? | 4 | 3 | 2 | 1 | 0 |
| \*f … felt that difficulties were piling up so high that you could not overcome them? | 0 | 1 | 2 | 3 | 4 |

\* the questions included in the classic four-item short scale

### RAND-36: mental health/wellbeing and vitality scores

34.These questions are about how you feel and how things have been with you during the last four weeks. For each question, please give the answer that comes closest to the way you have been feeling. RAND-36: mental health/wellbeing and vitality scores

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| How much of the time in the last month did you feel … | All of the time | Most of the time | A good bit of the time | Some of the time | little bit of the time | None of the time |
| \*\*a … full of pep? | 100 | 80 | 60 | 40 | 20 | 0 |
| \*b … as a very nervous person? | 0 | 20 | 40 | 60 | 80 | 100 |
| \*c … so down in the dumps that nothing could cheer you up? | 0 | 20 | 40 | 60 | 80 | 100 |
| \*d … calm and peaceful? | 100 | 80 | 60 | 40 | 20 | 0 |
| \*\*e … a lot of energy? | 100 | 80 | 60 | 40 | 20 | 0 |
| \*f … downhearted and blue? | 0 | 20 | 40 | 60 | 80 | 100 |
| \*\*g … worn out? | 0 | 20 | 40 | 60 | 80 | 100 |
| \*h … as a happy person? | 100 | 80 | 60 | 40 | 20 | 0 |
| \*\*i … tired? | 0 | 20 | 40 | 60 | 80 | 100 |

\* the questions included in the mental health/wellbeing subscale

\*\* the questions included in the vitality subscale

### (Copenhagen Psychosocial Questionnaire COPSOQ)

35. These questions are about how you feel and how things have been with you during the last month. For each question, please give the answer that comes closest to the way you have been feeling.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| How much of the time during the past month have you... | All the time | A large part of the time | Part of the time | A small part of the time | Not at all |
| a … had problems concentrating? | 100 | 75 | 50 | 25 | 0 |
| b … had difficulty in taking decisions? | 100 | 75 | 50 | 25 | 0 |
| c … had difficulty with remembering? | 100 | 75 | 50 | 25 | 0 |
| d … found it difficult to think clearly? | 100 | 75 | 50 | 25 | 0 |

### SLC90: depression and anxiety scores

36. How much were you during the last week bothered by…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| How much were you during the last week bothered by… | Not at all | A little bit | Moderately | Quite a bit | Extremely |
| \*a … feeling low in energy or slowed down | 0 | 1 | 2 | 3 | 4 |
| \*b … feeling blue | 0 | 1 | 2 | 3 | 4 |
| \*c … blaming yourself for things | 0 | 1 | 2 | 3 | 4 |
| \*d … worrying too much about things | 0 | 1 | 2 | 3 | 4 |
| \*e … feeling no interest in things | 0 | 1 | 2 | 3 | 4 |
| \*f … feeling everything is an effort | 0 | 1 | 2 | 3 | 4 |
| \*\*g … nervousness or shakiness inside | 0 | 1 | 2 | 3 | 4 |
| \*\*h … spells of terror or panic | 0 | 1 | 2 | 3 | 4 |

\* the questions included in the depression subscale

\*\* the questions included in the anxiety subscale

## Walkability

When we talk about "your neighbourhood", we mean the area within about 10 minutes walking distance around your home.

"Major streets" refers to roads that connect different districts and are used for e.g. public transport and transportation of goods.

"Minor streets" refers to roads that are mostly used to reach a specific address and that are rarely used by larger vehicles or public transport.

45. Think about the sidewalks/bike roads or other paved paths in your neighbourhood…...

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 |
| Think about the sidewalks/bike roads or other paved paths in your neighbourhood… | always/usually | half the time | seldom/never | (N/A) |
| a Are there paved sidewalks/bike paths along the major streets in your neighbourhood? |  |  |  |  |
| b Are there paved sidewalks/bike paths along the minor streets in your neighbourhood? |  |  |  |  |
| c Are the sidewalks/paths in good repair, without areas of uneven or broken pavement? |  |  |  |  |
| d Are the sidewalks/paths lighted for use at night? |  |  |  |  |
| e Are the sidewalks/paths wide enough for at least two adults to walk side by side? |  |  |  |  |
| f Are there curbs to separate the sidewalk/paths from the street? |  |  |  |  |
| g Are there curbs to separate the sidewalk/paths from the street? |  |  |  |  |
| h Could someone use the sidewalk/paths using a wheelchair, walker, stroller, or other mobility aide without difficulty? |  |  |  |  |
| i Are the sidewalk/paths free of items that might block free walking such as fire hydrants, light poles, signs, etc. in? |  |  |  |  |
| j Are the sidewalks/paths and the area next to them clear of weeds, brush, broken glass and unsightly garbage? |  |  |  |  |
| k Are there any benches or other places to rest along your sidewalk/paths? |  |  |  |  |
| l Do any of the sidewalks or bike roads connect to major streets or other neighbourhoods? |  |  |  |  |

46. Think about major intersections in your neighbourhood…

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1 | 2 | 3 |
|  | yes | no | no major intersections |
| a Are there marked crosswalks at major intersections in your neighbourhood? |  |  |  |
| b Are there functional crossing signals at major intersections in your neighbourhood? |  |  |  |

48. Think about the places that are within a 10 minute walk of your home. Are these destinations connected to your home by sidewalks or paved paths? In other words, would it be possible to get there by walking on a sidewalk or paved path?

49. IF YES, is this destination connected to your home by sidewalks or paved paths? 0=N/A means that this destination was not in walking distance (previous questions)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Is this destination within a 10 minute walk of your home? | | | IF YES, is this destination connected to your home by sidewalks or paved paths? | | | |
|  | 1 | 2 |  | 1 | 2 | 3 |
| ***48.*** | yes | no | ***49.*** | mostly | about half of the road | only a small part of the road |
| ***a*** grocery store/supermarket |  |  | ***a*** |  |  |  |
| ***b*** place of worship |  |  | ***b*** |  |  |  |
| ***c*** community centre |  |  | ***c*** |  |  |  |
| ***d*** school or childcare facility |  |  | ***d*** |  |  |  |
| ***e*** park or recreational facility |  |  | ***e*** |  |  |  |
| ***f*** restaurant or other places to eat |  |  | ***f*** |  |  |  |
| ***g*** retail store or other shopping |  |  | ***g*** |  |  |  |
| ***var\_48h*** personal services (hair care, nail salon, dry cleaners, laundry, etc.) |  |  | ***var\_49h*** |  |  |  |
| ***var\_48i*** post office |  |  | ***var\_49i*** |  |  |  |
| ***var\_48j*** cash machine |  |  | ***var\_49j*** |  |  |  |
| ***var\_48k*** health care centre |  |  | ***var\_49k*** |  |  |  |
| ***var\_48l*** bus stop |  |  | ***var\_49l*** |  |  |  |