

# Appendix A

## Survey. Copy of the questions included in the online survey.

### *CONNECTION WITH OUTDOOR SPACES DURING CORONAVIRUS LOCKDOWN, SELF-ISOLATION OR QUARENTINE*

The Coronavirus (COVID-19) outbreak is causing drastic changes to the habits and routines of inhabitants in many countries around the world. The level of lockdown and/or movement limitation varies among countries, and so does the accessibility that people have to outdoor spaces.

This study, conducted by AZTI (Spain), and in collaboration with University of Exeter (UK) and Norwegian University of Life Sciences (Norway), explores how the types and characteristics of outdoor spaces that people can access during lockdown, and the physical activities practiced can be affecting our moods & emotions, and how these spaces and activities can help us during this time.

Any person older than 18 years old is invited to participate, whether currently in lockdown/self-isolation/quarantine or not. The survey is totally anonymous, and you will not be asked any question that allows us to contact or identify you. The results will be used exclusively for research purposes and once the study ends, all data will be deleted.

While you are filling in the questionnaire, you can click "Back" to review or change previous answers. The mandatory questions are marked with a red asterisk (\*). Your answers will only be recorded when you finish the survey and click on "Submit". You will need 10-15 minutes to complete it.

If you have any question about the survey or about how your answers will be handled, you can get in touch with Sarai Pouso, PhD ([spouso@azti.es](mailto:spouso@azti.es))

Please, confirm that you agree to participate in this study:

- Yes, I agree to participate

**1. Are you currently in lockdown, in self-isolation, or with certain movement- limitations due to the coronavirus outbreak? (Answer "Yes" if the coronavirus outbreak has led to certain limitations in your regular circulation patterns, whether those are forced or your own decision). (\*)**

- Yes. *You indicated that currently you are under lockdown. Please, select the option that describes better your current situation:*
- The government has limited the free circulation of people: ONLY ESSENTIAL MOVEMENTS ARE ALLOWED and OUTDOOR EXERCISE IS NOT ALLOWED
  - The government has limited the free circulation of people, ONLY ESSENTIAL MOVEMENTS ARE PERMITTED AND ALLOWS OUTDOOR EXERCISE.
  - The government has partially limited free circulation (e.g. closure of certain business and shops, public gatherings and events limited) and made some recommendations (e.g. teleworking preferred).
  - I decided to self-isolate /lockdown myself PART 01
  - Other ....
- No. *You indicated that currently you are not under lockdown. Please, select the option that describes better your current situation:*
- I am not currently in lockdown, but I have been → GO TO PART 02
  - The government has only made recommendations (shops, schools, etc. remain open as usual). → GO TO Q24
  - The government has not taken any action yet as there is NO EVIDENCE of people being infected in my country/region → GO TO Q24
  - The government has not taken any action yet DESPITE having people infected in my country/region → GO TO Q24
  - Other → GO TO Q24

### PART 01 ONLY FOR THOSE UNDER SELF-ISOLATION

You decided to self-isolate/lockdown yourself. Could you indicate why? (mark all that apply)

- I am experiencing symptoms
- People in home are experiencing symptoms
- I am in a vulnerable group
- Based on the general recommendations: limited social interactions, working from home, etc.
- Others.....

### PART 02 ONLY IF LOCKDOWN HAS FINISHED

You indicated that your lockdown has already finished. In the next sections, you will be asked certain questions referring to your past lockdown situation → follow the link to answer the questions referring to your past lockdown situation

a. When did your lockdown finish? *DATE*

b. How much did it last? Indicate number of days → **CONTINUES IN Q3**, but questions are rephrased in past tense.

### PART A: LOCKDOWN CHARACTERISTICS

2. Lockdown measures are being applied progressively, meaning that the limitations and recommendations in each country change quickly. Could you indicate when did your current type of lockdown begin (approximately)?

- o *Date*

3. Since your lockdown began, how frequently do you go out? (\*)

- Everyday
- Nearly everyday
- 2-3 days per week
- Once a week
- Less
- None → *GO TO Q4*

3b. Reasons for having gone out (mark all that apply) (\*)

- Work
- Medical appointment, hospital
- Buy food
- Buy medication
- Walk a pet
- Take exercise, physical activity
- Get fresh air and see the sun
- Take care of relatives
- Social interactions
- o Other ...

### PART B: CHARACTERISTICS OF THE HOUSE WHERE YOU ARE DURING LOCKDOWN

4. Where are you spending the lockdown? (\*)

- In my regular residence → *GO TO Q7*
- In my second residence
- In the residence of relatives/friends
- Other ...

5. Indicate the province/county/region of the residence where you are during lockdown *TEXT*

**6. Indicate country of the place where you are during the lockdown (\*)** *Scroll down – list of countries*

**7. Do you know the size of the residence where you are in lockdown? (\*)**

- Yes, in square metres → GO TO 7A
- Yes, in square feet → GO TO 7A
- I am not sure → GO TO 7B

**7A – Indicate the size of the place where you are in lockdown (EXCLUDING outdoor areas such as balcony, garden, etc.)** *OPEN ENDED*

**7B - How many rooms has the place where you are under lockdown? (excluding toilet/bathroom and kitchen).**

- [DROPDOWN ANSWER (From 1 to >5)]

**8. How many people are under lockdown in the place where you are? (number of people including you). (\*)**

- [DROPDOWN ANSWER (From 1 to >10)] → IF 1, go to 11

**9. Is any under 18?**

- Yes
- No → GO TO Q11

**9.A Indicate the AGE OF EACH PERSON under 18. If 2 or more, SEPARATE each age using COMAS (example: 3, 5, 17)**

*Number*

**10. How many of the people under lockdown with you have any type of disability OR any special care need? Indicate the number of people with special/basic care needs (e.g. elders, sick or disable people)**

### **PART C: VISUAL ELEMENTS**

**11. What can you see from the place where you are under lockdown? (mark all that apply) (\*)**

- Industrial buildings
- Courtyard / housing block patio
- Urban area (houses and streets)
- Roads
- Open urban areas (parks)
- River
- Lake
- Marine blue spaces (beaches, cliffs, sea, ...)
- Agricultural areas, pasturelands, countryside
- Woodlands/forest
- Hills/Mountains
- Few outdoor visual elements (e.g. neighbours walls)
- Others (specify....)

**12. To what extent do you think having that view is helping you to better cope with the lockdown? (\*)**

- [LIKERT-SCALE FROM Not at all (1) – 2 - 3 - 4 – Very much (5)]

**13. From your point of view, how is this view influencing your mood during lockdown? (Example: feel more relaxed, feel more stressed, etc.)**

**14. If you could choose, what would you prefer the most to see from your house? R**

- Industrial buildings
- Courtyard / housing block patio
- Urban area (houses and streets)
- Roads
- Open urban areas (parks)

- River
- Lake
- Marine blue spaces (beaches, cliffs, sea, ...)
- Agricultural areas, pasturelands, countryside
- Woodlands/forest
- Hills/Mountains
- Others (specify....)

15. How much do you agree with this sentence? “This new view will help me to have a more positive mood or attitude during lockdown”

- o *[(strongly disagree, disagree, neither agree nor disagree, agree, strongly agree)]*

#### **PART D: ACCESSIBLE OUTDOOR AREAS**

15. DURING LOCKDOWN, do you have PHYSICAL ACCESS from your place to outdoor areas? (e.g. a private balcony, garden, shared areas with neighbours, outdoor nature areas) (\*)

- Yes → GO TO Q17
- No

16. To what extent not having access to outdoor areas is making the lockdown experience worse?

- o *[LIKERT-SCALE FROM Not at all (1) – 2 - 3 - 4 – Very much (5)] → GO TO Q22*

17. Select all the outdoor spaces you are able to physically access during lockdown. (Select ONLY the ones that are ACCESSIBLE to you DURING LOCKDOWN) (\*)

- Private balcony or terrace
- Private patio
- Private garden
- Private swimming-pool
- Private land area
- Community/Shared terrace
- Community/Shared garden
- Community/Shared swimming-pool
- A park
- Woodlands/forest
- The mountains
- A river
- A lake
- The coast (beach, cliff, sea, ...)
- Other ....

18. Approximate time you spend per day in those spaces (*hours per day*)

19. During lockdown, “the time that I spend in these spaces is...” (Compare it with the time that you used to spend in the SAME areas before lockdown)

- o *LIKERT-SCALE FROM Much less than usual (1) – (2) – (3) – (4) - (5) Much more than usual*

20. To what extent do you think having PHYSICAL access to THESE areas is helping you to better cope with the lockdown? **R**

- o *LIKERT-SCALE FROM Not at all (1) – (2) – (3) – (4) – (5) Very much*

21. From your point of view, how does the access to these areas is influencing your mood during lockdown? (Example: it helps you feel more relaxed, it makes you feel more stressed, etc.) *Open ended*

#### **PART E: GENERAL PREFERENCES**

22. Indicate the three activities that you miss the most in this lockdown situation *Open ended*

**23. What is the FIRST outdoor area that you will PREFER TO VISIT when the lockdown situation ends? (\*)**

- An urban area
- A park
- A forest
- The countryside
- The mountains
- A river
- A lake
- The coast (beach, cliff, sea, etc.)
- Other ....

#### **PART F: OUTDOOR SPORTS & ACTIVITIES**

**24. Before the coronavirus outbreak, did you regularly undertake any sport or physical activity OUTDOORS? (E.g. walking, running, swimming in the sea, fishing, cycling, team sports, etc.) \***

- No
- Yes → GO TO Q26

**25. Currently, are you practicing any sport or physical activity OUTDOORS? R**

- Yes
- No → GO TO Q31

**25A. Why have you increased your physical activity OUTDOORS, after the coronavirus outbreak? (Mark all that apply)**

- To increase my usual exercise / physical activity
- To substitute my usual exercise / physical activity indoors
- I have more free time
- To be outdoors
- Other...

**25B. How likely are you to continue exercising OUTDOORS once the coronavirus outbreak ends?**  
Very unlikely (1) – (2) – (3) – (4) – (5) Very likely → GO TO Q31

**26. From all the sports or physical activities that you practiced OUTDOORS before the coronavirus outbreak, indicate your preferred/favourite one(s)? (A maximum of 3)**

**27. Where did you usually practice these activities before coronavirus outbreak? (Mark all that apply)**

- Urban settings (urban parks, street, etc.)
- Green spaces (forest, mountain, etc.)
- Green rural spaces (countryside, pasturelands, etc.)
- Inland blue spaces (lakes, rivers, etc.)
- Marine blue spaces (sea, beach, cliffs...)
- Other ....

**28. How often did you practice sport or physical activity OUTDOORS before coronavirus outbreak? R**

- Everyday
- Nearly everyday
- 2-3 days per week
- Once a week
- Less
- Other .....

**29. Currently, and compared to the pre-coronavirus situation, are you practicing sport or physical activity OUTDOORS? R**

- Yes, exactly in the same way → GO TO Q31
- Yes, with some space and/or frequency restriction(s)
- Yes, more frequently than I am used to → GO TO Q31

- No, but I am practicing other physical activities indoor
- No, and I am not practicing any other physical activity
- Other.... → GO TO Q36

**30. Not being able to practice sport or physical activity OUTDOORS now as you were used to, how does it affect you?**

*Very negatively – negatively – no affection – positively – very positively*

#### **PART G: INDOOR SPORTS & PHYSICAL ACTIVITIES**

**31. Before coronavirus outbreak, did you practice any sport or physical activity INDOORS? (e.g. swimming in a pool, go to the gym, etc.) \***

- No
- Yes → GO TO Q33

**32. Currently, are you practicing sport or physical activity INDOORS? \***

- Yes
- No → GO TO Q35

**32B. Could you explain why you have increased your physical activity INDOORSs, after the coronavirus outbreak? → GO TO Q35**

- To increase my usual exercise / physical activity
- To substitute my usual exercise / physical activity outdoors
- I have more free time
- Other...

**33. Currently, and compared to the pre-coronavirus situation, are you practicing sport or physical activity INDOORS? \***

- Yes, exactly in the same way → GO TO Q35
- Yes, with some space and/or frequency restrictions
- Yes, more frequently than I am used to → GO TO Q35
- No, but I am practicing other physical activities outdoor
- No, and I am not practicing any other physical activity
- Other.... → GO TO Q35

**34. Not being able to practice sport or physical activity INDOORS now as you were used to, how does it affect you?**

*Very negatively – negatively – no affection – positively – very positively*

#### **PART H: PHYSICAL CONDITION**

**35. How would you describe your physical condition before the coronavirus outbreak? \***

- Poor
- Fair
- Good
- Excellent

**36. How would you describe your current physical condition, in comparison to your physical condition before the coronavirus outbreak? \***

*Much worse - Slightly worse – Same - Slightly better - Much better*

**37. Do you have any long-standing illness or disability?**

- Yes
- No
- Prefer not to say

**PART I: CHARACTER AND CURRENT MOOD**

Look at this picture:

HAPPY	SAD	DISGUSTED	ANGRY	FEARFUL	BAD	SURPRISED
Joyful	Lonely	Repelled	Critical	Threatened	Bored	Startled
Content	Vulnerable	Awful	Distant	Rejected	Busy	Confused
Interested	Despair	Disappointed	Frustrated	Weak	Stressed	Amazed
Proud	Guilty	Disapproving	Aggressive	Insecure	Tired	Excited
Accepted	Depressed		Mad	Anxious		
Powerful	Hurt		Bitter	Scared		
Peaceful			Humiliated			
Trusting			Let down			
Optimistic						

38. Which emotions of the picture describe better your current mood? (choose minimum 1 - maximum 3). \* Open ended

39. And from the same picture, which words describe better your character under normal conditions (before coronavirus outbreak)? (min 1 - max 3). \* Open ended

**PART I: (PHQ4)**

40. Over the last 2 weeks, how often have you been bothered by the following problems? \*

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

**PART J: BEHAVIOUR & ACTIONS: SELF-CHARACTERIZATION**

41. Consider how well the following statements describe your behaviour and actions \*

	Does not describe me at all	Does not describe me	Neutral	Describes me	Describes me very well
I look for creative ways to alter difficult situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regardless of what happens to me, I believe I can control my reaction to it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe I can grow in positive ways by dealing with difficult situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I actively look for ways to replace the losses I encounter in life

**PART K: PROFILE**

**42. Age \***

- 18-25
- 26-35
- 36-45
- 46-55
- 56-65
- >65

**43. Gender**

- Male
- Female
- Other....
- Prefer not to say

**44. Marital status**

- Single
- Cohabiting
- Married
- Separated
- Divorced
- Widowed

**45. Maximum education achieved \***

- Primary education
- Secondary education
- Professional education or University degree
- Higher (Master, PhD)
- Other ...

**46. Your employment status before coronavirus outbreak was... \***

- Employed full-time
- Employed part-time
- Self-employed
- Unemployed
- Retired
- Student
- Other....

**47. And your current employment status is... \***

- Employed full-time
- Employed part-time
- Self-employed
- Unemployed → GO TO Q49
- Retired → GO TO Q50
- Student → GO TO Q50
- Others → GO TO Q50

**48. Which sentence better describes your current situation? GO TO Q50**

- I am working from home
- I have to go to my usual workplace
- My workplace has temporarily stopped its activity due to coronavirus outbreak
- Others ....

**49. What best describes your situation?**

- I was unemployed before coronavirus outbreak
- My employer is part funding my salary through government support
- I have lost my job temporarily due to coronavirus outbreak
- I have lost my job permanently due to coronavirus outbreak
- Others....

**50. Province/county/region of your regular residence (Region, province, state or similar division used in the country)**



**51. Regular residence: Country** *Scroll down – list of countries*

**52. Where is your regular residence located?**

- Industrial area
- Urban area
- Woodlands/forest
- Hills/Mountains
- Agricultural areas, pasturelands, countryside
- Coast
- Others....

**53. Do you have a pet? R**

- Yes
- No → *Go to Q54*

**53A. Does your pet need walking outside?**

- Yes
- No

**54. Please, to help us better read your answers, could you indicate the annual familiar income before tax? *Indicate amount & currency***

**Do not forget to click on "Submit" so your answers are registered.**

**Thanks for your participation! If you have other thoughts or comments:**

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