

## Annex A.

**Table 1. Questions and options for responses with the coding for the statistical analysis**

<b>Section 1. Basic and demographic information</b>			
1) Gender:		Code value	
Female			1
Male			2
Prefer not to say			3
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2) Age:			
18-25			1
26-40			2
41-65			3
66-80			4
more than 80			5
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3) How long have you been confined at home due to the Covid-19 situation (weeks)?			
0			1
1-2			2
3-4			3
5-6			4
more than 6			5
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4) What is the highest degree or level of education you have completed?			
No studies/ elementary school			1
High School			2
Bachelor's Degree			3
Master's Degree			4
Ph.D.			5
Trade School			6
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5) Where did you grow up?			
High Density city (more than one million inhabitants)			1
Large city (less than 1 million but over 300,000 inhabitants)			2
Medium city (between 100,000 and 300,000 inhabitants)			3
Large town (between 10,000 and 100,000 inhabitants)			4
Town (less than 10.000 inhabitants)			5
Village/ Rural area (less than 2.500 inhabitants)			6
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6) In which country do you currently live at?			
Spain	1	Mexico	24
Brazil	2	Netherlands	25
Greece	3	New Zealand	26
Italy	4	Norway	27

Chile	5	Panama	28
Colombia	6	Peru	29
Argentina	7	Poland	30
Australia	8	Portugal	31
Austria	9	Russia	32
Belgium	10	Slovakia	33
Canada	11	South Africa	34
Czech Republic	12	Switzerland	35
Dominican republic	13	UK	36
Ecuador	14	Uruguay	37
Estonia	15	USA	38
France	16	Venezuela	39
Germany	17	Cyprus	40
Guatemala	18	Bulgaria	41
Hungary	19	Senegal	42
India	20	Sweden	43
Ireland	21	Ukraine	44
Japan	22	Denmark	45
Kosovo	23	Albania	46

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7) Name of the city/ town/ village

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8) Where do you currently live?

High Density city (more than one million inhabitants)	1
Large city (less than 1 million but over 300,000 inhabitants)	2
Medium city (between 100,000 and 300,000 inhabitants)	3
Large town (between 10,000 and 100,000 inhabitants)	4
Town (less than 10,000 inhabitants)	5
Village/ Rural area (less than 2,500 inhabitants)	6

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9) Household income:

Low	1
Middle	2
High	3

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10) Did you or any of your relatives have an incident related with the coronavirus that might affect your mood?

Yes	1
No	2

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**Section 2.** Description of the household

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11) What is the type of your house?

House	1
apartment/flat	2

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12) What is the surface of your house?

<40 m <sup>2</sup>	1
40-70 m <sup>2</sup>	2
70-100 m <sup>2</sup>	3
100-130 m <sup>2</sup>	4
>130 m <sup>2</sup>	5

13) How many rooms does your house have?

1	1
2	2
3	3
4	4
More than 4	5

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14) How many people are living in total in your house?

1-2	1
3-4	2
5-6	3
more than 6	4

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15) Age of the inhabitants within the household

a. Infants (<6 years)	Selected	1
a	Not selected	2
b. Elementary (6-11 years)	Selected	1
b	Not selected	2
c. Highschool (12-18 years)	Selected	1
c	Not selected	2
d. 18-25	Selected	1
d	Not selected	2
e. 26-40	Selected	1
e	Not selected	2
f. 41-65	Selected	1
f	Not selected	2
g. More than 65	Selected	1
g	Not selected	2

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16) Does the house receive direct sunlight indoors?		
Not at all		1
Little		2
Some		3
Quite a lot		4
A lot		5

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17) Does your house have		
a. a balcony/ terrace	Selected	1
a	Not selected	2
b. a garden	Selected	1
b	Not selected	2
c. an accessible rooftop	Selected	1
c	Not selected	2
d. a patio	Selected	1
d	Not selected	2
e. none of them	Selected	1
e	Not selected	2

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### Section 3. Attitudes towards nature

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18) Are you Interested in gardening?		
Not interested		1
Slightly interested		2
Indifferent		3
Quite interested		4
Very interested		5

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19) How often did you normally visit a public green space (e.g. park, gardens, countryside) before confinement?		
Daily		1
Weekly		2
Monthly		3
Less that once per month		4
Never		5

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20) Green areas (e.g. park, gardens, countryside) are necessary for my psychological well-being:		
Strongly disagree		1
Disagree		2
Indifferent		3
Agree		4
Strongly agree		5

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21) How many plants do you have inside your house (indoors)?		
0		1
1-3		2

4-7	3
8-10	4
More than 10	5

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22) How many plants do you have outdoors (balcony, backyard, patio, etc.)?	
no space outside	1
0	2
1-3	3
4-7	4
8-10	5
More than 10	6

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23) Did you know what a living wall is before?	
Yes	1
No	2

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24) What kind of vegetation do you have at home (indoors or outdoors)?		
a. Potted plants	Selected	1
	Not selected	2
b. Flower bed-parterre	Selected	1
	Not selected	2
c. Climbing/hanging plants	Selected	1
	Not selected	2
d. Living wall	Selected	1
	Not selected	2
e. Trees	Selected	1
	Not selected	2
f. Shrubs	Selected	1
	Not selected	2
g. Lawn	Selected	1
	Not selected	2
h. Vegetable garden	Selected	1
	Not selected	2

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25) Did you spend more time taking care of plants at home during the COVID-19 confinement period?	
Yes	1
No	2

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26) Once the normality is regained, will you devote more time in taking care of plants at home?	
Yes	1
No	2

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27) Having vegetation indoors is good for my psychological well-being	
Strongly disagree	1

Disagree	2
Indifferent	3
Agree	4
Strongly agree	5

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**Section 4. Plants and the COVID-19 confinement**

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28) Describe your mood during the COVID-19 confinement period?		
a. Depressed	Never	1
a	Sometimes	2
a	Many times	3
b. Optimistic	Never	3
b	Sometimes	2
b	Many times	1
c. Calm	Never	3
c	Sometimes	2
	Many times	1
d. Fearful	Never	1
d	Sometimes	2
d	Many times	3
e. Cheerful	Never	3
e	Sometimes	2
e	Many times	1
f. Stressed	Never	1
f	Sometimes	2
f	Many times	3
g. Sad	Never	1
g	Sometimes	2
g	Many times	3

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29) Having vegetation at home is positive for my mood during the COVID-19 confinement	
Strongly disagree	1
Disagree	2
Indifferent	3
Agree	4
Strongly agree	5

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30) I would have preferred to have more plants in my house during the confinement	
Strongly disagree	1
Disagree	2
Indifferent	3
Agree	4
Strongly agree	5

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31a) Has your motivation about having plants at home changed after the period of confinement?

Yes	1
No	2

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31b) Did you buy any plants during the confinement period?

Yes	1
No	2

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**Section 5.** Regarding living walls

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32) A living wall is a way of having more vegetation at home requiring less space

Strongly disagree	1
Disagree	2
Indifferent	3
Agree	4
Strongly agree	5

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33) It would be a good idea to have a living wall at home to increase indoor vegetation

Strongly disagree	1
Disagree	2
Indifferent	3
Agree	4
Strongly agree	5

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34) Which could be the main reasons to discourage you from installing a living wall in your home?

a. None	Selected	1
a	Not selected	2
b. Cost	Selected	1
b	Not selected	2
c. Need for maintenance	Selected	1
c	Not selected	2
d. Presence of insects or other animals	Selected	1
d	Not selected	2
e. Problems of dampness	Selected	1
e	Not selected	2

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**Section 6.** Rate the following rooms depending on your preference (see Fig. 1) Provision of

two rooms and one balcony with increasing amounts of vegetation and with or without a living wall.

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Room 1:

a. Option A	1st (Most preferred)	1
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a	2nd	2
a	3rd	3
a	4th (Least preferred)	4
b. Option B	1st (Most preferred)	1
b	2nd	2
b	3rd	3
b	4th (Least preferred)	4
c. Option C	1st (Most preferred)	1
c	2nd	2
c	3rd	3
c	4th (Least preferred)	4
d. Option D	1st (Most preferred)	1
d	2nd	2
d	3rd	3
d	4th (Least preferred)	4
Room 2:		
a. Option A	1st (Most preferred)	1
a	2nd	2
a	3rd	3
a	4th (Least preferred)	4
b. Option B	1st (Most preferred)	1
b	2nd	2
b	3rd	3
b	4th (Least preferred)	4
c. Option C	1st (Most preferred)	1
c	2nd	2
c	3rd	3
c	4th (Least preferred)	4
d. Option D	1st (Most preferred)	1
d	2nd	2
d	3rd	3
d	4th (Least preferred)	4
Balcony:		
a. Option A	1st (Most preferred)	1
a	2nd	2
a	3rd	3
a	4th (Least preferred)	4
b. Option B	1st (Most preferred)	1
b	2nd	2
b	3rd	3
b	4th (Least preferred)	4
c. Option C	1st (Most preferred)	1
c	2nd	2
c	3rd	3
c	4th (Least preferred)	4
d. Option D	1st (Most preferred)	1



d	2nd	2
d	3rd	3
d	4th (Least preferred)	4

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**Table 2. Timeline of the COVID-19 pandemic events and control strategies implemented in Spain, Italy, Brazil and Greece.**

Country	Date of the 1 <sup>st</sup> and 50 <sup>th</sup> confirmed cases	Closing schools and universities	Social distance proposed by the government	Government prohibition of all public events	Lockdown/ confinement	Periods between 50 <sup>th</sup> case and the start of social distance
Spain*	31 Jan. 2020 and 01 Mar. 2020	13 Mar. 2020	Social distance and home office 09 Mar. 2020	14 Mar. 2020	National lockdown 14 Mar. 2020	8 days
Italy*	31 Jan. 2020 and 22 Feb. 2020	05 Mar. 2020	Social distance 09 Mar. 2020	09 Mar. 2020	National lockdown 11 Mar. 2020	12 days
Brazil*	29 Feb. 2020 and 15 Mar. 2020	Depending on the state: from 11 Mar. 2020 to 31 Mar. 2020	Home office for vulnerable persons 17 Mar. 2020; Overall home office 22 Mar. 2020	Depending on the state: from 11 Mar. 2020 to 02 Apr. 2020	Different degrees of confinement depending on the state, municipality or city	Depending on the state
Greece**	26 Feb. 2020 and 6 Mar. 2020	10 Mar. 2020	10 Mar. 2020	14 Mar. 2020	National lockdown 23 Mar. 2020	4 days

\* Strategies adopted until April 16<sup>th</sup>, 2020. Adapted from Aquino, Silveira, Pescarini, Aquino, & Souza-Filho (2020).

\*\*Data retrieved from Hellenic Ministries announcements