

20.3 Quantity and quality of social interaction

Project Name: proGIreg (Grant Agreement no. 776528)

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Perceived quantity and quality of social interaction	Health and Wellbeing Social Justice and Social Cohesion
Description and justification	The need to communicate between human beings is innate and it represents the foundation of society. The quantity and quality of social interaction is related to several health outcomes. This indicator is of paramount importance since it shows Whether and to what extent an implemented NBS affect the quality and quantity of social interactions among users.
Definition	Sequence of social actions between individuals or groups who modify their actions and reactions due to actions by their interaction partner(s)
Strengths and weaknesses	Strengths: Easy to assess. Weaknesses: Potential biases in self-reported data
Measurement procedure and tool	NBS users are asked to answer to a number of questions about any social activities they might have done in the NBS spot.
Scale of measurement	General population in residential neighbourhoods
Data source	
Required data	Questionnaire data
Data input type	Continuous variables
Data collection frequency	Twice; once before the implementation of the nature-based solutions (baseline) and once after (follow-up).
Level of expertise required	Low
Synergies with other indicators	This indicator is related to other indicators on socio-cultural inclusiveness and to indicators on mental health.
Connection with SDGs	<ul style="list-style-type: none"> • Good health and wellbeing • Reduced inequalities • Sustainable cities and communities • Peace, justice and strong institutions

Opportunities for participatory data collection	The questionnaires can be both self-reported and administrable in an interview method.
Additional information	
References	Baumeister, R. F., & Leary, M. R. (1995). The need to belong: desire for interpersonal attachments as a fundamental human motivation. <i>Psychological bulletin</i> , 117(3), 497.

20.4 Perceived social support

20.4.1 Perception of socially supportive network

Project Name: CLEVER Cities (Grant Agreement no. 776604)

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Perceived social support	Social Justice and Social Cohesion
Description and justification	Social support is studied across a wide range of disciplines including psychology, medicine, sociology, nursing, public health, education, rehabilitation, and social work. Social support has been linked to many benefits for both physical and mental health, but "social support" (e.g., gossiping about friends) is not always beneficial.
Definition	Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. These supportive resources can be emotional (e.g., nurturance), informational (e.g., advice), or companionship (e.g., sense of belonging); tangible (e.g., financial assistance) or intangible (e.g., personal advice). Social support can be measured as the perception that one has assistance available, the actual received assistance, or the degree to which a person is integrated in a social network. Support can come from many sources, such as family, friends, pets, neighbors, coworkers, organizations, etc.
Strengths and weaknesses	+ Direct information from people (perception, valuation...) - Need for rigorous methodology to avoid response bias