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22.10 Somatisation

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Somatisation	Health and Wellbeing
Description and justification	Somatisation is the manifestation of psychological distress by the presentation of physical symptoms. As previous studies have observed associations between green space

	exposure and mental health, green space exposure could be hypothesized to be associated with somatisation.
Definition	Somatisation scale
Strengths and weaknesses	The strength of this indicator is that evidence on an association between green space exposure and somatisation is scarce. In addition, the questionnaire used to assess somatisation symptoms has been validated and is available in several languages. However, a limitation is that somatisation symptoms are difficult to link to mental or physical health problems.
Measurement procedure and tool	The indicator is obtained using a survey which is taken by a sample of the general population. The survey includes a section of the well-established Four-Dimensional Symptom Questionnaire (4DSQ) on somatisation. The answers are given on a scale from 0 to 3 and the summary score can be categorized as low, moderately high, or very high somatisation symptoms. This survey is repeated before and after the implementations of NBS in order to observe a potential change in somatisation symptoms.
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 and once after.
Level of expertise required	Low
Synergies with other indicators	This indicator is related to other indicators on mental health.
Connection with SDGs	Good health and wellbeing: if the implementation of NBS are associated with decreased somatisation symptoms, NBS contribute to improved health and wellbeing.
Opportunities for participatory data collection	The questionnaires are self-reported and as such are reported by the citizens themselves.
Additional information	
References	Terluin et al. 2006. The Four-Dimensional Symptom Questionnaire (4DSQ): a validation study of a multidimensional self-report questionnaire to assess distress, depression, anxiety and somatisation. <i>BMC Psychiatry</i> ; 6, 34.