22.11 Mindfulness

Project Name: proGIreg (Grant Agreement no. 776528)

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Mindfulness	**Health and Wellbeing** **Knowledge and Social Capacity Building**
Description and justification	Mindfulness is a well-recognized indicator that correlates with several cognitive and affective outcomes (e.g., attention, awareness, happiness, distress). The empirical investigation showed that mindfulness is strongly related to connectedness to nature and pro-environmental behaviour.
Definition	Ability of being conscious or aware of something within the environment
Strengths and weaknesses	Strengths: Reliable measurement tool; easy to assess. Weaknesses: Potential biases in self-reported data
Measurement procedure and tool	This indicator is obtained using a validated scale named “Cognitive and Affective Mindfulness Scale-Revised” (CAMS-R – Feldman et al., 2007). Participants are required to complete the CAMS-R before and after the NBS implementation. The scale includes 12 items with a 4-point Likert scale, from “Rarely/Not at all” to “Almost always”.
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 the indicators on mental health and well-being
Connection with SDGs	• 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	Feldman, Hayes, Kumar, Greeson, Laurenceau (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). Journal of psycho-pathology and Behavioral Assessment, 29, 177.

22.12 Visual access to green space

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Visual access to green space	**Green Space Management Health and Wellbeing**
Description and justification	Visual access to green space is an indicator of exposure to green spaces. Previous experimental studies have shown short-term looking at green spaces could have mental health benefits such as reducing stress, restoring attention, and improving mood. An emerging body of evidence is also suggestive of the health benefits of the long-term visual exposure to green spaces.
Definition	Self-reported amount of green space in the view from windows at home and the frequency of looking at the view.
Strengths and weaknesses	A strength of this indicator is that few epidemiological studies have considered visual access to green space in the long-term association between green spaces and health. A limitation is that the indicator is self-reported.
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 with the following questions: "*At home, how much green space (trees, grasses, flowers, etc.) can you see through the following window(s)?*" with possible answers on a scale from 0 (no green space/no window) to 4 (all of the view completely filled green space) "*How often (during the day) do you look out through the following window(s)?*" with possible answers on a scale from 0 (no window/never) to 3 (often)