

22.14 Perceived social support

Project Name: proGIreg (Grant Agreement no. 776528)

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Perceived social support		Place Regeneration Health and Wellbeing
Description and justification	Empirical evidences showed that supportive social groups and effective and helpful social networks are associated with a good mental and physical health. This indicator is measured in the neighbourhood context since a perception of high social support fosters social inclusion and justice.	
Definition	Perception of various ways in which individuals aid others.	
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 8-point scale on general social support and a 6-point scale on social support in the neighborhood. Participants are required to complete the scales before and after the NBS implementation.	
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	Pearson, J. E. (1986). The definition and measurement of social support. <i>Journal of Counseling & Development</i> .
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22.15 Connectedness to nature

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Connectedness to nature	Health and Wellbeing
Description and justification	This indicator is a measure of individuals' trait levels of feeling emotionally connected to the natural world. Previous studies confirmed that connectedness to nature predicts the self-reported well-being and life satisfaction.
Definition	Sense of connectedness and oneness to nature.
Strengths and weaknesses	Strengths: The questionnaire is widely used in social sciences. It also provides a reliable tool to assess the relationship between human being and the natural environment. Weaknesses: Potential biases in self-reported data.
Measurement procedure and tool	This indicator is obtained using a validated scale named "Connectedness to Nature Scale" (CNS - Mayer, 2004). Participants are required to complete the CNS before and after the NBS implementation. The scale includes 14 items with a 5-point Likert scale, from "Strongly disagree" to "Strongly agree".
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.
Connection with SDGs	<ul style="list-style-type: none"> • Good health and wellbeing • Sustainable cities and communities