

<b>References</b>	Pearson, J. E. (1986). The definition and measurement of social support. <i>Journal of Counseling &amp; Development</i> .
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## 22.15 Connectedness to nature

**Project Name:** proGIreg (Grant Agreement no. 776528)

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Connectedness to nature	Health and Wellbeing
<b>Description and justification</b>	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.
<b>Definition</b>	Sense of connectedness and oneness to nature.
<b>Strengths and weaknesses</b>	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.
<b>Measurement procedure and tool</b>	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".
<b>Scale of measurement</b>	General population in residential neighbourhoods.
<b>Data source</b>	
<b>Required data</b>	Questionnaire data
<b>Data input type</b>	Continuous variables
<b>Data collection frequency</b>	Twice; once before the implementation of the nature-based solutions (baseline) and once after (follow-up).
<b>Level of expertise required</b>	Low
<b>Synergies with other indicators</b>	This indicator is related to other indicators on socio-cultural inclusiveness.
<b>Connection with SDGs</b>	<ul style="list-style-type: none"> <li>• Good health and wellbeing</li> <li>• Sustainable cities and communities</li> </ul>

	<ul style="list-style-type: none"> <li>• Peace, justice and strong institutions</li> </ul>
<b>Opportunities for participatory data collection</b>	The questionnaires can be both self-reported and administrable in an interview method.
<b>Additional information</b>	
<b>References</b>	Mayer, F. (2004). The connectedness to nature scale: A measure of individuals' feeling in community with nature. <i>Journal of environmental psychology</i> , 24, 503-515

## 22.16 Prevalence of attention deficit/ hyperactivity disorder (ADHD)

**Project Name:** CONNECTING Nature (Grant Agreement no. 730222)

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Behavioural development and symptoms of attention deficit/ hyperactivity disorder (ADHD)	Health and Wellbeing
<b>Description and justification</b>	<p>Attention Deficit/Hyperactivity Disorder (ADHD) is the most commonly diagnosed behavioural disorder in children (<a href="#">Taylor and Kuo, 2011</a>). A series of studies have documented reductions of symptoms of ADHD in children when they perform activities in green outdoor environments, independent of age, gender, income groups, community types or geographic regions (<a href="#">Kuo &amp; Taylor, 2004</a>). A walk of barely 20 minutes in a park holds more significant effects than a downtown or neighbourhood walk (<a href="#">Taylor &amp; Kuo, 2011</a>). Furthermore, children with ADHD who play regularly in green play settings were found to have milder symptoms than children who play in built outdoor and indoor settings (<a href="#">Taylor &amp; Kuo, 2011</a>). Authors report that only relatively open green spaces have this effect (<a href="#">Taylor &amp; Kuo, 2011</a>).</p> <p>A large study of children between the ages of 7 and 10 in Barcelona found empirical support for the beneficial impact of contact with green spaces and blue spaces (beaches) on indicators of behavioural development and symptoms of attention deficit/hyperactivity disorder (ADHD) in schoolchildren. More playtime spent in green spaces and higher frequency of beach visits/attendance was found to be associated to better behavioural development, emotional adjustment, and better peer relationships,</p>