

# Questionnaire Well-being Trail

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We are interested in your experiences and opinions about the Well-being Trail. Your answers are confidential and are used for research purposes or for the development of the trail only. Please, circle an appropriate number, tick the box or write your answer on the lines.

1. The weather was sunny <input type="checkbox"/> , cloudy <input type="checkbox"/> , rainy <input type="checkbox"/>					
2. Did you walk the Well-being Trail alone <input type="checkbox"/> , with someone else <input type="checkbox"/> ; there were ___ persons with me.					
3. What score did you get from the mood questions in the beginning ___ and in the end ___ of the trail, OR what was the subtraction of the scores (end – beginning) ___?					
4. To what degree was your mood enhanced after walking the Well-being Trail?	5 <i>very much</i>	4 <i>rather/ quite much</i>	3 <i>moderately</i>	2 <i>not very much</i>	1 <i>not at all</i>
5. How satisfied are you with the number of the psychological signposts along the trail?	1 <i>I would prefer fewer signposts/ rehearsals</i>		2 <i>this was a suitable number of signposts</i>		3 <i>I would prefer more signposts</i>
6. How satisfied are you with the contents of the psychological rehearsals along the trail?	5 <i>very satisfied</i>	4 <i>quite satisfied</i>	3 <i>moderately satisfied</i>	2 <i>not very satisfied</i>	1 <i>unsatisfied</i>
7. How satisfied are you with the location of the psychological signposts along the trail?	5 <i>very satisfied</i>	4 <i>quite satisfied</i>	3 <i>moderately satisfied</i>	2 <i>not very satisfied/ quite unsatisfied</i>	1 <i>unsatisfied</i>
8. Was there a signpost which was particularly well located, which? _____					
9. Was there a signpost which was particularly poorly located, which? _____					



## English

10. How satisfied are you with the trail in all?	5 <i>very satisfied</i>	4 <i>quite satisfied</i>	3 <i>moderately satisfied</i>	2 <i>not very satisfied</i>	1 <i>unsatisfied</i>
11. How willingly would you visit and walk the trail again?	1 <i>not at all</i>	2 <i>not very willingly</i>	3 <i>moderately willingly</i>	4 <i>quite willingly</i>	5 <i>very willingly</i>
12. Would you visit and walk the trail again rather alone <input type="checkbox"/> or in the group <input type="checkbox"/> ?					
13. Describe the situation where these rehearsals might suit you best: _____.					
14. Would you recommend the trail to your friends and acquaintances?	1 <i>not at all</i>	2 <i>not very willingly</i>	3 <i>moderately willingly</i>	4 <i>quite willingly</i>	5 <i>very willingly</i>
15. Here is a list of the rehearsals along the trail: 1 tests 2 fascination 3 touching 4 peaceful etc. Which one of these rehearsals do you remember particularly well (circle)? Tell why: for positive reasons _____ or for negative reasons _____.					
Please, express your opinion about the following statements:					
16. I prefer to be physically active outdoors in nature.	1 <i>Totally disagree</i>	2 <i>Disagree quite much</i>	3 <i>Neither disagree nor agree</i>	4 <i>Agree quite much</i>	5 <i>Totally agree</i>
17. I often feel anxiety in the hustle and bustle (crowdiness and hurry) of the city.	1 <i>Totally disagree</i>	2 <i>Disagree quite much</i>	3 <i>Neither disagree nor agree</i>	4 <i>Agree quite much</i>	5 <i>Totally agree</i>
18. I sometimes feel a compelling urge to get to nature.	1 <i>Totally disagree</i>	2 <i>Disagree quite much</i>	3 <i>Neither disagree nor agree</i>	4 <i>Agree quite much</i>	5 <i>Totally agree</i>



## English

	<i>1 Totally disagree</i>	<i>2 Disagree quite much</i>	<i>3 Neither disagree nor agree</i>	<i>4 Agree quite much</i>	<i>5 Totally agree</i>
19. I spend my freetime rather in parks and green spaces than in the urban (built) environment.					
20. My age is_____.					
21. Place of residence_____.					
22. My occupation is_____.					
23. Female <input type="checkbox"/> Male <input type="checkbox"/>					
24. What was the reason for you to visit this trail? _____					
25. Any further comments					
_____					
_____					
_____					
_____					
_____					
_____					
_____					

THANK YOU FOR YOUR ANSWERS!

