**SPANS 2023-24 – Questionnaire**

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| **CODE** |  | **MODULE** | **FREQUENCY** | **MONTHS (1=Jan, 12=Dec)** |
| Classif1 | **What is your sex?**  **SINGLE CODE** 1 Male  2 Female  3 Prefer not to say | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif2 | **Which age group are you in? SINGLE CODE**   1. 16-24 2. 25-34 3. 35-44 4. 45-54 5. 55–64 6. 65-75 7. Over 75 | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif3 | Which ONE of the following categories best describes the employment status of the ***Chief Income Earner*** (CIE) in your household?  *If this person is retired on a company or private pension please select the last occupation they did*   1. Semi or unskilled manual worker (e.g. Jobs with no training or qualifications; Apprentice, Caretaker, Park keeper, non-HGV driver, shop assistant etc) 2. Skilled manual worker (e.g. Bricklayer, Carpenter, Plumber, Painter, Bus/ Ambulance Driver, HGV driver, pub/bar worker etc) 3. Supervisory or clerical/ junior managerial/ professional/ administrative (e.g. Office worker, Student Doctor, Foreman with 25+ employees, salesperson, etc) 4. Intermediate managerial (e.g. Newly qualified doctor or lawyer, Director in small company, Middle manager in large company, Principal officer in civil service, etc) 5. Higher managerial (e.g. Established doctor or lawyer, Director in large company, Top civil servant, Headteacher, etc) 6. Student 7. Casual worker – not in permanent employment   8. Retired and living on state pension only  9. Unemployed, not working due to long-term sickness or other not working  10. Other | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
|  | **RECODE INTO FOLLOWING SOCIAL GRADES FOR QUOTAS**  **1.ABC1 – 5, 4, 6, 3**  **2.C2DE – 2, 1, 7, 8, 9, 10** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif4 | **In which of the following Scottish council/local authority areas do you live?**  **SINGLE CODE**   1. Aberdeenshire 2. Angus 3. Argyll and Bute 4. City of Aberdeen 5. City of Dundee 6. City of Edinburgh 7. City of Glasgow 8. Clackmannanshire 9. Dumfries and Galloway 10. East Ayrshire 11. East Dunbartonshire 12. East Lothian 13. East Renfrewshire 14. Eilean Siar (Western Isles) 15. Falkirk 16. Fife 17. Highland 18. Inverclyde 19. Midlothian 20. Moray 21. North Ayrshire 22. North Lanarkshire 23. Orkney Islands 24. Perth and Kinross 25. Renfrewshire 26. Scottish Borders 27. Shetland Islands 28. South Ayrshire 29. South Lanarkshire 30. Stirling 31. West Dunbartonshire 32. West Lothian | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
|  | **RECODE INTO FOLLOWING REGIONAL GROUPINGS FOR QUOTAS**  **1.WEST = 7,10,11,13,18,21,22,25,28, 29,31**  **2.SOUTH = 9, 26**  **3.EAST= 2, 5, 6, 8, 12,15,16,19 24, 30, 32**  **4.NORTH- = 1,3,4,14,17,20,23,27** |  |  |  |
| REC19 | **During <INSERT PRECEEDING MONTH> which of the following activities did you take part in either at home or out of your home?**  *Please select all that apply*  **MULTICODE. RANDOMISE ORDER EXCEPT NONE.**   1. Enjoying nature or wildlife while outdoors in my local area (e.g. noticing the changing seasons, birds and other wildlife) 2. Enjoying nature or wildlife from indoors (e.g. through a window) 3. Enjoying nature or wildlife in a garden or other outdoor space attached to my home 4. Sitting or relaxing in a garden or other outdoor space attached to my home 5. Gardening, sowing seeds, growing flowers or vegetables or planting trees 6. None of these | B | Bi-monthly | 2,4,6,8,10,12 |

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| REC1 | **How often on average have you taken visits to the outdoors for leisure and recreation in Scotland in the last 12 months?**  *By outdoors, we mean open spaces and green spaces in town and cities or the countryside such as woodland, parks, farmland, lochs, rivers, paths, beaches etc*  *This includes time spent outdoors of any duration, including routine trips for dog walking, visiting a park, etc.*  *These trips could either have been from*  *home or while you were away from home on holiday, provided the holiday was in Scotland.*  **SINGLE CODE.**   1. More than once per day 2. Every day 3. Several times a week 4. Once a week 5. Once or twice a month 6. Once every 2-3 months 7. Once or twice 8. Never – **SKIP TO REC2** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC2 | **IF VISITED ONCE A WEEK OR MORE OFTEN AT REC1 (CODES 1-4):**  **For what reasons, if any, have you not made more visits to the outdoors in Scotland for the purpose of leisure and recreation in the last 12 months?**  **IF VISITED ONCE OR TWICE A MONTH, ONCE EVERY 2-3 MONTHS OR ONCE OR TWICE AT REC1 (CODES 5-7):**  **For what reasons have you not made more visits to the outdoors in Scotland for the purpose of leisure and recreation in the last 12 months?**  **IF NEVER VISITED AT REC1 (CODE 8):**  **For what reasons have you not made any visits to the outdoors in Scotland for the purpose of leisure and recreation in the last 12 months?**  *Please type in any reasons below in as much detail as possible.*  **TYPE IN.** | G | Bi-annual | 1,7 |
| REC3 | **IF VISITED ONCE A WEEK OR MORE OFTEN AT REC1 (CODES 1-4):**  **For which of the reasons listed below, if any, did you not make more visits to the outdoors for the purposes of leisure and recreation in the last 12 months?**  **IF VISITED ONCE OR TWICE A MONTH, ONCE EVERY 2-3 MONTHS OR ONCE OR TWICE AT REC1 (CODES 5-7):**  **For which of the reasons listed below did you not make more visits to the outdoors for the purposes of leisure and recreation in the last 12 months?’**  **IF NEVER VISITED AT REC1 (CODE 8):**  **For which of the reasons listed below did you not make any visits to the outdoors for the purposes of leisure and recreation in the last 12 months?’**  **MULTICODE. RANDOMISE ORDER EXCEPT NONE**   1. Lack of time / too busy 2. Caring responsibilities 3. Bad / poor weather 4. Poor physical health 5. Poor mental health 6. Other personal mobility reasons (difficulty in walking, etc.) 7. Have young children 8. Not interested at all 9. Lack of suitable public transport 10. No access to a car 11. Worried about safety 12. Lack of suitable paths 13. Lack of suitable places to go 14. Lack of information 15. Don't know where to go 16. Don't like going on my own 17. Unable to go on my own 18. No local clubs / associations to join and go with 19. No access to public transport 20. Not part of my culture 21. Too expensive 22. None of the above – **EXCLUSIVE** | G | Bi-annual | 1,7 |
|  | **IF NEVER AT REC 1 (CODE 8) DO NOT ASK REC 4 TO NP1** |  |  |  |
| REC4 | **How many visits to the outdoors for leisure**  **and recreation in Scotland did you make during [PRECEEDING MONTH]?**  **Allow range (0-99)**  *By outdoors, we mean open spaces and green spaces in town and cities or the countryside such as woodland, parks, farmland, lochs, rivers, paths, beaches etc*  *This includes time spent outdoors of any duration, including routine trips for dog walking, visiting a park, etc.*  *These trips could either have been from*  *home or while you were away from home on holiday, provided the holiday was in Scotland.*  *You may have made more than one visit to*  *the outdoors for leisure and recreation each day.*  **TYPE IN** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
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|  | **SHOW SCREEN IF REC4>0**  **In the questions which follow please provide your answers in relation to the last visit to the outdoors that you took during [PRECEEDING MONTH].**    As before by outdoor visits we mean:    -     Any time spent in open spaces and green spaces in towns and cities or the countryside such as woodland, parks, farmland, lochs, rivers, paths, beaches etc    -     Any time spent outdoors for any duration, including routine trips out for dog walking, visiting a park, etc. |  |  |  |
| REC5 | **Thinking about the most recent visit to the outdoors**  **for leisure and recreation that you took during [PRECEEDING MONTH], which of the following did your visit include?**  *Select all of those which apply*  **MULTI-CODE. RANDOMISE EXCEPT WALKING (1), WHEEELING (2), CYCLING (3) AND OTHER (16)**   1. Walking (i.e. in local parks, on paths, in woodland, hillwalking, etc) 2. Wheeling (i.e. using a wheelchair, mobility scooter, etc.) 3. Cycling/mountain biking 4. Horse riding 5. Fishing 6. Water sports (including outdoor swimming) 7. Ski-ing 8. Wildlife watching (including birdwatching) 9. Running / jogging 10. Camping in a tent 11. Sightseeing / visiting attractions 12. Picnicking 13. Rock climbing 14. Outdoor photography (i.e. wildlife, landscapes, etc.) 15. Orienteering 16. Other activities | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC5A | **IF WALKING SELECTED AT REC5 (CODE 1):**  **How far did you walk during this visit?**  **SINGLE CODE**   1. Less than 2 miles (less than c.3km) 2. 2-5 miles (c.3-9km) 3. 6-10 miles (c.10 - 16 km) 4. More than 10 miles (16km+) 5. Don’t know | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC5B | **IF CYCLING/MOUNTAIN BIKING SELECTED AT REC5 (CODE 3):**  **Which of the following best describes the cycling you took part in on this visit?**  **MULTICODE**   1. Road cycling (including urban and rural roads) 2. Off-road cycling (including mountain biking, cycling on paths and trails) 3. Other | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC5C | **IF CYCLING/MOUNTAIN BIKING SELECTED AT REC5 (CODE 3):**  **How far did you cycle?**  **SINGLE CODE**   1. Less than 2 miles (c.3 km) 2. 2-5 miles (c.3 - 9 km) 3. 6-10 miles (c.10 - 16 km) 4. 11-20 miles (c.17- 32 km) 5. 21-30 miles (c.33 - 48 km) 6. 31-40 miles (c.49 - 64 km) 7. 41-50 miles (c.65 - 80 km) 8. 51-60 miles (c.81 - 96 km) 9. 61-80 miles (c.97 - 129 km) 10. 81-100 miles (c.130 - 161 km) 11. More than 100 miles (161 km+) 12. Don’t know | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC5D | **IF CYCLING/MOUNTAIN BIKING SELECTED AT REC5 (CODE 3):**  **Did you use an e-bike?**  **SINGLE CODE**   1. Yes 2. No 3. Don’t know | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC5E | **IF WATERSPORTS/OUTDOOR SWIMMING SELECTED AT REC 5 (CODE 6):**  **Which of the following best describes the water sports you took part in on this visit?**  **MULTICODE. RANDOMISE ORDER EXCEPT OTHER**   1. Canoeing 2. Kayaking 3. Paddle boarding 4. Rafting 5. Surfing 6. Windsurfing 7. Kite surfing 8. Rowing 9. Water skiing 10. Sailing 11. Outdoor swimming 12. Diving 13. Other | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC5F | **IF CAMPING IN A TENT SELECTED AT REC5 (CODE 10):**  **Where did you camp during this visit?**  **SINGLE CODE**   1. In a formal managed campsite 2. Not in a formal managed campsite 3. Don’t know | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| REC6 | **DO NOT ASK IF ACTIVITIES UNDERTAKEN WERE ONLY WILDLIFE WATCHING (CODE 8), PICNICKING (CODE 12) OR PHOTOGRAPHY (CODE 14) AT REC5:**  **At any point in this visit, was the effort you put into the activities you undertook enough to raise your breathing rate?**   1. Yes 2. No 3. Don’t know | C | Bi-monthly | 1,3,5,7,9,11 |
| REC7 | **During this visit, for how long in total did you spend undertaking the activities you undertook?** *Please select one answer only. If you are unsure, please provide your best estimate.*  **SINGLE CODE**   1. Up to 30 minutes 2. Over 30 minutes and up to an hour 3. Over 1 hour and up to 2 hours 4. Over 2 hours and up to 3 hours 5. Over 3 hours and up to 5 hours 6. Over 5 hours and up to 12 hours 7. Over 12 hours 8. Don’t know 9. Prefer not to say | C | Bi-monthly | 1,3,5,7,9,11 |
| REC8 | **ASK IF REC4>0**  **Still thinking about your last visit to the outdoors**  **for leisure and recreation during [PRECEEDING MONTH], which of these places best describes where you went?**  **SINGLE CODE. RANDOMISE ORDER.**   1. A town or city 2. The countryside (including inland villages) 3. The seaside (e.g. a beach, the coast, a seaside resort, etc) | B | Bi-monthly | 2,4,6,8,10,12 |
| REC9 | **ASK IF REC4>0**  **On this visit to the outdoors for leisure**  **and recreation, which of the following types of location or destination did you go to?**  **CODE UP TO 3 MENTIONS – IF MORE SELECTED PROMPT “Please select the 3 types of place which you would consider to be the main part of your visit”  ALLOW MULTI-CODE. RANDOMISE ORDER EXCEPT OTHER**   1. Woodland / forest 2. Farmland 3. Mountain / hill 4. Moorland 5. Village 6. Inland loch / reservoir 7. Sea / Sea loch 8. River 9. Canal 10. Beach 11. Cliff 12. A park or other open greenspace in an urban area 13. Wildlife area/nature reserve 14. Other | B | Bi-monthly | 2,4,6,8,10,12 |

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| REC9A | **IF WOODLAND/FORESTRY SELECTED AT REC9 (CODE 1) ASK:**  **Was the woodland/forestry you visited managed by Forestry and Land Scotland (previously Forestry Commission)?**  **SINGLE CODE**   1. Yes 2. No 3. Don’t know | B | Bi-monthly | 2,4,6,8,10,12 |

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| NP1 | **Did your last visit to the outdoors for leisure and recreation taken during [PRECEEDING MONTH] include any time spent within either of Scotland’s National Parks?**  **MULTICODE**   1. Yes - Loch Lomond and the Trossachs National Park 2. Yes - Cairngorms National Park 3. No - Neither (**EXCLUSIVE)** 4. Don’t know (**EXCLUSIVE)** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |

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| REC10 | **Thinking of your most recent visit to the outdoors for leisure and recreation, did you use a path or network of paths?**  *This might include while at the place you visited or on your journey to or from it*  **SINGLE CODE**   1. Yes 2. No 3. Don’t know | D | Quarterly | 2,5,8,11 |
| T4 | **IF YES AT REC10 (CODE 1) ASK:**  **Which of the following, if any, applied to the paths you used on this visit?**  **COLUMNS**   1. Yes 2. No 3. Don’t know   **ROWS**   1. Part of the National Cycle Network 2. Part of Scotland’s Great Trails or other long distance route 3. Had directional signposts or waymarking for users 4. Had a hard, smooth surface (e.g. tarmac) 5. Was uneven or unsurfaced (e.g. dirt, grass or gravel) | D | Quarterly | 2,5,8,11 |

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| REC11 | **Thinking of your most recent visit to the outdoors, what was the main means of transport used? That is, the one used to get**  **to the main destination of the visit? SINGLE CODE. RANDOMISE ORDER EXCEPT ON FOOT (1), WHEELING (2), BICYCLE (3), E-BIKE (4) AND OTHER (12)**   1. On foot 2. Wheeling (i.e. using a wheelchair, scooter, etc.) 3. Bicycle 4. e-Bike 5. Car / van / minibus 6. Motorcycle / scooter 7. Public bus 8. Private coach 9. Train 10. Horseback 11. Boat 12. Other | E | Quarterly | 3,6,9,12 |
| REC12 | **In total, how far did you travel using this means of transport, to get to and from the main destination of this visit?**  *Please give details of the total round trip distance (i.e. there and back)*  **SINGLE CODE**   1. Less than 2 miles (c.3 km) 2. 2-5 miles (c.3 - 9 km) 3. 6-10 miles (c.10 - 16 km) 4. 11-20 miles (c.17- 32 km) 5. 21-30 miles (c.33 - 48 km) 6. 31-40 miles (c.49 - 64 km) 7. 41-50 miles (c.65 - 80 km) 8. 51-60 miles (c.81 - 96 km) 9. 61-80 miles (c.97 - 129 km) 10. 81-100 miles (c.130 - 161 km) 11. More than 100 miles (161 km) 12. Don’t know | E | Quarterly | 3,6,9,12 |
| REC13 | **In total, how long was the visit, in terms of time – that is the total time spent, including travel time to and from the destination?**  **SINGLE CODE**   1. Less than 1 hour 2. 1 to 2 hours 3. 2 to 3 hours 4. 3 to 4 hours 5. 4 to 5 hours 6. 5 to 8 hours 7. 8 hours or more 8. Don’t know | E | Quarterly | 3,6,9,12 |
| REC14 | **Who were you accompanied by on this visit?**    *Select all of those that applied*    **MULTICODE.**     1. One or more dogs 2. Member(s) of my household 3. Adult family member(s) 4. One or more children under 5 5. One or more children between 5 and 12 6. One or more children between 13 and 18 7. Friend(s) 8. Part of organised event 9. Other 10. No one, I was on my own – **EXCLUSIVE. ANCHORED** | E | Quarterly | 3,6,9,12 |
| **QUALITY CHECK** | **In your own words, what were your main reasons for taking this visit to the outdoors?**  *Type in as much detail as you can on your motivations, what you hoped to get out of the time spent outside, etc.*  **TYPE IN** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| BEN1 | **Which of the following reasons, if any, best describe why you made your last visit to the outdoors during [PRECEEDING MONTH]?**  **MULTICODE. RANDOMISE ORDER EXCEPT NONE**   1. To spend time with family/friends 2. To entertain a child 3. For exercise 4. To challenge myself/achieve something 5. To exercise a dog 6. For fresh air or to enjoy pleasant weather 7. To be somewhere I like 8. For peace and quiet 9. To relax and unwind 10. To learn something about the outdoors 11. To enjoy scenery or wildlife 12. To help out/volunteer 13. To take part in a sport 14. To take part in a hobby 15. To benefit my physical health 16. To benefit my mental health/ wellbeing 17. None of the above (**EXCLUSIVE)** | F | Bi-annual | 5,11 |
| BEN2 | **And still thinking about your last visit in [PRECEEDING MONTH], how much do you agree or disagree with each of the following**  **statements**  **COLUMNS (always show positive to negative)**   1. Agree strongly 2. Agree slightly 3. Neither Nor 4. Disagree slightly 5. Disagree strongly 6. Don’t know   **ROWS**  **My last visit to the outdoors..**   1. Gave me an opportunity to exercise 2. Helped me de-stress, relax and unwind 3. Made me feel energised and revitalised 4. Lifted my mood 5. Contributed toward an improvement in my physical health 6. Contributed toward an improvement in my mental health 7. Allowed to me to connect/ interact with others socially 8. Gave me a sense of perspective on life 9. Helped me to feel closer to nature | F | Bi-annual | 5,11 |

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| BEN3 | **ASK ALL**  **Overall, in the past week, how many minutes of physical exercise have you done in any outdoor environment, that is, activity which was enough to make you feel warmer, breathe harder and make your heart beat faster?**  *This could include an activity like walking, cycling or wheeling, volunteering in an outdoor environment or gardening.*  *Remember to add up activities you may have*  *done on different days of the week.*  **SINGLE CODE**   1. Less than an hour (less than 60 minutes) 2. Less than 2 hours (less than 120 minutes) 3. Less than 2 and a half hours (less than 150 minutes) 4. 2 and a half hours or more (150 minutes or more)   None | F | Bi-annual | 5,11 |

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| GREEN1 | **ASK ALL**  **In the last 12 months, how often on average have you visited or passed through your local greenspace areas?**   *By greenspace, we mean public green or open spaces and water in urban areas, for example, parks, playing fields, play areas, allotments and community gardens, woodland and more natural areas, canal paths and riversides.*  **SINGLE CODE.**   1. More than once per day 2. Every day 3. Several times a week 4. Once a week 5. Once or twice a month 6. Once every 2-3 months 7. Once or twice 8. Never | D | Quarterly | 2,5,8,11 |
| GREEN2 | **ASK ALL**  **How far away from your home is your nearest greenspace area?**  **SINGLE CODE**   1. A 5 minute walk or less 2. Within a 6 - 10 minute walk 3. Within an 11- 20 minute walk 4. Within a 21 – 30 minute walk 5. More than a 30 minute walk 6. Don’t know | F | Bi-annual | 5,11 |
| GREEN3 | **ASK ALL**  **How much do you agree or disagree with the**  **following statements relating to your local greenspace(s)?**  **COLUMNS (always show positive to negative)**   1. Agree strongly 2. Agree slightly 3. Neither Nor 4. Disagree slightly 5. Disagree strongly 6. Don’t know   **ROWS**  **My local greenspace…**   1. Is somewhere I can relax and unwind 2. Is a safe place to visit 3. Encourages physical activity – such as walking, cycling, sports and play 4. Is an attractive place 5. Is a good place for young people to play 6. Allows me to connect with nature 7. Is easy to get to 8. Is easy to get around 9. Benefits my health and wellbeing 10. Is welcoming 11. Makes the area I live in a better place to live | F | Bi-annual | 5,11 |
| GREEN4 | **ASK ALL**  **More generally, how much do you agree or disagree with the following statements relating to your local greenspace(s)?**  **COLUMNS (always show positive to negative)**   1. Agree strongly 2. Agree slightly 3. Neither Nor 4. Disagree slightly 5. Disagree strongly 6. Don’t know   **ROWS**   1. I feel attached to my local greenspace(s) 2. I feel involved in decisions concerning my local greenspace(s) 3. I would like to have more of a say in how my local greenspace(s) are managed 4. I would like to get involved in activities to help to improve my local greenspace(s) | F | Bi-annual | 5,11 |
| GREEN5 | **ASK ALL**  **Overall, how satisfied are you with the quality of your local greenspace(s)?**  **SINGLE CODE**   1. Very satisfied 2. Quite satisfied 3. Neither satisfied nor dissatisfied 4. Quite dissatisfied 5. Very dissatisfied 6. Don’t know | F | Bi-annual | 5,11 |
| GREEN6 | **ASK ALL**  **During the past 5 years have your local greenspace(s) become any more or less appealing to visit?**  **SINGLE CODE**   1. Much more appealing 2. Somewhat more appealing 3. No change 4. Somewhat less appealing 5. Much less appealing 6. Don’t know | F | Bi-annual | 5,11 |
| GREEN7 | **ASK ALL**  **Which of the following, if any, are your main reasons for not visiting your local greenspace(s) more often during the last 12 months?**  **MULTICODE. RANSOMIDE ORDER EXCEPT NONE**   1. Safety concerns 2. Lack of lighting 3. Accessibility (i.e. difficult to get to or around) 4. Too far from me 5. Lack of toilet facilities 6. Lack of seating 7. Low quality greenspace 8. Too busy at home 9. Too busy at work 10. Lack of play areas for children 11. Presence of dogs 12. Afraid of not being welcome 13. Too busy / too many people 14. Lack of interest 15. Anti-social behaviour 16. Too expensive 17. Other (**SPECIFY**) 18. None of the above – **EXCLUSIVE** | F | Bi-annual | 5,11 |
| T3 | **ASK IF EVER VISITED LOCAL GREENSPACE IN LAST 12 MONTHS AT GREEN1 (CODES 1 TO 7)**  **How do you usually travel to your local greenspace(s)?**  **MULTI-CODE**     1. Walking / wheeling on pavement 2. Walking / wheeling on off-road paths 3. Cycling on road 4. Cycling on off-road paths 5. By car or van (as driver or passenger) 6. By public transport 7. Other | F | Bi-annual | 5,11 |
| ENVIR1 | **ASK ALL**  **Which of the following activities involving the natural environment have you taken part in during the last 12 months?**  *Please choose everything you do, both regularly and occasionally.*  **MULTI-CODE. RANDOMISE ORDER EXCEPT NONE**   1. Watching/listening to nature themed programmes on TV/radio/ online/ podcasts 2. Looking at books/photos/websites/social-media about the natural world 3. Looking at natural scenery from indoors while on a journey 4. Sitting or relaxing in a garden or other private outdoor space (e.g. patio or balcony) 5. Gardening 6. Watching wildlife (including bird watching) 7. Choosing to walk, wheel or cycle through local parks or greenspaces on your way to other places 8. Doing voluntary work to help look after wildlife or the environment 9. Taking part in wildlife surveys (e.g. RSPB Big Garden Birdwatch) 10. None of these **EXCLUSIVE** | H | Annual | 7 |
| ENVIR2 | **ASK ALL**  **Please indicate the extent to which you agree or disagree with each of the following statements:**  **COLUMNS**   1. Agree strongly 2. Agree slightly 3. Neither Nor 4. Disagree slightly 5. Disagree strongly 6. Don’t know   **ROWS**   1. I feel well-informed about the key issues affecting Scotland’s natural environment 2. I am concerned about the loss of Scottish native animals and plants 3. I am concerned about the effects of climate change on Scotland’s natural environment (e.g. extreme weather, flooding) 4. I choose to walk, cycle or wheel when I can instead of using my car | H | Annual | 7 |
| Classif10 | **Which of the following best applies to you?**  **ALLOW MULTICODE**   1. I have access to a private garden 2. I have access to a private communal garden 3. I have access to private outdoor space but not a garden (e.g. balcony, patio area) 4. I have access to an allotment 5. I don’t have access to a private garden or other private outdoor space **EXCLUSIVE** 6. Don’t know **EXCLUSIVE** |  | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| ENVIR3 | **IF HAVE ACESS TO GARDEN OR OTHER PRIVATE OUTDOOR AREA AT CLASSIF10 (CODES 1 TO 4)**  **In the garden/other private outdoor area you have access to, have you done any of the following during the last 12 months?**  **MULTICODE. RANDOMISE ORDER EXCEPT NONE**   1. Planted / maintained pollinator-friendly plants 2. Mowed your lawn less often or left other areas overgrown to provide cover for wildlife 3. Left leaves, twigs and other natural debris on the ground to provide shelter for wildlife 4. Provided a shelter for wildlife (e.g. bird box, bat box, bug hotel) 5. Created/ maintained a compost heap or bin 6. Recorded the wildlife you saw 7. Grew fruit and veg to consume in the home 8. Created/ maintained a pond or marsh area 9. Maintain plants with berries/fruits 10. Provided food or water for wild animals (e.g. bird feeder) 11. Use a water butt and watering can to water plants instead of water from a tap 12. Avoided using insecticides or weed killer 13. Allowed areas to grow wild because it’s better for wildlife 14. Used peat free compost 15. None of the above **EXCLUSIVE** | H | Annual | 7 |
| EVIR4 | **ASK ALL**  **How often if at all do you do the following?**  **COLUMNS**   1. Never 2. Rarely 3. Sometimes 4. Often 5. Very Often 6. Not applicable   **ROWS**   1. Donate money to a conservation organisation 2. Volunteer with a conservation organisation 3. Participate in clean up/ litter pick events 4. Talk to other people about the importance of protecting the natural environment 5. Attend local council/ local authority meetings about nature conservation issues 6. Sign petitions supporting pro-nature efforts 7. Share posts and articles about the natural environment on social media 8. Vote for political parties/ candidate with strong pro-nature policies in elections 9. Go to talks/ watch documentaries about nature conservation issues | H | Annual | 7 |
| FOR1 | **ASK ALL**  **In the last 12 months, how often on average have you visited forests or woodlands for walks, picnics or other recreation?**  *This includes forests and woodland in town and cities or the countryside*  *This includes time spent in forest and woodland for any duration, including routine trips for dog walking, visiting a park, etc.*  **SINGLE CODE**   1. More than once per day 2. Every day 3. Several times a week 4. Once a week 5. Once or twice a month 6. Once every 2-3 months 7. Once or twice 8. Never | J | x 6 waves | 4,5,6,10,11,12 |
| FOR2 | **ASK ALL**  **Which of the following, if any, are your main reasons for not visiting your local forests or woodland more often during the last 12 months?**  **MULTICODE. RANDOMISE ORDER EXCEPT DON’T KNOW AND NONE**   1. Not interested in going 2. Don't have a car 3. Lack of suitable public transport 4. Other personal mobility reasons (difficulty in walking, unwell, etc.) 5. Woods are too far away/ nowhere close to where I live 6. Lack of toilets 7. Lack of seating 8. Lack of play areas for children 9. Lack of picnic areas 10. Lack of other facilities 11. Lack of information about woods to visit 12. Prefer other types of countryside 13. Safety concerns 14. Afraid of not being welcome 15. Lack of time/too busy 16. Too expensive 17. Other reason (**SPECIFY**) **ANCHOR** 18. Nothing/ No particular reason **EXCLUSIVE** 19. Don't know **EXCLUSIVE** 20. None of the above – **EXCLUSIVE ANCHOR** | J | x 6 waves | 4,5,6,10,11,12 |
| FOR3 | **ASK IF ANY VISITS IN LAST MONTH AT REC4 (>0)**  **During [PRECEEDING MONTH], how often if ever, did you made use of a woodland, forest or tree covered park for physical activity?** *(e.g. walking, wheeling, cycling or doing any sports)*  **SINGLE CODE**   1. Every day 2. 4-6 days a week 3. 2-3 days a week 4. Once a week 5. 2-3 times 6. Once 7. Can’t remember/ don’t know 8. Never | J | x 6 waves | 4,5,6,10,11,12 |
| FOR4 | **ASK ALL**  **How would you rate the provision of woods to visit for recreation in your local area?**  **SINGLE CODE**   1. Very Good 2. Good 3. Fair 4. Poor 5. Very Poor 6. No experience/Don’t know | J | x 6 waves | 4,5,6,10,11,12 |
| FOR5 | **ASK ALL**  **How would you rate the provision of woods to visit for recreation in Scotland as a whole?**  **SINGLE CODE**   1. Very Good 2. Good 3. Fair 4. Poor 5. Very Poor 6. No experience/Don’t know | J | x 6 waves | 4,5,6,10,11,12 |
| T1 | **ASK ALL**  **Are you aware of the National Cycle Network (NCN)?**  **SINGLE CODE**     1. Yes 2. No 3. Don’t know | I | Quarterly | 6,9,12,3 |
| T2 | **ASK IF YES AT T1 (CODE 1):**  **How often do you use the National Cycle Network (NCN) for the following?**    **COLUMNS**   1. Daily 2. 2-5 times per week 3. Weekly 4. Fortnightly 5. Monthly 6. Less frequently     **ROWS (RANDOMISE ORDER)**    As a green space itself  To access other green space locally  To visit the outdoors further afield  For health (e.g. exercise and wellbeing)  To travel to work / school / college  To access services (e.g. health, shops, bank)  To access leisure activities/facilities (e.g. entertainment, sport)  To visit family and friends  To visit tourist/visitor attractions | I | Quarterly | 6,9,12,3 |

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|  | **In this final section please answer a few questions about you. These will only be used to help in our analysis of the data.** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| HWB1 | **ASK ALL**  **How is your health in general? Would you say it is…**  **SINGLE CODE**   1. Very good 2. Good 3. Fair 4. Bad 5. Very bad | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| HWB2 | **ASK ALL**  **Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?**  **SINGLE CODE**   1. Yes 2. No 3. Don’t know 4. Prefer not to say | C | Bi-monthly | 1,3,5,7,9,11 |
| HWB3 | **IF HWB2 IS YES (CODE 1):**  **Does your condition or illness reduce your ability to carry out day-to-day activities?**  **SINGLE CODE**   1. Yes, a lot 2. Yes, a little 3. Not at all 4. Prefer not to say | C | Bi-monthly | 1,3,5,7,9,11 |
| HWB4 | **ASK ALL**  **Below are some statements about feelings and thoughts. Please tick the box that best describes your experiences of each over the last 2 weeks:**  **COLUMNS**   1. None of the time 2. Rarely 3. Some of the time 4. Often 5. All of the time 6. Don’t know   **ROWS**   1. I’ve been feeling optimistic about the future 2. I’ve been feeling useful 3. I’ve been feeling relaxed 4. I’ve been dealing with problems well 5. I’ve been thinking clearly 6. I’ve been feeling close to other people 7. I’ve been able to make up my own mind about things | C | Bi-monthly | 1,3,5,7,9,11 |
| NCI | **ASK ALL**  **How much do you agree or disagree with the following:**  **COLUMNS**  1. Completely disagree  2. Strongly disagree  3. Disagree  4. Neither agree nor disagree  5. Agree  6. Strongly agree  7. Completely agree  8. Don’t know  9. Prefer not to say  **ROWS**   1. I always find beauty in nature 2. I always treat nature with respect 3. Being in nature makes me very happy 4. Spending time in nature is very important to me 5. I find being in nature really amazing 6. I feel part of nature 7. I don’t find beauty in nature **(OPPOSING STATEMENT ADDED FOR QUALITY PURPOSES)** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,112 |
| Classif5 | **ASK ALL**  **Which of the following best describes where you live?**  **SINGLE CODE**     1. Urban – centre 2. Urban – outskirts 3. Rural 4. Island 5. Other 6. Don’t know | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif6 | **ASK ALL**  **Which of these applies to you?**  *Select more than one if applicable*  **MULTICODE**   1. Working full time (30 or more hours per week) 2. Working part time (8-29 hours per week) 3. Working part time (less than 8 hours per week) 4. Self employed 5. Student (full or part time) 6. Retired (full or part time) 7. Unemployed 8. On a trainee/ apprenticeship programme 9. Other 10. Prefer not to say   **DO NOT ALLOW FOLLOWING COMBINATIONS: - WORKING FULL TIME AND RETIRED - UNEMPLOYED AND ANY OTHER OPTIONS** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif7 | **ASK ALL**  **What is your ethnic group?**  **SINGLE CODE**  **A White** 1 Scottish  2 Other British 3 Irish 4 Gypsy/ Traveller 5 Polish 6 Other white ethnic group  **B Mixed or multiple ethnic groups** 7 Any mixed or multiple ethnic groups  **C Asian, Asian Scottish or Asian British**  8 Pakistani, Pakistani Scottish or Pakistani British 9 Indian, Indian Scottish or Indian British  10 Bangladeshi, Bangladeshi Scottish or Bangladeshi British 11 Chinese, Chinese Scottish or Chinese British 12 Other  **D African**  13African, African Scottish or African British 14 Other  **E Caribbean or Black** 15 Caribbean, Caribbean Scottish or Caribbean British 16 Black, Black Scottish or Black British 17 Other  **F Other ethnic group** 18 Arab, Arab Scottish or Arab British 19 Other  20 Prefer not to say | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| ETHNICITY. **HIDDENQUESTION SC** | Code answers to:  **A White (IF CODE 1-6)**  **B Mixed or multiple ethnic groups (IF CODE 7)** **C Asian, Asian Scottish or Asian British (IF CODE 8-12)**  **D African (IF CODE 13-14)**  **E Caribbean or Black (IF CODE 15-17)**  **F Other ethnic group** **(IF CODE 18-19)**  **G. Prefer not to say (IF CODE 20)** | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif8 | **ASK ALL**  **Do you own or look after one or more dogs?**  **SINGLE CODE**   1. Yes – own 2. Yes – look after 3. No | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif9 | **ASK ALL**  **In which of the following ways do you occupy where you normally live?**  **SINGLE CODE**   1. I/we own the property outright 2. I/we own the property with a mortgage or loan 3. I/we rent the property from Local Authority/Council 4. I/we rent the property from Housing Association/ Housing co-operative or charitable trust 5. I/we rent the property from another organisation 6. I/we rent the property from relative/ friend 7. I/we rent the property from individual private landlord 8. I/we part rent/ part mortgage the property 9. I don’t own property or pay any rent 10. Other | C | Bi-monthly | 1,3,5,7,9,11 |
| Classif11 | **ASK ALL**  **Thinking about your finances, which of the following best reflects your current position?**  **SINGLE CODE**   1. I am very comfortable financially 2. I am relatively comfortable financially 3. I do not often have money for luxuries, but can normally comfortably cover the essentials 4. I can only just afford my costs and often struggle to make ends meet 5. I cannot afford my costs, and often have to go without essentials like food and heating 6. Not sure | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Classif12 | **ASK ALL**  **Finally, please type in your full postcode**  *Note this information will only be used for data analysis purposes.   If you would prefer not to say please leave blank and tick the box below.*  Prefer not to say | A | Monthly | 1,2,3,4,5,6,7,8,9,10,11,12 |