Increasing Wellbeing through Urban Nature – Dataset for archiving

This is the data for the IWUN study. This work was supported by the Natural Environment Research Council, ESRC, BBSRC, AHRC & Defra [NE/N013565/1]. The APC was funded by The University of Sheffield.

The study is detailed in the article ***A Smartphone App for Improving Mental Health through Connecting with Urban Nature.pdf*** (included herein).

Two datasets are included here. The first, ***IWUN - App Data ARCHIVE.sav*** is the SPSS file contained anonymised data comprising participant demographics and questionnaire responses (see ***IWUN - app questionnaires.docx***) supplied at the pre-, post- and follow-up phases of the study. The variables and response options are detailed in the *variables* pane.

The second ***IWUN - Sheffield geolocation data ARCHIVE.csv*** contains the geolocation data, also anonymised, returned by the app as the participants entered areas designated as urban green spaces.