



## Participant Information

# 360 Green - emotional responses to Nature videos

Welcome! This page will provide you with some information about this survey study. Please, read it carefully.

### About the project

"360 Green" is a study that aims to use an immersive 360-degree video to virtually bring you into a green space.

There are many kinds of green spaces, from a mown lawn to wild woodland, but we still know too little about our emotional response to their features. This study will help us understand how different green spaces may generate different emotional responses.

### What do I need to do?

You must be 18 or older to take part in this study.

You will be asked to fill a questionnaire about your emotional state at the start of the survey and after completing two tasks. The first task is to listen to an audio file containing an annoying noise. The second task is to watch a five minutes long video featuring a green space. All of this should take about 15 minutes.

### Is this anonymous?

Yes! The survey is designed to be completely anonymous, but we will record your IP address. We will use this to check that only one response is submitted by each participant. The only information about yourself that we will ask will be demographics (age, ethnicity and gender) and a few questions about your relationship with nature.

This data will be only accessible to the research team. Later on, the anonymous data will be made available to other researchers via the UK Data Archive repository. We will delete the IP addresses from the data before this stage.

### Ethics and Data Protection

This study has been approved by the internal ethics committee of the Department of Landscape Architecture.

According to data protection legislation, we are required to inform you that the legal basis we are applying to process your personal data is that 'processing is necessary for the performance of a task carried out in the public interest' (Article 6(1)(e)). Further information can be found in the University's Privacy Notice [here](#)

### Contacts

If you have any questions, concerns or complaints about this study you can contact the PhD student ([sfarris1@sheffield.ac.uk](mailto:sfarris1@sheffield.ac.uk)) or their supervisor ([rw.cameron@sheffield.ac.uk](mailto:rw.cameron@sheffield.ac.uk)). If the complaint relates to how your personal data has been handled, you can find information about how to raise a complaint in the University's Privacy Notice [here](#)

## Consent

Before the survey starts, please take a moment to read and fill this consent form.

I have read and understood the project information.

Yes

I have been given a contact where I have the opportunity to ask questions about the project.

Yes

I understand that my taking part is voluntary and that I can withdraw from the study any time before I submit the questionnaire. I do not have to give any reasons for why I no longer want to take part and there will be no adverse consequences if I choose to withdraw.

Yes

I understand that my personal details will not be collected as part of the survey.

Yes

I understand and agree that the collected data can be used in reports, research papers, and other research outputs and that the data will be later made available on the UK Data Archive repository

Yes

I agree to take part in the project. I understand that taking part in the project will include filling a questionnaire and completing a few tasks (listening to an audio file and watching a video).

I agree

## Intro and flowchart

### A few suggestions before we start

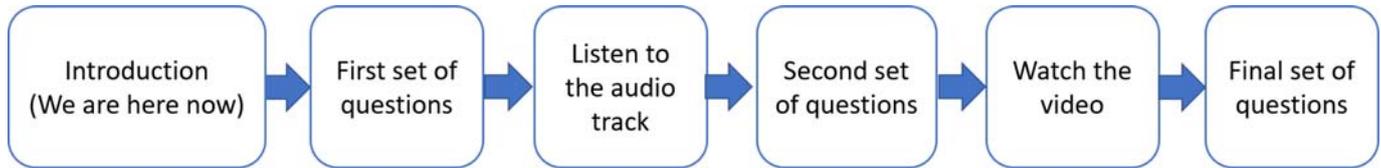
Thank you for taking part in this study! The survey's structure follows the flowchart below and should take less than 15 minutes to complete.

Before you start, here are a few suggestions to improve your survey's experience:

- Check that you are connected via Wi-Fi, so you can watch the video at the maximum quality.

- Wear earphones or headphones, so you can be fully immersed.
- Seat comfortably and avoid distractions for the duration of the survey (switching off notifications helps greatly).

This study is about your sensations, so there are no right or wrong answers. You should answer the questions quickly based on your first instincts.



### Sound check

The audio is an important part of this study.

Please listen to the audio file below and adjust your device volume at a comfortable level.  
You can replay the file as much as you need.



### Demographic questions

Which kind of device are you using to take this survey?

- Desktop
- Laptop
- Smartphone
- Tablet

Have you ever watched a 360-degree video before? (maybe on YouTube or Facebook)

- Yes
- No

What is your gender?

- Male
- Female
- Non-binary / third gender
- Prefer not to say

How old are you?

What is your ethnic group?

Choose one option that best describes your ethnic group or background

- White (including English/Welsh/Scottish/Northern Irish/British, Irish, Gypsy or Irish Traveller and Any other White background)
- Mixed/Multiple ethnic groups
- Asian/Asian British (Including Indian, Pakistani, Bangladeshi, Chinese and any other Asian background)
- Black/African/Caribbean/Black British
- Other ethnic group (please describe)

How much time did you spend outdoor as a child?

- A lot
- A moderate amount
- A little
- None at all

### Panas baseline

Please rate according to how you feel RIGHT NOW. You should answer this quickly based on your first instincts

	Not at all	A little	Moderately	Quite a bit	Extremely
Hostile	<input type="radio"/>				
Determined	<input type="radio"/>				
Alert	<input type="radio"/>				
Active	<input type="radio"/>				
Nervous	<input type="radio"/>				
Attentive	<input type="radio"/>				
Ashamed	<input type="radio"/>				
Afraid	<input type="radio"/>				
Inspired	<input type="radio"/>				
Upset	<input type="radio"/>				

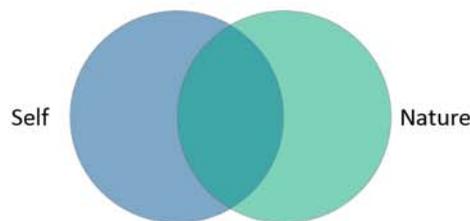
### INS

The two circles below represent your own concepts of self and nature.

*(If you don't see the circles, try moving the slider and they should appear)*

Please use the slider below to describe your relationship with the natural environment.

How interconnected are you with nature right now? The more the circles overlap, the more connected you are.



1

2

3

4

5

6

7

### Stressor

This sound is the first task of the survey and it will only last a few more seconds.  
The survey will move on automatically

16

### Stressor ios

This sound track is the first task of the survey.  
Please, listen only once and then proceed to the next page



0:00 / 0:15



### Panas - Post Stressor

Please rate according to how you feel RIGHT NOW. You should answer this quickly based on your first instincts

	Not at all	A little	Moderately	Quite a bit	Extremely
Upset	<input type="radio"/>				
Alert	<input type="radio"/>				
Afraid	<input type="radio"/>				
Determined	<input type="radio"/>				
Attentive	<input type="radio"/>				
Ashamed	<input type="radio"/>				
Active	<input type="radio"/>				
Nervous	<input type="radio"/>				
Hostile	<input type="radio"/>				
Inspired	<input type="radio"/>				

**Treatment video 1****Second Task**

Please watch this 5 minutes 360-degree video.

It is recommended that you turn your phone horizontally and watch the video on full screen (just tap on this icon  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around.

You can do this by moving your phone or swiping with your fingers.



The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

**Second task**

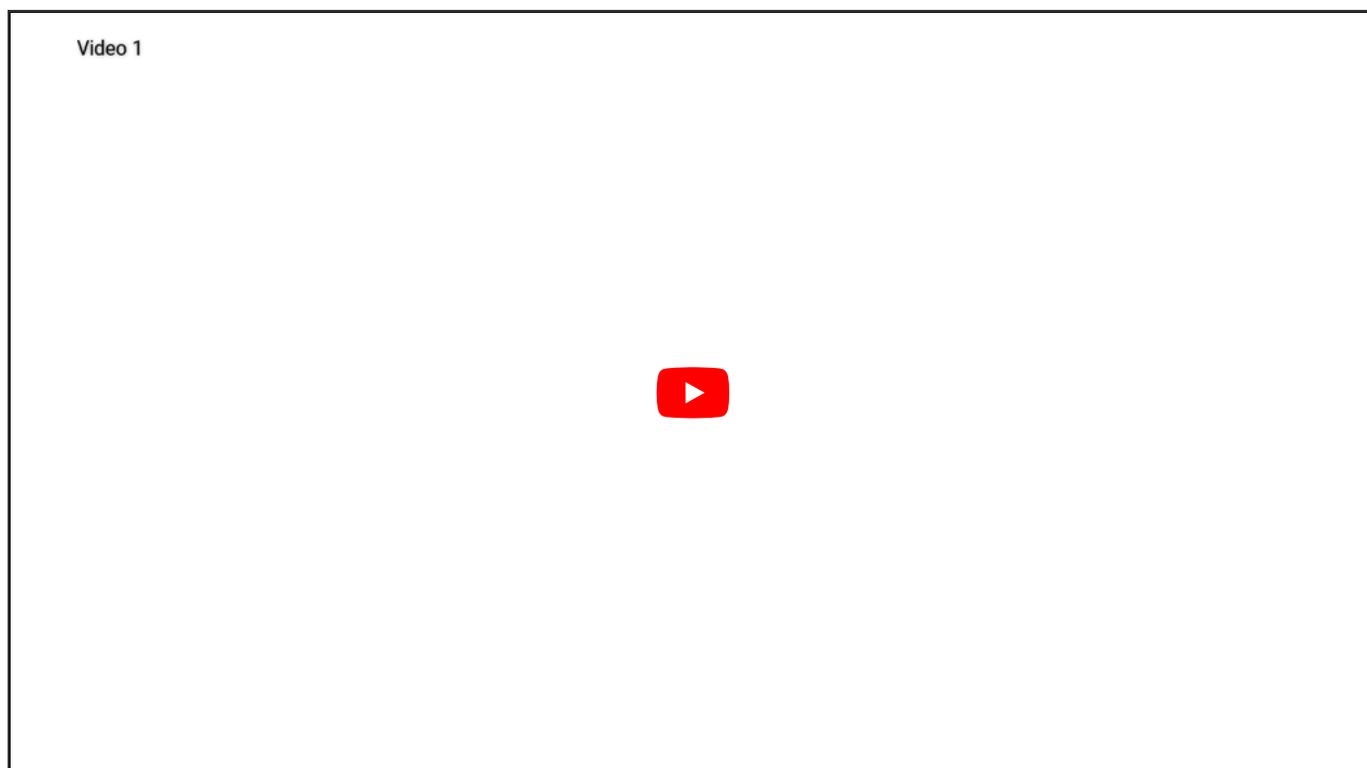
Please watch this 5 minutes 360-degree video.

It is recommended that you watch it on full screen (you can do this by clicking on this button  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around.

You can use your mouse or the **WASD** keys on your keyboard.



The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

**Treatment video 2****Second Task**

Please watch this 5 minutes 360-degree video.

It is recommended that you turn your phone horizontally and watch the video on full screen (just tap on this icon  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around.  
You can do this by moving your phone or swiping with your fingers.

The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

### Second task

Please watch this 5 minutes 360-degree video.

It is recommended that you watch it on full screen (you can do this by clicking on this button  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around.  
You can use your mouse or the **WASD** keys on your keyboard.

The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

### Treatment video 3

#### Second Task

Please watch this 5 minutes 360-degree video.

It is recommended that you turn your phone horizontally and watch the video on full screen (just tap on this icon  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around. You can do this by moving your phone or swiping with your fingers.

The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

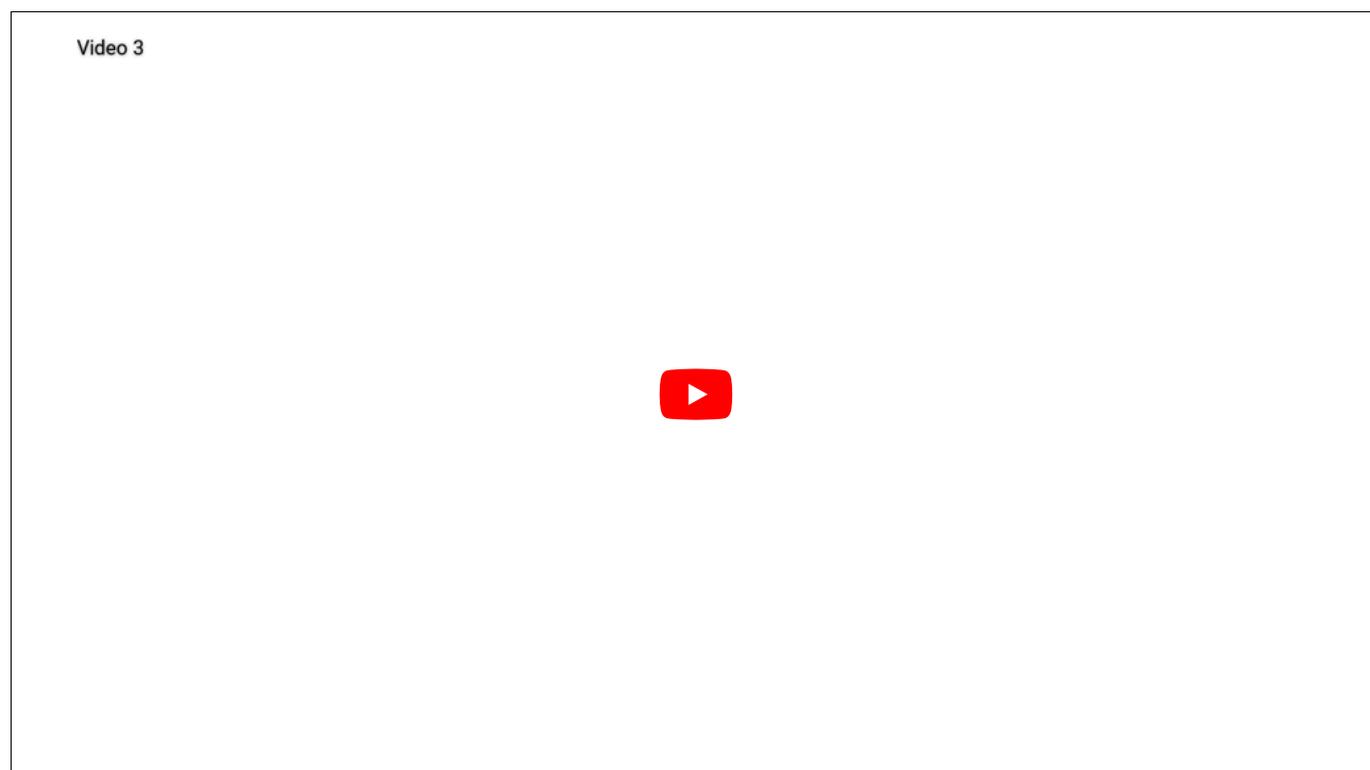
### Second task

Please watch this 5 minutes 360-degree video.

It is recommended that you watch it on full screen (you can do this by clicking on this button  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around. You can use your mouse or the **WASD** keys on your keyboard.



The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

### Treatment video 4

#### Second Task

Please watch this 5 minutes 360-degree video.

It is recommended that you turn your phone horizontally and watch the video on full screen (just tap on this icon  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around.  
You can do this by moving your phone or swiping with your fingers.

The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

### Second task

Please watch this 5 minutes 360-degree video.

It is recommended that you watch it on full screen (you can do this by clicking on this button  on the bottom right of the video)

If the video looks blurry, you may need to adjust the video quality with this icon  with a good connection, you should be able to watch the video at the maximum quality.

Remember that you can freely explore the environment by moving the camera around.

You can use your mouse or the **WASD** keys on your keyboard.

The button to move on with the survey will appear after you have watched the video.

*(Don't worry if the button does not appear. This page will turn automatically after 8 minutes)*

### PANAS post treatment

Please rate according to how you feel RIGHT NOW. You should answer this quickly based on your first instincts

	Not at all	A little	Moderately	Quite a bit	Extremely
Attentive	<input type="radio"/>				
Active	<input type="radio"/>				
Determined	<input type="radio"/>				
Afraid	<input type="radio"/>				
Hostile	<input type="radio"/>				
Ashamed	<input type="radio"/>				
Inspired	<input type="radio"/>				
Upset	<input type="radio"/>				
Nervous	<input type="radio"/>				
Alert	<input type="radio"/>				

In your opinion, how good was the video's environment for wildlife and plants?

Very bad    Bad

Neither good nor bad    Good

Very good

Did you notice anything in the video that makes you say so?

#### Feedback and comments

Thank you so much for taking part in this study!

OPTIONAL - Before you go, you may use the spaces below to give us important feedback for future improvements.

Was there anything that you noticed or liked in particular in the video?

Was there anything that you didn't like or that made you feel uneasy in the video?

Is there anything else that you would like to share?

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