Instruments and Assessments Relevant to Forest Bathing & Wellbeing Research

1. **Connected to Nature Scale**

By F. Stephan Mayer and Cynthia McPherson Franz


2. **The Nature Relatedness Scale**: Linking Individuals’ Connection with Nature to Environmental Concern and Behaviour

By Elizabeth Nisbet, John Zelenski, and Steven Murphy


3. **The Sensual Awareness Inventory**

By George Burns


4. **Childhood Trust Survey on Animal-Related Experiences**: 10 Screening Questions for Children, Adolescents, and Adults

By Barbara Boat

5. Love and Care for Nature Scale

By Helen E. Perkins

6. Personal Sustainability Inventory

By Thomas Joseph Doherty

http://selfsustain.com/images/stories/dsi_sustainability_inventory_version_1.2__3-24-09.pdf

7. Environment Health Self Assessment

By the University of Minnesota, Taking Charge of Your Health website

http://takingcharge.csh.umn.edu/create-healthy-lifestyle/environment

8. Restorative Outcome Scale (ROS) Korpela et al 2008

9. Profile of Mood States (POMS) McNair & Lorr (1964)


11. General Measure of Health Related Quality of Life SF-36