
APPENDIX 11.1: Affect and Forecasting Questionnaires

Note for instructors: These affect and forecasting questionnaires are ad hoc, yet similar to other adaptations from widely used adjective rating scales. Feel free to use other published scales or shorten versions of scales examining affect/mood. When creating the activity for your class, you can provide questionnaires as hard copies (see worksheet), clicker (poll) questions in class (by using the items below), or use Qualtrics (or other survey methods; see our Qualtrics Survey Format file found at <https://tinyurl.com/Ch11nature>). When choosing the method of the questionnaire, take into account the method of nature experience. For example, it may be easier for a student to bring a hard copy questionnaire with them when they experience real nature, but it may be easier to use Qualtrics surveys with embedded nature videos for a virtual nature experience.

COMPLETED BOTH BEFORE AND JUST AFTER NATURE EXPOSURE

Current Feelings

Please use the following adjectives to rate how you are feeling right now.

Not at all	A little	Moderately	A lot	Very much
1	2	3	4	5

1. Pleasant* _____

2. Interested _____

3. Happy _____

4. Sad _____

5. Tense* _____

6. Afraid _____

7. Amazed* _____

8. Awe _____

9. Wonder _____

COMPLETED JUST BEFORE THE NATURE EXPOSURE

Anticipated Feelings

In a moment, you will watch a short nature video or take a walk in the campus garden. Please rate how you think you will feel in the last moments of this activity.

Not at all	A little	Moderately	A lot	Very much
1	2	3	4	5

1. Pleasant* _____

2. Interested _____

3. Happy _____

4. Sad _____

5. Tense* _____

6. Afraid _____

7. Amazed* _____

8. Awe _____

9. Wonder _____

A short version of this questionnaire includes only the items with asterisks and requires no additional scoring—those individual items represent pleasant, unpleasant, and awed feelings.

If using the full scale, compute an average of ratings for Items 1–3 (pleasant), 4–6 (unpleasant), and 7–9 (awe) to assess these feelings more robustly. Create separate scores for baseline, forecasts, and postnature affect.

Feel free to explore other face-valid mood items, for instance “relaxed” or “fascinated,” especially if you use actual local nature. Nature’s impacts on mood tend to be broad (many different feelings, but also depending somewhat on context), though forecasting errors have not been studied as thoroughly.