Pulse Survey - Wave 3

Introduction and Residency

Label	Location
Introduction and Residency	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Pulse3_Intro - Survey Introduction

Name	Label	Location
Pulse3_Intro	Survey Introduction	Pulse Survey - Wave 3 › Introduction and Residency
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Question

Thank you for agreeing to take part in this Central Statistics Office (CSO) pulse survey as part of the CSO Take Part Campaign. These short, easy-to-complete online surveys help ensure the CSO can provide data that is relevant and timely.

The theme of this Pulse Survey is "Our Lives Outdoors" where we will ask about your relationship with the outdoors and natural spaces in Ireland. By this we mean 'green' outdoor spaces in cities and towns such as parks and canals and those in the countryside such as mountains, forests or farmlands. 'Blue' outdoor spaces such as lakes, rivers and the open sea are also included here.

We will also ask you separately about the time you spend in private or shared outdoor spaces such as gardens, patios, yards, balconies etc.

Instructions

Press "Start Survey" to continue

Choices

1	Start survey

D1 - living in ROI

Name	Label	Location
D1	living in ROI	Pulse Survey - Wave 3 › Introduction and Residency
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Question

Are you living in the Republic of Ireland?

Choices

1	Yes
2	No

Non_ROI_Exit

Name	Location
Non_ROI_Exit	Pulse Survey - Wave 3 › Introduction and Residency
Type	
Statement	
Condition	
D1 Contains Any 2 No	

Statement Text

Thank you for your interest in this survey

This survey is for persons living in the Republic of Ireland.

For further information on the CSO, please see https://www.cso.ie

Demographics

Label	Location
Demographics	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Age - Age of respondent

Name	Label	Location
Age	Age of respondent	Pulse Survey - Wave 3 › Demographics
Type	Low	High
Integer	1	112
Condition		
D1 Contains Any 1 Yes		

Question

What is your age?

Instructions

Please enter a numeric value.

BLAISE INSTRUCTION: Screen note

Blaise: add note to screen in black

Soc_Sex - Sex of respondent

Name	Label	Location
Soc_Sex	Sex of respondent	Pulse Survey - Wave 3 › Demographics
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

What is your sex?

Instructions

A question about gender identity will follow later on in the questionnaire

Choices

1	Male
2	Female

County_of_Resid - County of Residence

Name	Label	Location
County_of_Resid	County of Residence	Pulse Survey - Wave 3 › Demographics
Type	Minimum Length	Maximum Length
Text		
Condition		
D1 Contains Any 1 Yes		

Question

What is your County of Residence?

Area - Urban, rural or countryside

Name	Label	Location
Area	Urban, rural or countryside	Pulse Survey - Wave 3 › Demographics
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Do you live in...

Choices

1	an urban area (e.g. city, county town)

2	a small town or village
3	a rural area (in the coutryside)
4	other

Education - Highest level of education completed

Name	Label	Location
Education	Highest level of education completed	Pulse Survey - Wave 3 › Demographics
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

What is the highest level of education or training you have ever successfully completed?

Instructions

Please select one of the following.

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

Choices

1	No formal education or training
2	Primary education (NFQ levels 1 or 2)
3	Lower secondary (NFQ level 3 - Junior/Inter/Group Certificate)
4	Upper secondary (NFQ levels 4 or 5 - Leaving Certificate)
5	Technical or Vocational (NFQ levels 4 or 5)
6	Advanced Certificate or Completed Apprenticeship (NFQ level 6)
7	Higher Certificate (NFQ level 6)
8	Ordinary Bachelor Degree or Higher Diploma (NFQ level 7)
9	Honours Bachelor Degree/ Professional qualification or both (NFQ level 8)
10	Postgraduate Diploma or Master's Degree (NFQ level 9)

11	Doctorate (Ph.D.) or higher (NFQ level 10)	
12	Other	

Orientation - Sexual orientation

Name	Label	Location
Orientation	Sexual orientation	Pulse Survey - Wave 3 › Demographics
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Which of the following best describes your sexual orientation?

Instructions

This question is voluntary and you may skip to the next question.

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

BLAISE INSTRUCTIONS: DK/RF

Blaise: Allow RF only

Choices

1	Heterosexual or straight
2	Gay or lesbian
3	Bisexual
4	Other sexual orientation
5	Prefer not to say

Orientation_Oth - Q1(l) - Other sexual orientation

Name	Label	Location
Orientation_Oth	Q1(l) - Other sexual orientation	Pulse Survey - Wave 3 › Demographics
Type	Minimum Length	Maximum Length
Text		
Condition		
Orientation Contains Any 4 Other sexual orientation		

Question

Please describe your sexual orientation

Instructions

This question is voluntary and you may skip to the next question

BLAISE INSTRUCTIONS: DK/RF

Blaise: Allow RF only

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

Gender - Is gender the same as sex registered at birth

Name	Label	Location
Gender	Is gender the same as sex registered at birth	Pulse Survey - Wave 3 › Demographics
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Is the gender you identify with the same as your sex registered at birth?

Instructions

This question is voluntary and you may skip to the next question

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

BLAISE INSTRUCTIONS: DK/RF

Blaise: Allow RF only

Choices

1	Yes
2	No

Gender_Identity_Text - Gender identity

Name	Label	Location
Gender_Identity_Text	Gender identity	Pulse Survey - Wave 3 › Demographics
Type	Minimum Length	Maximum Length
Text		
Condition		
Gender Contains Any 2 No		

Question

Enter gender identity

Instructions

This question is voluntary and you may skip to the next question

BLAISE INSTRUCTION:

Blaise: Allow RF

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

D11 - Current situation

Name	Label	Location
D11	Current situation	Pulse Survey - Wave 3 › Demographics
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Which of the following categories best describes your current situation?

Choices

1	Full-time employed
2	Part-time employed
3	Unemployed
4	Retired
5	Unable to work due to longstanding health problems
6	Student, pupil
7	Fulfilling domestic tasks
8	Other

NoPers - Number of persons living in the household

Name	Label	Location
NoPers	Number of persons living in the household	Pulse Survey - Wave 3 › Demographics
Type	Low	High
Integer	1	25

Question

Including you, how many people live in this household?

Soc_NumTeen - Children under 18 living in household

Name	Label	Location
Soc_NumTeen	Children under 18 living in household	Pulse Survey - Wave 3 › Demographics
Type	Low	High
Integer	0	50

Question

How many children under 18 live in this household?

Instructions

Please enter a numeric value.

BLAISE INSTRUCTION: Filter

Blaise: Do not allow a number greater than Nopers to be entered to this question.

Spending Time Outdoors

Label	Location
Spending Time Outdoors	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Spaces_Intro

Name	Location
Spaces_Intro	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	
Statement	

Statement Text

This section is about the time you spend outdoors and in natural spaces in Ireland. This includes time spent in 'green' outdoor spaces in cities and towns such as parks and canals and those in the countryside such as mountains, forests or farmlands. Time spent in 'blue' outdoor spaces such as lakes, rivers and the open sea are also included here.

Time spent in private and shared outdoor spaces such as gardens, patios, yards, balconies etc. are excluded from this section.

Outdoors - Time outdoors

Name	Label	Location
Outdoors	Time outdoors	Pulse Survey - Wave 3 › Spending Time Outdoors

Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

Do you like spending time outdoors?

Choices

1	Yes
2	No
3	Don't know
4	Prefer not to say

Outdoors_like - Like spending time outdoors

Name	Label	Location
Outdoors_like	Like spending time outdoors	Pulse Survey - Wave 3 › Spending Time Outdoors

Type	Selection Type	Display Style
Multiple Choice	SelectAllThatApply	

Condition
Outdoors Contains Any 1 Yes

Question

Why do you like spending time outdoors?

Instructions

Select all that apply.
Selecting option 7 or 8 implies no other option selected.

Choices

1	To get fresh air
2	To exercise
3	To socialise (i.e. meet friends for food/drinks in an outdoor setting)
4	To take a break (from home life, work etc.)

5	To enjoy nature (plants, animals, open spaces etc.)
6	Other
7	Don't know
8	Prefer not to say

Inc_Nature - Increase your knowledge of nature

Name	Label	Location
Inc_Nature	Increase your knowledge of nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
Outdoors_like Contains Any 5 To enjoy nature (plants, animals, open spaces etc.)		

Question

Would you like to increase your knowledge of nature?

Choices

1	Yes
2	No

Nature_why - Why increase knowledge of nature

Name	Label	Location
Nature_why	Why increase knowledge of nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectAllThatApply	
Condition		
Inc_Nature Contains Any 1 Yes		

Question

Why would you like to increase your knowledge of nature?

Instructions

Select all that apply.
Options 7 and 8 cannot be selected with any other option.

Choices

1	Because I am curious about nature
2	To improve my gardening skills
3	To better understand my surroundings

	4	To pass on knowledge to my family/children
	5	To reduce my environmental impact
	6	Other
	7	Don't know
	8	Prefer not to say

Outoor_frequent - natural space most frequently visited

Name	Label	Location
Outoor_frequent	natural space most frequently visited	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectAllThatApply	

Condition
Outdoors Contains Any 1 Yes

Question

What type of outdoor space do you visit most frequently?

Instructions

Select all that apply

BLAISE INSTRUCTION:Screen note

Blaise: Add note to screen in black

Choices

	1	Urban green space (such as a park, field or playground)
	2	Other outdoor urban space (town square or plaza, farmers market etc.)
	3	Grounds of a historic property or country park
	4	River, lake or canal
	5	Hill, mountain or moorland
	6	Beach / other coastline / sea
	7	Nature / wildlife reserve
	8	Fields / farmland / countryside
	9	Other

Outdoors_No

Name	Label	Location
Outdoors_No		Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition

Outdoors Contains Any 2 No

Question

Why don't you like spending time outdoors?

Instructions

Select all that apply

Choices

1	There is nowhere nice outdoors where I live
2	I prefer to spend my time in indoor settings (gym, cinema, café etc.)
3	I find it difficult to spend time outside (for health or other reasons)
4	Don't know
5	Prefer not to say

Nature_Recreation - Natural spaces over the past 6 months for recreational purposes

Name	Label	Location
Nature_Recreation	Natural spaces over the past 6 months for recreational purposes	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition

D1 Contains Any 1 Yes

Question

On average, how often have you been outdoors over the past 6 months for recreational purposes?

Instructions

This includes visits to 'green' outdoor spaces in cities and towns such as parks and canals and those in the countryside such as mountains, forests or farmlands. Visits to 'blue' outdoor spaces such as lakes, rivers and the open sea are also included here.

Visits to private and shared outdoor spaces such as gardens patios, yards, balconies etc. are excluded from this section.

If you don't remember, please provide your best estimate.

Choices

	1	Daily
	2	Weekly
	3	Several times a month
	4	Once a month
	5	Less than once a month
	6	I haven't been outdoors over the past 6 months

Reasons_Nature - Main reasons for spending this time in nature

Name	Label	Location
Reasons_Nature	Main reasons for spending this time in nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectAllThatApply	

Condition
Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

Thinking of these visits over the past 6 months, what were your main reasons for spending this time outdoors?

Instructions

Select all that apply.
Selecting option 12 or 13 implies no other option selected.

Choices

	1	For physical health and exercise
	2	For mental health and well-being
	3	To look after children / other family members
	4	To get fresh air
	5	To take a break (e.g. from home, from work, etc.)
	6	To meet other people (e.g. friends, family etc.)
	7	Because I was advised to spend time outdoors for health reasons
	8	To walk my dog

9	To learn something new / challenge myself / be creative
10	To connect with nature / observe wildlife
11	Other
12	Don't know
13	Prefer not to say

Nature_Agreement

Name	Location
Nature_Agreement	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	
Statement	
Condition	
Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month	

Statement Text

Thinking of these visits over the past 6 months, to what extent do you agree or disagree with the following statements?

Nature_Healthier - Healthier after time spent in nature

Name	Label	Location
Nature_Healthier	Healthier after time spent in nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month		

Question

After spending time outdoors in natural spaces, I felt healthier.

Choices

1	Strongly agree
2	Agree
3	Neither agree nor disagree
4	Disagree
5	Strongly disagree
6	Don't know

7	Prefer not to say	

Nature_Happier - Happier after time spent in nature

Name	Label	Location
Nature_Happier	Happier after time spent in nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

After spending time outdoors in natural spaces, I felt happier.

Choices

1	Strongly agree
2	Agree
3	Neither agree nor disagree
4	Disagree
5	Strongly disagree
6	Don't know
7	Prefer not to say

Nature_Connected_People - Connected to people after time spent in nature

Name	Label	Location
Nature_Connected_People	Connected to people after time spent in nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

After spending time outdoors in natural spaces, I felt more connected to people.

Choices

1	Strongly agree
2	Agree

3	Neither agree nor disagree	
4	Disagree	
5	Strongly disagree	
6	Don't know	
7	Prefer not to say	

Nature_Connected_Surroundings - Connected to surroundings after time spent in nature

Name	Label	Location
Nature_Connected_Surroundings	Connected to surroundings after time spent in nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition

Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

After spending time outdoors in natural spaces, I felt more connected to my general surroundings.

Choices

1	Strongly agree	
2	Agree	
3	Neither agree nor disagree	
4	Disagree	
5	Strongly disagree	
6	Don't know	
7	Prefer not to say	

Nature_Stressed - Less stressed/anxious after time spent in nature

Name	Label	Location
Nature_Stressed	Less stressed/anxious after time spent in nature	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition

Nature_Recreation Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

After spending time outdoors in natural spaces, I felt less stressed and/or anxious.

Choices

	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree
	6	Don't know
	7	Prefer not to say

Nature_Outdoors - More or less time outdoors since COVID

Name	Label	Location
Nature_Outdoors	More or less time outdoors since COVID	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition

D1 Contains Any 1 Yes

Question

Thinking about your life since the start of the COVID-19 pandemic (March 2020) have you ...

Choices

	1	Spent more time outdoors?
	2	Spent less time outdoors?
	3	Spent the same amount of time outdoors now as you did prior to the COVID-19 pandemic?

Nature_COVID - Did COVID restrictions make you

Name	Label	Location
Nature_COVID	Did COVID restrictions make you	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectAllThatApply	

Condition

Nature_Outdoors Contains Any 1 I spend more time outdoors

Question

Thinking about your life since the start of the COVID-19 pandemic (March 2020) have you …

Instructions

Select all that apply.
Selecting options 8 or 9 implies no other options selected.

Note: Natural spaces include 'green' outdoor spaces in cities and towns such as parks and canals, those in the countryside such as mountains, forests or farmlands and 'blue' outdoor spaces such as lakes, rivers and the open sea.

Choices

	1	Spent more time socialising in an outdoor setting (e.g. restauants/bars with outdoor seating)
	2	Spent more time in natural spaces
	3	Realised that being in natural spaces is important to your well-being
	4	Participated in natural spaces initiatives (e.g. Tidy Towns, Bumblebee Monitoring Scheme etc.)
	5	Discovered new natural spaces
	6	Looked at getting access to a private or shared outdoor space (e.g. garden, allotment, balcony, patio etc.)
	7	Other
	8	Don't know
	9	Prefer not to say

Outdoor_activities - Taken up outdoor activities since COVID

Name	Label	Location
Outdoor_activities	Taken up outdoor activities since COVID	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

Thinking about your life since the start of the COVID-19 pandemic (March 2020) have you taken up new outdoor activities?

Choices

1	Yes
2	No

Nature_Activities - Did COVID restrictions make you

Name	Label	Location
Nature_Activities	Did COVID restrictions make you	Pulse Survey - Wave 3 › Spending Time Outdoors
Type	Selection Type	Display Style
Multiple Choice	SelectAllThatApply	

Condition
Outdoor_activities Contains Any 1 Yes

Question

Which of the following activities have you taken up since the start of the COVID-19 pandemic (March 2020)?

Instructions

Select all that apply.
Selecting option 12 or 13 implies no other option selected.

Choices

1	Running
2	Cycling
3	Sea swimming
4	Triathlon
5	Hiking
6	Mountain climbing
7	Hill walking
8	Outdoor team sports (e.g. football, soccer, rugby etc)
9	Other water sports (e.g. canoeing, kayaking etc)
10	Air sports (e.g. hang gliding, paragliding etc.)
11	Other
12	Don't know
13	Prefer not to say

Protection of the environment

Label	Location
Protection of the environment	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Protection_Intro

Name	Location
Protection_Intro	Pulse Survey - Wave 3 › Protection of the environment
Type	
Statement	
Condition	
D1 Contains Any 1 Yes	

Statement Text

This section is about your involvement in the protection of the outdoors and natural spaces in Ireland. This includes the protection of 'green' outdoor spaces in cities and towns such as parks and canals and those in the countryside such as mountains, forests or farmlands. 'Blue' outdoor spaces such as lakes, rivers and the open sea are also included here.

Private and shared outdoor spaces such as gardens, patios, yards, balconies etc. are excluded from this section.

Env_Issues - Environmental issues

Name	Label	Location
Env_Issues	Environmental issues	Pulse Survey - Wave 3 › Protection of the environment
Type	Selection Type	Display Style
Multiple Choice	SelectUpToN (3)	
Condition		
D1 Contains Any 1 Yes		

Question

Please select the three issues you are most concerned about from the following list of environmental issues.

Instructions

Select up to 3 answers.
Selecting option 12 or 13 means no other option selected.
Note: Biodiversity is a term for the variety of all species of life on Earth.

Choices

1	Noise pollution
2	Air pollution
3	Soil pollution (e.g. through use of pesticides, accumulation of wastes, etc.)

	4	Pollution of freshwaters or marine waters (e.g. through use of pesticides, accumulation of wastes, etc.)
	5	Loss of biodiversity
	6	Loss of habitats
	7	Introduction of invasive species
	8	Decrease in the stock of natural resources (e.g. water, timber, etc.)
	9	Fragmentation of landscapes
	10	Climate change
	11	Other
	12	Don't know
	13	Prefer not to say

Env_issues_act - Action on environmental issues

Name	Label	Location
Env_issues_act	Action on environmental issues	Pulse Survey - Wave 3 › Protection of the environment

Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition

Env_Issues Contains Any 1 Fragmentation of landscapes or 2 Introduction of invasive species or 3 Loss of biodiversity or 4 Loss of habitats or 5 Pollution of freshwaters or marine waters (e.g. through use of pesticides, accumulation of wastes, etc.) or 6 Pollution of air (e.g. carbon monoxide, larger and particulate matter) or 7 Noise pollution or 8 Pollution of soil (e.g. use of pesticides, accumulation of wastes, etc.) or 9 Decrease in the stock of natural resources (e.g. water, timber, etc.) or 10 Climate change

Question

Regarding these environmental issues, do you think that...

Choices

	1	There is still time to act and improve the state of the environment
	2	There is still time to act but it is unlikely to happen
	3	It is too late to act and improve the state of the environment
	4	No action is required

5	Don't know
6	Prefer not to say

Protect_Nature - To protect nature do you

Name	Label	Location
Protect_Nature	To protect nature do you	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

To protect the environment, do you think that...

Choices

1	You already do a lot
2	You do as much as you can
3	You could do more
4	You don't have to act
5	Don't know
6	Prefer not to say

Env_protect_more - How to protect nature more

Name	Label	Location
Env_protect_more	How to protect nature more	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectUpToN (2)	

Condition
D1 Contains Any 1 Yes

Question

What would encourage you to do more to protect the environment?

Instructions

Select up to 2 answers.
Selecting options 8 or 9 means no other option selected.

Choices

1	If you had more time available to you

2	If you could acquire the knowledge that would allow you to do more	
3	If you could join a group of like minded volunteers	
4	If you felt your involvement was recognised and valued by others	
5	If you felt like your actions really made a difference	
6	If there was more clarity on what environmentally-friendly actions are	
7	Other	
8	Don't know	
9	Prefer not to say	

Env_protect_day_to_day - Day to day protection of nature

Name	Label	Location
Env_protect_day_to_day	Day to day protection of nature	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectAllThatApply	

Condition

D1 Contains Any 1 Yes

Question

In your day-to-day life, have you done any of the following ...

Instructions

Please select all that apply.
Selecting option 7 or 8 means no other option selected.

Choices

1	Invested in better insulation of your home
2	Used a smart meter to reduce your consumption of electricity
3	Eaten less animal-based products
4	Used, at least partially, electricity from renewable energy (e.g., solar panel, wind turbine, etc.)
5	Reduced the heating of your home in winter
6	Reduced your use of water
7	Don't know

8	Prefer not to say

Env_protect_text

Name	Location
Env_protect_text	Pulse Survey - Wave 3 › Protection of the environment
Type	
Statement	
Condition	
D1 Contains Any 1 Yes	

Statement Text

In your day-to-day life, how often do you do the following …

Env_driving - Walk, cycle or public transport instead of driving

Name	Label	Location
Env_driving	Walk, cycle or public transport instead of driving	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Walk, cycle or use public transport instead of driving.

Choices

1	All of the time
2	Most of the time
3	Some of the time
4	Never
5	Don't know
6	Prefer not to say

Env_organic - Organic products

Name	Label	Location
Env_organic	Organic products	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Buy organic or environmentally friendly products.

Choices

	1	All of the time
	2	Most of the time
	3	Some of the time
	4	Never
	5	Don't know
	6	Prefer not to say

Env_waste - Waste production

Name	Label	Location
Env_waste	Waste production	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

Reduce the amount of waste you produce.

Choices

	1	All of the time
	2	Most of the time
	3	Some of the time
	4	Never
	5	Don't know
	6	Prefer not to say

Env_season - Local or in season products

Name	Label	Location
Env_season	Local or in season products	Pulse Survey - Wave 3 › Protection of the environment
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Question

Buy products that are grown locally or in season.

Choices

1	All of the time
2	Most of the time
3	Some of the time
4	Never
5	Don't know
6	Prefer not to say

Env_spaces - Enough green spaces and biodiversity in urban areas

Name	Label	Location
Env_spaces	Enough green spaces and biodiversity in urban areas	Pulse Survey - Wave 3 › Protection of the environment
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Question

In your opinion, are there enough green spaces and biodiversity in urban areas (e.g. cities, towns etc.)?

Instructions

Note: Biodiversity is a term for the variety of all species of life on Earth.

Choices

1	Yes
2	No
3	Don't know
4	Prefer not to say

Private and Shared Outdoor Spaces

Label	Location
Private and Shared Outdoor Spaces	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Garden_Intro

Name	Location
Garden_Intro	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	
Statement	
Condition	
D1 Contains Any 1 Yes	

Statement Text

In this section we are interested in the time you spend in private and shared outdoor spaces such as gardens, patios, yards, balconies etc.

Priv_Garden - Private garden

Name	Label	Location
Priv_Garden	Private garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Do you have access to a private garden?

Choices

1	Yes
2	No

Shared_Garden - Shared garden

Name	Label	Location
Shared_Garden	Shared garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
Priv_Garden Contains Any 2 No		

Question

Do you have access to a shared garden?

Choices

1	Yes

2	No

Priv_Space - Private outdoor space

Name	Label	Location
Priv_Space	Private outdoor space	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
(Priv_Garden Contains Any 2 No) Or (Shared_Garden Contains Any 2 No)

Question

Do you have access to a private balcony, yard, patio or any other private outdoor space that is not a garden?

Choices

1	Yes
2	No

Shared_Space - Private garden

Name	Label	Location
Shared_Space	Private garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
(Priv_Garden Contains Any 2 No) Or (Shared_Garden Contains Any 2 No) Or (Priv_Space Contains Any 2 No)

Question

Do you have access to a shared balcony, yard, patio or any other private outdoor space that is not a garden??

Choices

1	Yes
2	No

Time_garden_private - Time spent in private garden

Name	Label	Location
Time_garden_private	Time spent in private garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Question

Thinking about the last 6 months, how often did you typically spend time in your private garden?

Choices

1	Daily
2	Weekly
3	Several times a month
4	Once a month
5	Less than once a month
6	Never

Time_garden_shared - Time spent in shared garden

Name	Label	Location
Time_garden_shared	Time spent in shared garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Question

Thinking about the last 6 months, how often did you typically spend time in your shared garden?

Choices

1	Daily
2	Weekly
3	Several times a month
4	Once a month
5	Less than once a month
6	Never

Time_outdoor_space_private - Time spent in private outdoor space

Name	Label	Location
Time_outdoor_space_private	Time spent in private outdoor space	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces

Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
Priv_Space Contains Any 1 Yes

Question

Thinking about the last 6 months, how often did you typically spend time in your private balcony, yard, patio or other private outdoor space that is not a garden?

Instructions

If you have access to more than one of these (e.g. balcony and patio) please answer in relation to the one you spend most time in.

Choices

1	Daily
2	Weekly
3	Several times a month
4	Once a month
5	Less than once a month
6	Never

Time_outdoor_space_shared - Time spent in shared outdoor space

Name	Label	Location
Time_outdoor_space_shared	Time spent in shared outdoor space	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
Shared_Space Contains Any 1 Yes

Question

Thinking about the last 6 months, how often did you typically spend time in your shared balcony, yard, patio or other private outdoor space that is not a garden?

Instructions

If you have access to more than one of these (e.g. balcony and patio) please answer in relation to the one you spend most time in.

Choices

1	Daily
2	Weekly
3	Several times a month

4	Once a month	
5	Less than once a month	
6	Never	

Reasons_garden_private - Reasons for spending time in garden

Name	Label	Location
Reasons_garden_private	Reasons for spending time in garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectUpToN (3)	

Condition
Time_garden_private Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

What were the three main reasons for you spending this time in your private garden?

Instructions

Select up to 3 answers.
Options 12 or 13 cannot be selected with any other option.

Choices

1	For physical health and exercise
2	For mental health and well-being
3	To do gardening/maintenance
4	To look after children/other family members
5	To get fresh air
6	To take a break (e.g. from TV, from work, etc.)
7	To meet other people (e.g. friends, family etc.)
8	Because I was advised to spend time outdoors by my Doctor
9	To connect with nature / observe wildlife
10	To take a pet out (e.g. dog, cat etc.)
11	Other
12	Don't know
13	Prefer not to say

Reasons_garden_shared - Reasons for spending time in shared garden

Name	Label	Location
Reasons_garden_shared	Reasons for spending time in shared garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectUpToN (3)	

Condition
Time_garden_shared Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

What were the three main reasons for you spending this time in your shared garden?

Instructions

Select up to 3 answers.
Options 12 or 13 cannot be selected with any other option.

Choices

1	For physical health and exercise
2	For mental health and well-being
3	To do gardening/maintenance
4	To look after children/other family members
5	To get fresh air
6	To take a break (e.g. from TV, from work, etc.)
7	To meet other people (e.g. friends, family etc.)
8	Because I was advised to spend time outdoors by my Doctor
9	To connect with nature / observe wildlife
10	To take a pet out (e.g. dog, cat etc.)
11	Other
12	Don't know
13	Prefer not to say

Reasons_outdoor_private - Reasons for spending time in outdoor space

Name	Label	Location
Reasons_outdoor_private	Reasons for spending time in outdoor space	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces

Type	Selection Type	Display Style
Multiple Choice	SelectUpToN (3)	

Question

What were the three main reasons for you spending this time in your private balcony, yard, patio or other private outdoor space that is not a garden?

Instructions

Select up to 3 answers.

Options 12 or 13 cannot be selected with any other option.

Note: If you have access to more than one of these (e.g. balcony and patio) please answer in relation to the one you spend most time in.

Choices

1	For physical health and exercise
2	For mental health and well-being
3	To do gardening/maintenance
4	To look after children/other family members
5	To get fresh air
6	To take a break (e.g. from TV, from work, etc.)
7	To meet other people (e.g. friends, family etc.)
8	Because I was advised to spend time outdoors by my Doctor
9	To connect with nature / observe wildlife
10	To take a pet out (e.g. dog, cat etc.)
11	Other
12	Don't know
13	Prefer not to say

Reasons_outdoor_shared - Reasons for spending time in outdoor space

Name	Label	Location	
Reasons_outdoor_shared	Reasons for spending time in outdoor space	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces	
Type	Selection Type	Display Style	
Multiple Choice	SelectUpToN (3)		

Condition

Time_outdoor_space_shared Contains Any 1 Daily or 2 Weekly or 3 Several times a month or 4 Once a month or 5 Less than once a month

Question

What were the three main reasons for you spending this time in your shared balcony, yard, patio or any other shared outdoor space that is not a garden?

Instructions

Select up to 3 answers.
Options 12 or 13 cannot be selected with any other option.
Note: If you have access to more than one of these (e.g. balcony and patio) please answer in relation to the one you spend most time in.

Choices

1	For physical health and exercise
2	For mental health and well-being
3	To do gardening/maintenance
4	To look after children/other family members
5	To get fresh air
6	To take a break (e.g. from TV, from work, etc.)
7	To meet other people (e.g. friends, family etc.)
8	Because I was advised to spend time outdoors by my Doctor
9	To connect with nature / observe wildlife
10	To take a pet out (e.g. dog, cat etc.)
11	Other
12	Don't know
13	Prefer not to say

Garden_activities

Name Garden_activities	**Location** Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type Statement	

Condition

(Priv_Garden Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes) Or (Priv_Space Contains Any 1 Yes) Or (Shared_Space Contains Any 1 Yes)

Statement Text

The following questions ask about gardening activities prior to the COVID-19 pandemic (March 2020) and those activities now. Please select the answer which best applies to you for each activity.

Plants - Pollinator-friendly plants

Name	Label	Location
Plants	Pollinator-friendly plants	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
(Priv_Garden Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes) Or (Priv_Space Contains Any 1 Yes) Or (Shared_Space Contains Any 1 Yes)

Question

Planting and/or maintaining bee-friendly plants.

Choices

	1	I was doing this before COVID-19 and I am still doing it
	2	I wasn't doing this before COVID-19 but I started doing it during the restrictions
	3	I was doing this before COVID-19 but I stopped doing it during the restrictions
	4	I wasn't doing this before COVID-19 and I am still not doing it
	5	Not applicable

Log_piles - Log piles

Name	Label	Location
Log_piles	Log piles	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
(Priv_Garden Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes) Or (Priv_Space Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes)

Question

Adding log piles or other materials that can be used as a home or shelter by wildlife.

Choices

1	I was doing this before COVID-19 and I am still doing it	
2	I wasn't doing this before COVID-19 but I started doing it during the restrictions	
3	I was doing this before COVID-19 but I stopped doing it during the restrictions	
4	I wasn't doing this before COVID-19 and I am still not doing it	
5	Not applicable	

Vegetables_fruits - Growing vegetables and fruits

Name	Label	Location
Vegetables_fruits	Growing vegetables and fruits	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
(Priv_Garden Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes) Or (Priv_Space Contains Any 1 Yes) Or (Shared_Space Contains Any 1 Yes)

Question

Growing your own vegetables/fruits.

Choices

1	I was doing this before COVID-19 and I am still doing it	
2	I wasn't doing this before COVID-19 but I started doing it during the restrictions	
3	I was doing this before COVID-19 but I stopped doing it during the restrictions	
4	I wasn't doing this before COVID-19 and I am still not doing it	
5	Not applicable	

Food_animals - Food for animals

Name	Label	Location
Food_animals	Food for animals	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces

Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
(Priv_Garden Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes) Or (Priv_Space Contains Any 1 Yes) Or (Shared_Space Contains Any 1 Yes)		

Question

Providing food for wild animals such as birds.

Choices

	1	I was doing this before COVID-19 and I am still doing it
	2	I wasn't doing this before COVID-19 but I started doing it during the restrictions
	3	I was doing this before COVID-19 but I stopped doing it during the restrictions
	4	I wasn't doing this before COVID-19 and I am still not doing it
	5	Not applicable

Water_butt - Water butt to water garden

Name	Label	Location
Water_butt	Water butt to water garden	Pulse Survey - Wave 3 › Private and Shared Outdoor Spaces
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
(Priv_Garden Contains Any 1 Yes) Or (Shared_Garden Contains Any 1 Yes) Or (Priv_Space Contains Any 1 Yes) Or (Shared_Space Contains Any 1 Yes)		

Question

Using a water butt to water your garden.

Instructions

A water butt is a large container for collecting or storing rainfall water.

Choices

	1	I was doing this before COVID-19 and I am still doing it
	2	I wasn't doing this before COVID-19 but I started doing it during the restrictions

3	I was doing this before COVID-19 but I stopped doing it during the restrictions
4	I wasn't doing this before COVID-19 and I am still not doing it
5	Not applicable

Rate Questionnaire

Label	Location
Rate Questionnaire	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Questionnaire ratings

Name	Location
Questionnaire ratings	Pulse Survey - Wave 3 › Rate Questionnaire
Type	
Statement	

Condition
D1 Contains Any 1 Yes

Statement Text

Please take a moment to rate the questionnaire you just took. This information will be used to improve our surveys.

Easy/Difficult - Q7 - Easy/Difficult

Name	Label	Location
Easy/Difficult	Q7 - Easy/Difficult	Pulse Survey - Wave 3 › Rate Questionnaire
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

Overall, how easy or difficult did you find it to understand the questions?

Instructions

On a scale of 0 to 10 where 0 means the questionnaire was 'Difficult' to understand' and 10 means the questionnaire was 'Easy to understand'.

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

Choices

1	0 - Difficult
2	1
3	2
4	3
5	4
6	5
7	6
8	7
9	8
10	9
11	10 - Easy to understand

Boring/Interesting - Q7 - Boring/Interesting

Name	Label	Location
Boring/Interesting	Q7 - Boring/Interesting	Pulse Survey - Wave 3 › Rate Questionnaire
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

Overall, how boring or interesting did you find the questionnaire?

Instructions

On a scale of 0 to 10 where 0 means you found the questionnaire 'Boring' and 10 means you found the questionnaire 'Interesting'.

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

Choices

1	0 - Boring
2	1
3	2
4	3
5	4

6	5
7	6
8	7
9	8
10	9
11	10 - Interesting

Overall - Q7 - Overall

Name	Label	Location
Overall	Q7 - Overall	Pulse Survey - Wave 3 › Rate Questionnaire
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	

Condition
D1 Contains Any 1 Yes

Question

Please rate this questionnaire overall

Instructions

On a scale of 0 to 10 where 0 means the questionnaire was 'Poor' and 10 mean the questionnaire was 'Excellent'.

BLAISE INSTRUCTION: Screen note

Blaise: Add note to screen in black

Choices

1	0 - Poor
2	1
3	2
4	3
5	4
6	5
7	6
8	7
9	8
10	9
11	10 - Excellent

Comments - Q7 - Comments

Name	Label	Location
Comments	Q7 - Comments	Pulse Survey - Wave 3 › Rate Questionnaire
Type	**Minimum Length**	**Maximum Length**
Text		2000
Condition		
D1 Contains Any 1 Yes		

Question

Please add any comment(s) that you would like to make about this questionnaire

Participation in Future Surveys

Label	Location
Participation in Future Surveys	Pulse Survey - Wave 3
Type	**Order**
Sequence	InOrderOfAppearance

Email - Email address

Name	Label	Location
Email	Email address	Pulse Survey - Wave 3 › Participation in Future Surveys
Type	**Minimum Length**	**Maximum Length**
Text		
Condition		
D1 Contains Any 1 Yes		

Question

Thank you for taking part in this survey.

Instructions

We would be very grateful if you could help us by participating in other similarly short pulse surveys which we will be conducting in the future.

If you would be interested in participating, please enter your email address:

Results - Copy of results

Name	Label	Location
Results	Copy of results	Pulse Survey - Wave 3 › Participation in Future Surveys
Type	**Selection Type**	**Display Style**
Multiple Choice	SelectOne	
Condition		
D1 Contains Any 1 Yes		

Question

Would you like to receive a copy of the results of this survey to the email provided?

Choices

1	Yes
2	No

End Questionnaire

Label	Location
End Questionnaire	Pulse Survey - Wave 3
Type	Order
Sequence	InOrderOfAppearance

Submit - Submit answers

Name	Label	Location
Submit	Submit answers	Pulse Survey - Wave 3 › End Questionnaire
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

Question

You are now ready to submit this survey

Submission

Thank you for taking part in the Our Lives Outdoors Survey

You will not be able to access or change your answers on submitting the questionnaire

Choices

1	Submit answers