

Supplementary Material

Focus Group Guide – Pathways to Nature



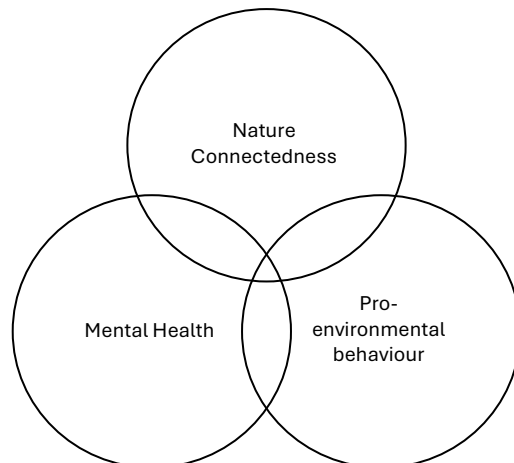
Aim of project: To explore how connecting with nature influences youth mental health, nature connectedness and supports pro-environmental behaviour – Drawing on youth work methodology

Purpose of the focus group: To allow participants to share their experiences of the project and explore the influence of mental health, nature connectedness and pro-environmental behaviour.

What have been the young people's experiences of Pathways to Nature?

Dimensions of Interest

1. Experiences of Pathways to Nature & Nature Connectedness
2. Nature Connectedness & Mental Health/ Wellbeing
3. Nature Connectedness & Pro-environmental Behaviour



Focus Group Guide for Youth Workers

Introduction

Introduce yourself to participants and inform them of the general aim of the focus group:

“I am here to learn from your experiences. Think of this as a relaxed group discussion where we can openly share our stories. We are interested in understanding your experience of the Pathways to Nature Project, which you have been part of for the last few months. The focus group will last about 1 hour and a half. If there is anything you don't feel like sharing in the group, you can write down your answer or share it with me after the discussion.”

Tell them to feel free to ask questions and to view the focus group as an informal discussion.

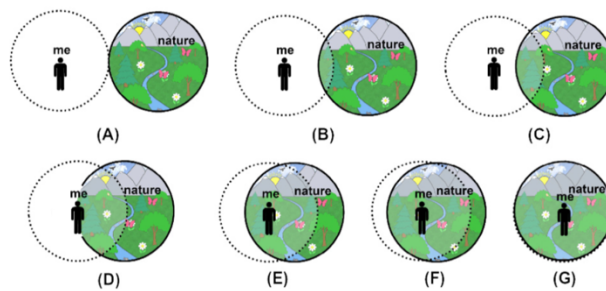
Questions

1. Experiences of Pathways to Nature

- What has been your favourite part of the Pathways to Nature Project?
- Were there any aspects of the project you didn't enjoy? Why?
- How has the project changed or influenced you?
- What is the main takeaway you have gotten from the project?

2. Nature Connectedness

- Using the 'Nature in Self' scale, where on this scale would you place yourself in terms of your connection to nature?



- Why have you chosen to place yourself there?
- Since participating in the project, how has your relationship with nature changed?
- **Prompt:** And what about your sense of connection to nature?
- **Prompt:** And what about your sense of identity/ self with nature?

Nature & Mental Health/ Wellbeing

- How did participating in this project make you feel?
- What were the main emotions that came up for you during the project? **Prompt:** At what point did they come up?
- Did you notice any differences or changes in your feelings and emotions during the project?
- If there have been changes, why do you think the project affected you this way?
- How do these emotions make you feel about nature?

Nature & Pro-Environmental Behaviour (PEB)

- Since participating in this project, what actions have you taken to protect/ care for nature?
- How has this project changed your feelings about protecting/ caring for nature?
- Looking at the Climate Emotions Wheel – What feelings came up for you while caring for nature? (Feel free to mention any emotions which don't appear on the wheel)

Climate Emotions Wheel



- How do you think spending time in nature influences these feelings?
- If nature could speak, what do you think it would say? **OR** What does nature need, in your opinion?
- Have you noticed that your actions in this project have had an impact on your local area?
- What else could you or others do to help?

Prompts

Tell me more about that

Can you say more on that?

Anything else/ to add?

What does everyone else think?

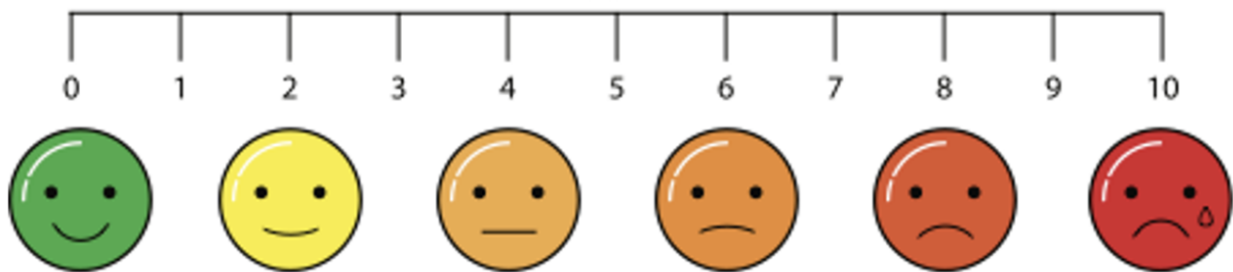
Do others have any different thoughts?

Climate Emotions Wheel: <https://www.climatepsychology.us/climate-emotions-wheel>

Self in Nature Scale:

https://www.researchgate.net/publication/349078754_Measuring_Connection_to_Nature-A_Illustrated_Extension_of_the_Inclusion_of_Nature_in_Self_Scale

Supplementary Material S2: Visual Analogue for PWI-SC



Supplementary Material S3: Translation process of PWI-SC

Translation process: While the PWI-SC has been translated and validated for cross-cultural use in many countries, there were no available translations of the scale in Armenian, Finnish, and Spanish. Given that English was not the primary language of most participants, it was crucial that all participants could answer in their preferred language to uphold the project's values of inclusivity and accessibility. Accordingly, our team undertook the translation process of the PWI-SC into the three aforementioned languages. This was a rigorous and meticulous process guided by existing guidelines on cross-cultural translation (Cruchinho et al., 2024; Valūnaitė Oleškevičienė et al., 2018). The translation process was facilitated by the research team (psychologists, youth workers and young people) in collaboration with language/ translation experts in each country. The comprehension of the scale was validated by pilot-testing and co-designing the translations with young people from each country. These young collaborators played a key role in ensuring the accuracy and relevance of the translations. In addition, we employed a back-translation process (Kowal, 2014; Tyupa, 2011) to further verify the translations and identify any linguistic or cultural differences. This process supported an integrated intercultural learning between partner countries. Finalised translations were shared with the creators of the PWI-SC and have been published on the official Australian Centre on Quality of Life (ACQoL) website, enhancing the scale's accessibility and its use with a diverse range of young people across different countries.

Translations available on the official Australian Centre on Quality of Life: (ACQoL):

<https://www.acqol.com.au/instruments>