

CONFIDENTIAL

FINCH

Forest school INterventions for Children's Health (FINCH): a feasibility
cluster randomised control trial

Participant Week 12 Questionnaire – Parent/Legal Guardian Version



For office use only

Participant ID Number:

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(NIHR157698). The views expressed are those of the author(s) and not
necessarily those of the NIHR or the Department of Health and Social Care

PLEASE READ ALL THE INSTRUCTIONS BEFORE COMPLETING THE QUESTIONNAIRE

Thank you for helping with this study. The responses you give in this questionnaire will help us help us see if forests school improve the well-being of children and young people aged seven to eleven years old.

The questions all relate to the child / young person who is taking part in the study.

Please answer ALL the questions. Although some of the questions may not seem relevant or may appear similar, they do give us valuable information.

If you find it difficult to answer a question, then please give the best answer you can.

Please follow the instructions for each section carefully.

If you are asked to put a tick in the box, please use a tick rather than a cross.

Example: If your answer to the following question is 'Yes', place a tick in the box next to Yes.

Do you drive a car?

Yes

☒

No

☐

If you are asked to write your answer, please enter your answer clearly in the box provided.

Example: How old is your child?

1	0
---	---

 years

Do not worry if you make a mistake. Instead, place a single line through the original entry and write the correct information to the side. The original answer should still be visible.

Example: Date of birth:

1	5
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 /

0	3
---	---

 /

2	0	1	0
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15/03/2014

Please use a black or blue pen. Please do not use a pencil or any other coloured pen.

If you have any queries or problems completing this questionnaire, please contact the FINCH Study Team:

Telephone number 01482 301726 or email HNF-TR.ResearchTeam@nhs.net

SECTION 1: Engagement and attitudes to green and natural spaces

The following questions are about time you have spent outside in green and natural spaces. This includes any visits to:

- green spaces in towns and cities (e.g. parks, canals)
- the countryside (e.g. farmland, woodland, hills and rivers).
- the coast (e.g. beaches, cliffs) and activities in the open sea

DO include:

- visits of any duration (including short trips to the park, dog walking, etc)

DO NOT include:

- time in your garden
- time outside as part of your job
- time spent outside the UK

1. In the last 12 weeks, how often, on average have you spent free time outside in green and natural spaces? Select the box that applies to you.

- ☐ Every day (Go to **Q2**)
- ☐ More than twice a week, but not every day (Go to **Q2**)
- ☐ Twice a week (Go to **Q2**)
- ☐ Once a week (Go to **Q2**)
- ☐ Once or twice a month (Go to **Q2**)
- ☐ Once every 2-3 months (Go to **Q2**)
- ☐ Less often (Go to **Q2**)
- ☐ Never (Go to **Q3**)
- ☐ Don't know (Go to **Q3**)
- ☐ Prefer not to say (Go to **Q3**)

2. Which of the following type(s) of green and natural spaces have you visited during the last month? Please select all that apply.

- ☐ Urban green space (such as a park, field or playground)
- ☐ Grounds of a historic property or country park
- ☐ Allotment or community garden
- ☐ Woodland or forest
- ☐ River, lake or canal
- ☐ Hill, mountain or moorland
- ☐ Beach / other coastline / sea
- ☐ Nature / wildlife reserve
- ☐ Fields / farmland / countryside
- ☐ Another green / natural space. Please specify: _ _ _ _ _
- ☐ No visits in the last month
- ☐ Don't know
- ☐ Prefer not to say

The next question will ask you to think about green and natural spaces **close to where you live.**

3. How much do you agree or disagree with the following statements?

My local green and natural spaces actually are:

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	Prefer not to say
Within easy walking distance	☐	☐	☐	☐	☐	☐	☐
Good places for mental health and wellbeing	☐	☐	☐	☐	☐	☐	☐
A high enough standard to want to spend time in	☐	☐	☐	☐	☐	☐	☐
Good places for children to play	☐	☐	☐	☐	☐	☐	☐
Places that encourage physical health and exercise	☐	☐	☐	☐	☐	☐	☐
Good places to meet other people	☐	☐	☐	☐	☐	☐	☐
Provide good opportunities to see nature	☐	☐	☐	☐	☐	☐	☐

4. How important is protecting the environment to you personally? Please select one answer only.

- ☐ Very important
- ☐ Important
- ☐ Neither important nor unimportant
- ☐ Not very important
- ☐ Not at all important
- ☐ Don't know
- ☐ Prefer not to say

5. How much do you agree or disagree with the following statement?

I am concerned about damage to the natural environment

Please select one answer only.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree
- ☐ Don't know
- ☐ Prefer not to say

6. The following questions are about the child/children currently involved in the FINCH study. If you have multiple children in the study, please answer the following questions in relation to the child with the same ID as the one listed on the front of the booklet

In the last 12 weeks, how often, on average, has this child spent free time outside in green and natural spaces?

- ☐ Every day
- ☐ More than twice a week, but not every day
- ☐ Twice a week
- ☐ Once a week
- ☐ Once or twice a month
- ☐ Once every 2-3 months
- ☐ Less often
- ☐ Never
- ☐ Don't know
- ☐ Prefer not to say

In general, which of the following, if any, do you feel your child gains from spending time outside in green and natural places? Please select all that apply.

- ☐ Spending time with friends, family and other children
- ☐ Getting in touch with nature
- ☐ It is good for their physical health
- ☐ Discovering something new
- ☐ Developing a sense of adventure
- ☐ It is good for their mental health
- ☐ Develop confidence
- ☐ Develop a sense of independence
- ☐ Something else. Please specify: _____
- ☐ None of the above
- ☐ Don't know
- ☐ Prefer not to say

Survey questions adapted from Natural England's 'Children's People and Nature Survey'.

Please enter the date you completed this questionnaire:

		/			/	2	0		
Day			Month			Year			

<END>

Thank you for taking the time to complete this questionnaire.

Please return this and the additional questionnaire sheet in the FINCH study envelope to your child's teacher.

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