



Some Instruments Relevant to Nature Healing Research and Understanding

1. **Connection to Nature.** Connected to Nature Scale, F. Stephan Mayer, Cynthia McPherson Franz

<http://www.oberlindashboard.org/downloads/MayerFrantz2004ConnectednessToNature.pdf>

2. **Nature Relatedness.** The Nature Relatedness Scale: Linking Individuals' Connection With Nature to Environmental Concern and Behavior, Elizabeth Nisbet, John Zelenski, Steven Murphy

<http://eab.sagepub.com/content/early/2008/08/01/0013916508318748>

3. **Aliveness.** The Sensual Awareness Inventory, George Burns

Burns, George W. *Nature-Guided Therapy: Brief Integrative Strategies for Health and Well-being*, (1998) Philadelphia, Brunner/Mazel, Chapter 4, "The Sensual Awareness Inventory," pg 57 - 69

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

Fine, Aubrey H., Editor, *Animal-Assisted Therapy: Theoretical Foundations and Guidelines for Practice*, (2001), San Diego, Elsevier, Chapter 14 "Understanding the role of animals in the family: insights and strategies for clinicians" by Barbara w. Boat, pg 281

5. **Sustainability Inventory.** Doherty, Thomas, Personal Sustainability Inventory

http://selfsustain.com/images/stories/dsi_sustainability_inventory_version_1.2_3-24-09.pdf

6. **Healthy Lifestyle.** For exploration on how to create a healthy life style, please visit the University of Minnesota's Center for Spirituality and Healing website: Taking Charge of Your Health

<http://www.takingcharge.csh.umn.edu/lifestyle>

7. **Love and Care for Nature Scale.**

Measuring love and care for nature, *Journal of Environmental Psychology*, Volume 30, Issue 4, December 2010, Pages 455-463, Helen E. Perkins

Researcher Helen E. Perkins, Griffith Business School, seeks to understand “what motivates individuals to act altruistically in their daily lives in order to protect the environment, often contrary to their own self interest.” She develops a scale with 15 questions ranging from “I feel joy just being in nature” to “I enjoy learning about nature.” The questions are broken down into three categories: 1) Love and Care for Nature, 2) Connected to Nature, and 3) Inclusion of Nature in Self. She links the results with behaviors such as purchasing environmentally friendly products, voting choices, interacting with environment stories in the media, etc.

8. **The Nature Relatedness Scale**

<http://eab.sagepub.com/content/41/5/715>

The Nature Relatedness Scale: Linking Individuals' Connection With Nature to Environmental Concern and Behavior, September 2009, *Environment and Behavior*, Vol 41, Number 5

Article reviews the validity of the NR scale and its potential use for investigating human-nature relationships and the processes underlying environmental concern and behaviors.