**First Questions: How does nature affect your mental health?**

First Answers: 30 participants replied: Quite positively.

2 anonymous It lifts it, improves it positively. Like, I don't know that I've really needed it or been missing it until I'm in nature again, out of the city.

3 anonymous If I am feeling stressed, going out for a walk in nature makes me feel better.

4 anonymous Relax

5 anonymous The greenery is very calming and relaxing! If the temperature is too hot or too cold, the nature can sometimes become unpleasant. Mental wise the nature is relaxing me 99% of the times

6 anonymous I feel better and more myself when in nature and miss it if I haven't been in nature for too long

7 anonymous Green mountains calm me down

8 anonymous I feel most calm and at peace when in nature, I'm unable to relax in other environments. I feel more positive and optimistic in natural environments

9 anonymous It feels like an important reset (sometimes only way to reset), but frustrating because I don't always have access to it.

10 anonymous It helps me feel calm and see the bigger picture.

11 anonymous When I take the time to really look at it and appreciate it, it makes me feel a sense of peace.

12 anonymous I feel peaceful in nature. I adore smelling the pins in a forest, I adore smelling the flowers, the ocean. I wished I was close to the sea :)

13 anonymous I like fresh air and multiple colours. I guess it can feel relaxing. But it also depends what is ment by nature exactly? I do not enjoy bitter colds and ice storms or burning heat and deserts.

14 anonymous It brings a smile on my face, especially clear skies and cold winds surrounded by luscious green trees/forest. The light sun rays particularly brings a sense of calm and peace within my body.

15 anonymous the changes in season affects my mental health

16 anonymous Keeping my mind off from worries

17 anonymous Getting outside definitely makes me happier and de stresses me.

18 anonymous Nature usually changes my mood. For example a sunny day may trigger the need to go for a long walk. In contrast, I usually feel less cheerful on a rainy day.

19 anonymous It help to take my mind off

20 anonymous in corollaries very strong

21 anonymous not much

22 anonymous it does affect strongly

23 anonymous It does affect straight.

24 anonymous it makes life more enjobale

25 anonymous it affects drastically

26 anonymous it directly connected with my mental health

27 anonymous not much; not that I've noticed

28 anonymous it help to relax me

29 anonymous In a good way

30 anonymous right away

**Second questions: How does connecting to the green spaces environment enhance your health and overall wellbeing? (26 replied)**

Answers:It does tend to reduce my anxiety if I have any, and calm my thoughts.

2 anonymous It's really important. Living in Glasgow, it's a green city, there's a sense of 'other life', which is somehow reassuring, life-giving somehow.

3 anonymous I think it is good for my mental health. It lifts my mood and makes me less anxious. It is also good for my physical health as it allows me to get exercise and reduces my stress levels.

4 anonymous Makes me relax

5 anonymous it is only benefiting my well being

6 anonymous I feel relaxed and more like myself. Gives perspective of what is real and what is important

7 anonymous It reduces stress and tension, provides fresh smelling air, allows me to feel 'space' around me

8 anonymous Remind me I am part of something larger; relaxes my physio/neurological state

9 anonymous I forget my worries.

10 anonymous I think it is very beneficial, getting sunlight makes me feel good.

11 anonymous I find that I am generally a positive person, but when I find myself surrounded by “greenness”, I feel like everything will be

12 anonymous very relaxing.

13 anonymous Positivity and calmness.

14 anonymous Making me feeling better about my life

15 anonymous I always feel lighter and less down afterwards even if I did feel that way prior to going outdoors.

16 anonymous It helps me clear my mind and feel connected to nature. I do not like living in places that do not offer enough green spaces. I like to live surrounded by trees

17 anonymous most of the time if I am connecting with nature, I feel more positive

18 anonymous Makes me feel relax and good

19 anonymous sometimes makes me feel better

20 anonymous give me more positive vibes

21 anonymous I would choose always to go out once something bad happened to me.

22 anonymous brings me more positive thoughts

23 anonymous bring me more positive energy

24 anonymous it gives me more productivity in my work/performance

25 anonymous NA

26 anonymous By bringing calm

**Third Questions: How the green spaces can be improved? (28 reply)**

Answers: I think that most modern cities and towns should have much more parks, gardens, sports areas and so on.

2 anonymous More of them. More trees. More colour.

3 anonymous I think we just need more of them because they are very crowded in nice weather which can be stressful in itself.

4 anonymous With ponds

5 anonymous By reducing pollution and protect green reservations dedicated to animals that can nest in those green spaces

6 anonymous Become more like natural green spaces rather than strictly managed green spaces

7 anonymous Within the city: better litter / recycling / dog waste facilities, lighting for dark evenings (and community support officers / safety patrols), outside the city: public transport access to national parks, good management of facilities - toilets and litter

8 anonymous Need to be much better taken care of!!! So so worried about the environment.

9 anonymous Let’s have more of them! Ask people to pick their dog’a poo up and use the bins to dispose of waste and not the bushes.

10 anonymous They should be treated with more respect.

11 anonymous Have more of them? :) there is a direct connection between green spaces and the city. It has to make sense and benefit the population, creating the feeling of “being calm” in the middle of an urban (crazy) city.

12 anonymous more different flowers and different trees

13 anonymous Less urbanisation. More capacity to plant trees and samplings. Proper disposal of waste and pollution free environment.

14 Less construction and urbanization

15 More open spaces that take people away from the sights of roads/cars.

16 By adding trees and flowers.

17 Less urbanization

18 to clean them

19 More clean areas

20 less urbanization and more taking care of them

21 create more places in the center of the cities

22 clean the public areas

23 maintaining clean environment

24 more availability in the center of the city

25 anonymous probably they are in need to be maintained more appropriately than now

26 anonymous clean areas

27 anonymous More of them

28 anonymous clean spaces

Codes identified:

Relaxation (10 codes)

Calming (9 codes)

Peaceful (4 codes)

Feel good/better (20 codes)

Stress reduction (7 codes)

Reset/Clear mind (3 codes)

Connectedness to nature (2 codes)

Visit nature (4 codes)

Affects mental health (7 codes)

More green spaces (10 codes)

Reduce pollution (9 codes)

Deurbanization (4 codes)

Negative impact on mood (3 codes)

Themes identified:

**Natural environments positively affect mental health.** (Codes included in this theme: relaxation, calming, peaceful, feel-good/better, stress reduction, reset/clear mind, affects mental health)

**Need to have more natural environments and reduce pollution** (Codes included in this theme (Deurbanization, reduce pollution, more green spaces, visit nature, connectedness to nature)

Methodology

The thematic analysis was done by codifying answers provided by participants via semi-structured interviews. The participants were asked three questions 1. "**How does nature affect your mental health?**”, 2. “**How does connecting to the green spaces environment enhance your health and overall wellbeing?**” 3. “**How the green spaces can be improved?**”.

The first question was answered by 30 participants, the 2nd question was answered by 26 participants, and the 3rd question was answered by 28 participants. All the responses were read by the researcher several times, and the researcher identified different patterns in the data, which were later codified. As a result of the coding procedure, the researcher was able to identify 13 codes: relaxation, calming, peaceful, feel-good/better, stress reduction, reset/clear mind, connectedness to nature, visit nature, affects mental health, more green spaces, reduce pollution, deurbanization, and negative impact on mood. The researcher identified 2 major important themes: Natural environments positively affect mental health and the Need to have more natural environments and reduce pollution. One code, "the negative impact of mood," was neglected because only a few participants have mentioned that they have negative experiences related to nature, and only in instances where the weather is too hot, cold, or uncomfortable.

Conclusion

The results of the thematic analysis show that participants have positive experiences related to nature. In fact, participants noted that they experience stress reduction, and their mental condition becomes better once they visit natural environments. For instance, some participants have noted, "It brings a smile on my face, especially clear skies and cold winds surrounded by luscious green trees/forest," and "I think it is good for my mental health. It lifts my mood and makes me less anxious". Furthermore, participants have mentioned the Need for access to a more natural environment. They have a demand for lower urbanization and more natural environments in cities. For instance, they noted, "I think we just need more of them because they are very crowded in nice weather which can be stressful in itself.” and “It has to make sense and benefit the population, creating the feeling of “being calm” in the middle of an urban (crazy) city.". The thematic analysis shows that increase in natural environments in cities may help people improve their mental health condition and reduce negative symptoms associated with mental diseases and disorders. The urban environment causes psychological stress and pressure on individuals, while green environments reduce stress symptoms by making them experience the feeling of connectedness to nature and by experiencing relaxation. It can be suggested to reduce pollution in cities and improve access to natural environments.