



Instruments and Assessments Relevant to Eco-Healing Research and Understanding

1. Connected to Nature Scale

By F. Stephan Mayer and Cynthia McPherson Franz

Mayer, F., McPherson-Frantz, C. (2004). The connectedness to nature scale: a measure of individuals' feeling in community with nature. *Journal of Environmental Psychology*, 24(4), 503-515.

2. The Nature Relatedness Scale: Linking Individuals' Connection with Nature to Environmental Concern and Behavior

By Elizabeth Nisbet, John Zelenski, and Steven Murphy

Nisbet, E.K., Zelenski, J.M., Murphy, S.A. (2009). The nature relatedness scale: linking individuals' connection with nature to environmental concern and behavior. *Environment and Behavior*, (41), 715-740.

3. The Sensual Awareness Inventory

By George Burns

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

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

By Barbara Boat

Boat, B. (2001). Understanding the role of animals in the family: insights and strategies for clinicians. In Fine, A.H. (Ed.), *Animal-Assisted Therapy:*

Theoretical Foundations and Guidelines for Practice, p. 281. San Diego, CA: Elsevier.

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5. Love and Care for Nature Scale

By Helen E. Perkins

Perkins, H.E. (2010). Measuring love and care for nature. *Journal of Environmental Psychology*; 30(4), 455-463.

6. Personal Sustainability Inventory

By Thomas Joseph Doherty

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

7. Environmental Health Self-Assessment

By the University of Minnesota, Taking Charge of Your Health website

<http://takingcharge.csh.umn.edu/create-healthy-lifestyle/environment>