Instruments and Assessments Relevant to Eco-Healing Research and Understanding

1. **Connected to Nature Scale**
   
   By F. Stephan Mayer and Cynthia McPherson Franz
   

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

3. **The Sensual Awareness Inventory**
   
   By George Burns
   

4. **Childhood Trust Survey on Animal-Related Experiences**: 10 Screening Questions for Children, Adolescents, and Adults
   
   By Barbara Boat
   
5. Love and Care for Nature Scale

By Helen E. Perkins


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