

# **nature relatedness scale – short form (nr-6)**

name:

date:

**instructions:** For each of the following, please rate the extent to which you agree with each statement, using the scale from 1 to 5 as shown below. Please respond as you really feel, rather than how you think 'most people' feel.

		<i>disagree strongly</i>	<i>disagree a little</i>	<i>neither agree nor disagree</i>	<i>agree a little</i>	<i>agree strongly</i>
<b>1.</b>	<i>My ideal vacation spot would be a remote, wilderness area</i>	1	2	3	4	5
<b>2.</b>	<i>I always think about how my actions affect the environment</i>	1	2	3	4	5
<b>3.</b>	<i>My connection to nature and the environment is a part of my spirituality</i>	1	2	3	4	5
<b>4.</b>	<i>I take notice of wildlife wherever I am</i>	1	2	3	4	5
<b>5.</b>	<i>My relationship to nature is an important part of who I am</i>	1	2	3	4	5
<b>6.</b>	<i>I feel very connected to all living things and the earth</i>	1	2	3	4	5

*NR-6 score is calculated by averaging all 6 items (total score divided by 6) =*

*In 7 surveys involving about 1,000 people, average scores ranged from ~3.0 to 3.5, with 70% scoring between ~2.2 to 4.3.*

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Nisbet, E. and J. Zelenski (2013). "The NR-6: a new brief measure of nature relatedness." *Frontiers in Psychology* 4(813).

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