

1 Appendix

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3 Table S1. Number of adult respondents according to age group and Swiss census data from
4 the year 2016.

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Age groups	Number of respondents	Census data (2016)
18-24	103 (13%)	12%
25-34	154 (19%)	22%
35-44	187 (23%)	22%
45-54	197 (25%)	24%
55-64	161 (20%)	20%
Total	802 (100%)	100%

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7 Source of census data: <https://www.bfs.admin.ch/bfs/de/home/statistiken/bevoelkerung/stand-entwicklung/alter-zivilstand-staatsangehoerigkeit.assetdetail.5866882.html>

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12 Table S2. Number of respondents according to language and Swiss census data from the year
13 2016.
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Language	Number of respondents	Census data (2016)
German	633 (63%)	63%
French	317 (32%)	23%
Italian	51 (5%)	8%
Other		6%
Total	1001 (100%)	100%

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16 Source of census data:
17 <https://www.bfs.admin.ch/bfs/de/home/statistiken/bevoelkerung/sprachen-religionen.html>
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22 Table S3. Number of respondents according to highest level of education and Swiss census
23 data for the population aged 15-64 years from 2013.

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Highest level of education	Number of respondents	Census data (2013)
Compulsory schooling	261 (26%)	22%
Vocational training, A-levels	469 (47%)	49%
University education	271 (27%)	29%
Total	1001 (100%)	100%

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26 Source of census data: [https://www.bfs.admin.ch/bfs/de/home/statistiken/arbeits-](https://www.bfs.admin.ch/bfs/de/home/statistiken/arbeits-erwerb/erwerbstaetigkeit-arbeitszeit/erwerbpersonnen/bildungsstand.assetdetail.5826156.html)
27 [erwerb/erwerbstaetigkeit-arbeitszeit/erwerbpersonnen/bildungsstand.assetdetail.5826156.html](https://www.bfs.admin.ch/bfs/de/home/statistiken/arbeits-erwerb/erwerbstaetigkeit-arbeitszeit/erwerbpersonnen/bildungsstand.assetdetail.5826156.html)

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33 Table S4. Number of female and male respondents and Swiss census data from 2016.
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Gender	Number of participants	Census data (2016)
Female	502 (50.15%)	50.43%
Male	499 (49.85%)	49.57%
Total	1001 (100%)	

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Source of census data:
<https://www.bfs.admin.ch/bfs/de/home/statistiken/bevoelkerung/geburten-todesfaelle.assetdetail.6046304.html>

43 Table S5. Factor analysis with rotated factor loadings of forest preferences
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Original item in questionnaire	Resulting factors with factor loadings				
	Preference for...				
	... wilder- ness	... high vegetation cover	... diverse forest	... adven- turous forest	... mono- culture
Lying dead trees	0.796	0.172	0.174	0.044	-0.060
Woody debris	0.794	0.372	0.221	0.069	0.105
Standing dead trees	0.696	0.149	0.001	0.230	0.086
Rocks and rocky terrain	0.620	0.249	0.289	0.484	-0.064
Dark and dense forest	0.558	0.416	0.032	-0.057	0.421
Presence of moss	0.307	0.837	0.260	0.251	0.158
Presence of ivy	0.165	0.788	0.246	0.291	0.136
High ground vegetation cover	0.300	0.736	0.447	0.141	0.015
High diversity of tree species	0.121	0.328	0.824	0.256	0.087
Mixed forest	0.132	0.265	0.762	0.175	0.302
A lot of shrubs and young trees	0.314	0.430	0.599	0.105	0.121
Forest clearings	0.027	0.155	0.596	0.374	0.072
Mixture of large and thin trunks	0.129	0.566	0.539	0.510	-0.004
Informal trails	0.051	0.270	0.299	0.777	0.091
Trees suitable for climbing	0.352	0.209	0.207	0.680	0.065
Big trees with large trunks	0.012	0.462	0.131	0.531	0.390
Only coniferous trees	0.029	0.129	0.095	0.051	0.851
Only deciduous trees	0.063	0.146	0.282	0.187	0.767
Eigenvalues	4.61	2.07	1.51	1.31	1.24
% variance explained	25.60	11.50	8.39	7.30	6.88

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 46 Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy: 0.82

47 Bartlett's test of sphericity: χ^2 (153) = 4966.32, $p < 0.001$

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50 Table S6. Factor analysis with rotated factor loadings of motives for visiting forest
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Original item in questionnaire	Resulting factors with factor loadings		
	Freedom	Social reasons	Contemplative reasons
Smoke and drink	0.838	0.227	-0.151
Consume drugs	0.805	0.157	-0.147
Be unobserved	0.745	0.253	-0.066
Have sex	0.682	0.191	-0.025
Loud music/make noise	0.621	0.455	-0.140
Meet friends	0.419	0.813	0.030
Girl-/boyfriend	0.324	0.803	0.066
Family	0.003	0.661	0.176
Have fun	0.123	0.645	0.321
Tranquility	-0.072	0.108	0.808
Enjoy nature	-0.166	0.210	0.748
Health reasons	-0.034	0.149	0.733
Eigenvalues	3.39	2.27	1.28
% variance explained	28.25	18.91	10.65

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 53 Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy: 0.79
 54 Bartlett's test of sphericity: χ^2 (66) = 2610.03, $p < 0.001$
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57 Table S7. Factor analysis with rotated factor loadings of reasons for not visiting forest
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Original item in questionnaire	Resulting factors with factor loadings		
	Health risks	Fear	Forest uninteresting
Diseases	0.843	0.594	0.231
Poisonous plants	0.840	0.623	0.248
Mosquitoes/insects	0.769	0.368	0.495
Ticks	0.765	0.409	0.400
Hay fever	0.514	0.265	0.375
Fear of being assaulted	0.478	0.848	0.287
Fear of getting lost	0.505	0.802	0.351
Fear of dogs	0.407	0.784	0.202
Fear of having an accident	0.706	0.710	0.295
Fear of weird people	0.601	0.692	0.355
Fear of being alone	0.633	0.589	0.514
Leisure time outside forest	0.329	0.228	0.805
Boredom	0.529	0.331	0.742
Friends don't visit forest	0.319	0.239	0.719
Too far away	0.316	0.356	0.686
Eigenvalues	6.28	1.62	1.07
% variance explained	41.87	10.81	7.10

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 60 Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy: 0.90

61 Bartlett's test of sphericity: $\chi^2 (105) = 5497.01, p < 0.001$

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