

The impact of the Covid-19 lockdown on the human experience of nature

Ruppert Vimal

► To cite this version:

Ruppert Vimal. The impact of the Covid-19 lockdown on the human experience of nature. Science of the Total Environment, 2022, 803, 10.1016/j.scitotenv.2021.149571. hal-03347408

HAL Id: hal-03347408 https://hal.science/hal-03347408

Submitted on 22 Sep 2021

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers. L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

```
The impact of the Covid-19 lockdown on the human experience of nature
Ruppert VIMAL – GEODE-UMR 5602 CNRS/UT2J
```

8 ABSTRACT

7

9 The Covid-19 pandemic has resulted in extensive lockdowns implemented all around the world and billion of people have been asked to stay at home for several weeks. Although this global confinement 10 11 has had potentially huge unintended consequences on the environment and on its associated wildlife. 12 this study shows that it has also impacted the human experience of nature. Based on an online questionnaire, this study aims to assess how the significant changes in people's everyday lives induced 13 14 by the French lockdown impacted their relationship with other species. Participants did not only 15 observe and interact more with non human species, but also discovered new traits characterizing them, 16 and felt less lonely thanks to them. The impact of the lockdown was stronger on people's relationship 17 with their pets, farm animals, home plants and with birds than with other plants and animals. This study 18 further demonstrates that participants with different profiles have been affected differently. In 19 particular, women and people with better access to nature were clearly more sensitive to changes and 20 have been more positively impacted in their relationships with other species. Acting as a real world 21 experiment, the lockdown reveals to which extent our experience of nature is embedded in social, 22 cultural and political contexts.

23

Keywords: Experience of Nature - Covid-19 Lockdown – Human Perception - Global Change Biodiversity

27 INTRODUCTION

In December 2019, the Coronavirus SARS-CoV-2 appeared in China and spread worldwide before to being declared on March 2019 by the World Health Organization as a pandemic. In order to face the Covid-19 outbreak, governments around the world imposed strong restrictions to their populations such as keeping physical distance, stopping non-essential activities and limiting the movements of people. This global "lockdown" resulted in almost two thirds of the world population being asked to stay at home and placed under a confinement by April 2020. Since then, in many parts of the world, such drastic measures have also been reactivated to face the second and third waves of the pandemic.

Besides investigating the outbreak dynamics, researchers around the world studied the diverse unintended consequences of the lockdown such as the impact on economy and finances (e.g Huo & Qiu 2020; Kanu 2020), mental health and psychology (e.g Guessoum et al. 2020; Singh et al. 2020), education (e.g Mishra et al. 2020; Alvi & Gupta 2020) or social relationships (e.g Dewitte et al. 2020; Sommerlad et al. 2020).

40 As suggested by Bates et al. (2020), the global confinement also represented a unique opportunity, a 41 world scale lab-in-the-field experiment, for environmental researches. Scholars have documented the 42 consequences of the lockdown on carbon emission (Evangeliou et al. 2020; Han et al. 2021), air and 43 water quality (Menut et al. 2020; Dutta et al. 2020; Chen et al. 2020), noise disturbances (Aletta et al. 44 2020; Basu et al. 2020) or light pollution (Bustamante-Calabria et al. 2020). They also assessed how 45 the Covid-19 crisis impacted biodiversity. In this perspective, their main interest was in understanding 46 of how non human species can adapt to rapid transformations of their environment and whether or not 47 nature has recovered from this unprecedented reduction of human activities. As for examples, Derryberry et al. (2020) showed that the reduction in traffic noise led to a shift in song frequencies in a 48 49 bird species. Gordo et al. (2020) revealed that although birds detectability increased in Spanish urban 50 areas, the probability of their occurrence remained stable.

Overall, with the emergence of the Covid-19 zoonosis, the relationship between human and wildlife has been placed under a global spotlight (Gaynor et al. 2020). The pandemic reveals the complex and interacting pathways in which animal populations and habitats are intrinsically connected to human health and livelihoods. Little has been said, however, regarding the impact of the lockdown on people's relationship with nature, especially in terms of their daily interactions with the environment and living creatures. How can this "anthropause", as a dramatic slow down in human activities (Stokstad 2020), affect human experience of nature?

It is acknowledged that people in western societies have fewer and fewer direct contacts with natural environments and their associated wildlife in their everyday lives (Turner et al. 2004; Soga & Gaston 2016). For instance, it has been shown that in Japan, older people had more frequent experiences during their childhood with flowering plants and with more diverse species than younger ones (Soga et al. 2018). Similarly, the proportion of US children participating in outdoor activities as well as the time spent outdoors dramatically decreased over the last decades (Hofferth 2009).

Some authors recently claimed that the ecological crisis could be first of all related to a loss of sensitivity of modern societies toward the living (Morizot 2020). Indeed, it is recognized that this "extinction of experience" of nature (Pyle 2011) can have deleterious consequences not only on human well-being but also on people's emotional, attitudinal, and behavioral relations to nature and biodiversity (Turner et al. 2004; Chan et al. 2016; Prévot et al. 2018).

In that perspective, the Covid-19 crisis and its associated lockdowns provide an opportunity to understand how a major change in society can impact human experience of nature. Only a few studies have documented the effect of the lockdown on people interactions with their environments. Part of them have been dedicated to demonstrate the importance of greenspace access for people living in urban areas (Biswas & Sen 2020; Kleinschroth & Kowarik 2020; Derks et al. 2020; Venter et al. 2020; Ugolini et al. 2020). Other studies have shown how the lockdown impacted birders behaviors and

activities (Randler et al. 2020), explored how digital instruments and virtual portals helped people to
connect to nature and reduce anxiety (Zabini et al. 2020; Jarratt 2020) or analyzed the impact of animal
ownership on mental health and loneliness (Bowen et al. 2020; Ratschen et al. 2020).

This study aims at understanding how the significant changes of people's lifestyle generated by the french confinement impacted their experience of nature in terms of their relationship with other beings. Based on an online questionnaire, I first assessed the impact of the Covid-19 lockdown on the way people observed, interacted, learned from different species and how the latter helped them to feel less lonely. I then evaluated whether people of different profiles were impacted differently.

83

84 METHODS

85 Context of the study

From March 17th 2020 to May 11th 2020, the French authorities established a state-wide lockdown stopping all « non-essential activities ». Apart from food retail sector and healthcare institutions, most of the other activities were brought to a halt. People were asked to stay home as much as possible and were allowed out only to meet their basic needs. A one hour per day permission was also granted to exercise, walk pets, get some fresh air within 1km maximum of one's place of residence.

91 **Questionnaire implementation**

92 Using the Limesurvey software (Limesurvey GmbH), I proposed an online questionnaire running from 93 the April 8th 2020 to May 11th 2020 (end of the first French lockdown). The questionnaire was written in 94 French and was available to anyone over 17 years old and living in France (mainland). The study was 95 fully independent and has not been commissioned by any public or private organisms.

96 The questionnaire was composed of a short preamble describing the aim of the study, some 97 explanations on how to answer it, and 24 questions. It has been released via social networks, emails, 98 and local media. The estimated time of answer was about 15 minutes.

99 The first part of the questionnaire (9 questions) focused on the participants' profiles. I asked people for 100 their gender, their age (between 18 and 40 years of age, between 40 and 60, above 60), their education 101 (higher than high-school degree or not), their geographic location (city, outskirts, countryside), their 102 access to nature (no access, access to parks, access to natural areas), whether they had a garden or not, whether they were students/workers or not (unemployed, retired), whether they were confined alone or 103 104 not and since when (number of weeks) and whether they were familiar, through education, profession 105 or pleasure, with biodiversity study, management, or protection (note however, that, due to a mistake in 106 implementing the questionnaire online, only 575 participants answered this last question).

107 The second part of the questionnaire (15 questions) was dedicated to the effect of the lockdown on the 108 respondents' relationships with the species of 5 different groups: pets and farm animals of the 109 respondents ("Own animals"), indoor and outdoor plants and trees of the respondents ("Home plants"), 110 birds ("Birds"), plants and trees outside the respondents home ("Other plants"), animals which are not 111 considered as pets, farm animals or birds ("Other animals").

112 I assessed the impact of the lockdown on the respondent observation/interaction, learning, and 113 loneliness following three questions respectively: i) since the beginning of the lockdown, have you 114 been spending more time observing or interacting with [species group]? If yes, please specify where 115 and how. ii) since the beginning of the lockdown, have you discovered new behavioral, biological or 116 morphological traits from [species group]? If yes, please specify which ones. iii) since the beginning of 117 the lockdown, have you felt less lonely thanks to [species group]? For the first two questions, people had four choices: "No, less than before", "No", "I don't know", "Yes". For the third question, people 118 119 had three choices: "No", "I don't know", "Yes".

120 Participant profiles

I obtained a total of 1292 complete answers (see appendix 1). Most respondents were women (70%),
did not live alone (83,2%) and had at least a high-school degree (81%). Forty one percent lived in the

countryside, 39% said they had a direct access to nature when going out, and 70% had a garden. When they answered the questionnaire, more than half of the respondents had been confined for 4 to 5 weeks whereas 11% had been confined for 1 to 3 weeks and 30% for 6 to 8 weeks. Fifty-four percent were aged 18 to 40, 32% 40 to 60 and 14% above 60. Finally, 32% declared they were not familiar with biodiversity study, management, or protection (estimation based on the 575 respondents who had access to this question).

129 Analyses

All the analysis have been conducted for each group of species and function of each of the considered impacts (observation/interaction, learning and loneliness). For the sake of simplicity, answers "I don't know" and "No, less than before" have been considered as "Not Available" and "No" respectively. Indeed, only a small number of both types of answers were found (see appendix 1).

I first analyzed the proportion of the participants who declared they were positively impacted by the lockdown as far as their relationship with other species were concerned (Figure 1). I also used the qualitative information given by the participants ("if yes, please specify where and how", "if yes, please specify which ones") to provide a complementary assessment of the lockdown impact.

138 I then analyzed the effect of the participants profiles (variables described in the previous section) 139 concerning the lockdown impact on their relationship with other species. For this part of the study, I 140 discarded the answers of people whose gender and nature access was "other" (n=6 and n=93) 141 respectively). For each species group and each considered impact (i.e. observation/interaction, learning, 142 loneliness), I ran generalized linear models (GLM) in order to test for the effect of each variable, 143 holding the effects of the other variables constant. In all 15 models, as the categories of answers (i.e. 144 the dependent variables) were binary ("Yes" or "No"), I fitted the models using a binomial error structure and logit link function (McCullagh & Nelder 1989). The models were fitted in R (version 145 146 3.6.3; R Core Team 2020) using the "glm" function.

For each model, the selection of the used variables was made according to a step by step descending process. In such an approach, the performance of the model is iteratively increased by removing at each step the least important variable. The selected model is the one for which the suppression of a new variable does not increase its performance. The performance was assessed using the Akaike Information Criterion (AIC). Such selection was made using the "step" function in R.

The detailed results of the different models are presented in appendix 3. For the sake of simplicity, within the main manuscript (Table 2), I present only the significance of each variable (p>0,001) for each of the considered models.

155

156 **RESULTS**

157 The impact of the lockdown

158 Overall, the lockdown had a positive effect on people relationships with the other species (Fig. 1). The 159 most important effect was on the respondents observation and interaction with other species. More than 160 65% declared they observed and interacted more with their animals and plants as well as with birds and 161 more than 40% with other animals and plants. Fewer declared that they learned something new (from 162 20% and above for home plants, own animals and birds to 15% and less for other plants and animals). 163 While 30 to 40 % of the participants declared that other animals and plants, birds and home plants 164 helped them to feel less lonely, the effect was more significant concerning their own animals. Indeed, 165 60% of the respondents having animals felt less lonely thanks to them.

Of course such results should be used with caution since the pool of participants is biased toward women, wealthy and educated people having a garden and familiar with biodiversity. Nonetheless, a detailed analysis of the results (Appendix 1) reveals that positive impacts of the lockdown, although with various intensity, were found for each profile.People declared they spent much more time taking care of their animals and plants. They groomed their pets more, played more with their dogs, took time

171 to prune their trees, sow seeds, and water the garden. The participants mentioned that they got to know 172 their animals better : what do cats eat, when do dogs sleep during the day and for how long, how do 173 hamsters react to a new environment, how to recognize different types of hens. Some of them also 174 explained the impact of the lockdown on their pet behavior. Lot of people declared they observed their plants and trees more. Thanks to the spring season, they mentioned for instance the growing of the 175 176 leaves and the appearance of the first flowers. Through their observation, they learn new things about 177 them: "... it's the first time I have the opportunity to observe the seedlings grow and to realize that there are similarities and small differences between tomatoes and egg plants" (Answer n°786). Overall, the 178 179 respondents do not only say they interact and observe more but also that they do it better and with 180 much more precision: "I observe the slightest changes there can be, several times a day. I water them regularly, I realize their speed of growth, their needs..."(Answer n°639). 181

182 People spend also more time observing and listening to birds, from their balcony, in their garden or 183 outside during their walk. Several people mentioned that they tried to communicate with them by 184 whistling: "Once or twice, when walking in the street, I answered to a bird. I think it was because there 185 were fewer people there and no cars" (Answer n°120). "I'm whistling and sometimes I got the 186 impression that they are answering" (Answer n°357). Participants also said they took more care of 187 birds by for instance protecting them from their cats, giving them food, water or building them a nest or 188 a feeder. People declaring that they learned new things about birds mentioned their feeding habits, the 189 variety of singing, behavioral differences and interactions between bird species. Interestingly, people 190 often mentioned how they observe, interact with and get to know specific, well identified individuals: 191 "One bird specifically comes back every day and several times a day to stand on close by the house. 192 When I'm reading, I often stop to observe and listen to him/her" (Answer n°830). "There is one pair of 193 birds of prey that fly always at the same time above the house and one pair of red-tailed birds that have 194 nested between the roof and the chimney" (Answer n°825).

195 People observe more the plants and trees in the greenspaces around their home or in their neighboring 196 gardens. Several respondents declared that they sketched them or took pictures of them and that they 197 learned more about their phenology: plant growth speed, leaf color changes and flowering. Although 198 some of the participants regretted the fact that they have only poor access to plants and trees within their surrounding, others mentioned it as a reminder to pay more attention, to be more mindful: "there 199 200 is only a little greenery around my place. I walk there and understand how lucky I am as well as the 201 scarcity of these spaces. I take full advantage of it, with "gratitude"" (Answer n°819). They declared 202 how access to such greenspaces and interaction with plants and trees comforts them: "On a walk, I touch the trees, hug them and sit against them. It regenerates me. I felt a strong lack of nature, 203 especially at the beginning of the confinement. My walks were life-saving" (Answer n°1062). 204

People who declared observing and interacting more with other animals mentioned species such as 205 206 snakes, different insects, rats, lizards, or squirrels. Observations focus mainly on behavior: I've spent 207 two weeks observing a bee in the holes of the veranda door. I really spent several hours observing it. I 208 think I would have never taken this time before" (Answer n°120). Although several people mentioned 209 they should leave such animals alone ("I don't want to encroach on their territory and their lives" 210 (Answer $n^{\circ}975$)), others mentioned how they took care of them by protecting one animal from the 211 other, by gently releasing insects which were trapped indoors. As for plants and trees, several 212 participants also declared they did not spend more time interacting with or observing such animals 213 because they have poor access to nature.

214 The impact of the participant profiles

My results reveal that the profile of the participants can play a part on how the lockdown influenced their relationships with other species (Table 2). The gender effect is clearly the most important one. For all species groups, the lockdown had more impact on women than on men regarding their 218 observation/interaction with non-humans as well as how the latter helped them fight loneliness. Women 219 also declared more than men that they learned new things from plants and from their animals.

220 Additionally, the degree of access to nature has also a strong positive effect on the respondents 221 observation/interaction with other animals and other plants, on their leaning from animals as well on the way home plants, birds, other plants and animals helped participants feel less lonely. People who 222 have their own garden are also more positively impacted concerning their observation/interaction with 223 224 their home plants and birds as well as regarding their learning from birds and other animals. They also 225 declared fewer times than others that they were positively impacted regarding how their animals helped them feel less lonely. People living in the countryside have been less impacted than others in their 226 observation/interaction with their animals. While they were also less impacted regarding what they 227 learn from the latter, they declared more than others that they learned from plants. Participants with 228 229 experience in biodiversity conservation, study or management overall have been more impacted by the 230 lockdown in terms of their observation and interaction with other species except concerning their 231 animals. Interestingly, they learned more than others from birds and said more often than others that 232 they felt less lonely thanks to them. Educated people as well have been more impacted regarding their 233 observation/interaction with their plants, birds and other plants but declared less than others that their 234 animals and the other animals helped them feel less lonely. Being active has only a positive effect on 235 the respondents observation and interaction with animals. Older people have been overall less impacted 236 than others regarding their observation/interaction with other species and declared less than others that 237 they learned something from plants or that they felt less lonely thanks to their animals. People living 238 alone have been less impacted in their observation/interaction with birds and other plants and their learning from birds. Their animals and their plants helped them more to fight loneliness. Finally, people 239 being confined for a longer period declared more than others that the lockdown had an effect on what 240

they learned from their animals and from other plants. Compared to other participants, the other plantshelped them more overcome loneliness while their animals helped them less.

243

244 **DISCUSSION**

This study shows that the Covid-19 lockdown affected the human relationship with other species. The questionnaire answers provide diverse stories about how people took more care of their pets, observed the daily growth of plants, fed wild animals, rescued insects, got to know specific birds individually, etc. People did not only declare that they observed and interacted more with non human species but also that they learned new things about them and that they felt less lonely thanks to them.

If the pandemic has been considered as an opportunity to take a step back, to understand the "grave 250 consequences of causing an imbalance in natural processes shaped over millennia" (Bang & Khadakkar 251 252 2020), this study demonstrates that the zoonosis was first of all an opportunity in itself to concretely 253 reconnect with nature. Whereas several studies have shown how biodiversity clawed back spaces in 254 human-dominated landscape (e.g Pearson et al. 2020; Gordo et al. 2020; Silva-Rodríguez et al. 2020), 255 my work rather shows how the lockdown modified people attention towards other beings. Non-humans 256 species did not only recover spatially but as well in the everyday life of humans and this can also lead 257 to a positive impact on biodiversity. Indeed, it is recognized that an increased experience of nature is 258 likely to improve people commitment to protect wildlife (Chan et al. 2016; Prévot et al. 2018; Cazalis 259 & Prévot 2019).

This study demonstrates how new experiences can emerge from societal changes. Due to the lockdown, movements and social interactions have been drastically reduced whereas time spent at home has consistently increased. This transformation of the everyday life of people induced significant changes in their relationship with other species. Nonetheless, this study further demonstrates that such major

changes do not equally impact people. Indeed, participants with different profiles have been affected
differently regarding their relationship with other beings during the lockdown.

In particular, there was a clear insight that women have been more positively impacted than men in 266 267 terms of their observation, interaction, learning regarding different species as well as how the latter 268 influences their loneliness. Although it is known that women have a different sensitivity for nature (Merchant 1996), this study contributes to show that they are also more sensitive to changes. The 269 270 environment in which people live also appears to be determinant regarding how a major change can 271 impact their relationships towards nature. Although living in a city versus living in the countryside does not seem to affect that much the respondents' sensitivity, people having a garden, access to a park or 272 living close to natural environments were more likely to change their relationship with other species 273 during the lockdown. 274

275 Other characteristics of the participants had an impact on their answers. For instance, older people were 276 overall less affected than others. Educated people seemed to be more sensitive in their 277 observation/interaction with plants and birds but less than others regarding how animals helped them to 278 feel less lonely. Participants being already familiar with biodiversity are more likely to be impacted and 279 have stronger sensitivity to birds. People living alone have been more affected regarding how their 280 plants and animals helped them fight against loneliness, but have been less sensitive in terms of 281 observation, interaction and learning from other species. People being confined for longer periods of 282 time seem to have developed a higher sensitivity to *a priori* less accessible species namely the plants. 283 Such observations generate a number of hypotheses and further studies would be valuable to fully 284 address the involved mechanisms. For instance, it would be interesting to understand whether educated people are more rational toward nature whereas less educated people would be more emotional and 285 how being in a group and living collectively could facilitate the observation, interaction and learning 286 287 from wild species.

288 Of course, it is very unlikely that a 2 month confinement or even a 1 or 2 year pandemic will transform 289 human relation to other beings in the long term. But, while some authors claimed that the "concerted 290 and urgent global response to Covid-19 should pave the way for similar responses to global ecological 291 crises (Bang & Khadakkar 2020)", the main interest of my study is to demonstrate how such responses can also transform people experience of nature. Acting as a real world experiment, the lockdown does 292 293 not only reveal how a major change in society can trigger this experience but also who may be more 294 impacted. Experiences of nature are complex and diverse and are embedded in social, cultural and 295 political contexts (Clayton et al. 2017). One of the main conclusions of this study is that people are not 296 equal regarding changes such as the ones induced by the lockdown. Although it is globally accepted that mankind needs to reconnect with nature and to develop a new sensitivity towards other beings, this 297 study contributes to demonstrate the importance of considering such issues in light of the social and 298 299 political organizations of human societies. In that respect, I identified key profiles that should be 300 considered when facing deep and global societal changes.

301

302 REFERENCES

- 303
 - Aletta F, Oberman T, Mitchell A, Tong H, Kang J. 2020. Assessing the changing urban sound environment during the COVID-19 lockdown period using short-term acoustic measurements. Noise Mapping 7:123–134. De Gruyter.
- 304 Alvi M, Gupta M. 2020. Learning in times of lockdown: how Covid-19 is affecting education and food-
- 305 security in India. Food Security 12:793–796.
- 306 Bang A, Khadakkar S. 2020. Opinion: Biodiversity conservation during a global crisis: Consequences-
- and the way forward. Proceedings of the National Academy of Sciences 117:29995–29999. National
 Academy of Sciences.
- 309 Basu B, Murphy E, Molter A, Basu AS, Sannigrahi S, Belmonte M, Pilla F. 2020. Effect of COVID-19-
- 310 on noise pollution change in Dublin, Ireland. arXiv:2008.08993 [stat]. Available from-
- 311 http://arxiv.org/abs/2008.08993 (accessed November 5, 2020).
- 312 Bates AE, Primack RB, Moraga P, Duarte CM. 2020. COVID-19 pandemic and associated lockdown as-
- a "Global Human Confinement Experiment" to investigate biodiversity conservation. Biological
 Conservation 248:108665.
- 315 Biswas R, Sen S. 2020. Urban Eco-Psychological Attitude during COVID-19 'Lockdown': A Survey.
- 316 SSRN Scholarly Paper ID 3657700. Social Science Research Network, Rochester, NY. Available from-
- 317 https://papers.ssrn.com/abstract=3657700 (accessed November 5, 2020).

- 318 Bowen J, García E, Darder P, Argüelles J, Fatjó J. 2020. The effects of the Spanish COVID-19-
- 319 lockdown on people, their pets and the human-animal bond. Journal of Veterinary Behavior. Available-
- 320 from http://www.seiencedirect.com/seience/article/pii/S1558787820300642 (accessed October 13, 321 2020).
- 322 Bustamante-Calabria M, de Miguel AS, Martín-Ruiz S, Ortiz J-L, Vílchez JM, Pelegrina A, García A,
- 323 Zamorano J, Bennie J, Gaston KJ. 2020. Effects of the COVID-19 lockdown on urban light emissions:
- 324 ground and satellite comparison. arXiv:2011.09252 [astro-ph, physics:physics]. Available from-
- 325 http://arxiv.org/abs/2011.09252 (accessed December 18, 2020).
- 326 Cazalis V, Prévot A-C. 2019. Are protected areas effective in conserving human connection with nature-
- 327 and enhancing pro-environmental behaviours? Biological Conservation 236:548-555.
- 328 Chan KMA et al. 2016. Opinion: Why protect nature? Rethinking values and the environment.
- 329 Proceedings of the National Academy of Sciences 113:1462–1465. National Academy of Sciences.
- 330 Chen Y, Zhang S, Peng C, Shi G, Tian M, Huang R-J, Guo D, Wang H, Yao X, Yang F. 2020. Impact of
- 331 the COVID-19 pandemic and control measures on air quality and aerosol light absorption in-
- 332 Southwestern China. Science of The Total Environment 749:141419.
- 333 Clayton S, Colléony A, Conversy P, Maclouf E, Martin L, Torres A-C, Truong M-X, Prévot A-C. 2017.
- Transformation of Experience: Toward a New Relationship with Nature. Conservation Letters 10:645–
 651.
- 336 Derks J, Giessen L, Winkel G. 2020. COVID-19-induced visitor boom reveals the importance of forests 337 as critical infrastructure. Forest Policy and Economics 118:102253.
- 338 Derryberry EP, Phillips JN, Derryberry GE, Blum MJ, Luther D. 2020. Singing in a silent spring: Birds-
- respond to a half-century soundscape reversion during the COVID-19 shutdown. Science 370:575–579.
 American Association for the Advancement of Science.
- 341 Dewitte M, Otten C, Walker L. 2020. Making love in the time of corona considering relationships in 342 lockdown. Nature Reviews Urology 17:547–553. Nature Publishing Group.
- 343 Dutta V, Dubey D, Kumar S. 2020. Cleaning the River Ganga: Impact of lockdown on water quality-
- 344 and future implications on river rejuvenation strategies. Science of The Total Environment 743:140756.
- 345 Evangeliou N et al. 2020. Changes in black carbon emissions over Europe due to COVID-19-
- 346 lockdowns. Atmospheric Chemistry and Physics Discussions: 1–33. Copernicus GmbH.
- 347 Gaynor KM, Brashares JS, Gregory GH, Kurz DJ, Seto KL, Withey LS, Fiorella KJ. 2020. Anticipating-
- the impacts of the COVID-19 pandemic on wildlife. Frontiers in Ecology and the Environment 18:542–
 543.
- 350 Gordo O, Brotons L, Herrando S, Gargallo G. 2020. Rapid Behavioral Response of Urban Birds to-
- 351 COVID-19 Lockdown. bioRxiv:2020.09.25.313148. Cold Spring Harbor Laboratory.
- 352 Guessoum SB, Lachal J, Radjack R, Carretier E, Minassian S, Benoit L, Moro MR. 2020. Adolescent-
- 353 psychiatric disorders during the COVID-19 pandemic and lockdown. Psychiatry Research 291:113264.
- 354 Han P, Cai Q, Oda T, Zeng N, Shan Y, Lin X, Liu D. 2021. Assessing the recent impact of COVID-19-
- 355 on carbon emissions from China using domestic economic data. Science of The Total Environment 356 750:141688.
- 357 Hofferth SL. 2009. Changes in American children's time 1997 to 2003. Electronic international-
- 358 journal of time use research 6:26–47.
- 359 Huo X, Qiu Z. 2020. How does China's stock market react to the announcement of the COVID-19-
- 360 pandemic lockdown? Economic and Political Studies 0:1–26. Routledge.
- 361 Jarratt D. 2020. An exploration of webcam-travel: Connecting to place and nature through webcams-
- 362 during the COVID-19 lockdown of 2020. Tourism and Hospitality Research: 1467358420963370.
- 363 SAGE Publications.

- 364 Kanitkar T. 2020. The COVID-19 lockdown in India: Impacts on the economy and the power sector.
- 365 Global Transitions 2:150–156.
- 366 Kanu IA. 2020. COVID-19 AND THE ECONOMY: AN AFRICAN PERSPECTIVE. Journal of
- 367 African Studies and Sustainable Development 3. Available from-
- 368 https://acjol.org/index.php/jassd/article/view/jassd_v3n2_3 (accessed December 18, 2020).
- 369 Kleinschroth F, Kowarik I. 2020. COVID-19 crisis demonstrates the urgent need for urban greenspaces.
- 370 Frontiers in Ecology and the Environment 18:318–319.
- 371 Limesurvey GmbH. (n.d.). LimeSurvey: An Open Source survey tool. LimeSurvey GmbH, Hamburg,
- 372 Germany. Available from http://www.limesurvey.org.
- 373 McCullagh P, Nelder JA. 1989. Generalized Linear Models, Second Edition. CRC Press.
- 374 Menut L, Bessagnet B, Siour G, Mailler S, Pennel R, Cholakian A. 2020. Impact of lockdown measures-
- to combat Covid-19 on air quality over western Europe. Science of The Total Environment 776 741:140426.
- 377 Merchant C. 1996. Earthcare: women and the environment. Routledge, New York.
- 378 Mishra L, Gupta T, Shree A. 2020. Online teaching-learning in higher education during lockdown-
- 379 period of COVID-19 pandemic. International Journal of Educational Research Open 1:100012.
- 380 Morizot B. 2020. Manières d'être vivant: enquêtes sur la vie à travers nous.
- 381 Pearson RM, Sievers M, McClure EC, Turschwell MP, Connolly RM. 2020. COVID-19 recovery can-
- 382 benefit biodiversity. Science 368:838–839. American Association for the Advancement of Science.
- 383 Prévot A-C, Cheval H, Raymond R, Cosquer A. 2018. Routine experiences of nature in cities can
- increase personal commitment toward biodiversity conservation. Biological Conservation 226:1–8.
 Elsevier.
- 386 Pyle RM. 2011. The thunder tree: lessons from an urban wildland. Oregon State University Press,
 387 Corvallis.
- 388 R Core Team. 2020. R: A language and environment for statistical computing. R Foundation for-
- 389 Statistical Computing, Vienna, Austria.
- 390 Randler C, Tryjanowski P, Jokimäki J, Kaisanlahti-Jokimäki M-L, Staller N. 2020. SARS-CoV2-
- 391 (COVID-19) Pandemie Loekdown Influences Nature-Based Recreational Activity: The Case of
- 392 Birders. International Journal of Environmental Research and Public Health 17:7310. Multidisciplinary-
- 393 Digital Publishing Institute.
- 394 Ratschen E, Shoesmith E, Shahab L, Silva K, Kale D, Toner P, Reeve C, Mills DS. 2020. Human-
- 395 animal relationships and interactions during the Covid-19 lockdown phase in the UK: Investigating-
- 396 links with mental health and loneliness. PLOS ONE 15:e0239397. Public Library of Science.
- 397 Silva-Rodríguez EA, Gálvez N, Swan GJF, Cusack JJ, Moreira-Arce D. 2020. Urban wildlife in times-
- 398 of COVID-19: What can we infer from novel carnivore records in urban areas? Science of The Total-
- **399** Environment: 142713.
- 400 Singh S, Roy D, Sinha K, Parveen S, Sharma G, Joshi G. 2020. Impact of COVID-19 and lockdown on-
- 401 mental health of children and adolescents: A narrative review with recommendations. Psychiatry-
- 402 Research 293:113429.
- 403 Soga M, Gaston KJ. 2016. Extinction of experience: the loss of human-nature interactions. Frontiers in-
- 404 Ecology and the Environment 14:94–101.
- 405 Soga M, Gaston KJ, Kubo T. 2018. Cross-generational decline in childhood experiences of
- 406 neighborhood flowering plants in Japan. Landscape and Urban Planning 174:55–62.
- 407 Sommerlad A, Marston L, Huntley J, Livingston G, Lewis G, Steptoe A, Fancourt D. 2020. Social-
- 408 relationships and depression during the COVID-19 lockdown: longitudinal analysis of the COVID-19-
- 409 social study. mcdRxiv:2020.12.01.20241950. Cold Spring Harbor Laboratory Press.

- 410 Stokstad E. 2020. Pandemic lockdown stirs up ecological research. Science 369:893–893. American-
- 411 Association for the Advancement of Science.
- 412 Turner WR, Nakamura T, Dinetti M. 2004. Global Urbanization and the Separation of Humans from-
- 413 Nature. BioScience 54:585-590.
- 414 Ugolini F et al. 2020. Effects of the COVID-19 pandemic on the use and perceptions of urban green-
- 415 space: An international exploratory study. Urban Forestry & Urban Greening 56:126888.
- 416 Venter ZS, Barton DN, Gundersen V, Figari H, Nowell M. 2020. Urban nature in a time of erisis:
- 417 recreational use of green space increases during the COVID-19 outbreak in Oslo, Norway.
- 418 Environmental Research Letters 15:104075. IOP Publishing.
- 419 Yamamoto T, Uchiumi C, Suzuki N, Yoshimoto J, Murillo-Rodriguez E. 2020. The psychological-
- 420 impact of "mild lockdown" in Japan during the COVID-19 pandemic: a nationwide survey under a-
- 421 declared state of emergency. medRxiv:2020.07.17.20156125. Cold Spring Harbor Laboratory Press.
 - Zabini F et al. 2020. Comparative Study of the Restorative Effects of Forest and Urban Videos during
COVID-19 Lockdown: Intrinsic and Benchmark Values. International Journal of Environmental-
Research and Public Health 17:8011. Multidisciplinary Digital Publishing Institute.
Aletta F,
Oberman T, Mitchell A, Tong H, Kang J. 2020. Assessing the changing urban sound
environment during the COVID-19 lockdown period using short-term acoustic measurements.
Noise Mapping 7:123–134. De Gruyter.
 - Alvi M, Gupta M. 2020. Learning in times of lockdown: how Covid-19 is affecting education and food security in India. Food Security 12:793–796.
 - Bang A, Khadakkar S. 2020. Opinion: Biodiversity conservation during a global crisis: Consequences and the way forward. Proceedings of the National Academy of Sciences 117:29995–29999. National Academy of Sciences.
 - Basu B, Murphy E, Molter A, Basu AS, Sannigrahi S, Belmonte M, Pilla F. 2020. Effect of COVID-19 on noise pollution change in Dublin, Ireland. arXiv:2008.08993 [stat]. Available from http://arxiv.org/abs/2008.08993 (accessed November 5, 2020).
 - Bates AE, Primack RB, Moraga P, Duarte CM. 2020. COVID-19 pandemic and associated lockdown as a "Global Human Confinement Experiment" to investigate biodiversity conservation. Biological Conservation **248**:108665.
 - Biswas R, Sen S. 2020. Urban Eco-Psychological Attitude during COVID-19 'Lockdown': A Survey. <u>SSRN Scholarly Paper ID 3657700. Social Science Research Network, Rochester, NY.</u> Available from https://papers.ssrn.com/abstract=3657700 (accessed November 5, 2020).
 - Bowen J, García E, Darder P, Argüelles J, Fatjó J. 2020. The effects of the Spanish COVID-19 lockdown on people, their pets and the human-animal bond. Journal of Veterinary Behavior. Available from http://www.sciencedirect.com/science/article/pii/S1558787820300642 (accessed October 13, 2020).
 - Bustamante-Calabria M, de Miguel AS, Martín-Ruiz S, Ortiz J-L, Vílchez JM, Pelegrina A, García A, Zamorano J, Bennie J, Gaston KJ. 2020. Effects of the COVID-19 lockdown on urban light emissions: ground and satellite comparison. arXiv:2011.09252 [astro-ph, physics:physics]. Available from http://arxiv.org/abs/2011.09252 (accessed December 18, 2020).
 - Cazalis V, Prévot A-C. 2019. Are protected areas effective in conserving human connection with nature and enhancing pro-environmental behaviours? Biological Conservation **236**:548–555.
 - Chan KMA et al. 2016. Opinion: Why protect nature? Rethinking values and the environment. Proceedings of the National Academy of Sciences 113:1462–1465. National Academy of Sciences.

- <u>Chen Y, Zhang S, Peng C, Shi G, Tian M, Huang R-J, Guo D, Wang H, Yao X, Yang F. 2020. Impact of the COVID-19 pandemic and control measures on air quality and aerosol light absorption in Southwestern China. Science of The Total Environment **749**:141419.</u>
- <u>Clayton S, Colléony A, Conversy P, Maclouf E, Martin L, Torres A-C, Truong M-X, Prévot A-C. 2017.</u> <u>Transformation of Experience: Toward a New Relationship with Nature. Conservation Letters</u> <u>10:645–651.</u>
- Derks J, Giessen L, Winkel G. 2020. COVID-19-induced visitor boom reveals the importance of forests as critical infrastructure. Forest Policy and Economics **118**:102253.
- Derryberry EP, Phillips JN, Derryberry GE, Blum MJ, Luther D. 2020. Singing in a silent spring: Birds respond to a half-century soundscape reversion during the COVID-19 shutdown. Science **370**:575–579. American Association for the Advancement of Science.
- Dewitte M, Otten C, Walker L. 2020. Making love in the time of corona considering relationships in lockdown. Nature Reviews Urology 17:547–553. Nature Publishing Group.
- Dutta V, Dubey D, Kumar S. 2020. Cleaning the River Ganga: Impact of lockdown on water quality and future implications on river rejuvenation strategies. Science of The Total Environment 743:140756.
- Evangeliou N et al. 2020. Changes in black carbon emissions over Europe due to COVID-19 lockdowns. Atmospheric Chemistry and Physics Discussions:1–33. Copernicus GmbH.
- Gaynor KM, Brashares JS, Gregory GH, Kurz DJ, Seto KL, Withey LS, Fiorella KJ. 2020. Anticipating the impacts of the COVID-19 pandemic on wildlife. Frontiers in Ecology and the Environment 18:542–543.
- Gordo O, Brotons L, Herrando S, Gargallo G. 2020. Rapid Behavioral Response of Urban Birds to COVID-19 Lockdown. bioRxiv:2020.09.25.313148. Cold Spring Harbor Laboratory.
- Guessoum SB, Lachal J, Radjack R, Carretier E, Minassian S, Benoit L, Moro MR. 2020. Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown. Psychiatry Research 291:113264.
- Han P, Cai Q, Oda T, Zeng N, Shan Y, Lin X, Liu D. 2021. Assessing the recent impact of COVID-19 on carbon emissions from China using domestic economic data. Science of The Total Environment **750**:141688.
- Hofferth SL. 2009. Changes in American children's time 1997 to 2003. Electronic international journal of time use research 6:26–47.
- Huo X, Qiu Z. 2020. How does China's stock market react to the announcement of the COVID-19 pandemic lockdown? Economic and Political Studies 0:1–26. Routledge.
- Jarratt D. 2020. An exploration of webcam-travel: Connecting to place and nature through webcams during the COVID-19 lockdown of 2020. Tourism and Hospitality Research:1467358420963370. SAGE Publications.
- Kanitkar T. 2020. The COVID-19 lockdown in India: Impacts on the economy and the power sector. Global Transitions 2:150–156.
- Kanu IA. 2020. COVID-19 AND THE ECONOMY: AN AFRICAN PERSPECTIVE. Journal of African Studies and Sustainable Development **3**. Available from https://acjol.org/index.php/jassd/article/view/jassd_v3n2_3 (accessed December 18, 2020).
- Kleinschroth F, Kowarik I. 2020. COVID-19 crisis demonstrates the urgent need for urban greenspaces. Frontiers in Ecology and the Environment **18**:318–319.
- Limesurvey GmbH. (n.d.). LimeSurvey: An Open Source survey tool. LimeSurvey GmbH, Hamburg, Germany. Available from http://www.limesurvey.org.
- McCullagh P, Nelder JA. 1989. Generalized Linear Models, Second Edition. CRC Press.

Menut L, Bessagnet B, Siour G, Mailler S, Pennel R, Cholakian A. 2020. Impact of lockdown measures to combat Covid-19 on air quality over western Europe. Science of The Total Environment 741:140426.

Merchant C. 1996. Earthcare: women and the environment. Routledge, New York.

- Mishra L, Gupta T, Shree A. 2020. Online teaching-learning in higher education during lockdown period of COVID-19 pandemic. International Journal of Educational Research Open 1:100012. Morizot B. 2020. Manières d'être vivant: enquêtes sur la vie à travers nous.
- Pearson RM, Sievers M, McClure EC, Turschwell MP, Connolly RM. 2020. COVID-19 recovery can benefit biodiversity. Science **368**:838–839. American Association for the Advancement of Science.
- Prévot A-C, Cheval H, Raymond R, Cosquer A. 2018. Routine experiences of nature in cities can increase personal commitment toward biodiversity conservation. Biological Conservation **226**:1–8. Elsevier.
- Pyle RM. 2011. The thunder tree: lessons from an urban wildland. Oregon State University Press, Corvallis.
- R Core Team. 2020. R: A language and environment for statistical computing. R Foundation for Statistical Computing, Vienna, Austria.
- Randler C, Tryjanowski P, Jokimäki J, Kaisanlahti-Jokimäki M-L, Staller N. 2020. SARS-CoV2 (COVID-19) Pandemic Lockdown Influences Nature-Based Recreational Activity: The Case of Birders. International Journal of Environmental Research and Public Health 17:7310. Multidisciplinary Digital Publishing Institute.
- Ratschen E, Shoesmith E, Shahab L, Silva K, Kale D, Toner P, Reeve C, Mills DS. 2020. Humananimal relationships and interactions during the Covid-19 lockdown phase in the UK: Investigating links with mental health and loneliness. PLOS ONE **15**:e0239397. Public Library of Science.
- Silva-Rodríguez EA, Gálvez N, Swan GJF, Cusack JJ, Moreira-Arce D. 2020. Urban wildlife in times of COVID-19: What can we infer from novel carnivore records in urban areas? Science of The Total Environment:142713.
- Singh S, Roy D, Sinha K, Parveen S, Sharma G, Joshi G. 2020. Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations. Psychiatry Research **293**:113429.
- Soga M, Gaston KJ. 2016. Extinction of experience: the loss of human–nature interactions. Frontiers in Ecology and the Environment 14:94–101.
- Soga M, Gaston KJ, Kubo T. 2018. Cross-generational decline in childhood experiences of neighborhood flowering plants in Japan. Landscape and Urban Planning 174:55–62.
- Sommerlad A, Marston L, Huntley J, Livingston G, Lewis G, Steptoe A, Fancourt D. 2020. Social relationships and depression during the COVID-19 lockdown: longitudinal analysis of the COVID-19 social study. medRxiv:2020.12.01.20241950. Cold Spring Harbor Laboratory Press.
- Stokstad E. 2020. Pandemic lockdown stirs up ecological research. Science **369**:893–893. American Association for the Advancement of Science.
- Turner WR, Nakamura T, Dinetti M. 2004. Global Urbanization and the Separation of Humans from Nature. BioScience **54**:585–590.
- Ugolini F et al. 2020. Effects of the COVID-19 pandemic on the use and perceptions of urban green space: An international exploratory study. Urban Forestry & Urban Greening **56**:126888.
- <u>Venter ZS, Barton DN, Gundersen V, Figari H, Nowell M. 2020. Urban nature in a time of crisis:</u> recreational use of green space increases during the COVID-19 outbreak in Oslo, Norway. <u>Environmental Research Letters 15:104075. IOP Publishing.</u>

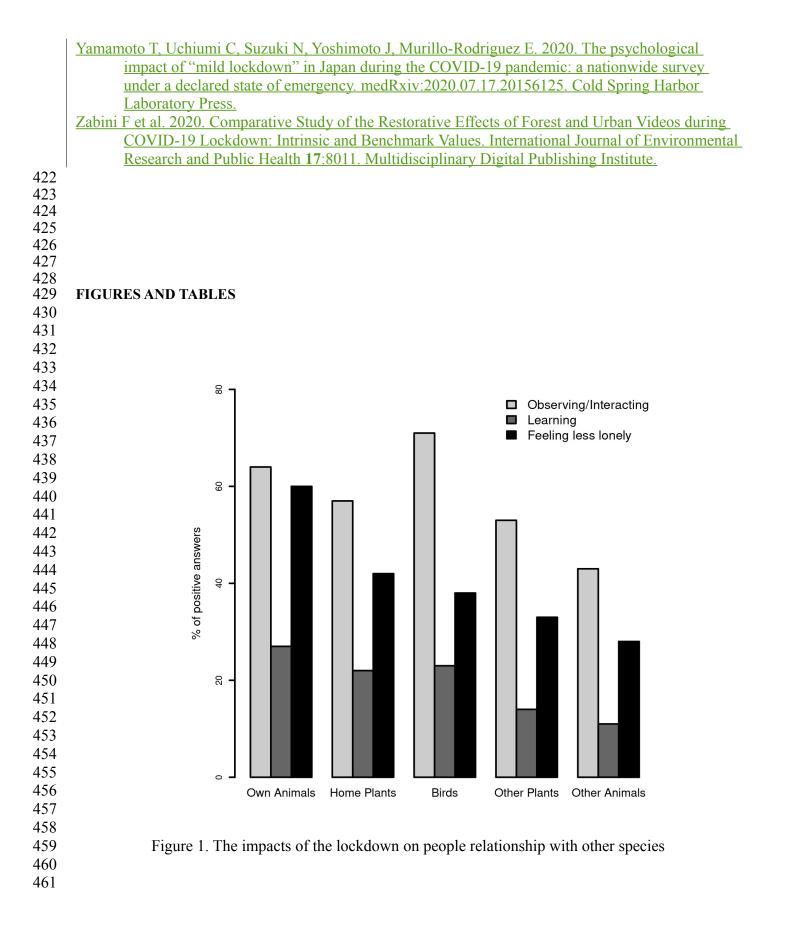


Table 1. The effects of the participants profiles on their answers. The results report the positive (black)
or negative (grey) significant effects (p>0.001) of the different variables on the three categories of
answers (observing/interacting, learning, feeling less lonely) for each of the considered species groups.
Results are extracted from the logistic binomial regressions which detailed results are presented in

- 470 Appendix 2.

		Observing/Interacting	Learning	Feeling less lonely
		Own animals Home plants Bitcs Other plants Other animals	Own animals Home plants Birds Other plants Other animals	Own animals Home plants Birds Other plants Other animals
Gender	Female			
Worker/Student	Yes			
Alone	Yes			
Education	> High school degree			
Age	Between 40 and 60 More than 60			
Nature expert	Yes			
Garden	Yes			
Nature access	Access to a park Access to nature			
Location	City outskirts Rural			
Time confined				

493 Appendix 1: Detailed results of the questionnaire

494
495 Appendix 2: Detailed results of the logistic models run for each of the considered impacts according to
496 each species group.