**5Examining How Access to Green Space Impacts Subjective Well-Being During the COVID-19 Pandemic**

**Start of Block: Consent**

Q0   
    
Prior research has shown that spending time in outdoor greenspaces like parks improves city residents' well-being. During the COVID-19 pandemic, people are being asked to stay indoors as much as possible, and to social-distance and self-isolate to slow the spread of the disease. Is the well-being of people impacted as a result? Answering this question can help inform recommendations for ensuring communities' well-being during future pandemic responses. Results from this study can also help support efforts for more equitable distribution of accessible greenspace during normal conditions.    The purpose of this study is to explore the level of outdoor activity and the general sense of well-being of undergraduate students during the COVID-19 pandemic. This study is being conducted by an interdisciplinary team of researchers based at Barnard College and Columbia University’s Earth Institute who have been studying the impacts of urban greenspace on city residents’ well-being. Your participation is completely voluntary, and you may withdraw at any point without penalty of any kind. While there are no risks associated with taking this study, questions address well-being, outdoor activity, lifestyle changes in response to the COVID-19 pandemic, and risk perception.   While there are no direct benefits to you as a participant, taking the online survey may provide a chance for you to reflect on your own well-being during this time. To protect your privacy, all data will be kept anonymous unless you (voluntarily) provide your identity for the purposes of follow-up. Regardless, your data will remain anonymous in all analysis, out-reporting, and publication. All results are strictly confidential and will not be shared with anyone outside the research team. Data gathered in this study may be used in future research studies without your additional consent. If this is done, all identifiers and potentially identifying information will be removed.    
 If you have any questions or concerns, please contact the PIs, or Barnard College's Institutional Review Board (IRB) at irb@barnard.edu and reference study ID 1920-0515-032.   The survey should take less than 15 minutes.   **DO YOU CONSENT TO PARTICIPATE IN THIS SURVEY?** (required)

* YES, I understand the purpose of this study and the process of consent and consent to participation (1)
* NO, I do not understand the purpose of this study and/or the process of consent and do not consent to participation (2)

**End of Block: Consent**

**Start of Block: Part 1 of 10**

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|  |

Q00 In what US ZIP code are you currently located? If currently outside the US, please list country, province, and postal code.

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Q1 What type of residence are you currently in?

* Dormitory (1)
* Single-family unit (2)
* Multiple-unit building, ≤5 units (3)
* Multiple-unit building, 6–10 units (4)
* Multiple-unit building, ≥10 units (5)
* Other (please describe) (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 How many people live in your current home, including yourself?

* 1 (1)
* 2 (2)
* 3 (3)
* 4 (4)
* 5 (5)
* 6 (6)
* 7 (7)
* ≥8 (8)

Q3 Including yourself, how many residents have moved into your current home since March 9, 2020 due to the COVID-19 outbreak?

* 0 (1)
* 1 (2)
* 2 (3)
* 3 (4)
* 4 (5)
* 5 (6)
* 6 (7)
* 7 (8)
* ≥8 (9)

Q4 How many current residents are over the age of 60?

* 0 (1)
* 1 (2)
* 2 (3)
* 3 (4)
* ≥4 (5)

**End of Block: Part 1 of 10**

**Start of Block: Part 2 of 10**

Well-being refers to your sense of satisfaction with your life and belief that your life is going well. This includes your emotional state, physical and mental health, economic livelihood, and relationships with other people. Different people understand well-being differently. For this survey, please complete ratings based on whatever well-being means to you.

Q5 On a scale of 1 to 10, rate your well-being right now (today).

* 1 (Very Low) (1)
* 2 (2)
* 3 (3)
* 4 (4)
* 5 (5)
* 6 (6)
* 7 (7)
* 8 (8)
* 9 (9)
* 10 (Very High) (10)

Q6 When you think about your life overall (not just today, but cumulatively), rate your well-being on a scale of 1 to 10.

* 1 (Very Low) (1)
* 2 (2)
* 3 (3)
* 4 (4)
* 5 (5)
* 6 (6)
* 7 (7)
* 8 (8)
* 9 (9)
* 10 (Very High) (10)

**End of Block: Part 2 of 10**

**Start of Block: Part 3 of 10**

For the following questions, please consider your most recent trip outside.

Q7 On a scale of 1 to 10, rate your well-being during your most recent trip outdoors.

* 1 (Very Low) (1)
* 2 (2)
* 3 (3)
* 4 (4)
* 5 (5)
* 6 (6)
* 7 (7)
* 8 (8)
* 9 (9)
* 10 (Very High) (10)

Q8 Please rate the effect of your most recent trip outside on your well-being.

* Extremely positive (1)
* Moderately positive (2)
* Slightly positive (3)
* Neither positive nor negative (4)
* Slightly negative (5)
* Moderately negative (6)
* Extremely negative (7)

Q9 Following your most recent trip outside, how long did the effect (positive, negative, or no effect) on your well-being last once you were back inside?

* It had no effect (1)
* 0 (2)
* <1 hour (3)
* 1–2 hours (4)
* 2–4 hours (5)
* 4–6 hours (6)
* 6–12 hours (7)
* 12–24 hours (8)
* >24 hours (9)
* Not sure (10)

Q10 How did your most recent trip outside affect your:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Worsened (1) | No effect (2) | Improved (3) |
| Connection to nature (1) |  |  |  |
| Happiness (2) |  |  |  |
| Mental/emotional health (3) |  |  |  |
| Physical health (4) |  |  |  |
| Religious/spiritual connection(s) (5) |  |  |  |
| Social connections (6) |  |  |  |
| Stress level (7) |  |  |  |

**End of Block: Part 3 of 10**

**Start of Block: Part 4 of 10**

Q11 Please consider your last 2 trips outdoors. Where did you go? What were your reasons for going outdoors?   
  
  
Most recent trip:

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Q12 2nd most recent trip:

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**CODES**

NH: Neighborhood or any walks/dog walks/runs/bike rides/skateboarding w/o specified locations

LP: Local park, city park, trails, field, green area on school grounds, or any walks/runs/hikes/bike rides in unspecified greenspace/"the woods"

SP: State park, nature reserve, conservation, county park, national park

RT: Restaurant, cafe (including sit-down and takeout)

BY: Backyard, garden, porch, roof, front steps, driveway

BE: Any body of water; beach, river, lake, reservoir

GS: Any type of errand/essential activity; groceries, pharmacy, post office, bank, laundromat, miscelleanous supply stores like Home Depot or pet stores

DR: Going for a drive for the sake of the experience/view

O: Visiting a friend/family member, going to school to pack up belongings

**Notes**:

RT vs. GS: Food trips were coded as GS unless they explicitly mentioned going to a restaurant or cafe.

BE vs. LP (or SP): Some of the BE trips could also have been considered trips to local parks, but trips were categorized as BE when the body of water was the focus.

NH: Many of the NH trips did not explicitly mention the word neighborhood, but the location was implied saying "going around the block" or "near my house". "Walking the dog" was almost always coded as NH unless a park or other greenspace was mentioned.

BY: Assumed when the trip said something like "ate lunch outside" or "stretched and did yoga outside"

Generally, responses without explicitly identified locations were put into either neighborhood or local park based on the activity mentioned and the context given. Responses that could have fit into 2 or more categories were coded as the one that seemed to be the main focus of the trip.

Q13 Overall, how important is going outdoors (regardless of destination) for improving your well-being?

* Extremely important (6)
* Somewhat important (7)
* Not very important (9)
* Not at all important (10)

Q14 Overall, how important is contact with nature for improving your well-being?

* Extremely important (1)
* Somewhat important (2)
* Not very important (4)
* Not at all important (5)

**End of Block: Part 4 of 10**

**Start of Block: Part 5 of 10**

Q15 Generally speaking, how important do you consider the following aspects of a greenspace?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Extremely important (1) | Somewhat important (2) | Not very important (4) | Not at all important (5) |
| Area to experience nature (1) |  |  |  |  |
| Area to spend time alone (2) |  |  |  |  |
| Dog-friendly (3) |  |  |  |  |
| Educational (e.g. informational signage, guided trails) (4) |  |  |  |  |
| Just a place to be outdoors (5) |  |  |  |  |
| Manicured landscaping (6) |  |  |  |  |
| Place to people watch (7) |  |  |  |  |
| Place to sit (8) |  |  |  |  |
| Place to walk (9) |  |  |  |  |
| Space to socialize, spend time with others (10) |  |  |  |  |
| Space to exercise, play sports (11) |  |  |  |  |
| Wilderness area (i.e. lightly managed or unmanaged) (12) |  |  |  |  |

Q16 Thinking of your closest **currently accessible** greenspace, how well does it provide the following benefits:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Extremely well (1) | Adequately well (2) | Not very well (4) | Not well at all (5) |
| Area to experience nature (1) |  |  |  |  |
| Area to spend time alone (2) |  |  |  |  |
| Dog-friendly (3) |  |  |  |  |
| Educational (e.g. informational signage, guided trails) (4) |  |  |  |  |
| Just a place to be outdoors (5) |  |  |  |  |
| Manicured landscaping (6) |  |  |  |  |
| Place to people watch (7) |  |  |  |  |
| Place to sit (8) |  |  |  |  |
| Place to walk (9) |  |  |  |  |
| Space to socialize, spend time with others (10) |  |  |  |  |
| Space to exercise, play sports (11) |  |  |  |  |
| Wilderness area (i.e. lightly managed or unmanaged) (12) |  |  |  |  |

**End of Block: Part 5 of 10**

**Start of Block: Part 6 of 10**

Q17 How many times have you gone outside:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 0 (1) | 1 (2) | 2 (3) | 3 (4) | 4 (5) | ≥5 (6) |
| in the last 24 hours (1) |  |  |  |  |  |  |
| in the last 48 hours (2) |  |  |  |  |  |  |
| in the last week (3) |  |  |  |  |  |  |

**End of Block: Part 6 of 10**

**Start of Block: Part 7 of 10**

For the following questions, please consider your most recent trip outside of your home.

Q18 On your most recent trip outside of your home, where did you go? (Check all that apply)

* Family or friend's house (1) 🡪 indoor
* Indoor mall (2) 🡪 indoor
* Place of worship (3) 🡪 indoor
* Plaza or sidewalk bench (4) 🡪 outdoor
* Porch or stoop (5) 🡪 outdoor
* Private yard or garden (6) 🡪 outdoor
* Public park or garden (7) 🡪 outdoor
* Store (e.g., grocery store, pharmacy, other retail) (8) 🡪 indoor
* Your neighborhood (e.g., for a walk) (9) 🡪 outdoor
* Other (please describe) (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q19 On your most recent trip outside, why did you leave your home? (Check all that apply)

* Child care (1)
* Doctor or hospital visit (2)
* Exercise (e.g. run or bike ride) (3)
* Grocery shopping, errands, or take-out (4)
* Leisure (5)
* Walk the dog (6)
* Work (7)
* Other (please describe) (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q20 On your most recent trip outside, at what time of day did you go? (Check all that apply)

* 12am–5am (1)
* 5am–8am (2)
* 8am–12pm (3)
* 12pm–5pm (4)
* 5pm–9pm (5)
* 9pm–12am (6)

Q21 On your most recent trip outside, how did you get to your destination? (Check all that apply)

* Biking, scooter (1)
* Doors shared with non-household members (2)
* Driving (personal vehicle) (3)
* Driving (ride share or taxi) (4)
* Elevator (5)
* Public transit (6)
* Walking (7)
* Other (please describe) (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q22 On your most recent trip outside, with whom did you interact while outside of your home? (Check all that apply)

* No one else (1)
* Someone from my current household (2)
* A friend or neighbor from a different household (3)
* Stranger(s) (4)
* Other (please describe) (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**End of Block: Part 7 of 10**

**Start of Block: Part 8 of 10**

Q23 Under current conditions, which outdoor locations do you feel you have safe and easy access to? (Check all that apply)

* Plaza or sidewalk bench (1)
* Porch or stoop (2)
* Private yard or garden (3)
* Public park or garden (4)
* Public plaza, playground, or courtyard (5)
* Sidewalks (6)
* Other (please describe) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q24 How long does it take you to travel to the nearest, currently accessible, outdoor green space (e.g. park, yard, garden) from your current home?

* <5 minutes (1)
* 5–10 minutes (2)
* 10–20 minutes (3)
* 20–30 minutes (4)
* 30–45 minutes (5)
* 45–60 minutes (6)
* >1 hour (7)
* Unsure (8)

Q25 Please describe any obstacles you currently face to spending time outdoors.

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**End of Block: Part 8 of 10**

**Start of Block: Part 9 of 10**

Q26 Please indicate which of the following sources you have consulted for information on COVID-19 risk and prevention **in the last 48 hours**. (Check all that apply)

* College or university (1)
* Community newsletters/bulletins (2)
* Friends and/or family (3)
* Healthcare provider (4)
* Local or boutique news outlet (eg. local news channel, Politico) (5)
* Major news outlet (eg. The New York Times, Fox News, NPR) (6)
* Public health organization (7)
* Radio (e.g. morning talk show, DJ) (8)
* Social media (9)
* Other (please describe) (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q27 Please rank the following items according to their importance for reducing COVID-19 risk and transmission.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Extremely important (1) | Somewhat important (2) | Not very important (4) | Not at all important (5) |
| Avoiding enclosed spaces or gatherings of people (1) |  |  |  |  |
| Avoiding take-out (2) |  |  |  |  |
| Avoiding touching your face (3) |  |  |  |  |
| Covering your mouth when you cough (4) |  |  |  |  |
| Getting tested for COVID-19 (5) |  |  |  |  |
| Staying inside/Avoiding all contact with people (6) |  |  |  |  |
| Taking your temperature regularly (7) |  |  |  |  |
| Washing groceries (8) |  |  |  |  |
| Washing hands (9) |  |  |  |  |
| Wearing mask (10) |  |  |  |  |

Q28 Due to COVID-19, how risky do you perceive going outdoors for the purpose of being outside to be?

* Not at all risky (1)
* Somewhat risky (2)
* Risky, people should limit trips outdoors (3)
* Very risky, people should not go outside (4)

Q29 How much do you agree with the following statements: "I think going outside is risky because . . .

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly agree (6) | Somewhat agree (7) | Neither agree nor disagree (8) | Somewhat disagree (9) | Strongly disagree (10) |
| I am concerned for my health. (1) |  |  |  |  |  |
| I am concerned for the health of a household member. (2) |  |  |  |  |  |
| I am concerned for the health of my neighbors, community-members. (3) |  |  |  |  |  |
| I am concerned for the health of the general population. (4) |  |  |  |  |  |

Q30 How much do you agree with the following statement:    
    
I would like to spend more time outdoors for the purpose of being outside, but it is too risky because of COVID-19.

* Strongly agree (8 🡪 1)
* Somewhat agree (9 🡪 2)
* Neither agree nor disagree (10 🡪 3)
* Somewhat disagree (11 🡪 4)
* Strongly disagree (12 🡪 5)

**End of Block: Part 9 of 10**

**Start of Block: Part 10 of 10**

Q31 Please select the category that most accurately describes you.

* First-year student (1)
* Sophomore (2)
* Junior (3)
* Senior (4)
* Graduate student (5)
* Professional student (6)
* Other (please describe) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q32 What college/university do you attend?

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Q33 What is your major or program of study?

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| --- | --- |
| **Code** | **Categories** |
| ES | Environment and Sustainability |
| SM | Science and Math |
| AA | Arts and Architecture |
| LL | Literature and Language |
| SS | Social Science |
| BU | Business related |
| UN | Undecided |
| IN | Interdisciplinary |

Q34 How are you being graded this semester?

* Letter grade (1)
* Pass / Fail (2)
* Pass / No credit (3)
* Choice of letter grade or pass/fail after seeing letter grade (4)
* Choice of letter grade or pass/fail prior to seeing letter grade (5)
* Unsure (6)
* Other (please describe) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q35 Do you receive financial aid?

* Yes (1)
* No (2)

Q36 What is your gender identity?

* (cis) Woman (1)
* (cis) Man (2)
* Transgender Woman (3)
* Transgender Man (4)
* Gender nonbinary (5)
* Other (please describe) (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q37 What is your race and/or ethnicity?

NOTE – recoded MULTIPLE RESPONSES AS 10

* White (1)
* Black or African-American (2)
* Latino/a (3)
* East or Southeast Asian (4)
* South Asian (5)
* Native Hawaiian or Pacific Islander (6)
* Native American, Indigenous American, or Alaska Native (7)
* Middle Eastern or North African (8)
* Black African (9)

Q38 Would you be willing to participate in a follow-up interview with a researcher from Barnard College/Columbia University?

* Yes (1)
* No (2)

Q39 Please provide your name and email so a researcher from Barnard College/Columbia University can follow-up with you.

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**End of Block: Part 10 of 10**