



Nature connectedness and well-being: Evidence from a multi-national investigation across 75 countries

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ABSTRACT

Nature connectedness, a widely used psychological construct which encompasses affective and cognitive aspects of the relationship a person has with nature, has become a central variable of interest in environmental psychology literature. This interest is motivated partially by its enhancing effects on well-being outcomes. However, comprehensive international evaluations of the link between nature connectedness and well-being remain sparse. In this registered report, we propose a secondary analysis of previously collected data to examine how individual differences in nature connectedness relate to multiple aspects of well-being (i.e., purpose in life, hope, mindfulness, life satisfaction, and optimism) across 75 countries ($N = 36,803$). Within-country and between-country analyses (linear and mixed regressions) suggested that nature connectedness is a robust positive predictor of well-being. Our findings highlight the importance of nature connected for well-being globally, especially for communities with low access to nature and social resources.

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