

**Supplementary material 2.** Items from the environmental volunteer questionnaire used in Study 2, the online survey, pertaining to the volunteer-related well-being of current volunteers as well as demographic questions. Similar surveys, but with appropriately adapted wording, were used for non-environmental volunteers as well as former and potential volunteers.

## Survey about volunteering

We would like to start off by asking you some general questions.

**What is your gender?**

☐

Female

☐

Male

**Please tick the highest completed level of your educational qualifications**

Choose one of the following answers

☐

Left school at 16 (e.g. GCSE/O levels)

☐

Left school at 18 (e.g., A levels)

☐

Trade/technical/vocational qualification

☐

First degree (Bachelor)

☐

Master's degree

☐

Doctoral degree

**What is your current employment?**

Choose one of the following answers

- ☐ Retired
- ☐ Full-time employment
- ☐ Part-time employment
- ☐ Not currently employed
- ☐ Homemaker
- ☐ Student
- ☐ Other

**What is your age?**

❗ Only numbers may be entered in this field.

**Which country do you currently live in?**

Choose one of the following answers

- ☐ United Kingdom
- ☐ United States
- ☐ Australia
- ☐ Other country

**Which environmental or conservation organisation or entity have you volunteered *most often* (most times) with in the last 12 months (*e.g. RSPB, a local wildlife trust, BTO, etc*)?**

❗ For example, if you volunteer for two organisations, one whole day once a week with organisation 1 and 2 hours twice a week with organisation 2, please write the name of organisation 2

**Please answer all further questions about your volunteering for this particular 'main' organisation, unless otherwise stated.**

The next set of questions explores volunteer well-being. Volunteer well-being is important and therefore even though some of the following questions might seem slightly odd, please reply as best you can. The questions are in relation to your well-being whilst you volunteer. There are 4 pages with questions about your well-being whilst volunteering.

Please rate the following statements on a scale from 0 to 10

	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
Overall, how satisfied are you with your volunteer experience?	<div><div></div>0 (not at all)</div>	<div><div></div>1</div>	<div><div></div>2</div>	<div><div></div>3</div>	<div><div></div>4</div>	<div><div></div>5</div>	<div><div></div>6</div>	<div><div></div>7</div>	<div><div></div>8</div>	<div><div></div>9</div>	<div><div></div>10 (completely)</div>

Please rate the following statements on a scale from 0 to 10

	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
How much of the time do you feel you are making progress towards accomplishing your goals while volunteering?	<div><div></div>0 (never)</div>	<div><div></div>1</div>	<div><div></div>2</div>	<div><div></div>3</div>	<div><div></div>4</div>	<div><div></div>5</div>	<div><div></div>6</div>	<div><div></div>7</div>	<div><div></div>8</div>	<div><div></div>9</div>	<div><div></div>10 (always)</div>
To what extent do you become absorbed in your volunteering tasks?	<div><div></div>0 (never)</div>	<div><div></div>1</div>	<div><div></div>2</div>	<div><div></div>3</div>	<div><div></div>4</div>	<div><div></div>5</div>	<div><div></div>6</div>	<div><div></div>7</div>	<div><div></div>8</div>	<div><div></div>9</div>	<div><div></div>10 (always)</div>
How much of the time do you feel joyful during volunteering?	<div><div></div>0 (never)</div>	<div><div></div>1</div>	<div><div></div>2</div>	<div><div></div>3</div>	<div><div></div>4</div>	<div><div></div>5</div>	<div><div></div>6</div>	<div><div></div>7</div>	<div><div></div>8</div>	<div><div></div>9</div>	<div><div></div>10 (always)</div>
How much of the time do you feel anxious during your volunteering?	<div><div></div>0 (never)</div>	<div><div></div>1</div>	<div><div></div>2</div>	<div><div></div>3</div>	<div><div></div>4</div>	<div><div></div>5</div>	<div><div></div>6</div>	<div><div></div>7</div>	<div><div></div>8</div>	<div><div></div>9</div>	<div><div></div>10 (always)</div>

Your sense of well-being whilst volunteering (continued).

Please rate the following statements on a scale from 0 to 10

	0 (terrible)	1	2	3	4	5	6	7	8	9	10 (excellent)
How would you say your health is right after volunteering?	0 (terrible)	1	2	3	4	5	6	7	8	9	10 (excellent)

Please rate the following statements on a scale from 0 to 10

	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
To what extent do you achieve the important goals you set for yourself during your volunteering?	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
To what extent do you find your volunteering purposeful and meaningful?	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
To what extent do you receive help and support from others when you need it during your volunteering?	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
To what extent do you feel that what you do during your volunteering is valuable and worthwhile?	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
To what extent do you feel excited and interested in things during your volunteering?	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
How lonely do you feel during your volunteering?	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)

Your sense of well-being whilst volunteering (continued).

Please rate the following statements on a scale from 0 to 10

	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
How satisfied are you with your physical health right after having volunteered?	<input type="radio"/> 0 (not at all)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10 (completely)

Please rate the following statements on a scale from 0 to 10

	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
How much of the time do you feel positive during volunteering?	<input type="radio"/> 0 (never)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10 (always)
How much of the time do you feel frustrated during volunteering?	<input type="radio"/> 0 (never)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10 (always)
During your volunteering, how often are you able to handle your responsibilities?	<input type="radio"/> 0 (never)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10 (always)
How much of the time do you feel sad during volunteering?	<input type="radio"/> 0 (never)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10 (always)
To what extent do you lose track of time during volunteering?	<input type="radio"/> 0 (never)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10 (always)

Your sense of well-being whilst volunteering (continued). These are the last questions related to your sense of well-being whilst volunteering.

Please rate the following statements on a scale from 0 to 10

	0 (terrible)	1	2	3	4	5	6	7	8	9	10 (excellent)
Compared to others of your same age and sex, how is your health right after volunteering?	<div>0 (terrible)</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10 (excellent)</div>

Please rate the following statement on a scale from 0 to 10

	0 (not at all)	1	2	3	4	5	6	7	8	9	10 (completely)
To what extent do you feel you have a sense of direction in your volunteering?	<div>0 (not at all)</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10 (completely)</div>
How satisfied are you with your interactions with other people during volunteering?	<div>0 (not at all)</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10 (completely)</div>
To what extent do you feel appreciated during your volunteering?	<div>0 (not at all)</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10 (completely)</div>
To what extent do you feel contented right after having volunteered?	<div>0 (not at all)</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10 (completely)</div>
How happy are you right after volunteering?	<div>0 (not at all)</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10 (completely)</div>