

Supplementary material for the research paper

**“Electroencephalogram Application for the Analysis of Stress Relief in the
Seasonal Landscape”**

QUESTIONNAIRE

Section A – Social Demographics (before the Video)

1. Male ☐ Female ☐
2. Age_____
3. What's your occupation?
 - A. Student
 - B. Professional technicians
 - C. Personnel of enterprises and public institutions
 - D. Freelancer
4. What kind of physical exercise do you do?
 - A. Competitive sport
 - B. Regular sports
 - C. Daily fitness
5. Do you have personal transportation?
 - A. I have a private car.
 - B. I can use a car owned by a family member or friend.
 - C. I have an exclusive motorcycle/scooter/bike for use in the city.
6. Where are you from?
 - A. Inland region
 - B. Coastal region
 - C. Grassland region
 - D. Mountains region
7. How often do you go to natural areas such as forests and parks for recreation (e.g., hiking, walking, picnics)?
 - A. Almost never (less than once a year)
 - B. Rarely (1–2 times per year)
 - C. Sometimes (once a month)
 - D. Frequently (3–4 times per month)

Section B – THE ROS Question

All options have no right or wrong answers, and we are only interested in knowing your preferences.

How do you feel after watching the video?

| To what extent do you agree with the following sentences? | Strongly disagree | Disagree | Disagree nor not agree | Agreed | Strongly agree |
|---|-------------------|----------|------------------------|--------|----------------|
| 1. I feel healthy and relaxed. | | | | | |
| 2. I feel very calm. | | | | | |
| 3. I feel my pressure has been lifted and I am ready for future work. | | | | | |
| 4. I feel very enjoyable and comfortable. | | | | | |
| 5. I feel I can forget my daily troubles. | | | | | |
| 6. My thoughts are clear. | | | | | |

Section C—Willingness to Visit—WTV

1. What is the likelihood that you have chosen to come to this scenario after a stressful period (e.g., study, work, exams) to relieve stress and restore mood? (Corresponding to scores from 1 to 5)

| | | | | |
|----------|-----|------------------|------|-----------|
| Very low | Low | Not high nor low | High | Very high |
|----------|-----|------------------|------|-----------|

2. (Single option) Assuming you have easy access to the landscape, what is the maximum distance (in kilometers) that you would be willing to travel in a day to the landscape?
A. 5 km; B. 10 km; C. 20 km; D. 30 km; E. 60 km; F. 90 km; G. 120 km +.
3. (Single option) Assuming you have easy access to the landscape, what is the maximum time (in minutes) you would be willing to travel in a day to the landscape?
A. 10 min; B. 20 min; C. 30 min; D. 40 min; E. 60 min; F. 90 min; G. 120 min +.

Section D—Cultural Ecosystem Service (CES)

The question about CES (Multiple choices, please choose at least one)

What do you usually do in this environment?

- A. Enjoy the beautiful scenery
- B. Recreation (Running/walking/swimming/horse riding/fishing/fishing/boating)
- C. Elevate the spiritual world
- D. Release pressure and cultivate sentiment
- E. Sense of local characteristics
- F. Educational value