

Appendix A

Table A1: Human needs and satisfiers.

Human needs (domain)	Description (direct satisfier)	Subjective indicator (Individual scale)	Questions	Response range	Threshold
Subsistence	Food, shelter, vital ecological services, healthcare, rest	Caloric intake, access to clean air, water, facilities	Are you satisfied with the quality of water in your area?	1 (no) - 5 (a lot)	4 or 5
			Are you satisfied with the quality of air in your area?	1 (no) - 5 (a lot)	4 or 5
			How satisfied are you of the sanitation facilities in your area?	1 (no) - 5 (a lot)	4 or 5
			How satisfied are you of the green spaces in your area?	1 (no) - 5 (a lot)	4 or 5
			How satisfied are you of the pedestrian areas in your area?	1 (no) - 5 (a lot)	4 or 5
			How satisfied are of the noise in your area?	1 (no) - 5 (a lot)	4 or 5
			How satisfied are you of the traffic in your area?	1 (no) - 5 (a lot)	4 or 5
		Access to health care	How satisfied are you with your health?	1 (no) - 5 (a lot)	4 or 5
			Do you have any long term disabilities, health/mental problems?	Yes/No	No
			If yes does the long-term disability restrict your activities?	Yes/No	No
			Do you have access to public or private health care?	Yes/No	Yes
			If yes, how satisfied are you of your health care?	1 (no) - 5 (a lot)	4 or 5
	Nurturing of children, pregnant women	Maternity leave/child care	Do you have in charge children from 0 to 14 years old?	Yes/No	
	Transmission of the culture	Family provision for care	Time dedicated to the education of children	1 (no) - 5 (a lot)	4 or 5
			Do you think that the time you dedicate to your children's education is adequate?	Yes/No	Yes
	Homemaking	Household and	Do you own your home?		

		child care allocation within the household	Do you believe that your living environment (house / apartment) favors the feeling of home?	Yes/No	Yes
			Do you feel "at home" when you go home?	Yes/No	Yes
Security	Enforced predictable rules of conduct		Do you think that the existent rules and leys for your safety are sufficient? / Do you feel safe at your area?	1 (no) - 5 (a lot)	4 or 5
	Safety from violence at home and in public	Interpersonal violence experiences	Have you ever experienced violence in you familiar environment?	Yes/ No	No
	Security of subsistence into the future		Do you think you can make plans for the future?	Yes/ No	Yes
	Maintain safe distance from crossing critical ecological thresholds	Environmental practices	Do you: recycle, save energy, don't spare water, share your car, share your apartment, use the bicycle, prefer walking to the destinations, use the public transportation?	Yes/ No	Yes
	Stewardship of nature to ensure subsistence into the future			Yes/ No	Yes
	Care for the sick and elderly	Who provides care for aged parents etc.	Do you provide care for aged parents/ family or to somebody with a chronic illness?	Yes/ No	
		Who provides care in case of acute, chronic illness			
Affection	Being able to have attachments to things and persons outside ourselves	Level of attachment to significant others	Do you have or planning to form a family?	Yes/ No	Have/planning to have
			How much do you depend on your family?	1(no) - 5 (a lot)	3
			Do you have friends?	Yes/ No	Yes
			How much do you depend on your friends?	1(no) - 5 (a lot)	3
	Solidarity, respect, tolerance, generosity, passion, receptiveness,...		How often do you experience compassion, calmness, forgiveness, contentment, generosity, respect, passion, tolerance, solidarity, receptiveness?	1 (ocasionally) - 5 (really often)	4 or 5

			How often do you experience selfishness, jealousy, fear, worry, loneliness, anger, stress?	0 (ocasionally) - 5 (really often)	
			Which of the above do you think that may change in a different urban environment?		
Understanding	Access to information	Newspaper, radio, tv, internet, usage for news information	How often do you check the news on the newspaper, radio, television, internet?	0 (no access) - 5 (continuously)	
	Intuition and rationality	Education	What is your education level?	no studies - doctoral	Tertiary
Participation	To act meaningfully in the world	Volunteering, association memberships	Do you or have you ever worked as a volunteer?	Yes/ No	Yes
			Do you participate to any association?	Yes/ No	Yes
			Are you a member in any social group?	Yes/ No	Yes
	Contribute to and have some control over political, community and social life		Do you contribute to and have some control over political, community and social life in your area?	Yes/ No	Yes
	Being heard		Do you express your opinion or speak publically?	Yes/ No	Yes
	Meaningful employment		Do you consider your job meaningful?	Yes/ No	Yes
	Citizenship		Do you participate to the local assemblies of your neighborhood?	Yes/ No	Yes
			Do you vote at the elections?	Yes/ No	Yes
Leisure	Recreation, relaxation, tranquility, access to nature, travel	Time use, activities pursued, money spent	How satisfied are you of your free time?	1(no) - 5 (a lot)	4 or 5
			How many hours do you work, spend with family/friends, dedicate to your self, dedicate to commuting?	0 - >8h	
			How happy are you with your time distribution?	1(no) - 5 (a lot)	4 or 5

Creativity/ emotional expression	Play, imagination, inventiveness, artistic expression	Free time use	With what frequency do you: go out, go to an excursion to the nature, go to spiritual or religious celebrations, watch tv, use internet/ computer at home, participate to an artistic activity, do sports, go to the cinema, see your friends, go to a museum, concert, play music, writing, drawing, sculpture?	1 (never) - 5 (every day)	4 or 5
		Sense of play in work, etc.	Do you consider your time spent to work as creative?	Yes/ No	Yes
Identity	Status, recognition, sense of belonging, differentiation, sense of place	Major statuses, sense of "place"	Specify you relationship with the area	Live there, lived there, live close, work there, visit	Live/ Work there
			Specify yor gender, age, type of ocupation, salary per month.		
			How satisfied are you of your life, work, money, the place you live, family life, social life, social status?	1 (no) - 5 (a lot)	5 or 5
			Do you feel like forming part of the place you live?	Yes/ No	Yes
			Do you think that with the money you earn you would live better in a different part of the city?	Yes/ No	No
Freedom	Being able to live one's own life and nobody else's.	Personal freedoms in various social contexts (family, work, religion, etc)	Do you feel free as a person?	Yes/ No	Yes
	Mobility		Is the conection with work satisfying?	Yes/ No	Yes
Spirituality	Engaging in transcendent experiences	Spiritual/ transcendent experiences spiritual organization membership	How spiritual do you consider yourself?	1 (no) - 5 (a lot)	4 or 5
			How often do you meditate/ pray?	1 (no) - 5 (a lot)	4 or 5
	Access to nature		Do you have access to the nature?	Yes/ No	Yes
			Do you feel the need once in a while to visit nature?	1 (no) - 5 (a lot)	4 or 5

	Participation in a community of faith	Time spent on spiritual activities	How much time do you spend in spiritual activities?	1 (1-2 times per year) - 5 (everyday)	4 or 5
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