**Table 1.** Characteristics of the matched samplea on demographics, health status, past stressful life events, past physical activity along with planned covariates used in the analyses: recent stressful life events, frequency and duration of other nature walks, and recent physical activity.

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| --- | --- | --- | --- | --- | --- |
| Demographics Health Status Planned Covariates | Nature Group Walkers*n* = 1081 | Non-Group Walkers*n* = 435 | Total*n* = 1516 | Statistic | *p*-values |
| Age (55+) (%) | 88.3 | 88.4 | 88.3 | X2(1) = .000 | .995 |
| Gender (female) (%) | 65.5 | 68.1 | 66.2 | X2(1) = .952 | .329 |
| Marital status (partnered) (%) | 71.3 | 70.4 | 71.1 | X2(1) = .122 | .727 |
| Ethnicity (white) (%) | 96.7 | 97.2 | 96.8 | X2(1) = .314 | .575 |
| Education (tertiary/higher education) (%) | 52.2 | 54.9 | 53.0 | X2(2) = 3.560 | .169 |
| Social deprivation (least deprived) (%) | 50.9 | 51.5 | 51.0 | X2(2) = .224 | .894 |
| GP referral to WfH (yes) (%) | 6.2 | 7.9 | 6.7 | X2(1) = 1.369 | .242 |
| Health screening condition (%) | 16.2 | 20.5 | 17.4 | X2(1) = 4.039 | .044 |
| Diagnosed medical condition (%) | 34.8 | 38.5 | 35.9 | X2(1) = 1.904 | .168 |
| Disability (%) | 8.9 | 6.7 | 8.2 | X2(1) = 2.033 | .154 |
| Past stressful life eventsb (none) (%) | 32.9 | 32.5 | 32.9 | X2(2) = .061 | .970 |
| Past physical activitycd(mean (SD)) | 3.50 (1.94) | 3.32 (2.13) | 3.45 (2.00) | *t*(740.02) = 1.502 | .134 |
| Recent stressful life eventse (mean (SD)) | .62 (.89) | .59 (.82) | .61 (.87) | *t*(1514) = .702 | .480 |
| Frequency of other nature walksde (mean (SD)) | 3.82 (1.47) | 3.75 (1.71) | 3.80 (1.54) | *t*(706.50) = .810 | .420 |
| Duration of other nature walksde (walked for 1 hour) (%)f  | 19.2 | 16.3 | 18.4 | *t*(946.98) = 11.587 | .001  |
| Recent physical activitydg (mean (SD)) | 3.46 (1.79) | 2.94 (2.11) | 3.31 (1.90) | *t*(689.96) = 4.504 | .001  |

aPropensity score matched sample; analysis weighted by propensity score weight. bOne year prior to Time 1 questionnaire. cOne week prior to first WfH walk. dEqual variances not assumed. eWithin 13 weeks between Time 1 and Time 2 questionnaires. fStatistic calculated on mean duration; percent walking for 1 hour, the mode, presented in table. gOne week prior to Time 2 questionnaire. GP = general practitioner; WfH = Walking for Health