Turning Gardeners into Conservationists

Citizen scientists demonstrate the biodiversity and human wellbeing benefits of wildlife-friendly gardening

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Introduction

The *Turning Gardeners into Conservationists: Using Gardens to Conserve Wildlife* Project was a three-year (2021-2024) citizen science project that explored vertebrate (birds, frogs, mammals and reptiles) use of gardens and seven wildlife-friendly structures (bat boxes, bird baths, bird boxes, frog hotels, ponds, possum shelters and reptile shelters) in residential gardens of southwestern Australia (Figure 1).

This project aimed to (1) provide skills and build capacity of the general community to contribute to biodiversity conservation, (2) directly contribute to wildlife conservation through the provision of shelter and water resources in gardens, and (3) research the biodiversity and human-wellbeing benefits of wildlife-friendly gardening.

More specifically, the research aims of the project were to determine:

- 1. **Biodiversity benefits of wildlife-friendly gardening**, including the vertebrate species that occur within gardens in southwestern Australia, and the frequency that vertebrate wildlife use installed water and shelter structures in gardens, and
- 2. Human wellbeing benefits of wildlife-friendly gardening, including the influence of habitat structure installation and wildlife monitoring on participant's physical health, emotional wellbeing and connection to nature.

This report summarises the outcomes from this project, including key findings from the ecological and sociological research components of this project.



Figure 1. Map defining the study area of southwestern Australia, from Jurien Bay to Esperance.

Methods

Ecological methods

To investigate how wildlife-friendly gardening benefits biodiversity, citizen scientists monitored the vertebrate wildlife that used their gardens and wildlife-friendly structures. They monitored both existing structures already present in their garden and structures they installed as part of this project.

Wildlife monitoring in residential gardens

To investigate the vertebrate species that used gardens and wildlife-friendly garden structures, 243 citizen scientists completed wildlife monitoring surveys in their garden over an 18-month period (August 2022 – January 2024). Collectively, they used five 'general garden monitoring' methods, seven 'wildlife-friendly structure monitoring' methods and 'opportunistic surveys' (refer to Guide 2, Van Helden et al. 2022 for details) to document the wildlife using gardens and wildlife-friendly structures. For most methods, citizen scientists were encouraged to complete these surveys on a weekly basis for the duration of the study. Prior to beginning monitoring, citizen scientists were asked to provide contextual site information about their gardens including where their gardens sit in the landscape.

To standardise the monitoring methods and increase accuracy of species identification, all citizen scientists were given comprehensive training in (1) species identification, (2) the monitoring methods, (3) general scientific principles, and (4) animal ethics protocols and procedures. Training was delivered through a combination of face-to-face workshops, online training videos and written guides (Figure 2) that provided step-by-step instructions of the monitoring methods (Guide 2, Van Helden et al. 2022) and images of species likely to be encountered in gardens (Guide 1, Gulliver et al. 2022). Citizen scientists were also able to ask experienced ecologists questions at any point during the study to help them with their monitoring and species identification.



Figure 2. Front covers of the *Turning Gardeners into Conservationists* project guides, including Species Identification Guide, Wildlife Monitoring Manual, and Garden Structure Installation Manual. All guides are freely available at www.perthnrm.com/project/gardening-for-wildlife/



Installation of new wildlife-friendly garden structures

Between March and May 2023, citizen scientists installed new wildlife-friendly structures within their garden and commenced monitoring of these new structures alongside their ongoing monitoring of existing structures and garden wildlife. The structures included nest boxes for possums, birds or bats, frog hotels, reptile shelters, bird baths, and ponds (Figure 3). The installation of these new wildlife-friendly gardening structures was guided by a Garden Structure Installation Manual (Guide 3, Greenop et al. 2023) developed as part of this project (Figure 2).

Data analysis

In January 2024, the data collected by citizen scientists using all methods except camera trapping were analysed to determine the total species diversity observed within residential gardens of southwestern Australia, the total diversity and frequency of species using the seven types of wildlife-friendly structures and how frequently newly installed structures were used compared to existing structures.



Figure 3. Examples of the wildlife-friendly structures installed and monitored as part of the project. Top (left to right): nest boxes for bats, pardalotes, parrots, possums (photos by Simon Cherriman). Bottom (left to right): reptile shelter, frog hotel, bird bath, pond (photos by Thomas Baskerville and BEVH).

Sociological methods

To investigate how wildlife-friendly gardening influences human wellbeing, citizen scientists were invited to participate in online surveys and in-person semi-structured interviews. The online surveys provided an opportunity to measure changes in metrics of human health, wellbeing and nature-relatedness over the course of the project. The semi-structured interviews provided opportunities to gain a deeper and richer understanding of the impacts of wildlife monitoring and

wildlife-friendly gardening, as well as some of the potential underlying reasons for changes in wellbeing measured through the online surveys.

Online surveys

Online sociological surveys were distributed to citizen scientists at the beginning of the wildlife monitoring in June 2022 (baseline), approximately midway through the project in February 2023 (interim), and at the end of the project in December 2023 (final). The surveys included questions about participant's physical health, mental wellbeing and connection to nature, using three internationally recognised metrics:

- the RAND 36-Item Short Form Health Survey (SF-36; Ware & Sherbourne 1992), which includes eight measures of human health on a scale from 0-100 (physical functioning, role limitations due to physical health, role limitations due to emotional problems, energy/fatigue, emotional wellbeing, social functioning, pain, and general health),
- 2) the Warwick-Edinburgh Mental Well-being Scale (WEMWBS; Tennant et al. 2007), a measure of mental well-being focusing entirely on positive aspects of mental health, on a scale from 14-70, and
- 3) the Short Version, 6-Item Nature-Relatedness Scale (NR-6; Nisbet & Zelenski, 2013), a measure of connectedness with the natural environment, on a scale from 1-5.

For each metric, higher scores indicate a greater condition of health, wellbeing, and connection to nature, respectively.

The surveys also included questions about the participant's demographic information and their gardening activities as part of the project to provide contextual information about the cohort of respondents. A control group who had not participated in the wildlife monitoring activities also completed the surveys. See Appendix 1 for a summary of survey questions.

Semi-structured interviews

During July 2023, twenty citizen scientists shared their experiences of wildlife-friendly gardening and wildlife monitoring through semi-structured interviews. Interviews were conducted within participant's gardens, with the majority occurring in and around Perth, Bunbury and Albany. Interviewees were randomly selected from a subset of citizen scientists who had engaged in regular wildlife monitoring activities and installed at least one new wildlife-friendly structure during the project. See Appendix 2 for a summary of interview questions.

Data analysis

The sociological survey data was analysed to determine changes in the three metrics (SF-36, WEMWBS, NR-6, defined above) over the three survey periods (baseline, interim, final). Participants who took part in wildlife monitoring activities were compared with the control group who did not participate in these activities. The semi-structured interviews were transcribed, and then analysed to uncover themes related to eight dimensions of human wellness (Stoewen 2017): physical, emotional, intellectual, environmental, social, spiritual, financial, and vocational.

Results snapshot

TURNING GARDENERS INTO CONSERVATIONISTS RESULTS SNAPSHOT

PROJECT STATS

243 citizen scientists across
30 towns & cities
15,795 wildlife surveys
216 species seen in gardens
77 species used habitat
structures & all structure
types were used
232 new habitat structures

installed in gardens Positive trends in human health

& wellbeing metrics

...it takes away the anxieties of the world and I think, you know, I tend to feel anxious about the impact of what we've done to our world. So I felt that if I could do something to make a difference, even if it's gardening and increasing the wildlife population of some butterflies or frogs...'

'it was a way for me ... to connect to other people who share the same interest.'





Mammal Diversity 19 Bird

144 Reptile Diversity 43

Frog Diversity SURVEYS COMPLETED

Bird Counts: 4933 Camera Traps: 281 Reptile Searches: 1321 Frog Searches: 927 Spotlight Surveys: 901 Bird Bath Surveys: 2941 Pond Surveys: 442 Bat Box Inspections: 415 Bird Box Inspections: 496 Possum Box Inspections: 496 Possum Box Inspections: 675 Reptile Shelter Inspections: 681 Opportunistic Surveys: 1529

'it's the excitement of watching the [nest]
box and seeing if something is actually going to inhabit it and also recognising perhaps
what works and what doesn't work
from a learning point of view'

'I think **you feel every sense comes alive** from hearing the birds, smelling the blossom or whatever's out in flower. Seeing, touching, every sense'

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Biodiversity benefits of wildlife-friendly gardening

Types of gardens monitored

Wildlife monitoring occurred within citizen scientist's own residential gardens, spread across more than 30 towns and cities in southwestern Australia, with Perth and Albany cities having the highest proportion of participant gardens. Based on the cohort of residents that submitted garden site data (n = 121, 91%), 63.3% of gardens were located in medium-density urban areas (~ 8–15 dwellings per hectare), 28.5 % were located in low-density urban areas (~ 1–7 dwellings per hectare) and 8.1% of gardens were located in rural areas of southwestern Australia (~ < 1 dwelling per hectare). The degree of tree cover, shrub cover, open space and plant nativeness within gardens, and their proximity to natural vegetation remnants and water bodies varied (Figure 4).



Figure 4. The percentage of garden study sites with different garden characteristics including percentage of tree cover, shrub cover, open space, native Australian plants and proximity to natural vegetation remnants and water bodies.



Total effort by citizen scientists

In total, 243 citizen scientists completed 15,795 wildlife surveys and installed 232 wildlifefriendly structures over the 18-month monitoring period (Table 1). Bird monitoring methods were the most popular, with bird counts and bird bath surveys being the most frequently completed general garden monitoring method and structure monitoring method, respectively. Similarly, bird baths and pardalote boxes were the most installed wildlife-friendly gardening structures, however bat boxes and reptile shelters were also commonly installed. Overall, high numbers of surveys were completed for all wildlife monitoring activities, and more than 10 individual structures were installed for all structure types.

	Activity		Number completed/ installed
Wildlife monitoring	General garden monitoring	Bird counts	4933
		Camera trapping	281
		Frog searches	927
		Reptile searches	1321
		Spotlight surveys	901
	Structure monitoring	Bat box inspections	415
		Bird bath surveys	2941
		Bird box inspections	496
		Frog hotel inspections	675
		Pond surveys	442
		Possum shelter inspections	253
		Reptile shelter inspections	681
	Opportunistic surveys	Opportunistic submissions	1529
Structures installed	Shelter sites	Bat boxes	34
		Frog hotels	28
		Pardalote boxes	40
		Parrot boxes	14
		Possum boxes	14
		Reptile shelters	39
	Water sources	Bird baths	43
		Ponds	20

Table 1. Number of wildlife monitoring surveys completed and wildlife-friendly garden structures installedby citizen scientists between August 2022 - January 2024.

Wildlife occurring within residential gardens

Based on all wildlife monitoring methods (except camera trapping) and opportunistic observations, a total of 216 species were detected within residential gardens of southwestern Australia, including four threatened species (Table 2). Of the total number of species, 144 were birds, 10 were frogs, 19 were mammals and 43 were reptiles. Of the 216 species, 14 were not native to southwestern Australia and included 6 bird, 7 mammal and 1 reptile species.



Image 1. Top (left to right): bird box by BEVH; magpie by Jane Putland; bronzewing pigeon by Dennis Friend; mudlark by Isabelle Wavre. Bottom (left to right): red-capped parrot and chick by Sally Malone; white-cheeked honeyeater by Jacqui McGhie; bird bath by BEVH.

Table 2. List of vertebrate species detected by citizen scientists in southwestern Australian gardens between August 2022 - January 2024. Species have been categorised by animal group and whether they are native to southwestern Australia. '*' identifies species listed as threatened under Australia's Environment Protection and Biodiversity Conservation Act 1999. List excludes invertebrates and fish.

Animal group	Common name	Scientific name
Bird (native)	Australasian pipit	Anthus novaeseelandiae
	Australasian shoveler	Anas rhynchotis
	Australian hobby	Falco longipennis
	Australian magpie	Gymnorhina tibicen
	Australian pelican	Pelecanus conspicillatus
	Australian pied oystercatcher	Haematopus longirostris
	Australian raven	Corvus coronoides
	Australian reed warbler	Acrocephalus australis
	Australian ringneck	Barnadius zonarius
	Australian shelduck	Tadorna tadornoides
	Australian white ibis	Threskiornis moluccus
	Australian wood duck	Chenonetta jubata
	Barn owl	Tyto alba
	Baudin's black cockatoo*	Zanda baudinii
	Black kite	Milvus migrans
	Black swan	Cygnus atratus
	Black-eared cuckoo	Chalcites osculans
	Black-faced cuckoo-shrike	Coracina novaehollandiae
	Black-fronted dotterel	Elseyornis melanops
	Black-shouldered kite	Elanus axillaris
	Blue-breasted fairywren	Malurus pulcherrimus
	Brown falcon	Falco berigora
	Brown goshawk	Accipiter fasciatus
	Brown honeyeater	Lichmera indistincta
	Brown quail	Coturnix ypsilophora
	Brown-headed honeyeater	Melithreptus brevirostris
	Brush bronzewing	Phaps elegans
	Budgerigar	Melopsittacus undulatus
	Buff-banded rail	Gallirallus philippensis
	Carnaby's black cockatoo*	Zanda latirostris
	Cattle egret	Ardea ibis
	Chestnut teal	Anas castanea

Animal group	Common name	Scientific name
	Collared sparrowhawk	Accipiter cirrocephalus
	Common bronzewing	Phaps chalcoptera
	Crested pigeon	Ocyphaps laphotes
	Crested shrike-tit	Falcunculus frontatus
	Crimson chat	Epthianura tricolor
	Dusky woodswallow	Artamus cyanopterus
	Eastern great egret	Ardea modesta
	Eastern osprey	Pandion cristatus
	Elegant parrot	Neophema elegans
	Eurasian coot	Fulica atra
	Fan-tailed cuckoo	Cacomantis flabelliformis
	Forest red-tailed black cockatoo*	Calyptorhynchus banksii naso
	Galah	Eolophus roseicapilla
	Gilbert's honeyeater	Melithreptus chloropsis
	Grey butcherbird	Cracticus torquatus
	Grey currawong	Strepera versicolor
	Grey fantail	Rhipidura albiscapa
	Grey shrike-thrush	Colluricincla harmonica
	Hoary-headed grebe	Poliocephalus poliocephalus
	Hooded robin	Melanodryas cucullata
	Horsefield's bronze cuckoo	Chalcites basalis
	Inland thornbill	Acanthiza apicalis
	Jacky winter	Microeca fascinans
	Little corella	Cacatua sanguinea
	Little eagle	Hieraaetus morphnoides
	Little egret	Egretta garzetta
	Little grassbird	Poodytes gramineus
	Little pied cormorant	Microcarbo melanoleucos
	Little wattlebird	Anthochaera chrysoptera
	Long-billed corella	Cacatua tenuirostris
	Magpie-lark	Grallina cyanoleuca
	Masked woodswallow	Artamus personatus
	Mistletoebird	Dicaeum hirundinaceum
	Mulga parrot	Psephotellus varius
	Nankeen kestrel	Falco cenchroides

Animal group	Common name	Scientific name
	New Holland honeyeater	Phylidonyris novaehollandiae
	Northern mallard	Anas platyrhynchos
	Pacific black duck	Anas superciliosa
	Pallid cuckoo	Cacomantis pallidus
	Peregrine falcon	Falco peregrinus
	Pied butcherbird	Cracticus nigrogularis
	Pied honeyeater	Certhionyx variegatus
	Purple swamphen	Porphyrio porphyrio
	Purple-crowned lorikeet	Glossopsitta porphyrocephala
	Purple-gaped honeyeater	Lichenostomus cratitius
	Rainbow bee-eater	Merops ornatus
	Red wattlebird	Anthochaera carunculata
	Red-capped parrot	Purpureicephalus spurius
	Red-collared lorikeet	Trichoglossus rubritorquis
	Red-eared firetail	Stagonopleura oculata
	Red-winged fairywren	Malurus elegans
	Regent parrot	Polytelis anthopeplus
	Restless flycatcher	Myiagra inquieta
	Rufous fieldwren	Calamanthus campestris
	Rufous songlark	Cincloramphus mathewsi
	Rufous treecreeper	Climacteris rufus
	Rufous whistler	Pachycephala rufiventris
	Sacred kingfisher	Todiramphus sanctus
	Scarlet robin	Petroica multicolor
	Shining bronze cuckoo	Chalcites lucidus
	Shy heathwren	Hylacola cauta
	Silver gull	Chroicocephalus novaehollandiae
	Silvereye	Zosterops lateralis
	Singing honeyeater	Gavicalis virescens
	Southern boobook	Ninox boobook
	Spiny-cheeked honeyeater	Acanthagenys rufogularis
	Splendid fairywren	Malurus splendens
	Spotted nightjar	Eurostopodus argus
	Spotted pardalote	Pardalotus punctatus
	Square-tailed kite	Lophoictinia isura

Animal group	Common name	Scientific name	
	Straw-necked ibis	Threskiornis spinicollis	
	Striated pardalote	Pardalotus striatus	
	Stubble quail	Coturnix pectoralis	
	Sulphur-crested cockatoo	Cacatua galerita	
	Swamp harrier	Circus approximans	
	Tawny crowned honeyeater	Glyciphila melanops	
	Tawny frogmouth	Podargus strigoides	
	Tree martin	Petrochelidon nigricans	
	Varied sittella	Daphoenositta chrysoptera	
	Variegated fairywren	Malurus lamberti	
	Wedge-tailed eagle	Aquila audax	
	Weebill	Smicrornis brevirostris	
	Welcome swallow	Hirundo neoxena	
	Western corella	Cacatua pastinator	
	Western gerygone	Gerygone fusca	
	Western rosella	Platycercus icterotis	
	Western spinebill	Acanthorhynchus superciliosus	
	Western thornbill	Acanthiza inornata	
	Western wattlebird	Anthochaera lunulata	
	Western whistler	Pachycephala occidentalis	
	Western yellow robin	Eopsaltria griseogularis	
	Whistling kite	Haliastur sphenurus	
	White-bellied sea-eagle	Haliaeetus leucogaster	
	White-breasted robin	Quoyornis georgianus	
	White-browed babbler	Pomatostomus superciliosus	
	White-browed scrubwren	Sericornis frontalis	
	White-cheeked honeyeater	Phylidonyris niger	
	White-eared honeyeater	Lichenostomus leucotis	
	White-faced heron	Egretta novaehollandiae	
	White-fronted chat	Epthianura albifrons	
	White-fronted honeyeater	Purnella albifrons	
	White-necked heron	Ardea pacifica	
	White-winged triller	Lalage sueurii	
	Willy wagtail	Rhipidura leucophrys	
	Yellow-rumped thornbill	Acanthiza chrysorrhoa	

Animal group	Common name	Scientific name	
	Yellow-throated miner	Manorina flavigula	
Bird (exotic)	Chicken	Gallus gallus domesticus	
	Laughing dove	Streptopelia senegalensis	
	Laughing kookaburra	Dacelo novaeguineae	
	Rainbow lorikeet	Trichoglossus moluccanus	
	Rock dove	Columba livia	
	Spotted dove	Streptopelia chinensis	
Frog (native)	Moaning frog	Heleioporus eyrei	
	Motorbike frog	Litoria moorei	
	Quacking frog	Crinia georgiana	
	Rattling froglet	Crinia glauerti	
	Slender tree frog	Litoria adelaidensis	
	South coast froglet	Crinia subinsignifera	
	Spotted-thighed frog	Litoria cyclorhyncha	
	Ticking frog	Geocrinia leai	
	Western banjo frog	Limnodynastes dorsalis	
	Western spotted frog	Heleioporus albopupnctatus	
Mammal (native)	Ash-grey mouse	Pseudomys albocinereus	
	Brush-tailed phascogale	Phascogale tapoatafa	
	Bush rat	Rattus fuscipes	
	Common brushtail possum	Trichosurus vulpecula	
	Dunnart	Sminthopsis sp.	
	Southern brown bandicoot	Isoodon fusciventer	
	Southern forest bat	Vespadelus regulus	
	Western grev kangaroo	Macropus fuliginosus	
	Western mouse	Pseudomys occidentalis	
	Western pygmy possum	Cercartetus concinnus	
	Western ringtail possum*	Pseudocheirus occidentalis	
	Yellow-footed antechinus	Antechinus flavipes	
Mammal (exotic)	Black rat	Rattus rattus	
	Brown rat	Rattus norvegicus	

Animal group	Common name	Scientific name	
	Cat	Felis catus	
	Dog	Canis lupus familiaris	
	European rabbit	Oryctolagus cuniculus	
	House mouse	Mus musculus	
	Red fox	Vulpes vulpes	
Reptile (native)	Bardick	Echiopsis curta	
	Black-headed monitor	Varanus tristis	
	Bobtail	Tiliqua rugosa	
	Buchanan's snake-eyed skink	Cryptoblepharus buchananii	
	Burton's legless lizard	Lialis burtonis	
	Children's python	Antaresia childreni	
	Coastal plains skink	Ctenotus ora	
	Common dwarf skink	Menetia greyii	
	Common garden skink	Lampropholis guichenoti	
	Common scaly-foot	Pygopus lepidopodus	
	Common south-west skink	Ctenotus labillardieri	
	Darling range south-west ctenotus	Ctenotus delli	
	Dugite	Pseudonaja affinis	
	Elegant slider	Lerista elegans	
	Gould's hooded snake	Suta gouldii	
	King's skink	Egernia kingii	
	Lowlands earless skink	Hemiergis peronii	
	Marbled gecko	Christinus marmoratus	
	Sand goanna	Varanus gouldii	
	Sedgelands worm-lizard	Aprasia repens	
	Shrubland morethia skink	Morethia obscura	
	South coast gecko	Diplodactvlus calcicolus	
	Southern blind snake	Anilios australis	
	South-western crevice skink	Egernia napoleonis	
	Southwestern earless skink	Hemiergis initialis	
	South-western orange-tailed slider	Lerista distinguenda	
	South-western rock-skink	Liopholis pulchra	
	South-western slider	Lerista microtis	
	Southwestern snake necked turtle	Chelodina colliei	

Animal group	Common name	Scientific name
	South-western spiny-tailed gecko	Strophurus spinigerus
	Speckled stone gecko	Diplodactylus lateroides
	Thick-tailed barking gecko	Underwoodisaurus milii
	Tiger snake	Notechis scutatus
	Two-toed earless skink	Hemiergis quadrilineata
	Variegated tree dtella	Gehyra veriegata
	West coast laterite ctenotus	Ctenotus fallens
	West coast morethia skink	Morethia lineoocellata
	Western bearded dragon	Pogona minor
	Western blue tongue	Tiliqua occipitalis
	Western limestone ctenotus	Ctenotus australis
	Western three-lined skink	Acritoscincus trilineatus
	Western worm lerista	Lerista praepedita
Reptile (exotic)	Asian house gecko	Hemidactylus frenatus

Wildlife using existing wildlife-friendly gardening structures

Based on data collected between August 2022 and February 2023, a total of 77 species were observed using existing wildlife-friendly structures including three threatened species and four species not native to southwestern Australia (Table 3). Collectively, structures were used by 55 bird species, 4 frog species, 5 mammal species and 13 reptile species. Frog hotels were used by 3 species, bird boxes were used by 6 species, possum shelters were used by 2 species, reptile shelters were used by 17 species, ponds were used by 14 species and bird baths were used by 57 species. The frequency that different species used each structure type is provided in Appendix 3.

Shelter sites

Bat boxes had evidence of bat guano (bat poo) on 1% of inspections (N = 100) with no other records of non-target wildlife recorded (Figure 5; Table 3; Appendix 3). Bird boxes were used by birds on 19.7% of inspections and chicks or eggs were recorded on 15.5% of inspections (N = 142). Non-target wildlife such as possums were recorded in bird boxes on 2.1% of inspections. Possum shelters were only used by possums and were occupied on 19.9% of inspections (N = 136). Frog hotels were used by frogs on 5.9% of inspections (N = 269) and by non-target animals such as reptiles on 0.4% of inspections. Reptile shelters were used by reptiles on 14.5% of inspections (N = 502).

Water sources

Bird baths were used by birds on 53.3% of surveys and by non-target wildlife such as frogs and mammals on 0.1% of surveys (N = 1513, Figure 5, Table 3, Appendix 3). The average visitation to bird baths was 12.8 visits per hour (N = 1513) and the average number of species that used the baths was 1.3 species per survey (N = 1513, 504.3 h of observation). Ponds were used by target wildlife on 45.3% of pond surveys (N = 179, Figure 5, Table 3). Tadpoles were recorded on 21.8% of survey occasions (N = 179). The average visitation to ponds was 5.6 visits per hour (N = 179) and the average number of species using ponds was 0.52 species per survey (N = 179, 42.3 h of observation).



Image 2. Top left: western ringtail possum by Christine Taylor; bottom left: brushtail phascogale by Robert Tait; right: Brushtail possum by Stella Johnson.



Figure 5. Bars represent the percentage of shelter inspections (green) or water source surveys (blue) during which target animals were detected. Icons (bats, birds, frogs, reptiles, and mammals) represent the animal groups that were recorded using each wildlife-friendly structure type. Coloured icons represent the target animal groups and grey icons represent the non-target animal groups observed using each structure type. Figure modified from Van Helden et al. (2024). Graph is based on data collected by citizen scientists between August 2022 and February 2023.



Image 3. Top left: motorbike frog by BEVH; bottom left: slender tree frog by Isabelle Wavre; middle: pond by BEVH; top right: motorbike frog by Margaret Doust; bottom right: motorbike frog by Jason Pitman.

Table 3. Species recorded using wildlife-friendly structures by citizen scientists in southwestern Australia between August 2022 and February 2023. List excludes invertebrates, fish and taxa that were not identified to species level. '*' identifies species listed as threatened under Australia's Environment Protection and Biodiversity Conservation Act 1999 and '*' identifies species not native to Western Australia. List excludes invertebrates and fish.

Structure Type	Target species recorded		Non-target species record	led
Bird bath	Australian magpie	Gymnorhina tibicen	Motorbike frog	Litoria moorei
	Australian raven	Corvus coronoides	Western grey kangaroo	Macropus fuliginosus
	Australian ringneck	Barnadius zonarius		
	Australian white ibis	Threskiornis moluccus		
	Baudin's black cockatoo*	Zanda baudinii		
	Black-faced cuckoo-shrike	Coracina novaehollandiae		
	Brown honeyeater	Lichmera indistincta		
	Brown-headed honeyeater	Melithreptus brevirostris		
	Budgerigar	Melopsittacus undulatus		
	Carnaby's black cockatoo*	Zanda latirostris		
	Common bronzewing	Phaps chalcoptera		
	Crested pigeon	Ocyphaps laphotes		
	Dusky wood swallow	Artamus cyanopterus		
	Elegant parrot	Neophema elegans		
	Galah	Eolophus roseicapilla		
	Gilbert's honeyeater	Melithreptus chloropsis		
	Grey butcherbird	Cracticus torquatus		
	Grey fantail	Rhipidura albiscapa		
	Grey shrike-thrush	Colluricincla harmonica		
	Hooded robin	Melanodryas cucullata		
	Inland thornbill	Acanthiza apicalis		
	Laughing dove⁺	Streptopelia senegalensis		
	Laughing kookaburra ⁺	Dacelo novaeguineae		
	Magpie lark	Grallina cyanoleuca		
	Mistletoe bird	Dicaeum hirundinaceum		
	Mulga parrot	Psephotellus varius		
	New Holland honeyeater	Phylidonyris novaehollandiae		
	Pied honeyeater	Certhionyx variegatus		
	Rainbow bee-eater	Merops ornatus		

Structure Type	e Target species recorded Non-target species recorded			ed
	Rainbow lorikeet⁺	Trichoglossus moluccanus		
	Red wattlebird	Anthochaera carunculata		
	Red-capped parrot	Purpureicephalus spurius		
	Red-eared firetail	Stagonopleura oculata		
	Red-winged fairy-wren	Malurus elegans		
	Scarlet robin	Petroica multicolor		
	Silvereye	Zosterops lateralis		
	Singing honeyeater	Gavicalis virescens		
	Splendid fairy-wren	Malurus splendens		
	Spotted dove⁺	Streptopelia chinensis		
	Spotted pardalote	Pardalotus punctatus		
	Striated pardalote	Pardalotus striatus		
	Weebill	Smicrornis brevirostris		
	Western rosella	Platycercus icterotis		
	Western spinebill	Acanthorhynchus		
	Western thornbill	superciliosus		
	Western wattlebird	Acanthiza inornata		
	Western whistler	Anthochaera lunulata		
	White-breasted robin	Pachycephala occidentalis		
	White-browed babbler	Quoyornis georgianus		
	White-browed scrubwren	Pomatostomus superciliosus		
	White-cheeked honeyeater	Sericornis frontalis		
	White-eared honeyeater	Phylidonyris niger		
	Willie wagtail	Lichenostomus leucotis		
	Yellow-rumped thornbill	Rhipidura leucophrys		
	Yellow-throated miner	Acanthiza chrysorrhoa		
		Manorina flavigula		
Bird box	Carnaby's black cockatoo*	Zanda latirostris	Marbled gecko	Christinus marmoratus
	Red-capped parrot	Purpureicephalus spurius	Western pygmy possum	Cercartetus concinnus
	Striated pardalote	Pardalotus striatus	Western ringtail possum*	Pseudocheirus occidentalis
Frog hotel	Motorbike frog	Litoria moorei	Western three-lined skink	Acritoscincus trilineatus
	Western banjo frog	Limnodynastes dorsalis		

Structure Type	Target species recorded	recorded Non-target species recorded		
Possum shelter	Common brushtail possum	Trichosurus vulpecula		
	Western ringtail possum*	Pseudocheirus occidentalis		
Pond	Australian magpie	Gymnorhina tibicen		
	Common bronzewing	Phaps chalcoptera		
	Buchanan's snake-eyed skink	Cryptoblepharus buchananii		
	King's skink	Egernia kingii		
	Laughing dove⁺	Streptopelia senegalensis		
	Motorbike frog	Litoria moorei		
	New Holland honeyeater	Phylidonyris novaehollandiae		
	Red wattlebird	Anthochaera carunculate		
	Silvereye	Zosterops lateralis		
	Singing honeyeater	Gavicalis virescens		
	Spotted dove ⁺	Streptopelia chinensis		
	Spotted-thighed frog	Litoria cyclorhyncha		
	Western banjo frog	Limnodynastes dorsalis		
	Western grey kangaroo	Macropus fuliginosus		
Reptile shelter	Bobtail	Tiliqua rugosa	Motorbike frog	Litoria moorei
	Common dwarf skink	Menetia greyii	Quacking frog	Crinia georgiana
	Buchanan's snake-eyed skink	Cryptoblepharus buchananii	Southern brown bandicoot	lsoodon fusciventer
	King's skink	Egernia kingii	Spotted-thighed frog	Litoria cyclorhyncha
	Lowlands earless skink	Hemiergis peronii		
	Marbled gecko	Christinus marmoratus		
	Sedgelands worm-lizard	Aprasia repens		
	Shrubland morethia skink	Morethia obscura		
	Southwestern earless skink	Hemiergis initialis		
	South-western orange-tailed slider	Lerista distinguenda		
	Two-toed earless skink	Hemiergis quadrilineata		
	Western three-lined skink	Acritoscincus trilineatus		
	Western worm lerista	Lerista praepedita		



Wildlife using new wildlife-friendly gardening structures

All structure types installed between March and May 2023 were used by wildlife based on inspections between March 2023 and January 2024 (Figure 6). Reptile shelters were used by reptiles on 36.5% of survey occasions (N = 115) and were the most used new wildlife-friendly structure type, closely followed by bird baths which were used by birds on 32.1% of surveys (N = 287). All other structure types that were newly installed were used by wildlife on less than 8% of survey occasions (N range: 42 - 337). Except for reptile shelters, newly installed structures were used less frequently than structures already present in gardens before the project commenced.



Figure 6. Bars represent the percentage of shelter inspections (green) or water source surveys (blue) during which target animals were detected for structures already present in gardens before the project commenced (before July 2021, solid bars) and for structures installed between March and May 2023 as part of the project (lined bars).

Implications and future research priorities

This research has demonstrated that a remarkably high diversity of wildlife use gardens in southwestern Australia, with approximately one-third of these species benefiting from wildlife-friendly garden features. This provides empirical support for the role residential gardens can play in biodiversity conservation and highlights the ability and willingness of householders to contribute to conservation through the implementation of wildlife-friendly gardening practices.

The study indicates that wildlife-friendly structure types support wildlife to varying extents, with none singularly supporting all 77 recorded species. This emphasises the importance of incorporating numerous structure types in gardens to maximise biodiversity benefits, both for common and threatened species. Water sources appeared particularly beneficial as they were used more frequently and supported a greater diversity of wildlife compared to shelters. This



suggests that in regions with similar hot and dry climates, prioritising water provision may be most beneficial for supporting a broad array of wildlife in gardens. Alternatively, if the goal is to support threatened species specifically, our findings suggest that possum shelters (nest boxes and man-made dreys) may be the best option for supporting the critically endangered western ringtail possum, cockatubes may be best to support breeding Carnaby's black cockatoo, and that water sources will support both threatened white-tailed black cockatoo species.

With the exception of reptile shelters, our research indicates that newly introduced wildlifefriendly structures were used less compared to those already present in gardens before July 2021. While the reason for this remains unclear, it is likely that wildlife require an extended period of time to familiarise themselves with and use the new structures in their environment. We anticipate that with time, these newer additions will be used as frequently as the established ones. Encouragingly, despite being installed for less than a year, all types of structures were used by wildlife, suggesting that the provision of resources within gardens is readily utilised by biodiversity. This provides optimism that additional initiatives to expand the number of people engaging in wildlife-friendly gardening, as well as the intensity of their engagement, could yield significant biodiversity benefits within residential settings.

In addition to the findings outlined in this report, the data gathered by citizen scientists in this project presents a wealth of opportunities for further research exploration and application. These additional avenues will be investigated in the coming months and include:

- Investigating the optimal design and placement of wildlife-friendly features within gardens to determine which configurations attract the highest diversity and abundance of wildlife,
- Exploring whether installing these wildlife-friendly features increases the overall diversity and abundance of wildlife within gardens, and
- Understanding how seasonal variations, geographic locations and garden characteristics influence species diversity and their use of wildlife-friendly structures.

Other key future research priorities that will increase the value of urban areas for biodiversity include:

- Exploring methods to mitigate wildlife-related risks in gardens. This includes developing strategies to:
 - Minimise conflicts between wildlife and humans by addressing potential safety concerns or preventing damage to property while promoting wildlife-friendly practices, and
 - Reduce native wildlife predation, injury or poor reproductive output to increase the value of cities for biodiversity conservation. This could include advocating for stricter enforcement of domestic cat regulations to reduce the threat of predation and injury to wildlife, investigating the risk of urban areas acting as 'ecological traps', and trialling different wildlife-friendly placements and design to reduce predation risk.
- Exploring strategies to increase public engagement in wildlife-friendly gardening initiatives both in terms of the number of people involved and increasing the efforts of those already engaged. This includes:



- Understanding the barriers to participation and developing outreach and educational programs that can help expand the reach of wildlife-friendly gardening practices,
- Trialling ways to incentivise and increase uptake of wildlife-friendly gardening activities, and
- Considering wildlife-friendly gardening opportunities in public greenspaces such as verges, parks, golf courses, and cemeteries.



Image 4. Top left: python by Sarah McNamara; bottom left: reptile shelter by BEVH; top right: bobtail by Sue Youngman; middle right: king's skinks by Brenda Diepeveen; bottom right: Gould's hooded snake by Ben De Haan.

Human wellbeing benefits of wildlife-friendly gardening

Online surveys

A total of 66 citizen scientists completed all three surveys. Of these, 12 were in the control group (18%) and 54 were in the wildlife monitoring group (82%). The majority of survey participants identified as female (77%), between 55-74 years of age (62%), and were born in Australia (65%). In addition, the majority live as a couple (58%) and own their home (70%), are retired (35%) or employed part-time/casual (32%), and hold a Bachelors (35%) or postgraduate degree (30%).

Across all metrics (SF-36, WEMWBS, NR-6), the wildlife monitoring group tended to exhibit a greater average score than the control group, indicating greater condition of health, wellbeing, and connection to nature. This difference was most pronounced at the final survey after the full 18-month period of wildlife monitoring (Figure 7, Figure 8).

For the WEMWBS Mental Well-being scale (Figure 7) and several of the SF-36 scales (Figure 8, e.g. emotional wellbeing, social functioning, role limitations due to emotional problems, general health), an increasing trend over the course of the project was revealed for the wildlife monitoring group. In comparison, the control group's scores tended to either stay the same or have a slight decrease over the course of the project. For other scales (e.g. SF-36 pain scale), the change trend did not appear to differ between the control and wildlife monitoring group (Figure 8). This suggests that participating in the wildlife monitoring activities may have supported improvements in aspects of participant's health and wellbeing, particularly their mental and emotional wellbeing, social functioning, role limitations due to emotional problems, and general health.

For the NR-6 Nature Relatedness scale (Figure 7), both the control group and the wildlife monitoring group were revealed to have high nature-relatedness scores to begin with, and these scores remained high throughout the project. This suggests that all participants, whether they engaged in wildlife monitoring activities or not, were already highly connected to nature at the beginning of the project and this level of connection remained relatively steady over the project.



Figure 7. Changes in the average NR-6 (Nature-relatedness) and WEMWBS (Mental well-being) scales over the course of the project (baseline to interim to final) for the wildlife monitoring group (dark green) and control group (light green).





Figure 8. Changes in the average SF-36 Scales over the course of the project (baseline to interim to final) for the wildlife monitoring group (dark green) and control group (light green).

Semi-structured interviews

Twenty citizen scientists participated in the semi-structured interviews, the majority of these identified as female (75%), between 65-74 years of age (45%), and born in Australia (70%). Most live as a couple (50%) or a couple with dependents (30%), own their home (90%), are retired (55%) or employed part-time/casual (30%), and hold a postgraduate (50%) or Bachelor's degree (25%).

The interviews revealed a range of experiences with wildlife-friendly gardening and wildlife monitoring, and provided evidence for a variety of benefits to participant's health, wellbeing, and connection to nature. Several wellbeing dimensions emerged through the interviews (Table 4), with the environmental and emotional dimensions of wellbeing the most apparent. Interview responses revealed positive feelings of environmental stewardship and responsibility for wildlife visiting their gardens, with wildlife-friendly garden practices providing an opportunity for taking positive action and relieving negative feelings of eco-grief or eco-anxiety. For some participants, the impacts of wildlife-friendly gardening on their emotional and environmental wellbeing were quite pronounced, e.g. "it takes away the anxieties of the world" (Table 4).

Wellbeing	Example responses from the interviews
unnension	
Environmental	'you don't own them [wildlife], but it's like you're looking after them it's your
	responsibility to protect them to the best of your ability.'
Emotional	'It gives you a nice, relaxed feeling watching animals who are free and doing what
	they want suddenly I'm not worried about traffic and problems of the world'
Environmental	'I suppose it feels joyful and relief when, you know, it makes you think you're in
& Emotional	nature I think it makes you feel a bit wondrous. It makes you feel like a connection'
Environmental	it takes away the anxieties of the world and I think, you know, I tend to feel anxious
& Emotional	about the impact of what we've done to our world. So I felt that if I could do something
	to make a difference, even if it's gardening and increasing the wildlife population of
	some butterflies or frogs'
Intellectual	'recognising different species in the garden has been wonderful'
Intellectual	'it's the excitement of watching the [nest] box and seeing if something is actually going
	to inhabit it and also recognising perhaps what works and what doesn't work from a
	learning point of view'
Social	'it was a way for me to connect to other people who share the same interest.'
Physical	'It makes me feel good about being outdoors and do something a bit physical and, you
	know, not sitting inside'
Spiritual	'it's being far more present sort of like meditation'
Physical &	'I think you feel every sense comes alive from hearing the birds, smelling the blossom
Spiritual	or whatever's out in flower. Seeing, touching, every sense'

Table 4. Example responses from the in-person garden interviews, illustrating different dimensions of human wellbeing benefit from wildlife-friendly gardening and wildlife monitoring.



In addition to the environmental and emotional dimensions of wellbeing, the intellectual, social, physical, and spiritual dimensions of wellbeing were also apparent in participant's responses (Table 4). In terms of intellectual wellbeing, participants enjoyed learning to identify the different species visiting their gardens, observing and understanding how wildlife responded to newly installed garden structures, and adapting or improving their wildlife-friendly gardening practices based on their own observations and learnings from the project. Wildlife-friendly gardening practices related to physical wellbeing through spending time outdoors, engaging physical senses (sight, smell, touch), active movement, and physical relaxation. Spiritual wellbeing benefits emerged from participant's experiencing awe and wonder when noticing different species within their gardens, and through meditative experiences particularly for wildlife monitoring activities that required participants to be relatively still and silent while observing, such as bird counts and bird bath surveys.

While social connections between participants was not a key component of this project (social connection between participants occurred minimally, mainly through participants attending the Wildlife Monitoring workshop and/or Habitat Structure Installation workshop, or monthly exchanges of camera traps for some participants who shared camera traps), several interview participants discussed how their wildlife-friendly gardening practices have connected them to (or provided new avenues of connection with) their neighbours, local conservation groups, relevant online communities, and friends and family.

Interview participants also shared some negative human wellbeing impacts of wildlife-friendly gardening and wildlife monitoring activities. For example, some interviews expressed feelings of distress or frustration when observing introduced species or animal predation within their gardens, dissatisfaction with garden habitat structures that were not yet being used by wildlife, and/or concern over the impacts of environmental or landscape changes on local wildlife.

Implications and future research priorities

In this study, wildlife-friendly gardening and wildlife monitoring activities were found to contribute positively to human health, wellbeing and connection to nature. The online surveys suggest positive impacts of wildlife monitoring activities on several metrics of human health and emotional wellbeing, while the garden interviews reveal a wide range of participant experiences and a deeper understanding of how wildlife monitoring and habitat structure installation influenced participant's health, wellbeing, and connection to nature. The qualitative outcomes from the interviews complement the quantitative data from the online surveys, further enriching our understanding of the human impacts of wildlife-friendly gardening activities.

This research adds to a growing body of literature on the human-wellbeing benefits of connecting with nature, whether that be through supporting biodiversity conservation, participating in citizen science, or gardening activities. This project provides a unique perspective, highlighting the influence of wildlife monitoring within residential gardens, and installing wildlife-friendly garden habitat structures, on human health, wellbeing, and connection to nature. As cities become more urbanised and natural areas diminish, the role of gardens becomes increasingly important not only for their benefit to wildlife conservation, but also for their benefits to human health, wellbeing, and connection with nature.



As with the ecological research, there are a wealth of opportunities to further investigate the connections between wildlife-friendly gardening activities and human health, wellbeing, and connection to nature. For example, future research could explore:

- The influence of wildlife monitoring and/or wildlife-friendly gardening for communities with relatively low levels of nature-relatedness, and/or low health and wellbeing scores. The cohort involved in this study all had relatively high scores for the nature-relatedness scale, and various health and wellbeing scales.
- The potential for human wellbeing benefits to act as a persuasive lever to promote wildlife-friendly gardening (and other pro-environmental behaviour changes) to new audiences who may be more motivated by human wellbeing benefits than by ecological benefits. For example, the role of physical and emotional health benefits as motivators for individuals to begin wildlife-friendly gardening practices, and/or the role of social connection as a means of further spreading wildlife-friendly gardening activities throughout neighbourhoods and across the urban landscape, could be further explored.
- The long-term benefits of wildlife-friendly gardening and wildlife monitoring activities, and strategies to combat any negative impacts associated with these activities. Future studies could follow up with the cohort of the present study, to understand whether participants continued with their wildlife-friendly gardening or wildlife monitoring activities, and any further changes in their health, wellbeing or connection to nature.
- The possibility for wildlife-friendly gardening and/or wildlife monitoring activities to support or enhance existing human wellbeing initiatives connected to nature, such as therapeutic horticulture or forest bathing. Future studies could explore the potential benefits of adapting the wildlife monitoring (Van Helden et al. 2022) and habitat structure installation methods (Greenop et al. 2023) to specifically support participant's health and wellbeing goals, e.g. by prompting relaxation or mindfulness techniques during wildlife monitoring surveys or wildlife-friendly gardening activities.

Conclusion

This project has revealed that wildlife-friendly gardening not only contributes to biodiversity conservation but that is also fosters human wellbeing. This research has shown that residential gardens and habitat structures support a wide diversity of vertebrate wildlife in southwestern Australia, and there is widespread interest amongst citizen scientists and the wider community to contribute to urban biodiversity conservation. By providing essential habitat resources and supporting reproductive opportunities for wildlife, wildlife-friendly gardening can actively benefit biodiversity. Simultaneously, it offers people opportunities to connect with and support nature in their own garden, deepening their understanding of local wildlife and providing a constructive outlet to alleviate eco-anxiety. It encourages increased outdoor activity, promoting physical health, while evoking emotions of joy, surprise, calm, respect, and wonder, which positively impact mental and emotional wellbeing. In essence, this project illuminates that gardening for wildlife-is also gardening for wellbeing, and thus advocating and engaging community in wildlife-friendly gardening practices will benefit both people and nature.

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Appendix 1

Online survey questions provided to participants, including the SF-36, WEMWBS and NR-6 metrics, demographics, and questions related to garden activity and general thoughts on wildlife.

SECTION 1: DEMOGRAPHIC QUESTIONS

There are 'prefer not to answer' options for sensitive questions if you wish not to answer. However, where comfortable, answering these questions allow us to analyse potential variables that could affect our data, meaning that we can more credibly come to conclusions and answer our study questions.

What is your ag	e?
	<18 (precludes from survey)
	18-24 years
	25-34 years
	35-44 years
	45-54 years
	55-64 years
	65-74 years
	75-84 years
	85+ years
Which gender d	lo you most strongly identify as?
	Female
	Male
	Non-binary
	Not sure
	Other
	Prefer not to say
What is your an	nual household income?
	<\$12,000
	\$12,001-\$40,000
	\$40,001-\$80,000
	\$80,001-\$120,000
	\$120,001-\$160,000
	\$160,001-\$200,000
	\$200,001+
	Prefer not to say
How would you	describe the home you currently reside in?
	Renting
	Mortgaged
	Fully owned
Who lives within	n your household?
	Single person household
	Single person household with dependents
	Couple household
	Couple household with dependents
	House share
	Other household structure. Please specify: [Open comment]
What is your en	nployment status?
	Employed full-time (37.5+ hours/week)
	Employed part-time or casual (less than 37.5 hours/week)
	Full-time parent/guardian
	Retired
	Student
	Not currently working



	Other. Please specify: [Open comment]
What is your hi	ghest educational qualification?
	No formal education
	Completed primary school
	Some high school
	Completed high school (or equivalency)
	Certificate or Diploma (including trade or another certificate)
	Bachelor's degree (including Honours)
	Post graduate qualification (e.g Master's or PhD)
	Still at school
What was your	country of birth?
[Drop (down list of countries to choose from]
Do you identify	as Aboriginal or Torres Strait Islander?
	No
	Aboriginal
	Torres Strait Islander
	Both
	Prefer not to say
How would you	I describe your cultural identity or identities? Some examples include Wadjuk, Menang,
Noongar-Scott	ish, Australian-Chinese, Lebanese-Australian, Italian, Polynesian, etc.
	[Open comment]
	I do not identify with a specific cultural identity
What is your re	ligious affiliation?
	Christian (Catholic protestant or any other Christian denominations)
	Buddhist
	Hindu
	Muslim
	Jewish
	Sikh
	No religion
	Prefer not to say
	Other. Please specify: [Open comment]

SECTION 2: GENERAL WELLBEING

Choose one option for each questionnaire item. Please respond as you really feel, rather than how you think "most people" feel. This section will help us to understand how gardening for wildlife can impact people's general wellbeing. This section includes questions from the 36-Item Short Form Health Survey (SF-36), developed at RAND as part of the Medical Outcomes Study.

In general, would you say your health is:

- 1 Excellent
 2 Very good
 - 2 Very good
 3 Good
- □ 3 Goo □ 4 – Fair
- □ 4 Fair □ 5 - Poor

Compared to one year ago, how would you rate your health in general *now*?

- □ 1 Much better now than one year ago
 - 2 Somewhat better now than one year ago
- 3 About the same
- □ 4 Somewhat worse now than one year ago
- □ 5 Much worse now than one year ago

The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?



	Yes, limited a	Yes, limited a	No, not limited at
	lot	little	all
Vigorous activities, such as running, lifting	1	2	3
heavy objects, participating in strenuous			
sports			
Moderate activities, such as moving a table,	1	2	3
pushing a vacuum cleaner, bowling, or			
playing golf			
Lifting or carrying groceries	1	2	3
Climbing several flights of stairs	1	2	3
Climbing one flight of stairs	1	2	3
Bending, kneeling, or stooping	1	2	3
Walking more than a mile	1	2	3
Walking several blocks	1	2	3
Walking one block	1	2	3
Bathing or dressing yourself	1	2	3

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

	Yes	No	
Cut down the amount of time you spent on work or other	1	2	
activities			
Accomplished less than you would like	1	2	
Were limited in the kind of work or other activities	1	2	
Had difficulty performing the work or other activities (for	1	2	
example, it took extra effort)			

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

· · · ·	0 1	/
	Yes	No
Cut down the amount of time you spent on work or other activities	1	2
Accomplished less than you would like	1	2
Didn't do work or other activities as carefully as usual	1	2

During the **past 4 weeks**, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups? 1 - Not at all

	i Notataa
	2 – Slightly
	3 – Moderately
	4 - Quite a bit
	5 – Extremely
How much bod	ily pain have you had during the past 4 weeks?
	1 - None
	2 – Very mild
	3 – Mild
	4 - Moderate
	5 – Severe
	6 – Very Severe
During the past	t 4 weeks, how much did pain interfere with your normal work (including both work
outside the hon	ne and housework)?

1 - Not at all



- □ 2 A little bit
- □ 3 Moderately
- 4 Quite a bit
- □ 5 Extremely

These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the **past 4 weeks**...

U						
	All of	Most	А	Some	A little	None
	the	of the	good	of the	of the	of the
	time	time	bit of	time	time	time
			the			
			time			
Did you feel full of pep?	1	2	3	4	5	6
Have you been a very nervous	1	2	3	4	5	6
person?						
Have you felt so down in the	1	2	3	4	5	6
dumps that nothing could cheer						
you up?						
Have you felt calm and peaceful?	1	2	3	4	5	6
Did you have a lot of energy?	1	2	3	4	5	6
Have you felt downhearted and	1	2	3	4	5	6
blue?						
Did you feel worn out?	1	2	3	4	5	6
Have you been a happy person?	1	2	3	4	5	6
Did vou feel tired?	1	2	3	4	5	6

During the **past 4 weeks**, how much of the time has **your physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?

П	1 – /	All	of	the	time
			•••		

- □ 2 Most of the time
- □ 3 Some of the time
 - 4 A little of the time
- □ 5 None of the time

How TRUE or FALSE is **each** of the following statements for you.

	Definitely	Mostly	Don't	Mostly	Definitely
	true	true	know	false	false
I seem to get sick a little easier than other people	1	2	3	4	5
I am as healthy as anybody I know	1	2	3	4	5
I expect my health to get worse	1	2	3	4	5
My health is excellent	1	2	3	4	5

SECTION 3: MENTAL WELLBEING

Please respond as you really feel, rather than how you think "most people" feel. This section will help us understand how gardening for wildlife can impact people's mental wellbeing. This section contains questions from the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved.

Below are some statements about feelings and thoughts. Please tick the box (1 - 5) that best describes your experience of each over the last 2 weeks.

	None	Rarely	Some	Often	All of
	of		of the		the
	the		time		time
	time				
I've been feeling optimistic about the future	1	2	3	4	5
l've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
l've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

SECTION 4: WILDLIFE/NATURE-RELATEDNESS

Please respond as you really feel, rather than how you think "most people" feel. This section will help us understand how gardening for wildlife can impact people's wildlife/nature-relatedness. This section contains questions from the Short Version, 6-Item Nature-Relatedness Scale (Nisbet E., Zelenski J., 2013. The NR-6: A new brief measure of nature relatedness. Frontiers in Psychology. Available at: https://doi.org/10.3389/fpsyg.2013.00813.)

Please	1 lease tick the box (1 – 5) that best describes the extent to which you agree with each statement below.						
		Disagree	Disagree	Neither	Agree	Agree	
		strongly	a little	agree	а	strongly	
				nor	little		
				disagree			
-	My ideal vacation spot would be a	1	2	3	4	5	
	remote, wilderness area.						
	I always think about how my actions	1	2	3	4	5	
	affect the environment.						
	My connection to nature and the	1	2	3	4	5	
	environment is a part of my spirituality.						
	I take notice of wildlife wherever I am.	1	2	3	4	5	
	My relationship to nature is an important	1	2	3	4	5	
	part of who I am.						
	I feel very connected to all living things	1	2	3	4	5	
	and the earth.						

SECTION 5: GENERAL THOUGHTS ON WILDLIFE

These questions relate to your feelings about having wildlife in your garden.

Please rate how strongly you feel connected to animal wildlife in your garden in the following ways:



		Unconnected	d Slightly	Moderatel	y Strongly	Extremely
			connecte	d connected	d connecte	d connected
	How strongly do you feel	1	2	3	4	5
	connected with animal					
	wildlife in your garden					
	on an emotional level?					
	For example, wildlife					
	within your garden					
	influences your emotions					
	(e.g. calm or anxious).					
	How strongly do you feel	1	2	3	4	5
	connected with animal					
	wildlife in your garden					
	on an cultural level? For					
	example, in terms of					
	cultural identity, beliefs or					
	practice.					
	How strongly do you feel	1	2	3	4	5
	connected with animal					
	wildlife in your garden					
	on a religious/spiritual					
	level? For example, in					
	terms of					
	religious/spiritual identity,					
	beliefs or practice.					
How in	nportant do you consider the	following in inf	luencing you	ır physical hea	alth?	
		Unimportant	Slightly	Moderately	Important	Very
		·	important	important	·	important
	Your emotional	1	2	3	4	5
	connection with animal					
	wildlife					
	Your cultural connection	1	2	3	4	5
	with animal wildlife					
	Your religious/spiritual	1	2	3	4	5

How important do you consider the following in influencing your **mental** health?

connection with animal

wildlife

	Unimportant	Slightly	Moderately	Important	Very
		important	important		important
Your emotional	1	2	3	4	5
connection with animal					
wildlife					
Your cultural connection	1	2	3	4	5
with animal wildlife					



Your religious/spiritual	1	2	3	4	5	
connection with animal						
wildlife						

How important do you consider the following in influencing your happiness?

	Unimportant	Slightly	Moderately	Important	Very
		important	important		important
Your emotional	1	2	3	4	5
connection with animal					
wildlife					
Your cultural	1	2	3	4	5
connection with animal					
wildlife					
Your religious/spiritual	1	2	3	4	5
connection with animal					
wildlife					

Overall, how would you describe your feelings about having animal wildlife in your garden?

Very positive
Positive
Neutral
Negative
Very negative

SECTION 6: GARDEN ACTIVITY

These questions relate to garden use and your involvement in the project.

How often were you in your garden in the last 2 months?

- □ Very often (everyday)
- Often (several times a week)
 - Occasionally (once per week)
 - □ Rarely (once every couple of weeks)
 - □ Very rarely (once)

Since joining this project, on average, how often do you see, smell or hear wildlife (birds, frogs, reptiles or mammals) in your garden?

- □ Very often (everyday)
- Often (several times a week)
- Occasionally (once a week)
- □ Rarely (once every couple of weeks)
- □ Very rarely (once every few months)
- □ Never

Have you monitored any wildlife as part of this project?

□ Yes □ No

Appendix 2

Semi-structured interviews question guide.

SECTION 1: YOUR GARDEN

To start, I'm going to ask about your garden and gardening experiences:

- \circ $\,$ Can you describe your garden? e.g. what features does your garden have?
- \circ $\$ How do you spend time in your garden, and how often?

How long have you been gardening for?

- Would you consider yourself an avid gardener?
- How did you first get into gardening?

How does being in your garden make you feel?

- Is your garden a special place for you?
- What connections do you have to your garden?

Can you tell me about any natural spaces nearby where you live? E.g. Are there any local bushlands, wetlands, beaches nearby?

- Do you spend much time in those places?
- How do you spend your time in those places?
- Do you tend to take notice of wildlife in those places?

Outside of this project, do you have much interest in wildlife conservation? E.g. Do you work, study, or volunteer in an environmental field?

SECTION 2: WILDLIFE-FRIENDLY GARDENING

Now thinking about wildlife-friendly gardening, can you tell me what "wildlife-friendly gardening" means to you? How would you define it?

For this project, we defined wildlife-friendly gardening as "the manipulation of gardens by residents with the goal of providing habitat for wildlife". Habitat includes providing shelter, water, and food resources.

- What sort of actions or changes have you made in your garden to support wildlife?
- Was this project the first time you started gardening specifically for wildlife? If no: When did you first begin wildlife-friendly gardening? What kinds of actions have you taken for wildlife in your garden before this project?
- Why did you initially decide to get involved in this project? What part of the project in particular sparked your interest?
- Having now been involved in the project for several months, is that still the aspect you're most interested in?

You took part in the "wildlife-friendly gardening" phase of this project, installing new habitat structures. Can you tell me about the structures you chose to install in your garden as part of this project?

Why did you decide on these structures to install?

• Did you want to support any particular groups of wildlife with your structures? Were there any groups of wildlife that you weren't keen to support in your garden?



- When you first joined the project, were you planning to get involved in this wildlife-friendly gardening phase of installing structures? If no: What made you change your mind?
- For each structure, we gave information about the type of animals they would support, their approximate cost, a difficulty rating for installing and monitoring, and a discount amount. Did any of those factors influence your decision about which structures to install?

What do you see as the main benefits from adding these structures to your garden?

- Have you enjoyed adding the new structures to your garden?
 - If yes: What have you enjoyed about it? Any favourite moments you can share? Is there anything you haven't enjoyed about having this wildlife-friendly structure?
 - If no: Were there any particular barriers that stopped you from enjoying the experience?
- Does having the new structures change the way you view or use your garden personally?

SECTION 3: WILDLIFE MONITORING

Now we're going to talk about the wildlife monitoring aspect of this project.

o What initially sparked your interest to monitor wildlife in your garden?

Can you tell me about each of the wildlife monitoring techniques you've tried?

- What made you choose each of those techniques?
- Were there any techniques you tried for a little while, then stopped? Why was that?
- o Are there any particular reasons why you didn't choose to do the other techniques?

Overall, what has the experience of monitoring wildlife been like for you?

- Can you tell me about your favourite experience of seeing wildlife in your garden?
- Have there been any negative experiences you'd like to share?

In this project, we focused on vertebrate wildlife, particularly birds, reptiles, frogs and mammals.

- \circ $\,$ Can you tell me how you felt when you saw each of those groups in your garden?
 - How do you feel when you see [birds, reptiles, frogs, mammals]
- \circ $\;$ Are there any types of wildlife you don't enjoy seeing in your garden?
- Have you seen any invertebrate wildlife visiting your garden? E.g. insects, snails, spiders? How do you feel when you see those?
- Have there been any times when you were monitoring in your garden but didn't see any wildlife? How did that make you feel?
- Have there been any times when you were **not** monitoring, but you saw wildlife in your garden? How did that make you feel? Was it different to when you saw wildlife while monitoring?
- Have you seen wildlife using any of the wildlife-friendly structures that you have installed?
 - If yes: Can you tell me about how you felt seeing wildlife using your structure?
 - o If no: Can you tell me about how that makes you feel?

During the project, did your experiences of monitoring wildlife in your garden have any influence on your choice of the structures you decided to install?

SECTION 4: OVERALL + FUTURE

Overall, what are some of the main benefits you have gotten out of wildlife friendly gardening and monitoring wildlife in your garden?



- Have there been any unexpected benefits?
- \circ Do you feel that you have benefitted personally?
- Do you feel that you have gained new knowledge?
- Has your wildlife-friendly gardening led to you spending more time outside?
- Has it had any influence on your connection to nature?
- Do you tend to notice wildlife more? Do you notice wildlife outside of your garden?
- Have you spoken to other people (such as neighbours, family, friends, colleagues) about your wildlife-friendly gardening experiences?

Have you encouraged other people to do wildlife-friendly gardening?

- o If yes: What do you say to encourage them?
- What aspects of wildlife friendly gardening do you think would get more people involved?
- Do you think personal enjoyment, or health and wellbeing benefits, are important factors for engaging people in wildlife-friendly gardening?

Do you feel that wildlife-friendly gardening has influenced your own health and wellbeing in any way? If yes: In what ways?

• Looking back, was your own health and wellbeing a motivator for you to engage in wildlifefriendly gardening? If yes: In what ways?

SECTION 5: FUTURE INTENTIONS

Looking to the future now, are there any other actions you plan to take *in your garden* that support wildlife?

- If yes: What do you plan to do next, and why?
- o If no: Can you explain why?

Are there any other actions you plan to take (or are taking) *outside of your garden* to support wildlife? E.g. in your local natural areas (bushlands, wetlands, beaches).

- o If yes: What sorts of actions do you do? What do you plan to do next, and why?
- o If no: Are there any particular reasons why or barriers that you can share?

If you were to take part in a project like this in future, do you have any suggestions for how the project could be improved?

- Anything you would change or do differently?
- Any ideas for how we could get more people active and involved in wildlife-friendly gardening?

Is there anything else you would like to tell me about your personal experience with wildlife friendly gardening and wildlife monitoring?

Appendix 3

Percentage contribution of each species to the total number of vertebrate animals (N) recorded using artificial refuges (bird boxes, frog hotels, possum shelters, and reptile shelters) and water sources (bird baths and ponds) in southwestern Australian gardens between August 2022 and February 2023. List excludes invertebrates and fish. Species that are threatened under Australia's Environment Protection and Biodiversity Conservation Act 1999 are indicated with '*'. Introduced species to Western Australia are indicated with '*'. Table modified from Van Helden et al. (2024).

Structure type (No. animal records)	Common name	Scientific name	Number of animal records	Percentage of animal records
Bird box (N = 39)	Striated pardalote	Pardalotus striatus	21	53.8%
	Carnaby's black cockatoo *	Zanda latirostris	9	23.1%
	Red-capped parrot	Purpureicephalus spurius	6	15.4%
	Western pygmy possum	Cercartetus concinnus	1	2.6%
	Marbled gecko	Christinus marmoratus	1	2.6%
	Western ringtail possum*	Pseudocheirus occidentalis	1	2.6%
Frog hotel (N = 21)	Motorbike frog	Litoria moorei	19	90.5%
	Western banjo frog	Limnodynastes dorsalis	1	4.8%
	Western three-lined skink	Acritoscincus trilineatus	1	4.8%
Possum shelter (N = 41)	Western ringtail possum*	Pseudocheirus occidentalis	37	90.2%
	Common brushtail possum	Trichosurus vulpecula	4	9.8%
Reptile shelter (N =183)	Two-toed earless skink	Hemiergis quadrilineata	77	42.1%
	Western worm lerista	Lerista praepedita	34	18.6%
	Common dwarf skink	Menetia greyii	13	7.1%
	Bobtail	Tiliqua rugosa	13	7.1%
	Lowlands earless skink	Hemiergis peronii	9	4.9%
	King's skink	Egernia kingii	7	3.8%

Structure type (No. animal records)	Common name	Scientific name	Number of animal records	Percentage of animal records
	Unidentified lizard spp.	N/A	5	2.7%
	Southwestern earless skink	Hemiergis initialis	4	2.2%
	South-western orange-tailed slider	Lerista distinguenda	4	2.2%
	Marbled gecko	Christinus marmoratus	3	1.6%
	Gecko spp.	N/A	3	1.6%
	Shrubland morethia skink	Morethia obscura	2	1.1%
	Legless lizard spp.	N/A	2	1.1%
	Western three-lined skink	Acritoscincus trilineatus	1	0.5%
	Sedgelands worm-lizard	Aprasia repens	1	0.5%
	Buchanan's snake-eyed skink	Cryptoblepharus buchananii	1	0.5%
	Quacking frog	Crinia georgiana	1	0.5%
	Southern brown bandicoot	lsoodon fusciventer	1	0.5%
	Spotted-thighed frog	Litoria cyclorhyncha	1	0.5%
	Motorbike frog	Litoria moorei	1	0.5%
Bird bath (N = 7018)	New Holland honeyeater	Phylidonyris novaehollandiae	2622	37.4%
	Silvereye	Zosterops lateralis	878	12.5%
	Brown honeyeater	Lichmera indistincta	604	8.6%
	Unidentified bird spp.	N/A	368	5.2%
	Red wattlebird	Anthochaera carunculata	276	3.9%
	Grey fantail	Rhipidura albiscapa	192	2.7%
	Gilbert's honeyeater	Melithreptus chloropsis	173	2.5%
	Australian magpie	Gymnorhina tibicen	164	2.3%
	Australian ringneck	Barnadius zonarius	160	2.3%
	Carnaby's black cockatoo*	Zanda latirostris	153	2.2%
	Willie wagtail	Rhipidura leucophrys	131	1.9%
	Common bronzewing	Phaps chalcoptera	113	1.6%

Structure type (No. animal records)	Common name	Scientific name	Number of animal records	Percentage of animal records
	Laughing dove+	Streptopelia senegalensis	101	1.4%
	Galah	Eolophus roseicapilla	96	1.4%
	Red-capped parrot	Purpureicephalus spurius	95	1.4%
	Australian raven	Corvus coronoides	93	1.3%
	White-browed scrubwren	Sericornis frontalis	67	1.0%
	Splendid fairy-wren	Malurus splendens	55	0.8%
	Red-eared firetail	Stagonopleura oculata	52	0.7%
	Singing honeyeater	Gavicalis virescens	52	0.7%
	Western wattlebird	Anthochaera lunulata	52	0.7%
	Spotted dove+	Streptopelia chinensis	44	0.6%
	Weebill	Smicrornis brevirostris	41	0.6%
	Baudin's black cockatoo*	Zanda baudinii	37	0.5%
	Inland thornbill	Acanthiza apicalis	32	0.5%
	Western spinebill	Acanthorhynchus superciliosus	32	0.5%
	Western rosella	Platycercus icterotis	31	0.4%
	Yellow-throated miner	Manorina flavigula	30	0.4%
	Red-winged fairy-wren	Malurus elegans	25	0.4%
	Yellow-rumped thornbill	Acanthiza chrysorrhoa	25	0.4%
	Brown-headed honeyeater	Melithreptus brevirostris	22	0.3%
	Rainbow lorikeet+	Trichoglossus moluccanus	22	0.3%
	White-breasted robin	Quoyornis georgianus	22	0.3%
	Magpie lark	Grallina cyanoleuca	21	0.3%
	Western thornbill	Acanthiza inornata	20	0.3%
	Crested pigeon	Ocyphaps laphotes	19	0.3%
	Scarlet robin	Petroica multicolor	19	0.3%
	Elegant parrot	Neophema elegans	12	0.2%
	Western whistler	Pachycephala occidentalis	11	0.2%
	White-cheeked honeyeater	Phylidonyris niger	9	0.1%

Structure type (No. animal records)	Common name	Scientific name	Number of animal records	Percentage of animal records
	White-browed babbler	Pomatostomus superciliosus	6	0.1%
	Striated pardalote	Pardalotus striatus	5	0.1%
	Black-faced cuckoo-shrike	Coracina novaehollandiae	4	0.1%
	Dusky wood swallow	Artamus cyanopterus	4	0.1%
	Mistletoe bird	Dicaeum hirundinaceum	4	0.1%
	Spotted pardalote	Pardalotus punctatus	4	0.1%
	Australian white ibis	Threskiornis moluccus	3	0.0%
	Laughing kookaburra+	Dacelo novaeguineae	3	0.0%
	Mulga parrot	Psephotellus varius	3	0.0%
	Grey butcherbird	Cracticus torquatus	2	0.0%
	Hooded robin	Melanodryas cucullata	2	0.0%
	Budgerigar	Melopsittacus undulatus	1	0.0%
	Grey shrike-thrush	Colluricincla harmonica	1	0.0%
	Motorbike Frog	Litoria moorei	1	0.0%
	Pied honeyeater	Certhionyx variegatus	1	0.0%
	Rainbow bee-eater	Merops ornatus	1	0.0%
	Western grey kangaroo	Macropus fuliginosus	1	0.0%
	White-eared honeyeater	Lichenostomus leucotis	1	0.0%
Pond (N = 267)	Motorbike frog	Litoria moorei	207	77.5%
	New Holland honeyeater	Phylidonyris novaehollandiae	16	6.0%
	Common bronzewing	Phaps chalcoptera	11	4.1%
	Unidentified bird spp.	N/A	8	3.0%
	Unidentified frog spp.	N/A	6	2.2%
	Spotted-thighed frog	Litoria cyclorhyncha	5	1.9%
	Laughing dove+	Streptopelia senegalensis	3	1.1%
	Silvereye	Zosterops lateralis	2	0.7%
	Spotted dove+	Streptopelia chinensis	1	0.4%

Structure type (No. animal records)	Common name	Scientific name	Number of animal records	Percentage of animal records
	Western grey kangaroo	Macropus fuliginosus	1	0.4%
	Western banjo frog	Limnodynastes dorsalis	1	0.4%
	Australian magpie	Gymnorhina tibicen	1	0.4%
	Singing honeyeater	Gavicalis virescens	1	0.4%
	King's skink	Egernia kingii	1	0.4%
	Buchanan's snake-eyed skink	Cryptoblepharus buchananii	1	0.4%
	Red wattlebird	Anthochaera carunculata	1	0.4%
	Unidentified lizard spp.	N/A	1	0.4%