

Adapted Climate Change Anxiety Scale (Adolescent and Caregiver)

Please rate how often the following statements are true of you.

1	2	3	4	5
Never	Rarely	Sometimes	Often	Almost always

1. Thinking about climate change makes it difficult for me to concentrate.
2. Thinking about climate change makes it difficult for me to sleep.
3. I have nightmares about climate change.
4. I find myself crying because of climate change.
5. I think, “why can’t I handle climate change better?”
6. I go away by myself and think about why I feel this way about climate change.
7. I write down my thoughts about climate change and think about them deeply.
8. I think, “why do I react to climate change this way?”
9. My concerns about climate change make it hard for me to have fun with my family or friends.
10. I have problems balancing my concerns about the planet with the needs of my family.
11. My concerns about climate change get in the way of my ability to get work or school assignments done.
12. My concerns about climate change keep me from working at my best level.
13. My friends say I think about climate change too much.

Note: items 1-8 form the cognitive impairment subscale; items 9-13 are the functional impairment subscale.

Scoring (summary from Reyes et al. 2021)

The scale contains 13 items that are answered by a 5-point Likert scale (1 = Never, 5 = Almost Always). The Cognitive-Emotional Impairment subscale covers items **1-8**. Items **1-4** measure the impact of climate change on concentration and emotion, while items **5-8** measure if the extent of thinking about climate change is unhealthy, which is based on the Ruminative Response Scale by Treynor et al (2003). The Functional Impairment subscale comprising items **9-13** is based on the Functional Impairment Rating Scale by Weiss (2000). It measures if the person’s emotions related to climate change interfere with their daily activities. The CCAS overall score is calculated by adding the total score of all items and dividing it by 13, with higher scores indicating higher levels of climate change anxiety. Responses to items **1-8** are added and divided by 8 to compute the Cognitive-Emotional Impairment subscale score. The Functional Impairment subscale score is computed by adding the total responses for **9-13** and dividing by 5.

General Anxiety Disorder-7 (Adolescent and Caregiver):

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3
Column totals:				

Total Score: _____

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

Future Orientation Questionnaire (Adolescent):

1. People often think about the future. Can you describe the *hopes* you have for the future? Include the age you believe you will be, or the year when these hopes will come true. [Free Text Answer]
2. Now I would like you to think about *fears* concerning the future. Include the age you believe you will be, or the year when these may happen. [Free Text Answer]

Qualitative Strand Invitation (Adolescent):

We would like to learn more about experiences and opinions of climate change and health during a one-time interview. This interview is one-on-one with one of our researchers and is confidential. You will be reimbursed with a gift card for your time. If you are interested, please check the box below and enter your contact information:

1. Are you interested in completing a 30-minute interview about your opinions on climate change? Yes/No
2. [If yes] Name: _____
3. [If yes] Phone number: _____
4. [If yes] Email: _____
5. [If yes] Do you prefer phone call, text message, or email to coordinate a time for interview?

Adapted Washington Post-Kaiser Family Foundation Poll (Caregiver):

How important are the following issues to you personally?

	Extremely important	Very important	Somewhat important	Not so important	No opinion
Health care					
The economy					
Gun policy					
Climate change					
Immigration					
Renewable energy					
Affordable education					
War and armed conflict					

Social Determinants of Health and Environmental Factors, adapted from Alameda County Environmental Justice Community Survey, 2022 (Caregiver):

1. Housing: Do you have any problems with your housing? Please check all that apply:
 - Does not apply. I do not have housing problems
 - My rent or mortgage is too expensive
 - My home or apartment is in bad condition
 - My home or apartment is too small or too crowded
 - It's hard to communicate with my landlord
 - I am worried about losing my housing
 - Other (please specify): *free text*

2. Public Facilities: What do you need better access to or what needs improvement? Please check all that apply
 - Does not apply. I have access to the facilities and services I need
 - Parks, playgrounds, and green space
 - Community gardens
 - Sports and organized activities
 - Exercise classes
 - Libraries
 - After-school programs
 - Community and recreation center
 - Job training
 - Bicycle Lanes
 - Public transportation
 - Lighting/Security cameras
 - Other (please specify): *free text*

3. Health and Physical Activity: Are you able to walk, bike and exercise as much as you would like? If not, what are some of the reasons? Please check all that apply
 - Does not apply. I bike, walk and exercise as much as I like
 - Not enough bike lanes
 - Too scary to walk/bike because of traffic and speed of cars and trucks
 - Bike paths are not connected
 - Not enough sidewalks
 - Too hot and not enough shade
 - I do not have a bike, or there are no places to get my bike fixed
 - I do not have a place nearby I can go to exercise (park, open space, etc.)
 - I don't feel safe from crime when I exercise outside
 - I do not have time to exercise
 - I have physical disabilities that prevent me from exercising
 - Other (please specify): *free text*

4. Healthy Foods: Is it hard for you to get fresh fruits and vegetables and other healthy food? What are some of the reasons? The following statements were marked as a reason as to why it is hard to obtain fresh fruits/vegetables/other healthy food:
- Does not apply. I can access and afford healthy food
 - Too expensive
 - Healthy stores are too far
 - No garden space to grow my own
 - High-quality fruits/vegetables not available where I shop
 - Hard to shop using public transportation
 - Travel time
 - Other (please specify): *free text*
5. Pollution. Which pollution problems are you most concerned about in your community? Please check all that apply.
- Does not apply. I am not concerned with pollution
 - Air pollution from cars and trucks
 - Air pollution from industrial land uses or other type of use
 - Trash in public spaces or vacant lots
 - Dumping of dangerous chemicals
 - Water quality
 - Lead paint where I live or work
 - Noisy cars, trucks, or airplanes
 - Graffiti
 - Soil pollution from land uses (e.g., gas stations, hazard sites, etc.)
 - Other (please specify): *free text*

Demographics (Parent):

1. What is your sex?
- Male
 - Female
 - Transgender Female/Trans Woman/MTF
 - Transgender Male/Trans Man/FTM
 - Non-binary
 - Prefer to self describe: *free text*
 - Prefer not to say
2. Which race/ethnicity best describes you? Select all that apply to you.
- American Indian or Alaska Native** — For example, Kumeyaay, Luiseño, Juaneño, Navajo Nation, Blackfeet Tribe, Mayan, Inupiat, Eskimo
 - Asian** — For example, Chinese, Filipino, Asian Indian, Vietnamese, Korean, Japanese
 - Black or African American** —For example, Jamaican, Haitian, Nigerian, Ethiopian, Somali

Hispanic, Latino or Spanish Origin — For example, Mexican or Mexican American, Puerto Rican, Cuban, Salvadoran, Dominican, Colombian

Middle Eastern or North African — For example, Lebanese, Iranian, Egyptian, Syrian, Moroccan, Algerian

Native Hawaiian or Other Pacific Islander — For example, Native Hawaiian, Samoan, Chamorro, Tongan, Fijian, Marshallese

White — For example, German, Irish, English, Italian, Polish, French

I prefer not to answer

3. What is your education level? Select all that apply to you.

Some high school

High school diploma or equivalent

Vocational training

Some college

Associate's degree

Bachelor's degree or higher

I prefer not to answer

4. How many people live in your household?

1

2

3

4

5

6

7

8 or more

I prefer not to answer

5. How much total money did all members of your household earn in 2022?

Less than \$25,000

\$25,000 to \$34,999

\$35,000 to \$44,999

\$45,000 to \$54,999

\$55,000 to \$64,999

\$65,000 to \$74,999

\$75,000 to \$84,999

\$85,000 to \$94,999

\$95,000 to \$104,999

\$105,000 or more

I prefer not to answer