

Climate Change Anxiety Scale

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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 analyze them
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 sustainability with the needs of my family.
11. My concerns about climate change interfere with my ability to get work or school assignments done.
12. My concerns about climate change undermine my ability to work to my potential.
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.