**[Clayton & Karazsia (2020)](https://doi.org/10.1016/j.jenvp.2020.101434) Climate Change Anxiety Scale**

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| Please rate how often the following statements are true of you: |
| 1. Thinking about climate change makes it difficult for me to concentrate. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 2. Thinking about climate change makes it difficult for me to sleep. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 3. I have nightmares about climate change | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 4. I find myself crying because of climate change | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 5. I think, “why can't I handle climate change better?” | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 6. I go away by myself and think about why I feel this way about climatechange | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 7. I write down my thoughts about climate change and analyze them | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 8. I think, “why do I react to climate change this way?” | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 9. My concerns about climate change make it hard for me to have fun with myfamily or friends. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 10. I have problems balancing my concerns about sustainability with the needsof my family. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 11. My concerns about climate change interfere with my ability to get work orschool assignments done. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 12. My concerns about climate change undermine my ability to work to mypotential. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |
| 13. My friends say I think about climate change too much. | 0Never | 1Rarely | 2Sometimes | 3Often | 4Almost Always |

Instructions: Items 1–8 measure cognitive-emotional impairment while items 9–13 measure functional impairment

Clayton, S., & Karazsia, B. T. (2020). Development and validation of a measure of climate change anxiety. *Journal of Environmental Psychology*, *69*, 101434.