**Climate Change Distress and Impairment Scale (Re: Hepp et al., 2022)**

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| **Item** | **Item text** |
|  | **Distress** |
| 1 | I feel angry when I see how little is done to combat climate change. |
| 2 | When I think about climate change, I worry about the future. |
| 3 | I am not sad about climate change. (r) |
| 4 | I am enraged that we have missed many chances to stop climate change. |
| 5 | I do not fear for my future on this planet. (r) |
| 6 | News about climate change makes me feel depressed. |
| 7 | I am not mad when others damage the climate. (r) |
| 8 | The uncertainty about how climate change will progress scares me. |
| 9 | I feel sad that climate change is causing people and animals to suffer. |
| 10 | I do not get upset when others ignore climate change. (r) |
| 11 | I am scared that people will lose their homes because of climate change. |
| 12 | I feel sad that some parts of the environment will not recover from the effects of climate change. |
| 13 | I am not angry that some countries have missed their climate protection goals. (r) |
| 14 | The impact that climate change has had on the planet saddens me. |
| 15 | I feel carefree when I think about climate change. (r) |
|  | **Impairment** |
| 16 | Climate change drains all my energy. |
| 17 | My thoughts and feelings about climate change do not affect how well I sleep. (r) |
| 18 | When I think about climate change, I get a headache or stomach ache. |
| 19 | Because of climate change, I am overwhelmed by everyday activities. |
| 20 | My thoughts and feelings about climate change do not negatively impact my everyday life. (r) |
| 21 | I have no trouble mentally tuning out climate change. (r) |
| 22 | Constant discussions about climate change are affecting my relationships. |
| 23 | When I think about climate change, I cannot bring myself to work/study. |

*Note.* For each item, participants endorsed their level from agreement ranging from strongly disagree (1), disagree, neutral (neither agree nor disagree), agree, to strongly agree (5).

Hepp, J., Klein, S. A., Horsten, L. K., Urbild, J., & Lane, S. P. (2022). The climate change distress and impairment scale: Introduction of the measure and first findings on pro-environmental behavior. Pre-Print