**Climate Change Emotions (Searle & Gow, 2010)**

Thinking about climate change now makes me feel…

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 |
| Concerned |  |  |  |  |
| Tense |  |  |  |  |
| Worried |  |  |  |  |
| Anxious |  |  |  |  |
| Depressed |  |  |  |  |
| Hopeless |  |  |  |  |
| Powerless |  |  |  |  |
| Sad |  |  |  |  |
| Helpless |  |  |  |  |
| Stressed |  |  |  |  |
| Angry |  |  |  |  |
| Scared |  |  |  |  |

Note: Each item is rated from 0 (does not apply to me at all) to 3 (applies to me very much or most of the time) and summed to produce a total score for climate change distress.

Searle, K., & Gow, K. (2010). Do concerns about climate change lead to distress?. *International Journal of Climate Change Strategies and Management*, *2*(4), 362-379.