**CL-AAQ:  Climate Distress and Interference Scale**

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| --- | --- | --- | --- | --- | --- |
| **Please rate how often these statements are true for you.** | | | | | |
| 1)  I’m afraid of my feelings about climate change. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 2) I can be overwhelmed by my feelings about climate change. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 3) Painful images or information about climate change prevent me from having a fulfilling life. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 4) It seems like most people are handling climate change better than I am. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 5) Worries about climate change get in the way of my hopes and plans. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 6) I avoid painful thoughts and feelings about climate change. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |

Instructions: These items should be ranging from (0) never to (4) very often with higher scores indicating less psychological flexibility and greater experiential avoidance and climate anxiety.

Scoring instructions: Add up each of the items to get a total score. No reverse scoring is needed. Guan et al (Under review)

The climate distress interference (C-AAQ) predicts climate action and thus there is a 7th item that is an assessment of interference with action and should be scored separately.

“My painful thoughts and feelings about climate change make it difficult for me to take action about climate