

The Hogg Eco-Anxiety Scale (HEAS-13; 2021)

Over the last 2 weeks, how often have you been bothered by the following problems, when thinking about climate change and other global environmental conditions (e.g., global warming, ecological degradation, resource depletion, species extinction, ozone hole, pollution of the oceans, deforestation)?					
1. Feeling nervous, anxious or on edge	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
2. Not being able to stop or control worrying	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
3. Worrying too much	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
4. Feeling afraid	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
5. Unable to stop thinking about future climate change and other global environmental problems	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
6. Unable to stop thinking about past events related to climate change	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
7. Unable to stop thinking about losses to the environment	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
8. Difficulty sleeping	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
9. Difficulty enjoying social situations with family and friends	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day`

Hogg, T. L., Stanley, S. K., O'Brien, L. V., Wilson, M. S., & Watsford, C. R. (2021). The Hogg Eco-Anxiety Scale: Development and validation of a multidimensional scale. *Global Environmental Change*, 71, 102391.

10. Difficulty working and/or studying	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
11. Feeling anxious about the impact of your personal behaviours on the earth	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
12. Feeling anxious about your personal responsibility to help address environmental problems	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day
13. Feeling anxious that your personal behaviours will do little to help fix the problem	0 Not at all	1 Several days	2 Half of the days	3 Over half of the days	4 Nearly every day

Hogg, T. L., Stanley, S. K., O'Brien, L. V., Wilson, M. S., & Watsford, C. R. (2021). The Hogg Eco-Anxiety Scale: Development and validation of a multidimensional scale. *Global Environmental Change*, 71, 102391.