

Clayton & Karazsia (2020) Climate Change Anxiety Scale

Please rate how often the following statements are true of you:					
	0	1	2	3	4
	Never	Rarely	Sometimes	Often	Almost Always
1. Thinking about climate change makes it difficult for me to concentrate.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
2. Thinking about climate change makes it difficult for me to sleep.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
3. I have nightmares about climate change	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
4. I find myself crying because of climate change	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
5. I think, "why can't I handle climate change better?"	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
6. I go away by myself and think about why I feel this way about climate change	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
7. I write down my thoughts about climate change and analyze them	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
8. I think, "why do I react to climate change this way?"	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
9. My concerns about climate change make it hard for me to have fun with my family or friends.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always

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

10. I have problems balancing my concerns about sustainability with the needs of my family.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
11. My concerns about climate change interfere with my ability to get work or school assignments done.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
12. My concerns about climate change undermine my ability to work to my potential.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always
13. My friends say I think about climate change too much.	0 Never	1 Rarely	2 Sometimes	3 Often	4 Almost Always

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