

Climate Change and Mental Health: Its Impact among Young Adults

The research report explores the relationship and impact of climate change and mental health by incorporating both qualitative and quantitative literature. Based on the findings, the report recommends further research to develop methodologically robust evidence to better understand the risk of developing mental illness due to both direct and indirect impact of climate change.

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Research Objectives

To explore the relationship between climate change and mental health

To assess the impact of climate change on the mental health of young adults

To provide recommendations to combat the impacts of climate change on mental health

Research Methodology

Secondary data analysis was used as provides information and evidence gathered by different authors to meet the purpose of the paper.

Incorporated both qualitative data and quantitative data from publicly available information in Elsevier, Taylor and Francis, PubMed, StatsCan, and Public Health Ontario websites.

Gathered and synthesize peer-reviewed, empirical, large-scale studies, and scholarly journal articles to explore and assess the relationship and impact of climate change.

Research Findings

Climate change is one of the greatest challenges in our time and it will continue to exacerbate in the future as it causes direct and indirect impact which caused measurable effects on the mental health of young adults that further worsened the climate emergency.

Over the years, there is a growing number of literatures which shows that the impact of climate change is associated with psychological stress and disorder which is often described as depression, post-traumatic stress disorder (PTSD), anxiety, increase substance abuse, and a higher risk of suicide.

Experts and scholars have been attempting to further examine the relationship and impact of climate change to mental health, however, due to the complexity of the issue, there is a lack of concrete and feasible evidence in their claims.

Conclusion

It is undeniable that the effect of climate change on mental health is vast and will continue to grow.

Without a clear understanding of the research approaches used to clarify the relationship between climate change and mental health, it is difficult to effectively prevent, prepare for, and respond to the mental health needs that arise due to climate events.

Therefore, the relationship between climate change and mental health must be designated as a priority for research and public health attention, and mental health researchers must be prepared to help guide this work.

Recommendations

Incorporate climate change issues into policies and programs

Adopt a multisectoral and community-based strategies

Increase and Strengthen International Commitments

Address the significant funding gaps

Conduct further research

References:

World Health Organization (WHO). (2022, June 3). Mental Health and Climate Change: Policy Brief. Retrieved November 17, 2022, from <https://www.who.int/publications/i/item/9789240045125>
Lawrance, E. L., Thompson, R., Newberry Le Vay, J., Page, L., & Jennings, N. (2022). The impact of climate change on mental health and emotional wellbeing: a narrative review of current evidence, and its implications. *International Review of Psychiatry*, 34(5), 443-498. <https://doi.org/10.1080/09540261.2022.2128725>