

The Prevalence of Climate Change Psychological Distress Among American Adults
Climate Note Data Tables

Table 1: Percent who meet the cut-off to be considered clinically diagnosable on the GAD-2 Climate Anxiety scale

Group	n	MOE	%
Hispanic/Latino	134	8.5	10
Gen Z/Millennial	340	5.3	5
Gen X	282	5.8	4
Black (non-Hispanic/Latino)	109	9.4	4
Female	532	4.2	3
U.S. Population	1085	3	3
Male	553	4.2	3
White (non-Hispanic/Latino)	776	3.5	2
Baby Boomer/Silent	463	4.6	1

MOE = Average margin of error at the 95% confidence interval. Questions: Over the last 2 weeks, how often have you been bothered by the following problems? [Feeling nervous, anxious, or on edge because of global warming] [Not being able to stop or control worrying about global warming] 0 = “Not at all”, 1 = “Several days”, 2 = “More than half the days”, and 3 = “Nearly every day”. Responses to the questions were summed to create a score ranging from 0 to 6. People who scored 3 or higher were classified as having presumptive clinically significant levels of climate change anxiety.

Table 2: Percent who meet the cut-off to be considered clinically diagnosable on the PHQ-2 Climate Depression scale

Group	n	MOE	%
Hispanic/Latino	134	8.5	10
Gen X	282	5.8	5
Male	553	4.2	5
Gen Z/Millennial	340	5.3	4
Black (non-Hispanic/Latino)	109	9.4	3
U.S. Population	1085	3	3
Female	532	4.2	2
White (non-Hispanic/Latino)	776	3.5	2
Baby Boomer/Silent	463	4.6	1

MOE = Average margin of error at the 95% confidence interval. Questions: Over the last 2 weeks, how often have you been bothered by the following problems? [Little interest or pleasure in doing things because of global warming] [Feeling down, depressed, or hopeless because of global warming] 0 = “Not at all”, 1 = “Several days”, 2 = “More than half the days”, and 3 = “Nearly every day”. Responses to the questions were summed to create a score ranging from 0 to 6. People who scored 3 or higher were classified as having presumptive clinically significant levels of climate change depression.

Table 3: Percent who meet the cut-off as having severe, moderate, or mild climate change psychological distress

Group	n	MOE	Severe	Moderate	Mild	Total
Hispanic/Latino	134	8.5	3	6	8	17
Gen Z/Millennial	340	5.3	1	3	7	10
Male	553	4.2	1	1	5	8
Gen X	282	5.8	2	2	4	8
U.S. Population	1085	3	1	2	5	7
Female	532	4.2	0	2	4	7
White (non-Hispanic/Latino)	776	3.5	0	1	4	5
Black (non-Hispanic/Latino)	109	9.4	2	0	3	5
Baby Boomer/Silent	463	4.6	0	1	2	3

MOE = Average margin of error at the 95% confidence interval. Questions: Over the last 2 weeks, how often have you been bothered by the following problems? [Feeling nervous, anxious, or on edge because of global warming] [Not being able to stop or control worrying about global warming] [Little interest or pleasure in doing things because of global warming] [Feeling down, depressed, or hopeless because of global warming] 0 = “Not at all”, 1 = “Several days”, 2 = “More than half the days”, and 3 = “Nearly every day”. Responses to the questions were summed to create a score ranging from 0 to 12 and were categorized as Normal (0-2), Mild (3-5), Moderate (6-8), and Severe (9-12).

Table 4: Percent who would be interested in discussing their feelings about global warming with a counselor or therapist

Group	n	MOE	I am already doing this	I definitely would be interested	I probably would be interested	Total
Hispanic/Latino	134	8.5	3	3	15	21
Gen Z/Millennial	340	5.3	2	3	9	13
Black (non-Hispanic/Latino)	109	9.4	5	3	2	10
Male	553	4.2	2	2	5	9
U.S. Population	1085	3	2	2	5	8
Female	532	4.2	1	1	5	7
Gen X	282	5.8	3	1	2	6
White (non-Hispanic/Latino)	776	3.5	1	1	3	5
Baby Boomer/Silent	463	4.6	1	1	3	4

MOE = Average margin of error at the 95% confidence interval. Question: How interested would you be in discussing your feelings about global warming with a counselor or therapist?