

Is distress about climate change associated with climate action?  
Climate Note Data Tables

Table 1: Percent who say they have done the following at least 'once' over the past 12 months by groups who experienced no psychological distress about global warming at all or at least one feature of distress 'several days' or more often over the previous 2 weeks

Questions	Experienced no distress at all	Experienced climate distress
Signed a petition about global warming, either online or in person	10	46
Donated money to an organization working on global warming	6	36
Written letters, emailed, or phoned government officials about global warming	5	19
Volunteered your time to an organization working on global warming	2	19

Question: Over the past 12 months, how many times have you done the following? Respondents who did not give an answer are not shown.

Table 2: Percent who say they 'definitely' or 'probably' would do the following actions by groups who experienced no psychological distress about global warming at all or at least one feature of distress 'several days' or more often over the previous 2 weeks

Questions	Experienced no distress at all	Experienced climate distress
Sign a petition about global warming, either online or in person	43	62
Volunteer your time to an organization working on global warming	24	52
Support an organization engaging in non-violent civil disobedience (e.g., sit-ins, blockades, or trespassing) against corporate or government activities that make global warming worse	18	50
Donate money to an organization working on global warming	26	49
Meet with an elected official or their staff about global warming	20	41
Write letters, email, or phone government officials about global warming	21	40
Personally engage in non-violent civil disobedience (e.g., sit-ins, blockades, or trespassing) against corporate or government activities that make global warming worse	9	35

Question: How likely would you be to do each of the following things if a person you like and respect asked you to? Respondents who did not give an answer are not shown.

Table 3: Percent who say they 'definitely' or 'probably' would join a campaign to convince elected officials to take action to reduce global warming or are already currently participating in such a campaign by groups who experienced no psychological distress about global warming at all or at least one feature of distress 'several days' or more often over the previous 2 weeks

Group	I am participating in a campaign like this now	I definitely would do it	I probably would do it
Experienced climate distress	2	17	36
Experienced no distress at all	1	5	14

Question: How willing or unwilling would you be to join a campaign to convince elected officials to take action to reduce global warming? Respondents who did not give an answer are not shown.

Table 4: Percent who say they 'often' or 'occasionally' discuss global warming with family and friends by groups who experienced no psychological distress about global warming at all or at least one feature of distress 'several days' or more often over the previous 2 weeks

Group	Often	Occasionally
Experienced climate distress	18	47
Experienced no distress at all	6	26

Question: How often do you discuss global warming with your family and friends? Respondents who did not give an answer are not shown.