



UK Health
Security
Agency

Climate change and mental health: thematic assessment report

Appendix 2. Methodology: summary of findings



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Introduction

The tables below provide additional information regarding the confidence assessment for each component. Numbers within the table correspond to numbers of statements within the main report text.

Table 1. Pathways review statements

1. Climate change is impacting mental health and wellbeing

Statement number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.1	Wellbeing is negatively impacted following floods	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: no or very minor concerns	(1 to 34)
1.1	Wellbeing is negatively impacted following wildfires	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(4, 15, 21, 24, 35 to 45)
1.1	Wellbeing is negatively impacted during droughts	Moderate confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: no or very minor concerns	(31, 44, 46 to 49)
1.1	Mental health morbidity is negatively impacted following exposure to high temperatures	High confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: minor concerns Relevance: minor concerns	(4, 21, 31, 50 to 63)

Statement number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.2	An overarching awareness of climate change is negatively impacting mental health and wellbeing, contributing to eco-anxiety	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: no or very minor concerns Relevance: no or very minor concerns	(43, 53, 64 to 84)
1.2	An overarching awareness of climate change is negatively impacting mental health and wellbeing, contributing to solastalgia	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: moderate concerns	(4, 36, 43, 49, 80, 85 to 88)
1.3	There is considerable evidence demonstrating an increased risk of post-traumatic stress disorder (PTSD) following exposure to flooding	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(1 to 3, 5, 6, 10, 11, 13, 14, 17, 18, 29, 31, 33, 34, 36, 51, 53, 63, 66, 67, 90 to 98)
1.3	There is considerable evidence demonstrating an increased risk of PTSD following exposure to wildfires	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(31, 35 to 45, 49, 63, 67, 72, 88)
1.4	There is considerable evidence demonstrating an increased risk of depression following exposure to flooding	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(1, 3, 6, 8, 10 to 14, 17, 18, 19, 26, 28 to 31, 33, 36, 53, 63, 94 to 102)

Statement number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.4	There is considerable evidence demonstrating an increased risk of depression following exposure to wildfires	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(31, 35 to 40, 43, 44, 63, 72, 88)
1.5	There is considerable evidence demonstrating an increased risk of anxiety following exposure to flooding	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(2 to 6, 8 to 13, 17 to 19, 26, 28, 30, 31, 33, 51, 53, 63, 66, 92, 94 to 99, 101, 103 to 105)
1.5	There is considerable evidence demonstrating an increased risk of anxiety following exposure to wildfires	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(31, 35, 36, 38 to 40, 44, 63, 88)
1.6	There is considerable evidence of negative mental health impacts due to drought including psychological distress, stress and in some cases anxiety and depression	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(4, 13, 15, 31, 36, 44, 46, 47, 49, 52, 67, 72, 85, 87, 99, 106 to 110, 111 to 118)
1.7	Exposure to heat can lead to increases in mental health-related hospital attendance	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(4, 31, 43, 51, 53, 56, 57, 61, 63, 66, 69, 87, 93, 106, 108, 119 to 123, 124 to 126)

Statement number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.8	There is some evidence to demonstrate increased suicide risk for those who experience flooding	Very low confidence	Methodology: moderate concerns Coherence: serious concerns Adequacy: moderate concerns Relevance: moderate concerns	(5, 6, 11, 101, 108, 127 to 131)
1.8	There is some evidence to demonstrate increased suicide risk for those who experience drought	Low confidence	Methodology: moderate concerns Coherence: moderate concerns Adequacy: moderate concerns Relevance: moderate concerns	(13, 31, 36, 43, 46, 47, 49, 67, 72, 87, 99, 108, 110, 112, 113, 115, 118)
1.8	There is some evidence to demonstrate increased suicide risk for those who experience wildfires	Low confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: serious concerns Relevance: minor concerns	(35, 40, 42)
1.8	There is some evidence to demonstrate increased suicide risk for those who experience heat events	Moderate confidence	Methodology: moderate concerns Coherence: moderate concerns Adequacy: minor concerns Relevance: minor concerns	(4, 31, 36, 43, 51, 53, 56, 61, 69, 87, 93, 108, 110, 124, 125, 128, 132 to 135, 136)
1.9	There is evidence suggesting potential increases in violent behaviour following wildfires	Moderate confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: minor concerns	(40, 48, 117)

Statement number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.9	There is evidence suggesting potential increases in violent behaviour following flooding	Low confidence	Methodology: moderate concerns Coherence: moderate concerns Adequacy: minor concerns Relevance: moderate concerns	(25 to 27, 48, 117, 127)
1.9	There is evidence suggesting potential increases in violent behaviour following heat events	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: minor concerns Relevance: moderate concerns	(36, 43, 48, 51, 53, 69, 110, 117)
1.9	There is evidence suggesting potential increases in violent behaviour during drought	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(46, 48, 67, 87, 118)
1.10	There is evidence to suggest an increased risk of substance misuse following exposure to flooding	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: minor concerns	(6, 12, 25, 28, 29, 43, 63)
1.10	There is evidence to suggest an increased risk of substance misuse following exposure to wildfires	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: minor concerns Relevance: minor concerns	(33, 35, 36, 38 to 40, 63, 88)

Statement number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.10	There is evidence to suggest an increased risk of substance misuse during droughts	Low confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: moderate concerns	(49, 118)

2. Climate change impacts the social and economic determinants of mental health and wellbeing

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
2.1	Displacement from homes, evacuation and relocation are often linked to increased risk of negative mental health and wellbeing impacts from flooding	High confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(2, 3, 5, 6, 11, 12, 17, 20, 28, 31, 32, 53, 95, 97, 98, 101, 105, 137, 138)
2.2	Disruptions to services from flooding can negatively impact mental health and wellbeing	Moderate confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: minor concerns	(2, 3, 5, 6, 10, 13, 19, 30, 32, 36, 95, 97, 102, 103, 127)
2.2	Specifically, disruptions for vulnerable populations can lead to reduced	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns	(13, 15, 101, 103)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
	wellbeing and increased risk of anxiety		Adequacy: moderate concerns Relevance: minor concerns	
2.3	Negative effects on both individual and community economic and social circumstances from flooding can impact mental health and wellbeing	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(1, 2, 28 to 32, 36, 66, 89, 91, 92, 3, 95 to 97, 101, 103 to 105, 137, 139, 5, 6, 9, 11, 16, 19, 26)
2.3	Negative effects on both individual and community economic and social circumstances from drought can impact mental health and wellbeing	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(13, 15, 31, 36, 44, 46, 47, 49, 52, 67, 85, 87, 89, 99, 109, 113, 116 to 118)
2.4	The wellbeing and recovery time of people affected by flooding events is influenced by the response and communication by authorities, organisations, their community and contractors	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(1, 2, 5, 6, 9, 28, 32, 53, 84, 101, 103 to 105, 137, 138, 140)
2.5	Flooding can lead to an increase in demand for both formal and informal mental health resources and support	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: no or very minor concerns	(2, 3, 5, 6, 9, 11, 27, 29, 32, 53, 101, 103, 108, 139, 141, 142)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
2.6	There is higher risk of mental health impacts from flooding for those with higher levels of deprivation	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(6, 8, 11 to 13, 31, 43, 62, 87, 95, 101, 127, 130, 142)
2.6	There is higher risk of mental health impacts from flooding for those in inclusion health populations	Very low confidence	Methodology: serious concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: moderate concerns	(1, 11)
2.6	There is higher risk of mental health impacts from flooding for those from ethnic minority populations	Very low confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: serious concerns	(5, 11)
2.7	There are potential differences in psychological distress from flooding events for different population characteristics, including gender	Low confidence	Methodology: moderate concerns Coherence: moderate concerns Adequacy: moderate concerns Relevance: minor concerns	(5, 6, 28, 29, 34, 95, 96, 101, 127, 143)
2.7	There are potential differences in psychological distress from flooding events for different population characteristics, including older adults	Low confidence	Methodology: moderate concerns Coherence: moderate concerns Adequacy: moderate concerns Relevance: moderate concerns	(6, 11, 25, 28, 34, 53, 63, 87, 101, 103)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
2.7	There are potential differences in psychological distress from flooding events for different population characteristics, including children	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: minor concerns	(6, 11, 15, 16, 25, 26, 30, 31, 34, 43, 53, 66, 87, 105, 139, 140)
2.8	There is evidence for negative mental health impacts from food and water insecurity caused by climate change	High confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(31, 36, 44, 46, 47, 49, 66, 87, 113, 118, 37)
2.9	Climate migrant populations may be at higher risk of negative mental health impacts	Very low confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: serious concerns	(11, 26, 31, 43, 62, 66, 93, 110, 114, 144, 145)
2.10	There is some evidence to demonstrate increased mental health risks for people who are pregnant or have recently given birth	Moderate confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: moderate concerns	(36, 38, 62, 102, 140, 146 to 149)

3. Some occupational populations are at heightened risk from the mental health and wellbeing impacts of climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
3.1	There is emerging evidence suggesting that some occupations (such as farmers, outdoor workers and front-line responders) are at increased risk from heat-related mental health impacts	Very low confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: serious concerns Relevance: serious concerns	(52, 54, 59, 108)
3.2	There is considerable evidence for negative mental health and wellbeing impacts from drought, particularly within certain populations such as farming and rural communities, where livelihoods and ways of life are heavily connected to the land	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(4, 13, 15, 43, 46, 49, 52, 62, 87, 99, 109, 112, 118, 150)
3.3	There is evidence that certain occupational populations are at higher risk for negative mental health impacts from flooding such as response workers	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: minor concerns Relevance: moderate concerns	(3, 21, 51, 93, 143, 151)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
3.3	There is evidence that certain occupational populations are at higher risk for negative mental health impacts from flooding such as farmers and rural populations	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: moderate concerns	(1, 13, 26, 99, 109)
3.4	There is evidence suggesting wildfires can have negative mental health impacts on firefighters	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(31, 37, 38, 42, 45)
3.5	There is suggestive evidence that those who work in voluntary roles may be at higher risk compared to response professions	Low confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: moderate concerns	(143, 151)

4. Children and young people are at heightened risk from the mental health and wellbeing impacts of climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
4.1	Evidence of the negative impacts of an awareness of climate change are	High confidence	Methodology: minor concerns Coherence: no or very minor concerns	(53, 64 to 66, 69 to 72, 75 to 79,

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
	greatest among younger populations		Adequacy: no or very minor concerns Relevance: no or very minor concerns	82, 152, 153)
4.2	There is evidence to suggest how climate change is communicated to children and young people can contribute to negative mental health and wellbeing impacts	Moderate confidence	Methodology: no or very minor concerns Coherence: moderate concerns Adequacy: moderate concerns Relevance: no or very minor concerns	(53, 70, 71, 75, 76, 82, 84, 152)
4.3	There is increased risk of negative mental health impacts for children in response to parental reactions to climate-related events	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(6, 25, 62, 66, 78, 84, 90, 139, 140, 154)

5. Those with pre-existing health difficulties are at heightened risk from the mental health and wellbeing impacts of climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
5.1	There is considerable evidence that heat exposure increases the risk of mortality (excluding suicide) for those with mental health conditions	High confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: no or very minor concerns Relevance: no or very minor concerns	(4, 43, 53, 55, 56, 63, 93, 108, 119, 122, 125)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
5.2	There is increased risk from heat for individuals with pre-existing mental health conditions	Moderate confidence	Methodology: minor concerns Coherence: moderate concerns Adequacy: minor concerns Relevance: minor concerns	(43, 53, 55 to 57, 60, 63, 125)
5.2	There is increased risk from heat for individuals affected by schizophrenia	High confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: minor concerns Relevance: minor concerns	(4, 36, 43, 53, 55, 56, 60, 63, 87, 108, 121, 122, 125)
5.2	There is increased risk from heat for individuals affected by cognitive conditions such as Alzheimer's or dementia	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(4, 31, 43, 53, 56, 60, 63, 108, 120 to 123, 125, 126)
5.3	There is evidence that some populations are at higher risk for negative mental health impacts from flooding, including those with pre-existing health conditions and disabilities	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: no or very minor concerns	(1, 6, 8, 11, 15, 17, 25, 29, 34, 43, 63, 95, 102, 130, 139)
5.4	People with pre-existing mental health conditions or with a history of trauma are particularly at risk from the mental health impacts of wildfires	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: minor concerns	(35, 37, 40, 43, 44, 63)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
5.5	Heat events increase the risk of additional health impacts for people taking certain medications for mental health conditions	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: minor concerns	(4, 43, 113, 122, 126)

6. The impact of climate change on mental health and wellbeing can be long lasting

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
6.1	Mental health and wellbeing impacts from climate-related events can be long-lasting and even persist for years after a wildfire	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: minor concerns	(15, 31, 35, 36, 38, 39, 41 to 45, 88)
6.1	Mental health and wellbeing impacts from climate-related events can be long-lasting and even persist for years after a flood	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(1 to 8, 11, 16, 19, 22, 24, 25, 30 to 32, 43, 66, 92, 93, 94, 97, 100, 104, 105, 130, 141)

7. Protective pathways can help to minimise or buffer mental health and wellbeing impacts from climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
7.1	Engagement in environmental action presents opportunities to alleviate climate-related distress and promote wellbeing	High confidence	Methodology: no or very minor concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(43, 64, 65, 71, 72, 74, 80, 81, 84, 85, 152)
7.2	Climate change mitigation or adaptation actions can have positive mental health co-benefits	Moderate confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: no or very minor concerns	(84, 138, 155 to 157)
7.3	Individual and community resilience and preparedness can help to minimise the impact of climate-related hazards on mental health and wellbeing	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(1, 2, 4, 5, 9, 12, 15, 25, 31, 32, 41, 62, 84, 101, 103, 104, 137 to 140, 144, 146, 150, 154, 158 to 162)

Table 2. Interventions review statements

1. Climate change is impacting mental health and wellbeing

Number	Summarised Review Finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
1.11	Clinical interventions can improve mental health and wellbeing in relation to climate change	High confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: minor concerns	(129, 163, 172, 164 to 171)
1.12	Digital interventions (web-, app-, and text-based) can be beneficial for mental health and wellbeing in response to climate change	High confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: no or very minor concerns Relevance: no or very minor concerns	(166, 168 to 170, 173 to 175)
1.13	In rural communities affected by extreme weather events, evidence suggests that individual or group-based clinical and psychosocial interventions may improve mental health outcomes	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(164, 165, 168, 172, 176)

2. Climate change impacts the social and economic determinants of mental health and wellbeing

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
2.11	There is evidence that opportunistic mental health symptom screening integrated into routine post-disaster contacts, coupled with immediate triaging and referral to services can lead to mental health improvements	Very low confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: serious concerns Relevance: no or very minor concerns	(164, 177, 178)
2.12	Economic evidence suggests that climate-related interventions may lead to health cost savings and mental health benefits	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: minor concerns	(177, 179, 180)
2.13	Early evidence suggests that programmes delivered by trained lay people can improve mental health and wellbeing, suggesting they may help extend mental health support where specialist resources are limited	Low confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: serious concerns Relevance: no or very minor concerns	(165, 181)

3. Some occupational populations are at heightened risk from mental health and wellbeing impacts of climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
3.6	Support for individuals responding to climate-related events is associated with improved mental health and wellbeing outcomes	Low confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: serious concerns Relevance: no or very minor concerns	(163, 182)
3.7	Emerging evidence suggests that digital psychoeducational interventions co-designed with farmers are acceptable and may help strengthen coping and resilience to climate change impacts	Low confidence	Methodology: minor concerns Coherence: no or very minor concerns Adequacy: serious concerns Relevance: minor concerns	(168, 183)

4. Children and young people are at heightened risk from the mental health and wellbeing impacts of climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
4.4	There is evidence that school- or clinic-based cognitive behavioural programmes after extreme weather events may reduce PTSD, anxiety, depression or functional impairment in children	Moderate confidence	Methodology: minor concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: minor concerns	(164, 167, 172)

5. Those with pre-existing mental health conditions are at heightened risk from the mental health and wellbeing impacts of climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
5.6	Evidence indicates that climate-related mental health interventions are beneficial for those who have pre-existing mental health conditions	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: moderate concerns	(129, 173, 174, 178)

6. The impact of climate change on mental health and wellbeing can be long-lasting

There are no identified studies currently detailing interventions.

7. Protective pathways can help to minimise or buffer mental health and wellbeing impacts from climate change

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
7.4	Evidence indicates that adaptation measures may be associated with co-benefits for mental health and wellbeing	Moderate confidence	Methodology: moderate concerns Coherence: minor concerns Adequacy: moderate concerns Relevance: minor concerns	(179, 184, 185)
7.5	There is emerging evidence that engagement with nature and alternative practices can support wellbeing and resilience	Low confidence	Methodology: serious concerns Coherence: no or very minor concerns Adequacy: moderate concerns Relevance: minor concerns	(181, 184, 185)
7.6	There is evidence that educational interventions which aim to improve climate literacy and teach coping strategies may be beneficial for mental health and wellbeing and additionally raise awareness around	Very low confidence	Methodology: minor concerns Coherence: serious concerns Adequacy: moderate concerns Relevance: no or very minor concerns	(176, 186, 187)

Number	Summarised review finding	GRADE-CERQual assessment of confidence	Explanation of GRADE-CERQual assessment	References
	the mental health impacts from climate change			
7.7	There is evidence that group-based and community interventions can improve mental health and wellbeing by providing a space to build resilience and develop a sense of agency	Moderate confidence	Methodology: moderate concerns Coherence: no or very minor concerns Adequacy: minor concerns Relevance: no or very minor concerns	(176, 181, 182, 184, 188)

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