Climate change is one of the most serious threats that humanity is facing, with some environmental changes already impacting human health and wellbeing negatively. Learning about such severe global problems can trigger profound feelings of anxiety, helplessness, and hopelessness (eco-anxiety) in individuals that in turn influence families. Using surveys, interviews and saliva collection, we studied family interactions (N=15; data collection is ongoing). Results are expected to show that confrontation with climate-change related information escalates stress levels in parents, therefore influencing family dynamics and environmentally responsible behaviors.

The study uses a multi-method approach:
- online surveys: baseline and 1 week follow-up
- in-person lab assessment:
  - saliva collection from parents at 5 different points during lab visit
  - child tasks: measuring executive functions
  - eco-anxiety elicitation: narrated PowerPoint presentation intended to induce stress in parents
  - videotaped observation of couple interaction
  - videotaped observation of whole family interaction

Expected results from our pilot study will guide the direction of future research on climate change-related stress and family dynamics. This study could provide a foundation for the development of interventions to educate families on adaptation-related behaviors and coping while preventing the negative consequences of anxiety, helplessness, and hopelessness. Ultimately, this approach will lead to positive family interactions and wellbeing, while increasing environmental awareness and climate change adaption of families.

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