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## How Connected are Climate Change and Mental Health?



... and why you shouldn't take "research" at face value.



**The study, funded by AVAAZ.org concluded the following:**

**Climate change is causing widespread distress among US youth and affecting their beliefs and plans for the future. These effects may intensify, across the political spectrum, as exposure to climate-related severe weather events increase.**

# Really?



The study, which is based on an unscientific survey, is a classic example of seeking a predetermined result. By “suggesting” possible factors, almost every question led the respondents in a particular direction.

For example:

- The question on how climate change makes you feel listed 12 emotions only one of which – optimistic – was positive. 29% of respondents said they felt optimistic. What about encouraged, hopeful, engaged... you get the idea.
- The question on how much climate change makes you think of the following... had 18 choices, 17 of which were negative including humanity is doomed. 62.9% of the respondents selected that choice.

I could go on, but enough said. This type of propaganda does a disservice to the effort to address climate change.

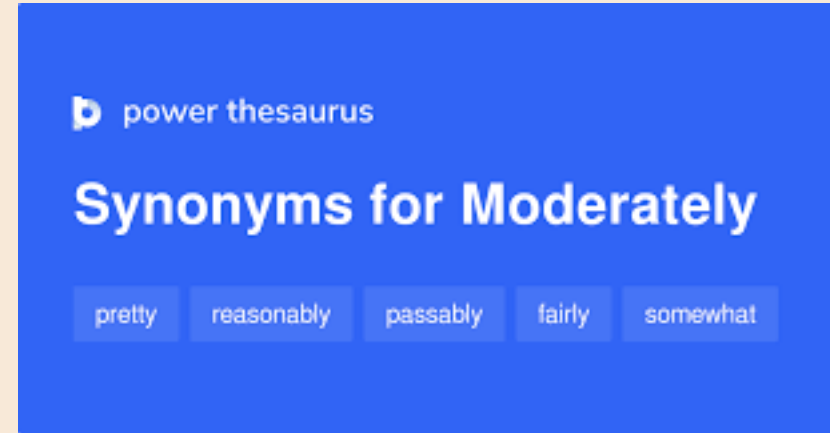


### Here's the sad part:

**Logic tells us that climate change is likely impacting the mental health of not only young adults, but anyone who considers reversing climate change an imperative.**

**Unfortunately, the results of this survey, and the subsequent "study" sheds little light on the issue.**

# Results wildly are overstated



A couple of things regarding my qualifications on this subject:

1. I ran a community mental center for several years.
  2. I'm data-driven, but always skeptical, so I did a fairly deep dive into the survey.
- One "tell" that the data is flawed is the fact that the lead line in the findings touted that 80.5% of respondents "endorsed being at least moderately worried."
  - The use of the adjective moderately is not only open to interpretation and "anti-science," it clearly skews the results toward an affirmative answer.

Two questions offer a more accurate insight.

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**In digging into the various questions, it became obvious that the survey had inherent biases that rendered the conclusions irrelevant.**

**But it did make for a great headline.**

## A sliver of truth?



**The following questions probably tells a more accurate story:**

How much if at all, do your feelings about climate change negatively affect your daily life?

- The question offered “prompting” examples including work, school, concentrate, sleep, eat, enjoy friendships and relationships, and get this – having fun.
- Despite asking young adults if their fun is impacted, only 38.3% of respondents agreed that climate change negatively affected their daily life.

How much if at all, is climate change impacting your mental health?

- This question had no “prompting” answers. Only 42.8% responded in the affirmative.
  - These results sharply contrast to the 85% weighted average on how worried respondents were about climate change’s impact on people and the planet.
  - The results are much lower than the “how does climate change make you feel” question, where anxious, powerless, afraid, sad, and angry all scored over 60%.

**So what results were insightful?**

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## Most hold similar attitudes



Question: In relation to climate change, do you believe that the US government is failing young Americans?

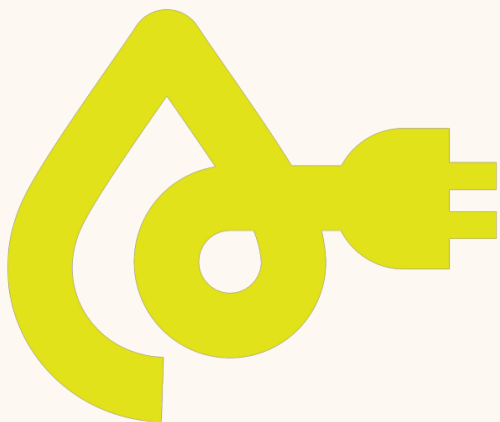
- 81.8% of the respondents answered in the affirmative.
  - Wow! The Biden administration passed the most comprehensive climate bill in our country's history and 4 out of 5 young adults think the government is failing them.
  - This goes to the poor job the climate movement has done to educate young adults.

Question: How much, if at all, does climate change make you think the following: your family should be doing more to combat climate change?

- Only 59.2% of respondents answered in the affirmative.
  - This sharply contrasts with 88% of respondents feeling that people have failed to take care of the planet.
  - What people? People other than your family?
  - Note: there was no "prompted" choice for respondents themselves doing more.

### Two interesting take-aways:

- 1. Young adults are either uninformed or have unrealistic expectation. Surveys on the IRA indicate similar issues among adults.**
- 2. There appears to be a lack of personal responsibility among young adults. However, this also isn't isolated to young adults. Based on the data I've reviewed, the problem is prevalent.**



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## Unbiased and Unfiltered

- An honest assessment of the climate change effort.
- I cover what's working – but more important - the issues/roadblocks that the industry would prefer to ignore.
- A must-read for anyone with a desire to understand what's really going on with renewable energy and climate change.



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