



How do people affect climate change and how do they cope with climate change adaptation-related stress?

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Project 1 – Mindful Consumption: Background

- ▶ Work on the interface between (Social) Psychology, Consumer Behavior and Global Climate Change tackles the topic of how people affect and can adapt to climate change consequences.
- ▶ Hyper-consumption has been identified as one of the dominant drivers of environmental degradation and climate change. In particular, habituated consumption patterns or behavioral routines drive resource-inefficient consumption.
- ▶ More mindfulness of consumers engaged in consumption behaviors may help to break with established routines and lead to an adaptation or change in routines in direction of more sustainable consumption patterns (=consuming less or consuming more sustainable products).

Mind Full, or Mindful?

Project 1 – Mindful Consumption: Goals and Method

- ▶ Goal: To understand whether individuals exposed to mindfulness training exhibit altered consumption patterns (being mindful = actively attending to and being aware of present moment reality).



Project 2 – Exo-Anxiety and Families: Background

- ▶ Consequences of climate change (will) negatively affect human health and require substantial adaptation in lifestyles.
- ▶ The scope and magnitude of the changes to “life as we know it” may appear threatening to many people. This likely instills stress that negatively affects human health and wellbeing.
- ▶ The perception of looming consequences of climate change already cause (some) people to perceive eco-anxiety, that is physical and mental stress people perceive because they fear the consequences of environmental degradation (climate change) which may be perceived as dire and overwhelming.



Project 2 – Exo-Anxiety and Families: Goals and Method



▶ Goal: To understand climate change adaptation-related stress and coping (CCARSC) at multiple levels (e.g., individual, couple, parental, family), and the associations between CCARSC, health, and climate change adaptive behaviors.

1. Pre-measure

- A) Saliva (Cortisol level) (in lab)
- B) Survey Measures: (online survey at home)
 - e-concern
 - e-behaviors at home
 - perceived efficacy
 - eco-anxiety
 - child socialization reg. environment
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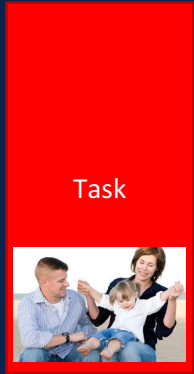
2. Elicitation (all subjects)



3. Post-measure

- A) Saliva

4. parental/ family interaction



5. Post-measure

- A) Saliva
- B) Survey Measures:
 - e-concern
 - e-behaviors at home
 - perceived efficacy
 - eco-anxiety
 - child socialization reg. environment
 -

6. Post-measure

- A) Survey Measures:
 - e-concern
 - e-behaviors at home
 - pledges taken towards sust. consumption/ lobbying
 - mindfulness in consumption
 - perceived efficacy
 - eco-anxiety
 - child socialization reg. environment