

# Hogg Eco-Anxiety Scale

The first validated measure of eco-anxiety that captures anxiety in response to climate change.

Items number	Items descriptions	HEAS dimensions
1	Feeling nervous, anxious, or on edge.	Affective symptoms
2	Not being able to stop or control worrying.	Affective symptoms
3	Worrying too much.	Affective symptoms
4	Feeling afraid.	Affective symptoms
5	Unable to stop thinking about future climate change and other global environmental problems.	Rumination
6	Unable to stop thinking about past events related to climate change.	Rumination
7	Unable to stop thinking about losses to the environment.	Rumination
8	Difficulty sleeping.	Behavioral symptoms
9	Difficulty enjoying social situations with family and friends.	Behavioral symptoms
10	Difficulty working and/or studying.	Behavioral symptoms
11	Feeling anxious about the impact of your personal behaviour on the earth.	Anxiety about one's negative impact on the planet
12	Feeling anxious about your personal responsibility to help address environmental problems.	Anxiety about one's negative impact on the planet
13	Feeling anxious that your personal behaviours will do little to help fix the problem.	Anxiety about one's negative impact on the planet