

IC - (21373) - POLARITY OF CLIMATE VARIATIONS AND ITS IMPACTS ON THE TRAJECTORY OF MENTAL HEALTH

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Background and objectives

The unpredictable intensity and frequency of climatic events impacts psychological well-being. While these impacts are unclear, it is also unknown if the appropriate strategies are implemented to manage these concerns. Solutions to address these impacts are crucial for societal well-being. This paper critically reviews the mental health impacts of five climate events and related interventions, across geographical regions. These include drought, rising temperatures, sea level rise and inundations, melting permafrost, and wildfires.

Process and methods (for empirical research)

Data were collected from 251 papers and categorized for comparisons across geographical locations and event types. Associations between event type and mental health concerns have been drawn through various psychological theories.

Main results (or main arguments in the case of critical reviews)

The impacts of the lesser explored melting permafrost, are equally devastating as other events. While certain interventions are highlighted in the review, there is a lack of data on policy implementation results. There is also limited data from developing countries prone to climate change extremes.

Implications for research and practice/policy | Importance and originality of the contribution

The current review recognizes that despite being equipped with coping abilities, individuals find the constant unpredictability in climate change challenging. Therefore, there is a strong need for data driven policies and interventions that can effectively deal with both climate change and mental health concerns. Moreover, the review identifies non-classifiable mental health concerns that require further research.]

Existing reviews' lack of a comparative perspective on the pattern of mental health concerns across events and locations. This paper presents these similarities and dissimilarities and identifies the need for high impact blanket solutions catering to people across regions. It further calls for research towards very region specific and even individualized solutions to the problems experienced as a result of similar climatic events in different regions.

Palavras-chave : Climate Change, Mental Health, Climate Policy, Psychological Theories, Climate Vulnerability