



# CECT L!brary

## Reader's Digest

Happy Holidays, cadre!

Believe it or not, we are just about at the end of 2023 and at the first anniversary of this newsletter. For one year now, we have been gathering articles on a variety of topics related to disaster mental health. Topics have ranged from first responder and medical personnel mental health, disaster mental health in rural communities, experience of people with disabilities in disasters, children and adolescents' experiences, and more. We have discussed the importance of learning about Indigenous methods to tackle wildfires, healthcare from perspectives around the globe, and exchanging different ideas on improving behavioral health.

A lot of what we have learned focuses on climate change. Whether it's the subject itself or a look at the disasters caused by climate change (wildfires, global pandemics, etc.), the stark changes we are seeing in our environment are having a profound impact on us all.

Tomorrow, November 30th, is the start of the United Nations Climate Change Conference, or Conference of the Parties 28. Hosted this year by the UAE, leaders from all over the world will be gathered to discuss what can be done to slow down climate change. In recognition of this event, we have gathered just a handful of the newest research on how climate change impacts mental health and how people remain resilient in the face of catastrophic fires, earthquakes, droughts, and other natural disasters.

We don't know what will come out of COP28, but we can prepare ourselves as practitioners and researchers for an uncertain future regarding the climate.

Keep up the good work,

Crisis Emotional Care Team

### **Latest Additions**

Cianconi, P., Hanife, B., Grillo, F., Betro', S., Lesmana, C. B. J., & Janiri, L.

(2023). Eco-emotions and psychoterratic syndromes: Reshaping mental health assessment under climate change. *The Yale Journal of Biology and Medicine*, 96(2), 211-226. doi:<https://doi.org/10.59249/EARX2427>

In this article, Cianconi et al., makes a case for new categories and descriptors of psychological conditions that are emerging as a direct result of climate change. They discuss the myriad ways in which climate insecurity, recurrent acute disasters, and severe changes to social environments have impacted people's mental health around the world. These climate emotions or eco-emotions, as it's being called, attempt to address the emotional experience of climate change and the mental states people experience as a result.

Lass-Hennemann, J., Sopp, M. R., Ruf, N., Equit, M., Schäfer, S. K., Wirth, B. E., & Michael, T. (2023). Generation climate crisis, COVID-19, and Russia–Ukraine-War: global crises and mental health in adolescents. *European Child & Adolescent Psychiatry*, 1-14.  
<https://doi.org/10.1007/s00787-023-02300-x>

While this article is not strictly focusing on climate change, it does offer an interesting perspective on the impact of global crises on adolescent mental health. Specifically, they look at how secondary school students in Germany are affected by the large-scale humanitarian crises of climate change, COVID-19, and the continued Russian invasion of Ukraine. The researchers found that all three subjects appear to cause greater depression and anxiety in adolescents, though pandemic related stress seemed to have the greatest affect.

Longman, J., Patrick, R., Bernays, S., & Charlson, F. (2023). Three reasons why expecting 'Recovery' in the context of the mental health impacts of climate change is problematic. *International Journal of Environmental Research and Public Health*, 20(10), 5882. doi:<https://doi.org/10.3390/ijerph20105882>

These researchers challenge the concept of recovery-focused initiatives and interventions in the context of ongoing climate change and the increasing disasters it causes. They argue that instead of aiming for communities to "return to normal", and basing a community's resiliency on that, psychologists and public health officials should instead aim for narratives that promote ongoing adaptation. A community's ability to course-correct and adjust to the changes brought by climate related disasters should be the aim in disaster recovery, not returning to a pre-disaster setting.

### **Paywalled Articles**

Binder, S. B., Baker, C. K., Ritchie, L. A., Barile, J. P., & Greer, A. (2023). "Upheaval": Unpacking the dynamic balance between place

### **Open Access Reads**

Cuijpers, P., Miguel, C., Ciharova, M., Kumar, M., Brander, L., Kumar, P., & Karyotaki, E. (2023). Impact of climate events, pollution, and green

attachment and social capital in disaster recovery. *American Journal of Community Psychology*.  
<https://doi.org/10.1002/ajcp.12697>

Curll, S. L., Stanley, S. K., Brown, P. M., & O'Brien, L. V. (2022). Nature connectedness in the climate change context: Implications for climate action and mental health. *Translational Issues in Psychological Science*, 8(4), 448–460.  
<https://doi.org/10.1037/tps0000329>

Ferreira, R. J. (2023). Climate change: From resilience to equitable resilience [Editorial]. *Traumatology*, 29(3), 338–339.  
<https://doi.org/10.1037/trm0000483>

Watkins, M. (2023). Ecopsychosocial accompaniment: Cocreating with humility. *American Journal of Community Psychology*.  
<https://doi.org/10.1002/ajcp.12724>

spaces on mental health: An umbrella review of meta-analyses. *Psychological Medicine*, 53(3), 1–16.  
<http://dx.doi.org/10.1017/S0033291722003890>

Potter, T., & Jonker, T. P. (2023). Mental health impacts of climate change for birthing people and the provider's role. *Journal of Midwifery & Women's Health*.  
<https://doi.org/10.1111/jmwh.13492>

Vergunst, F., Berry, H. L., Minor, K., & Chadi, N. (2023). Climate change and substance-use behaviors: a risk-pathways framework. *Perspectives on Psychological Science*, 18(4), 936–954.  
<https://doi.org/10.1177/17456916221132739>

Watson, J. (2023). Standardizing Refuge: Pipelines and Pathways in the US Refugee Resettlement Program. *American Sociological Review*, 88(4), 681–708.  
<https://doi.org/10.1177/00031224231180891>

### **Webinars, Trainings & Resources**

This month's resource is [Connected Papers](#). This is a really cool resource for conducting research, particularly at the early stages of lit reviews. You search a term of interest, select a starting paper, and it analyzes tens of thousands of published articles to create a graph showing connected papers. There are free and paid versions available, highly suggest checking it out!

Visit our [Digital Library](#) with passcode “vibrant” for more resources on COVID-19 and trauma.

Have an article you think would fit in our digital library? Submit it through our [CECT Resource Library Submission Form](#) to get it included. We accept links to news articles, opinion pieces, and journal articles.



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