

## Postgraduate research scholarship in climate anxiety among youth

Supervisors (tentative; to be confirmed): [A/Prof Lexine Stapinski](#), [Dr Marlee Bower](#), [Dr Tara Crandon](#)

A postgraduate scholarship, valued at \$42,440 per annum for up to 3.5 years, is available undertake a PhD in the area of climate anxiety. The scholarship is funded by an NHMRC Investigator Grant to A/Prof Stapinski.

**Background:** Psychological distress is higher in youth (16-24 years) than any other age group in Australia, and rates are worsening. Further, many young people are deeply distressed about climate change and environmental degradation; in a recent survey of 10,000 youth around the world, 53% of participants in Australia reported feeling very or extremely worried about climate change, 32% reported that climate distress negatively impacted their daily functioning, and 76% said they think the future is frightening.

Climate anxiety encompasses many emotions, such as anxiety, fear, anger, grief, despair, powerlessness, guilt, and shame. It poses a significant risk to mental health. There are profound synergies in the changes needed to improve youth mental health, and those needed to reduce environmental degradation, such as increased social connection, connection to nature, and values-focused actions. In addition to improving mental health, implementing these strategies can support young people to better cope with climate anxiety, and activate and empower them to take positive environmental actions.

### Research undertaken as part of this project could include:

- Analysing existing data to examine who is most affected, and how climate anxiety develops over time,
- Conducting mixed methods research with young people to better understand the lived experience of climate anxiety and identify potential solutions,
- Co-develop (with youth) and pilot a web-based program to assist young people who experience climate anxiety (drawing on the [Inroads program](#)).

Visit this [page](#) to submit your application, which will require a CV, cover letter outlining your interest, and two referees. For any questions about the opportunity or application process, please email [lexine.stapinski@sydney.edu.au](mailto:lexine.stapinski@sydney.edu.au).