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Titel der Arbeit: **How is climate change anxiety associated with pro-environmental behavior and mental health, and which role do coping strategies and efficacy beliefs play? A survey study among young German-speaking adults.**

Abstract der Arbeit:

More and more individuals report to be concerned and anxious about climate change. Research has just begun to explore the impact of climate change anxiety among young individuals on mental health and climate action. To gain a greater understanding of which factors contribute to climate change anxiety becoming adaptive or maladaptive, I assessed correlations of climate change anxiety with pro-environmental engagement and mental health and investigated the role of efficacy beliefs and different coping strategies for environmental action. I conducted a cross-sectional online survey across German-speaking young adults aged 18–30 years (N=498) and analyzed data using several correlational and multivariate regression analyses. I found that climate change anxiety correlated positively with pro-environmental behavior and was associated with lower mental health outcomes (higher depressiveness, higher general anxiety, and lower subjective well-being). Problem-focused coping, deemphasizing climate change, and self-efficacy were significant predictors of pro-environmental action and appeared to contribute to the relationship between climate change anxiety and pro-environmental behavior. In contrast, meaning-focused coping, avoidance of climate change, and collective efficacy were unrelated to individuals' environmental actions. In addition, I found that various coping strategies were differently associated with efficacy beliefs.

The findings are discussed in terms of theoretical assumptions and previous research. The study contributes to understanding adaptive forms of climate change anxiety among young adults and provides important directions for future research.