

Report on the outcomes of a Virtual Mobility¹

Action number: CA23113

Grantee name: Amanda Cei Santos Pirola

Virtual Mobility Details

Title: CA23113 - Climate change impacts on mental health in Europe (ClimMent)

Start and end date: 31/05/2025 to 30/09/2025

Description of the work carried out during the VM

Description of the virtual collaboration and activities carried out during the VM, with focus on the work carried out by the grantee. Any deviations from the initial working plan shall also be described in this section.

(max. 500 words)

During this VM, I was part of WG1, contributing to qualitative research: D1.1 (systematic review) and D1.2 (qualitative interviews).

I worked under the support and supervision of Sílvia Luís (Portugal) and Ivana Tutić Grokša (Croatia), coordinators of WG1.

For **D1.1**, I carried out the OSF registration, which involved learning the process, gathering, and adapting the required information. This also included organizing the platform and developing a step-by-step guide. The registration is currently under review. The aim is to ensure transparency, accessibility, and adherence to open science standards.

I contributed in the planning and organization process for the systematic review, mapping tasks, and estimating the number of required contributors, together with Mariana Pinho and Eliana Portugal (Portugal). The timeline was adjusted due to the acquisition of a new software (COVIDENCE). Articles were selected, and I will contribute to screening and further steps.

For **D1.2**, I supported planning, organisation, preparation of the interview guide, ethical documentation, and mapping possible participants. I also actively contributed to coding development (described under the meeting September 11). I will contribute to the interviews after ethics approval.

Online and in-person meetings were crucial for collective work:

May 29 - WG1 status update, discussions on authorship and ongoing tasks D.1.1 and D.1.2.

July 8 - Alignment for the interview phase in Portugal, including Sílvia Luís and Francisco Sampaio, as well as Ana Loureiro, Amanda Pirola, Carlos Laranjeira, Déborah Luh, João Vasco Santos, José Chen,

¹ This report is submitted by the grantee to the Action MC for approval and for claiming payment of the awarded grant. The Grant Awarding Coordinator coordinates the evaluation of this report on behalf of the Action MC and instructs the GH for payment of the Grant.

Luísa Barateiro, Mariana Pinho, Mónica Rodrigues, Nuno Rocha, Samuel Domingos, Tiago Filipe Oliveira Costa, and Vera Pinheiro.

Focus was on methodological alignment, data management, transcription, anonymization, and translation procedures. Discussions addressed practical (eg.: timelines) and ethical issues (eg.: confidentiality), and continued by e-mail.

July 29 – Updates and alignment of tasks to be developed with Sílvia Luís (Portugal) and Ivana Tutić Grokša (Croatia)

July 31 - WG1 further discussion on authorship, orientations for the Meeting in Malta, status, and definition of next steps.

October 9 - Overview of the systematic review process with Samuel Domingos (Portugal) and Eliana Portugal (Portugal).

October 14 - Alignment of systematic review next steps and use of COVIDENCE with Mariana Pinho (Portugal) and Eliana Portugal (Portugal)

I will attend WG1 upcoming meetings on 30th October, 27th November, and 18th December.

September 11 - I attended the in-person meeting in **Malta**. I was part of subgroup *D) Qualitative Study – Coding Scheme Development*, working with Dragan Mijakoski (North Macedonia), Dimitrios Theofanidis (Greece), and Paul Calleja (Malta).

I actively contributed to this task, which involved reviewing the interview guide, identifying thematic domains, and creating categories/subcategories. Additional analytical dimensions were added to capture emergent concepts and ensure alignment with WG1's conceptual framework. Work continued afterwards with reviews and refinements. This structure will support teams in analyzing interviews after translating the data into English.

I had the opportunity to learn about other colleagues' developed work in-person, with a broader view of the project.

Interactions

In addition to meetings, overall interactions included e-mail exchanges and collaborative work through online documents on Google Drive.

Description of the VM main achievements and planned follow-up activities

Description and assessment of whether the VM achieved its planned goals and expected outcomes, including specific contribution to Action objective and deliverables, or publications resulting from the VM. Agreed plans for future follow-up collaborations shall also be described in this section.

(max. 500 words)

Systematic Review

WG1-D1.1 entails a rigorous systematic review of individual and contextual factors that precipitate eco-anxiety and eco-depression. This review is expected to employ frameworks to assess risk of bias and integrate evidence drawn from psychology, sociology, public health, and related disciplines.

My initial work plan for D1.1 included screening abstracts and full texts, extracting and organizing relevant data, contributing to coding and data synthesis, and supporting the drafting of the scientific paper.

The registration on OSF was added to ensure transparency, accessibility, and adherence to open science standards, providing a reproducible framework for the review.

As the timeline needed adjustments, the agreed plan is that I will continue working on the systematic review. I will contribute to previously planned tasks, working closely with Mariana Pinho and Eliana Portugal, under the support and supervision of Silvia Luis (Portugal). We will use COVIDENCE and Prisma, and also support contributors with workflows.

Interviews

WG1-D1.2 involves semi-structured interviews with representatives of the lay public, climate activists, policymakers, and mental-health professionals. This deliverable is expected to include a finalized interview guide, a comprehensive sampling strategy, and all necessary ethics approvals and documents.

My initial work plan for D1.2 included supporting the planning, organisation, and execution of interviews. It also involved assisting in the preparation of the interview guide, ethical documentation, country and participant selection, as well as data collection and preliminary analysis.

Methodological, organizational, and ethical consolidation were achieved, including:

- Definition of criteria and standards for transcription, anonymization, and translation of interviews, ensuring methodological consistency and ethical standards in all 16 participating countries;
- Submission of the project to the Ethics Committee;
- Interview scripts;
- Coding Scheme Development

Further steps will be carried out by WG1 after ethics approval (expected for October 2025). As and agreed plan, I will contribute in the participant selection, execution of interviews, data collection and preliminary analysis. I will also contribute to transcriptions and translations.

Outcomes

I have achieved my planned objectives, having completed the tasks proposed by the coordinators of WG1 Sílvia Luís (Portugal) and Ivana Tutić Grokša (Croatia). Adjustments in the timeline were due to strategic decisions within the group, new priorities, and logistical needs. Thus, I will continue supporting the next stages of the research to WG1's deliverables:

- Systematic review (WG1-D1.1) on individual and country-level predictors and causes of eco-anxiety. Its findings will determine which measures to include in the T1.2 survey, and will be published as Scientific Paper 1.
- Semi-structured interviews (WG1-D1.2) with lay citizens, climate activists/NGOs, policymakers and mental-health experts to capture lived experiences of eco-anxiety. These insights will also feed into the T1.2 survey design, and will appear in Scientific Paper 2.

Overall, this VM reinforced methodological coherence, scientific rigor, and open science practices in the COST CliMent Action (CA23113). The combined expertise work carried out established a solid foundation for completing Deliverables D1.1 and D1.2 by March 2026, making an important contribution to the Action's scientific objectives and capacity-building goals.