

## Report on the outcomes of a Virtual Mobility<sup>1</sup>

**Action number: CA23113**

**Grantee name: Mariana Pinho**

### **Virtual Mobility Details**

Title: Climate change impacts on mental health in Europe (CliMent)

Start and end date: 01/08/2025 to 31/10/2025

### **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 Virtual Mobility Grant, I actively contributed to the activities of Working Group 1 (WG1) through continuous virtual and in person collaboration and knowledge exchange with international partners. The work primarily focused on Task 1.1 (T1.1) and Deliverable 1.2 (D1.2) within the project, which aim to identify individual and country-level factors influencing eco-anxiety and to develop standardized tools for cross-national qualitative data collection and analysis. As part of Task 1.1, I participated in the implementation of a systematic literature review exploring determinants of eco-anxiety across diverse cultural and socio-political contexts, using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). I contributed to the initial search that produced a total of 1700 relevant records on different databases and removed duplicated entries. I contributed to the identification of predictors at both the individual and structural levels, such as exposure to climate events, social norms, environmental concern, and resilience factors, that contribute to eco-anxiety. As part of this work, I have participated in the in-person 3rd Management Committee Meeting on 11/09/2025 held in Malta (see attached the COST invitation, the agenda where my name is mentioned as leading a task, as proof of attendance and collaboration with researchers from other countries (e.g. Croatia, Malta, Greece, Turkey, and other European countries, attachment 1) and the manuscript in the same email as proof of collaboration on the D1.2. I also created and collaborated on the registration of the systematic review on the OFS an essential step part of Task 1.1 (attachment 2).

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<sup>1</sup>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.

The outcomes of this review will provide a comprehensive conceptual foundation for the next phase of data collection and analysis and guide the development of survey measures in Task 1.2 (T1.2).

Building on the findings of the systematic review, I also contributed to Deliverable 1.2 (D1.2), which involves integrating qualitative evidence through interviews with lay people, climate activists, NGOs, and policymakers across approximately 40 countries. I contributed to qualitative data collection the preliminary analysis of qualitative materials, supporting the identification of emerging patterns and themes related to climate-related mental health outcomes (see attached the working document where my name appears as part of the national team for the qualitative data collection and analysis, attachment 3).

Throughout the virtual mobility, I engaged in regular online meetings lead by Sílvia Luís (Portugal) and Ivana Tutić Grokša (Croatia), coordinators of WG1; shared document reviews, and collaborative discussions with team members, ensuring progress on shared objectives. I also contributed to virtual mentoring and capacity-building activities, particularly supporting early-career researchers and members less experienced in qualitative analysis. This exchange of expertise contributed to strengthening WG1's methodological capacity and fostering a culture of collaborative learning.

In addition to research and mentoring, I participated in discussions on the dissemination of results. I will contribute to the co-authorship of the D1.2 paper (coding framework attachment 4) and assist in preparing summaries and policy briefs targeting non-academic stakeholders, including NGOs and policymakers, to enhance the societal relevance and policy impact of the project's outcomes.

Overall, this Virtual Mobility Grant provided an opportunity to strengthen collaboration within WG1, advance progress on Tasks 1.1 and 1.2, and ensure methodological coherence across the project. The work carried out contributed to consolidating the theoretical and analytical foundations necessary for the forthcoming cross-national survey and the broader goal of understanding and addressing climate-related mental health challenges across diverse populations.

### **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)*

During this Virtual Mobility Grant, I contributed substantially to Deliverable D1.2: Scientific paper on qualitative experiences of eco-anxiety. The main outcome of my work is the development and application of a standardized content analysis guide for analysing interviews conducted across approximately 40 countries. These interviews encompass diverse perspectives from community members, climate activists, NGO representatives, and policymakers, providing a comprehensive and inclusive understanding of the factors shaping eco-anxiety globally.

Along this work, I have also prepared the Atlantic Project Awards 2025 application for CliMent in collaboration with Francisco Sampaio (Action Chair) (Portugal), Chiara Cadeddu (Action Vice-Chair) (Netherlands) and Sílvia Luís (WG1 coordinator) (Portugal).

A key output of my Virtual Mobility is my co-authorship of the D1.2 scientific paper, which synthesizes the qualitative data collected as part of Task 1.1. My contributions included designing the content analysis tool, assisting with the coding framework, and contributing to the interpretation of data. Through these activities, I helped ensure that the analysis is both methodologically rigorous and culturally sensitive. The resulting paper will provide novel insights into the lived experiences of eco-anxiety, revealing how

individual, social, and country-level factors influence emotional and mental health responses to climate change. This work directly supports one of WG1's core objectives — to identify sociodemographic and health-related determinants that shape mental health responses to environmental change.

My Virtual Mobility also contributed to the Memorandum of Understanding (MoU) objectives concerning research coordination and harmonization. By supporting the alignment of qualitative methodologies across multiple participating countries, I helped enhance the consistency, comparability, and scientific rigor of the research. This harmonized approach is essential for the development of a reliable and valid framework that will inform the construction of the cross-national survey planned in Task 1.2 (T1.2). The results of this ongoing work will strengthen the empirical foundation for future quantitative research and provide evidence-based insights to guide climate and mental health policy recommendations.

In terms of capacity building, this Virtual Mobility fostered collaboration, mentorship, and knowledge exchange within the CliMent network. I actively participated in virtual mentoring activities, contributed to methodological training sessions, and shared expertise with early-career researchers and partner institutions. These activities support the Action's objective of promoting knowledge transfer and methodological advancement within the network, while also expanding its academic and societal impact.

The work conducted also supports the MoU goal of stakeholder engagement and knowledge translation. By incorporating diverse stakeholder perspectives through qualitative interviews and integrating their voices into a scientific publication, this Virtual Mobility promotes the translation of real-world experiences into academic and policy discourse. The resulting findings will be valuable for designing sustainable, evidence-based interventions in public health and climate policy, and for increasing public awareness of the mental health impacts of climate change.

Finally, additional outcomes include contributions to knowledge dissemination through network meetings, presentations, and the preparation of materials for Training Schools and other educational activities. These outputs will support the preparation of the next generation of researchers and practitioners to address climate-related mental health challenges effectively.

### **Communication activity for wider dissemination**

From 01/08/2025 to 31/10/2025, Dr Mariana Pinho had the opportunity to participate in a Virtual Mobility Grant under the COST Action "Climate Change Impacts on Mental Health in Europe" (CliMent). During this period, she collaborated with researchers from around the world to explore the impact of climate change on mental health, with a particular focus on eco-anxiety.

Throughout the grant, her work focused on two main tasks within Working Group 1 (WG1): 1) Systematic Literature Review: She contributed to the development of a systematic review (Task 1.1) exploring the determinants of eco-anxiety across different cultural and socio-political contexts.

2) Qualitative Data Collection: I also supported the qualitative data collection process, preparing and conducting interviews with climate activists, community members, and policymakers.

The experience not only contributed to the scientific understanding of eco-anxiety but also contributed to a more methodologically rigorous and culturally sensitive research framework. She also engaged in ongoing collaboration with international partners to ensure methodological coherence across all project tasks.

This research will help inform future interventions and policies aimed at addressing the mental health impacts of climate change, particularly eco-anxiety, by fostering international collaboration and knowledge exchange.

She looks forward to continuing to develop evidence-based strategies for protecting mental health in the face of climate change.


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## Invitations

### Agenda / Ongoing and Future Events

Type	Event	Attendance	Status	Options
No invitations found				

### Past Events

Type	Event	Attendance	Status	Options
 Meeting <a href="#">CA23113</a>	3rd Management Committee Meeting Paola - Malta 11/09/2025 - 11/09/2025	Hybrid	Accepted - F2F	<a href="#">View Claim</a> <a href="#">Download Claim</a>

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Mariana Pinho &lt;drmpinho@gmail.com&gt;

## WG1 Meeting Malta – Agenda, Subgroups, and Practical Information

9 messages

**Silvia Luís** <silvia.luis@ulusofona.pt> Fri, Sep 5, 2025 at 11:40 AM  
To: Dragan Mijakoski <dmijakoski@yahoo.com>, Fulya Kırimer <fulyakirimer@gmail.com>, vesela@favu.vut.cz, filiz er <filliztokgoz@hotmail.com>, Şeyhmus Aksoy <seyhmus.aksoy1@gmail.com>, Samuel Domingos <samuel.domingos@ulusofona.pt>, Amanda Cei <amandacei.psi@gmail.com>, Mariana Pinho <drmpinho@gmail.com>  
Cc: Ivana Tutić Grokša <ivana.tutic.groksa@gmail.com>, Chiara Cadeddu <cadeddu@eshpm.eur.nl>, Paul Calleja <paul.calleja@mcast.edu.mt>, Francisco Sampaio <franciscosampaio@esenf.pt>

Dear WG1 members,

Thank you once again for your availability and commitment to our upcoming WG1 meeting in Malta.

To ensure an efficient and productive meeting, participants have been organized into subgroups, as described in the attached document WG1 Meeting Agenda. Each subgroup will focus on specific tasks, and we kindly ask subgroup participants to **bring their laptops**.

**Please also create an online meeting link for your subgroup session**, so that other interested WG1 members may join and collaborate remotely. **We kindly ask you to send us these links as soon as possible, as this information needs to be circulated to WG1 members by Monday.**

The meeting will follow this structure:

10:00–10:30 – Opening Session (Chair: Silvia Luís)

10:30–12:00 – Subgroup Sessions

A) Systematic Review – Data Management and Extraction

- Participants: Mariana Pinho, Filiz ER
- Link: [Insert subgroup link]

B) Systematic Review – Excel Extraction Form

- Participants: Samuel Domingos, Şeyhmus Aksoy
- Link: [Insert subgroup link]

C) Qualitative Study – Workshop Preparation

- Participants: Lenka Veselá, Fulya Kirimer Aydinli
- Link: [Insert subgroup link]

D) Qualitative Study – Coding Scheme Development

- Participants: Dragan Mijakoski, Amanda Pirola
- Link: [Insert subgroup link]

12:00–14:00 – Lunch Break

14:00–16:00 – Subgroup Work (Continuation)

16:00–17:00 – Presentation of Subgroup Results & Wrap-Up

- Link for online participants: [Click here to join](#)
- ID: 933 670 636 010 0 | Code: xQ39pq

The latest version of the systematic review is also attached for your reference. In addition, you may consult other

relevant documents in our shared Google Drive.

Finally, please note the following information kindly provided by our local organizer, Paul Calleja:

*To give us a chance to enjoy some authentic local cuisine together, I have looked into booking a group dinner at Ta' Nenu in Valletta, a highly-regarded restaurant known for its traditional Maltese food. I was thinking to book on Thursday, 11th September for dinner so substitutes or other members in the WGs can also join where the WG leaders can also extend the invite. Each person would handle their own bill individually.*

*To make the reservation, I need to provide the restaurant with a final, confirmed number of guests. If you would like to join this dinner, please reply to me directly by this weekend so we secure a booking.*

To confirm the reservation, **please reply to him directly by this weekend ([paul.calleja@mcast.edu.mt](mailto:paul.calleja@mcast.edu.mt))**. After this deadline, it may be difficult to add further guests. Should your plans change later, please let Paul know. For those who prefer to explore or make other plans in the evenings, Paul can also suggest other options.

Please feel free to reach out for any additional clarifications.  
We are looking forward to working together in Malta.

Best regards,  
Sílvia & Ivana

Com os melhores cumprimentos,



### Sílvia Luís

Professora Auxiliar • Mestrado Psicologia Social e das Organizações | Subdiretora  
Escola de Psicologia e Ciências da Vida

[silvia.luis@ulusofona.pt](mailto:silvia.luis@ulusofona.pt)

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Os suportes comunicacionais da Universidade Lusófona são produzidos ao abrigo das regras estabelecidas no Acordo Ortográfico de 1990 e posteriores protocolos modificativos.

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#### 2 attachments

 **Manuscript Systematic review\_august 25.docx**  
102K

 **Agenda\_WG1\_JWGM\_Malta.docx**  
23K

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Mariana Pinho <[drmpinho@gmail.com](mailto:drmpinho@gmail.com)>

Fri, Sep 5, 2025 at 12:42 PM

To: Sílvia Luís <[silvia.luis@ulusofona.pt](mailto:silvia.luis@ulusofona.pt)>

Cc: Dragan Mijakoski <[dmijakoski@yahoo.com](mailto:dmijakoski@yahoo.com)>, Fulya Kırimer <[fulyakirimer@gmail.com](mailto:fulyakirimer@gmail.com)>, vesela@favu.vut.cz, filiz er <[filliztokgoz@hotmail.com](mailto:filliztokgoz@hotmail.com)>, Şeyhmus Aksoy <[seyhmus.aksoy1@gmail.com](mailto:seyhmus.aksoy1@gmail.com)>, Samuel Domingos <[samuel.domingos@ulusofona.pt](mailto:samuel.domingos@ulusofona.pt)>, Amanda Cei <[amandacei.psi@gmail.com](mailto:amandacei.psi@gmail.com)>, Ivana Tutić Grokša <[ivana.tutic.groksa@gmail.com](mailto:ivana.tutic.groksa@gmail.com)>, Chiara Cadeddu <[cadeddu@eshpm.eur.nl](mailto:cadeddu@eshpm.eur.nl)>, Paul Calleja <[paul.calleja@mcast.edu.mt](mailto:paul.calleja@mcast.edu.mt)>, Francisco Sampaio <[franciscosampaio@esenf.pt](mailto:franciscosampaio@esenf.pt)>

# Socio-Ecological Factors Associated With Eco-Anxiety And Eco-Depression: Systematic Review (CliMent COST Action CA23113 - WP1)

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### Contributors

Mariana Lobo Pinho, Amanda Cei Santos Pirola, Sílvia Luís, Ivana Tutić Grokša, Francisco Sampaio, Chiara Cadeddu, António José Soares, Sezin Oner, Marie-Laure Parmentier, Biljana Gjoneska

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### Description

This systematic review examines socio-ecological factors at the individual, local, and country levels that influence the relationship between climat...

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### Supplements

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CliMent WG1 "national teams" ☆ 📁 🌐

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A1 fx Country

	A	B	C
	Table1		
1	Country	WG1 members	Research roles/tasks
2	Croatia	Ivana Tutić Grokša	Preparation of documents, revision of analysis
3	Greece	Katerina Flora, Christos Maltezos	
4	Czechia	Michal Vostrý	
5	Czechia	Lenka Veselá	Ethics approval, recruitment, interviews, data an
6	Albania	Elona Gaxhja, Sabina Tosuni, Armelda Teta, Emilda Roseni, Jonida Lesha	
7	Malta	Paul Calleja, Claire Bonello	Ethical approval acquired. Recruitment, interview
8	Ireland	Marian Caulfield, Sinem Uzar Ozcetin, John Wells, Tooba Akhtar, Anmara Batoool, Sinead Sheehan	Awaiting ethical approval. Recruitment, interview
9	Portugal	Ana Isabel Ribeiro, Amanda Cei Pirola, Mariana Pinho, Sílvia Luís, Tiago Costa	
10	Türkiye	Gözde Kiral Ucar, Gamze Özdemir Planalı, Filiz Er, Ecem Çiçek Gümüş, Gizem Öztürk, Tuğçe Kilboz, Si	Preparation of documents, Recruitment, Interview
11	Romania	Maria Bostenaru Dan	
12	Armenia	Karine Mayilyan and Gayane Ghazaryan	
13	Latvia	Baiba Martinsone and Rudite Koka	
14	Ukraine	Vladyslav Baranov	Recruitment, Interviews, Transcription, Coding, a
15	North Macedonia	Biljana Gjoneska	Securing ethics approval, recruitment, reviewing
16	North Macedonia	Dragan Mijakoski	Preparation of documents, coding, recruitment, i
17	North Macedonia	Ekaterina Petrovska	Recruitment, interviews, transcription, translation
18	North Macedonia	Gordana Ristevska Dimitrovska	
19	Bulgaria	Vaska Stancheva-Popkostadinova	Recruitment, interviews, transcripion, translation
20	Bulgaria	Silvana Karamova	Recruitment, Interviews, Transcription, Translation

+ ☰ List of national team members Countries in the sample "Diversity" of participants <

