

Climate change has become one of the most prevalent challenges in the contemporary world. Extreme weather events, such as floods and hurricanes, and gradual changes, such as rising temperatures and sea levels, are threatening the life and health of an increasing number of people. However, even people whose lives and livelihoods do not depend directly on climate can feel a psychological burden. Climate anxiety - a chronic type of anxiety associated with the current or predicted future state of the environment and human-induced climate change, is an emerging threat to mental health. This anxiety has several distinctive features. Firstly, it relates to a real threat, so the worries felt can be considered rational. Secondly, the increasing nature of climate change makes the usual process of adaptation impossible. Finally, climate changes are accompanied by uncertainties about the future and the possibility of stopping them even with the whole world's united effort.

One of the most significant sources of climate anxiety is worry about irreversible changes in the places we live in or would like to visit in the future. However, previous research has found that the relation between place change, perceived anxiety, and willingness to take action against climate change may not always be clear. Some studies show that anxiety due to place change may play a mobilizing role and make people fight against an unwanted change. Others show that it discourages people from taking action and reduces self-efficacy.

In this project, we intend to explain these inconsistencies by considering important variables, namely place attachment, emotion regulation and coping strategies. Firstly, we will investigate why experienced or anticipated changes of place can sometimes turn into paralysing anxiety, a lack of self-efficacy and—sometimes—a willingness to act or hope that the climate catastrophe can be averted. This part of the project focuses on *place attachment*, defined as the affective bond between people and places. Secondly, we will examine the role of coping strategies that may mitigate the negative consequences of already developed climate anxiety on well-being and pro-environmental behaviour. Previous empirical evidence is scarce; therefore, we intend to test the specific role of different coping strategies in dealing with climate anxiety and low self-efficacy.

The above research aims will be addressed by considering the causal nature of the studied relationships and employing mixed research methods. We plan to conduct a series of studies divided into three research lines, each of which will focus on specific parts of the conceptual model.

Research Line 1 will employ a longitudinal design to examine the primary relationships between place change, mental health and pro-environmental behaviours concerning the role of moderators: place attachment and emotion regulation strategies. Research Line 2 will investigate the causal effects of place change on climate anxiety and the moderating role of place attachment. Finally, research Line 3 will focus on coping strategies to reduce climate anxiety and increase self-agency in terms of pro-environmental behaviours.

The results will contribute to both social and environmental psychology, and emotion and motivation psychology. We also expect our findings to offer important practical implications on effectively responding to climate change while preserving the resilience needed to face the challenges ahead.