Privatklinik Meiringen

UNIVERSITÄT BERN

Ein globaler Blick auf psychische Gesundheit: *Klimawandel und andere Krisen*

Thomas J. Müller

Privatklinik Meiringen & Universität Bern

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America?

part of global climate patt
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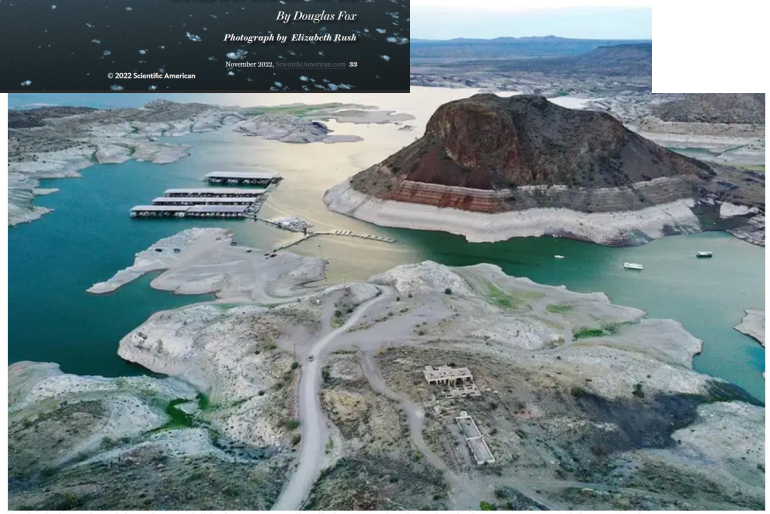

'Bathtub ring' mineral deposits are visible due to extraordinarily low water levels at the Elephant Butte Reservoir in New Mexico
Mario Tama/Getty Images

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EARTH

World's "Third Pole" Is Melting Away

Even if ambitious climate targets are met, Himalayan glaciers could lose a third of their volume

By Chelsea Harvey, E&E News on February 4, 2019

Aerial view the Hindu Kush mountain range in Afghanistan. Credit: Getty Images

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Benjamin Storrow and E&E News

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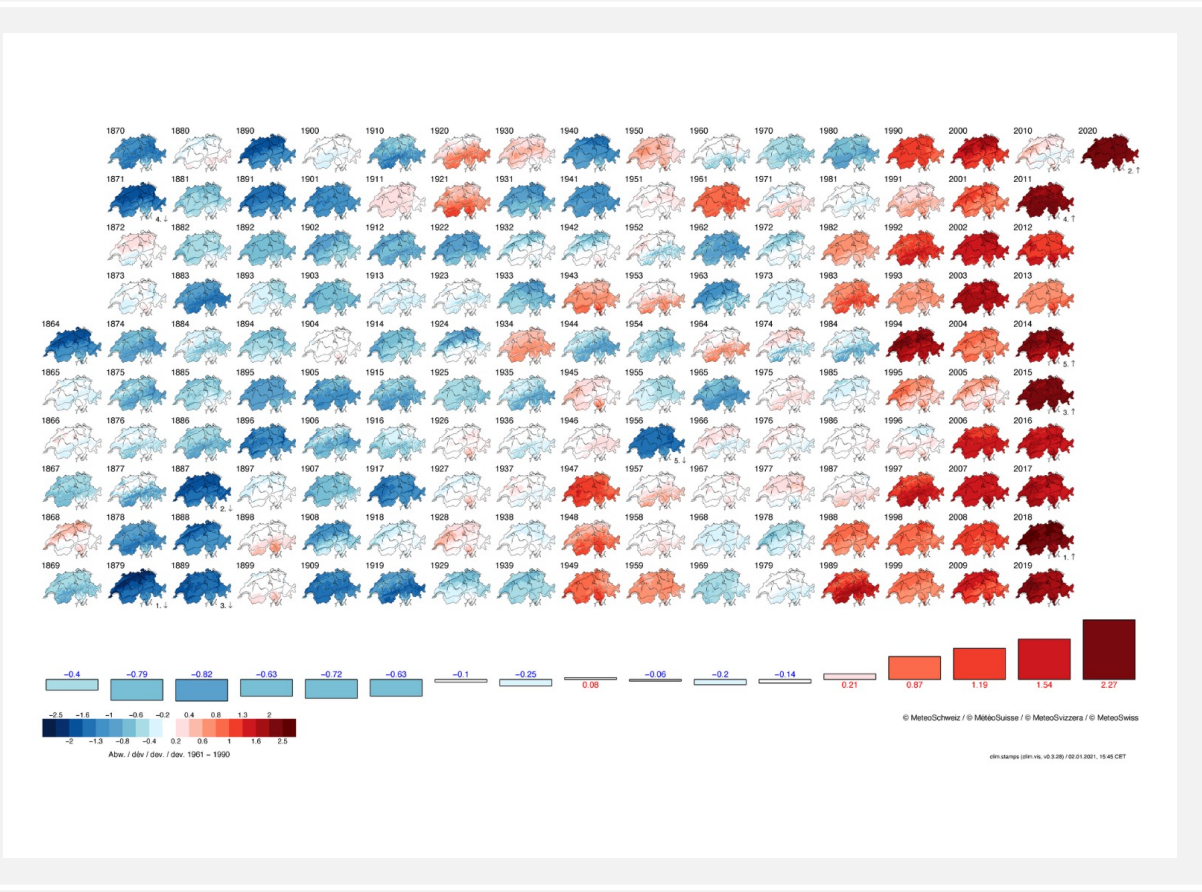
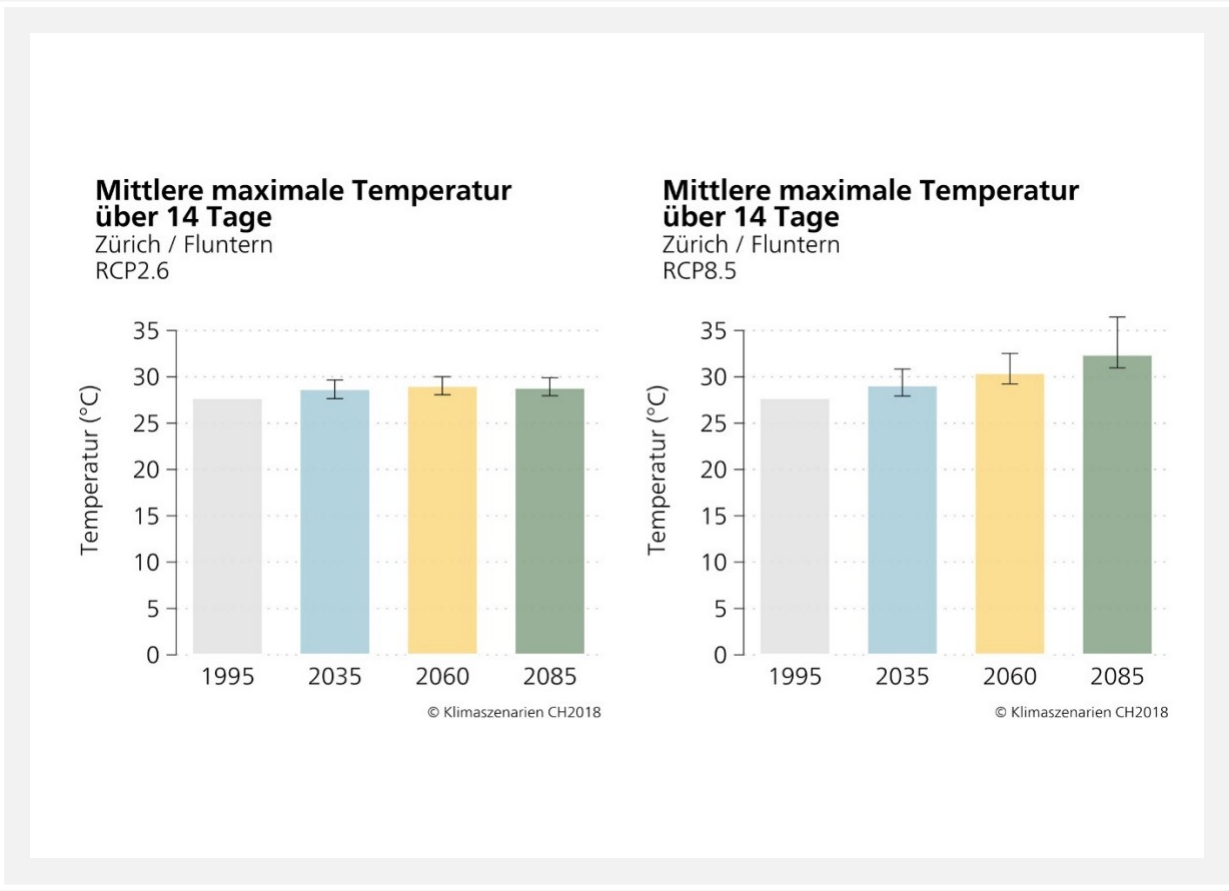
Daniel Leonard

KLIMAWANDEL IN DER SCHWEIZ: DURCHSCHNITTSTEMPERATUR

- *Quelle:* Bundesamt für Meteorologie und Klimatologie MeteoSchweiz



- Abbildung 1: 30-jährige Mittel der mittleren maximalen Temperatur über 14 Tage an der Station Zürich / Fluntern für verschiedene Zeitperioden. Abgebildet sind die Werte für ein Szenario mit Klimaschutz (RCP2.6, links) und für ein Szenario ohne Klimaschutz (RCP8.5, rechts). Grafik: MeteoSchweiz



Alessandro Della Valle / Keystone

Heisser Herbst – warum das Wetter wieder einmal verrücktspielt

Dieser Monat wird als wärmster Oktober seit Messbeginn 1864 abschneiden. Grund dafür ist ein stabiles Tief über dem Atlantik – letztlich aber der Klimawandel, denn alle Jahreszeiten werden wärmer.

Andreas Frey • 29.10.2022, 21.45 Uhr

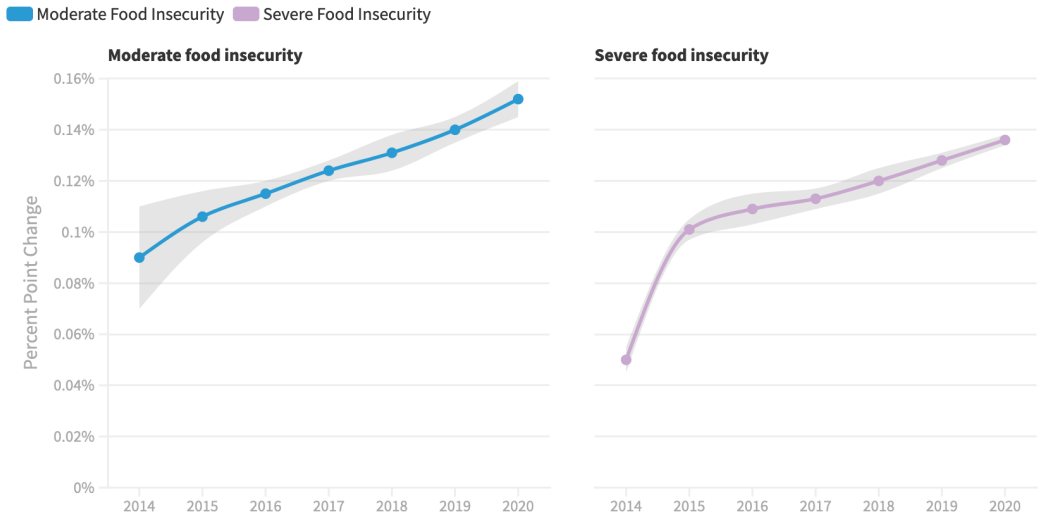
Spätherbst? Dieser Oktober fühlt sich noch immer nach Spätsommer an, nur das fallende Laub erinnert an die eigentliche Jahreszeit. 25 Grad dürften an diesem Wochenende erneut erreicht werden, in den Bergen herrscht bestes Wanderwetter bei idealer Fernsicht und schweisstreibenden Temperaturen.

LANCET COUNTDOWN 2022

https://www.lancetcountdown.org/

Impact of Heatwave Days on Food Insecurity

Change in the percentage of people reporting moderate to severe food insecurity due to heatwave days (percentage point change) occurring during four major crop (maize, rice, sorghum, and wheat) growing seasons



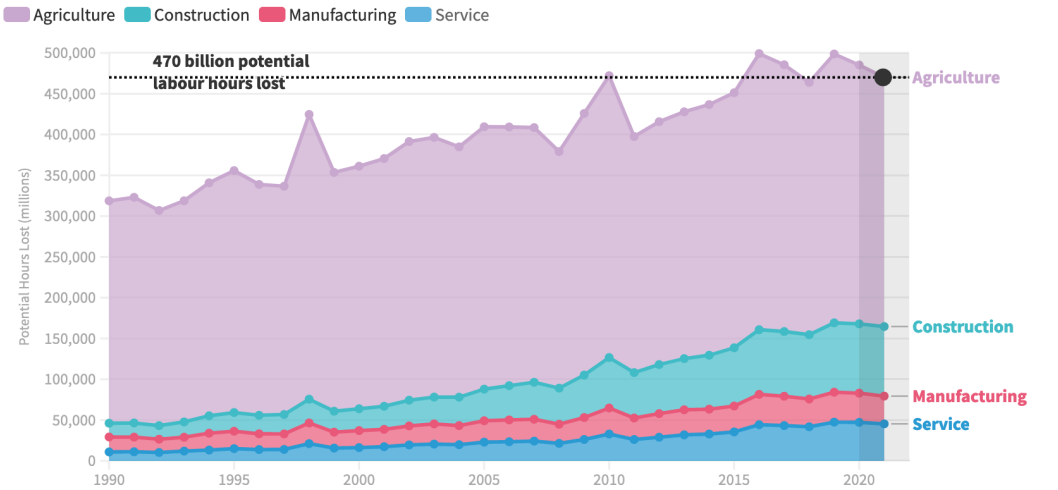
Please reference the 2022 Report of the Lancet Countdown if using this data •
For a full description of the indicator, see the 2022 report of the Lancet Countdown at lancetcountdown.org

LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE

Potential Hours of Labour Lost Due to Exposure to Heat

Potential labour hours lost annually due to heat exposure by sector and country, HDI group, or WHO region, 1990-2021

World

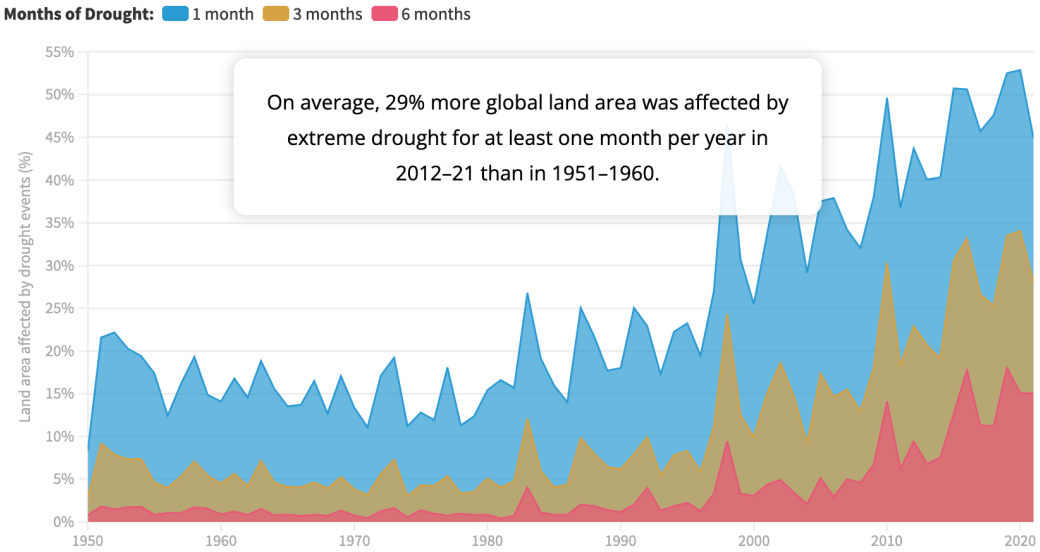


Please reference the 2022 Report of the Lancet Countdown if using this data •
For a full description of the indicator, see the 2022 report of the Lancet Countdown at lancetcountdown.org

LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE

Land Affected by Droughts

Percentage of land area affected by drought events per year, classified by the number of months in drought

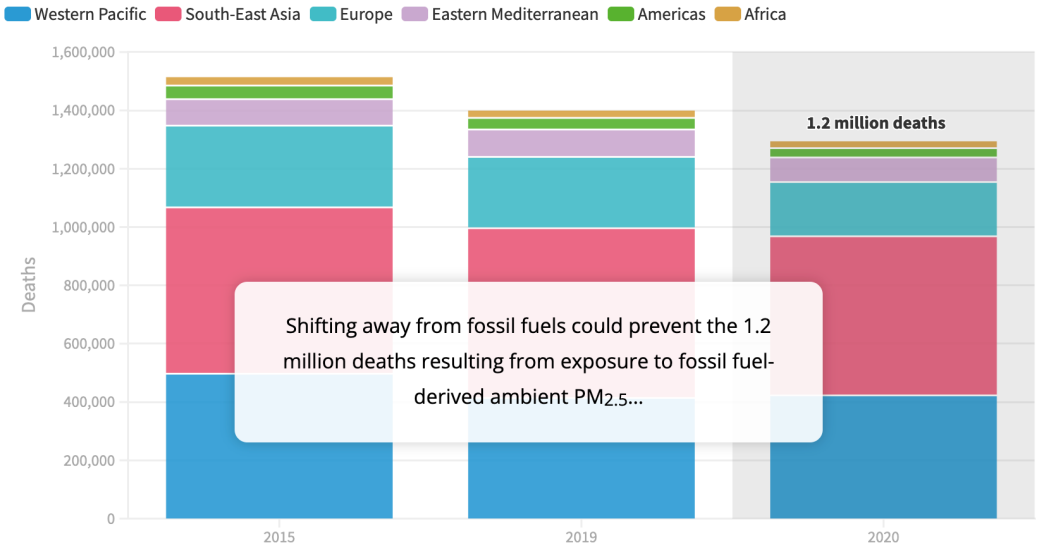


Source: Please reference the 2022 Report of the Lancet Countdown if using this data •
For a full description of the indicator, see the 2022 report of the Lancet Countdown at lancetcountdown.org

LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE

Deaths from Ambient Air Pollution

Mortality attributable to exposure to $PM_{2.5}$ ambient air pollution, by WHO region

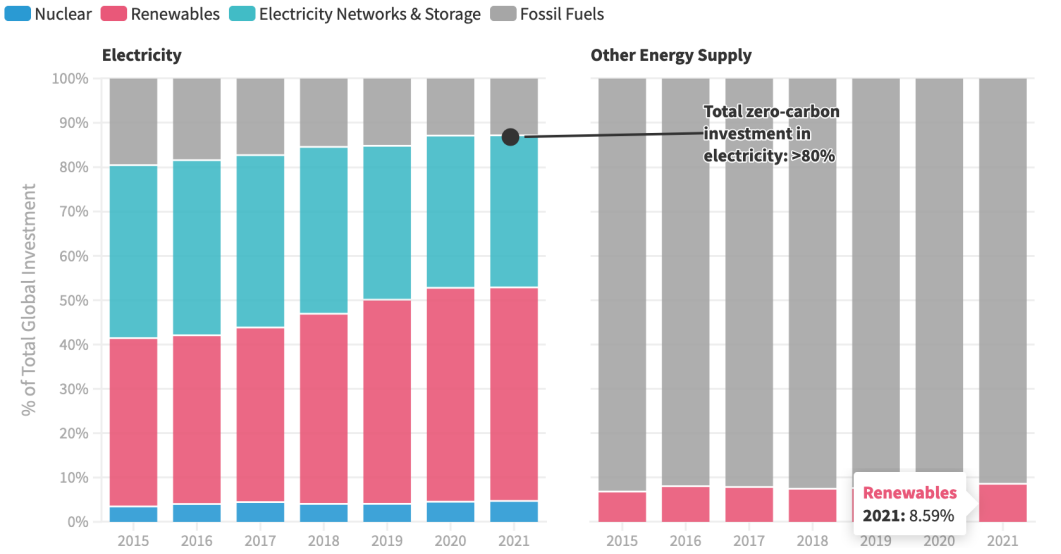


Please reference the 2022 Report of the Lancet Countdown if using this data •
For a full description of the indicator, see the 2022 report of the Lancet Countdown at lancetcountdown.org

LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE

Investment in Electricity and Other Energy Supply

Percent of global investments in energy by energy supply and end-use efficiency and by sector of use, 2015-2021

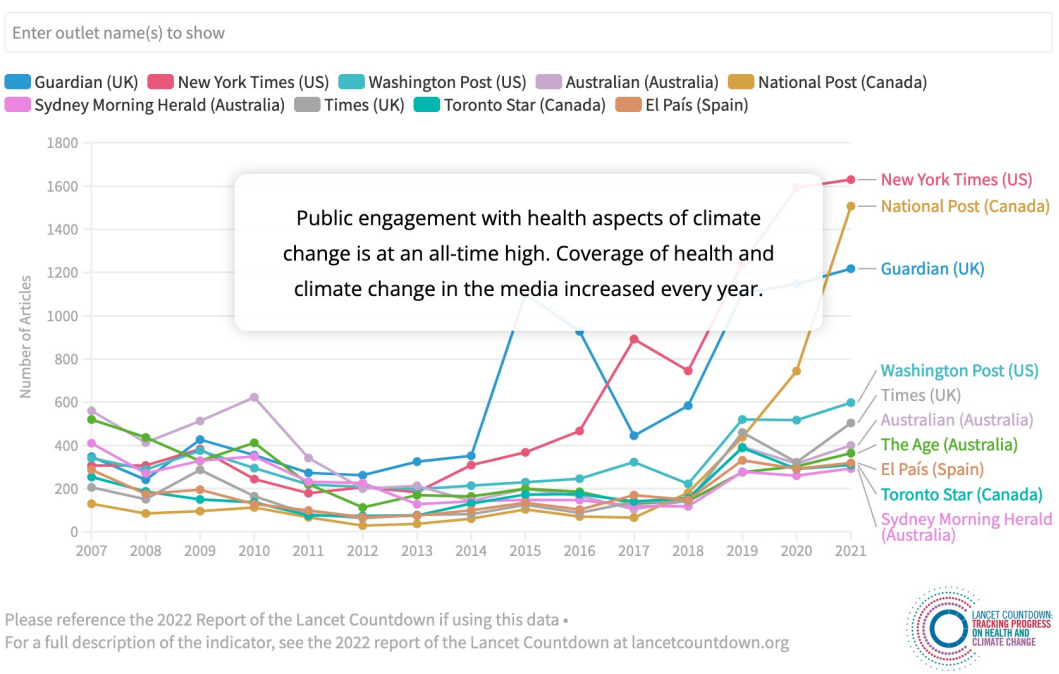


Please reference the 2022 Report of the Lancet Countdown if using this data •
For a full description of the indicator, see the 2022 report of the Lancet Countdown at lancetcountdown.org

LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE

Coverage of Health and Climate Change in News Outlets Around the World

Number of news articles covering health and climate change, 2007-2021



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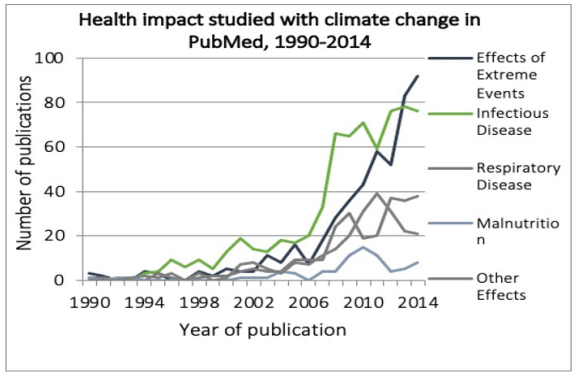
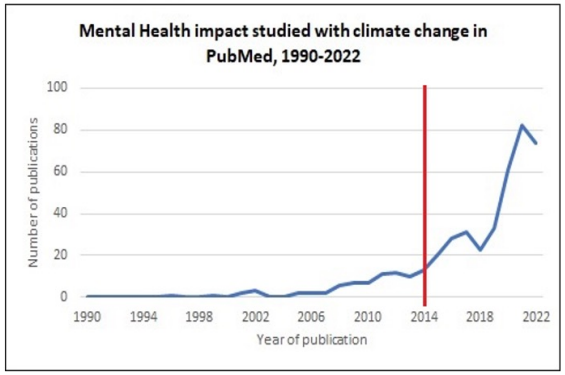
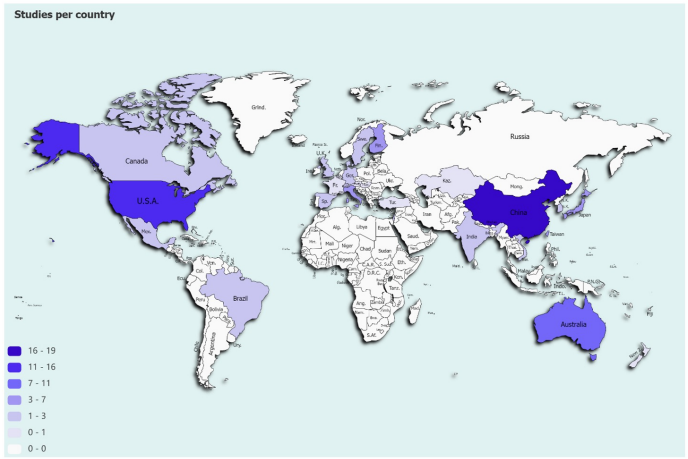
LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE



Graphic 1. Source: Verner et. al. (2016) (9).



Graphic 2. Source: authors. Date of research: 09-14-2022. Red bar delineates until when (2014) the studies from Verner et. al. (2016) were searched, for comparison.



Map 1. Studies divided per country. The more intense the color, the higher the number of publications in the corresponding countries. White coloration represents that no article was published. Created with: paintmaps.com

… WAS MACHT DIE FORSCHUNG?

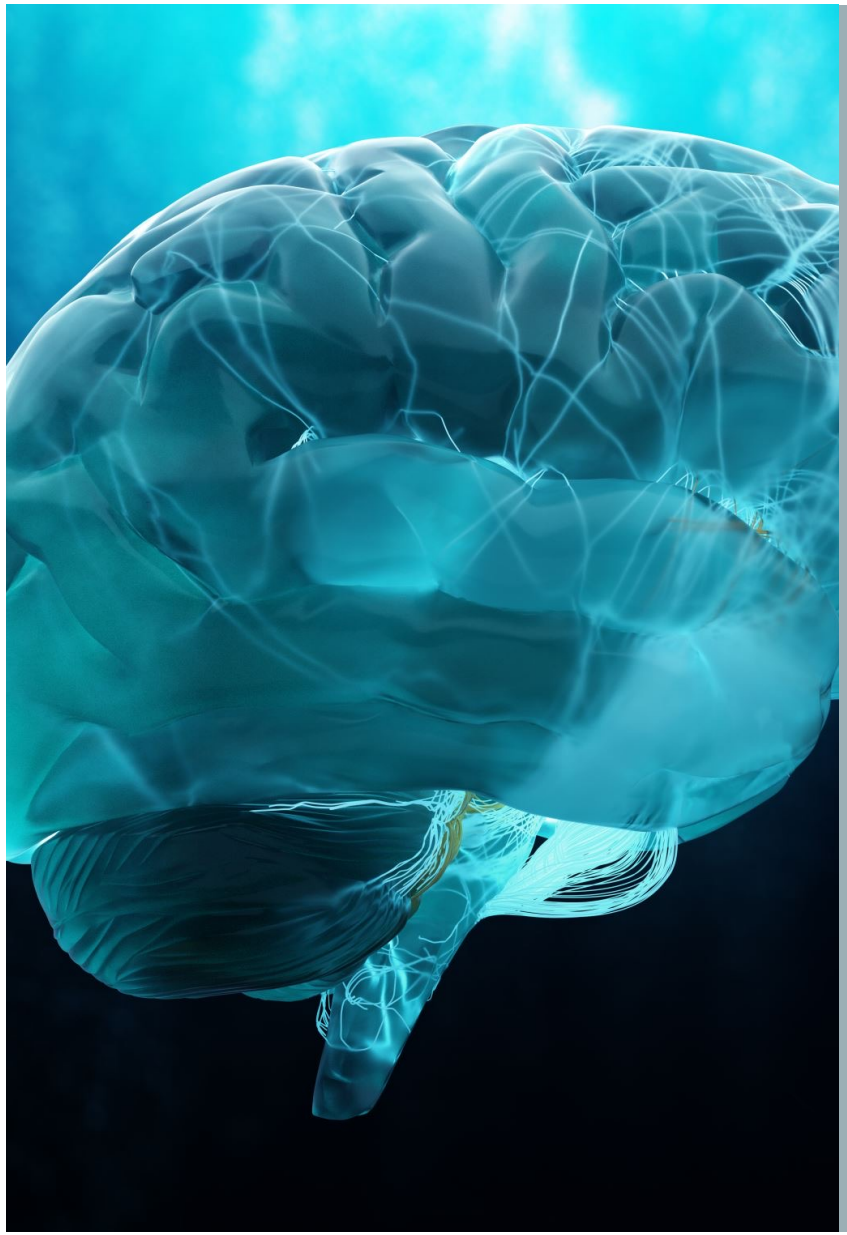
A systematic review of the impact of Climate Change on health services demand worldwide due to psychiatric conditions

OR

A systematic review of the impact of Climate Change on mental health services worldwide

Julia F. Corvetto[1], Ammir Y. Helou[2], Rainer Sauerborn[1°], **Thomas Müller** [*†], Peter Dambach[1°]

[1] Heidelberg Institute of Global Health (HIGH), Heidelberg University Hospital, Heidelberg University, Germany
[2] Anatomy Department of the Biomedical Science Institute, São Paulo University, Brazil
[3] TRC, University Hospital of Psychiatry, University of Bern, Bern, Switzerland
° equal last authorship



AUSWIRKUNGEN AUF DIE MENTALE GESUNDHEIT

Aggression, Hass…

Hass und Hitze

> Tweets in sechs verschiedenen Sprachen: Norwegisch, Schwedisch, Dänisch, Deutsch, Italienisch und Griechisch

> Am wenigsten im Temperaturbereich zwischen 5°C und 11°C

> Unabhängig von der Region → Grenzen der Adapationsfähigkeit?

Stechemesser, Annika, et al. "Strong increase of racist tweets outside of climate comfort zone in Europe." Environmental Research Letters 16.11 (2021): 114001.

Step 1: Data Procurement

Identify tweets containing slur words.

Add tweets containing expressions that are offensive in combination.

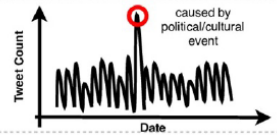
Obtain data sets in seven different uniquely spoken languages covering 2012 to 2018.

Step 2: Filtering and Aggregation

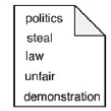
Remove duplicates.

Aggregate to daily level.

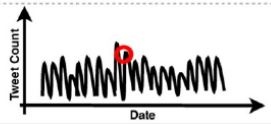
Detect non-temperature-related spikes using z-score outlier detection.



Identify the five most common words tweeted on these days omitting search words and stop words.



Remove all tweets containing these words and update tweet count.



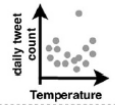
Step 3: Weighting

Multiply each tweet by the number of likes it received.

Check "viral" tweets manually and exclude if not racist/xenophobic.

Step 4: Tweets and Temperature

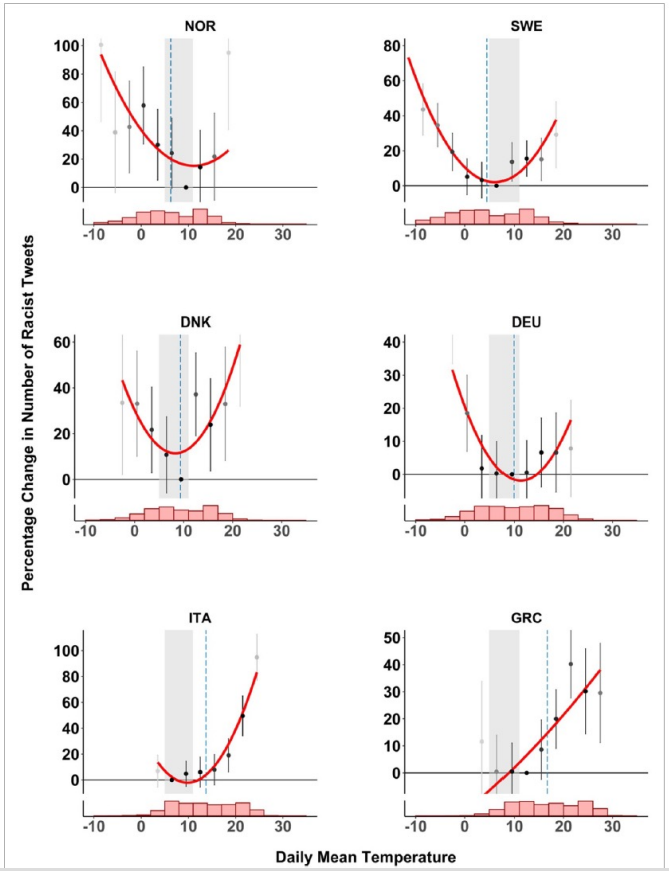
Match daily tweet count with population-weighted maximum temperature time series.

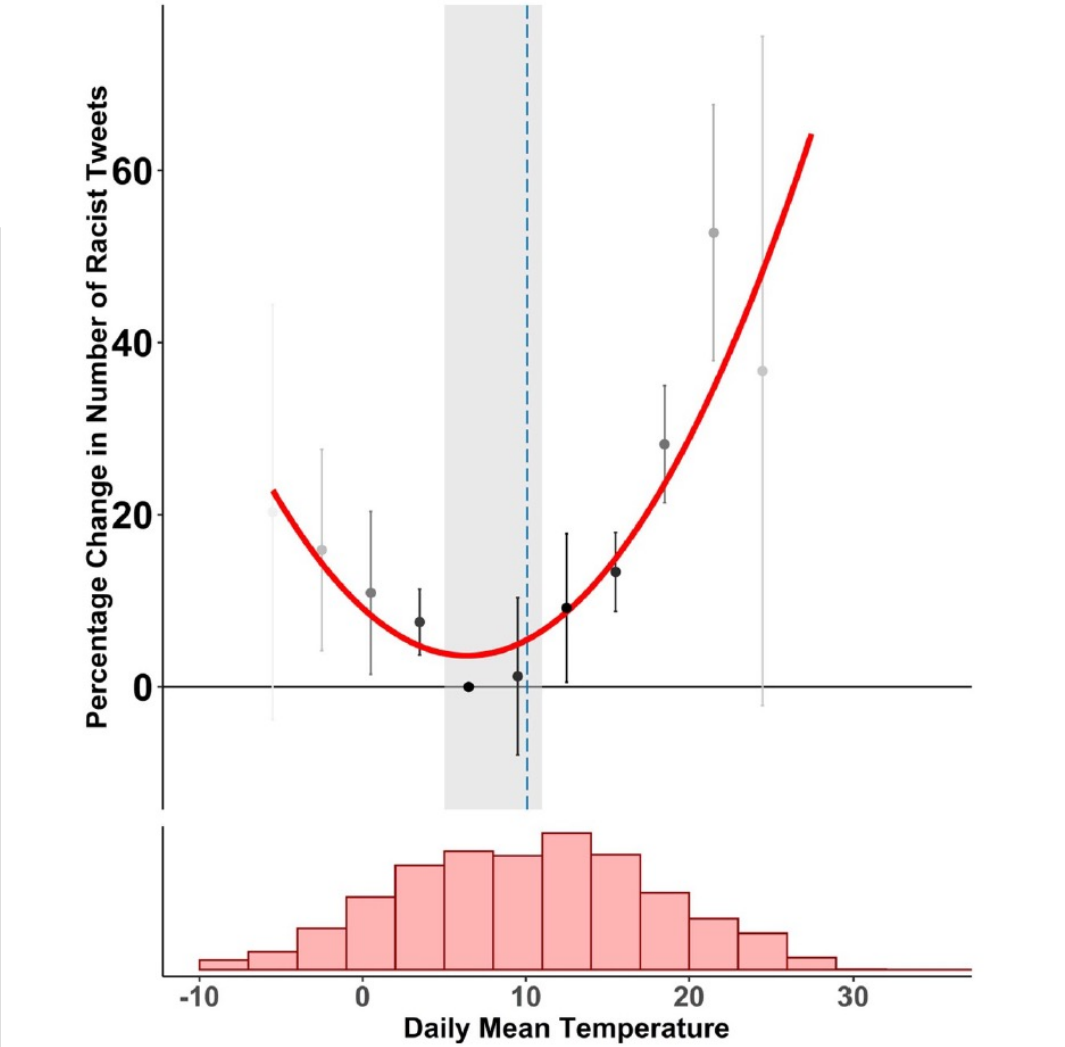


Add data for regression controls.

Input in regression model

Hass und Hitze





Stechemesser, Annika, et al. "Strong increase of racist tweets outside of climate comfort zone in Europe." Environmental Research Letters 16.11 (2021): 114001.

Hass und Hitze

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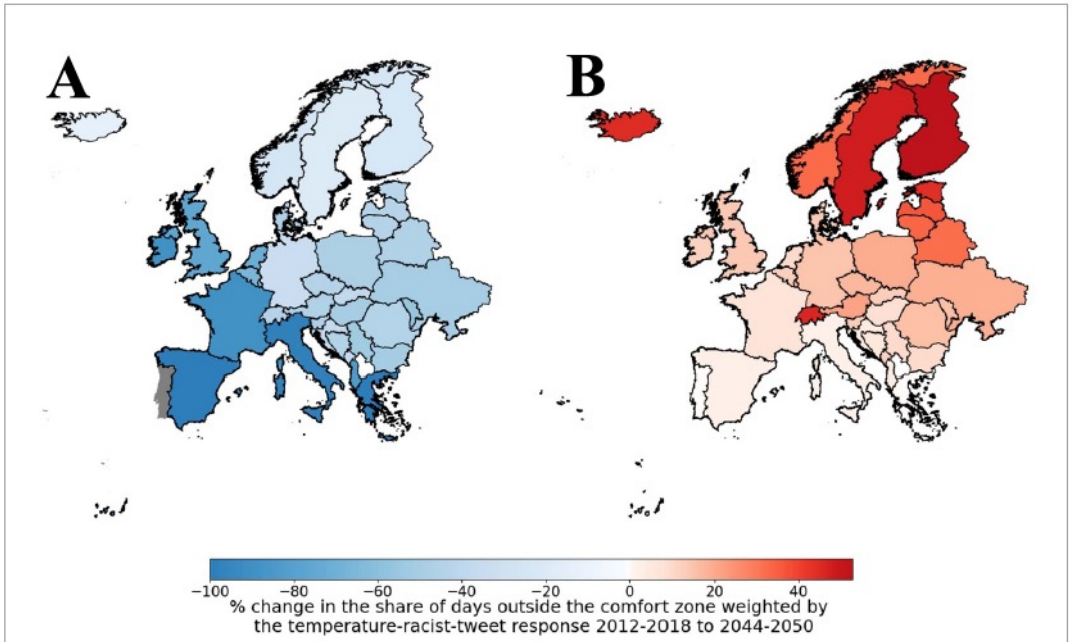
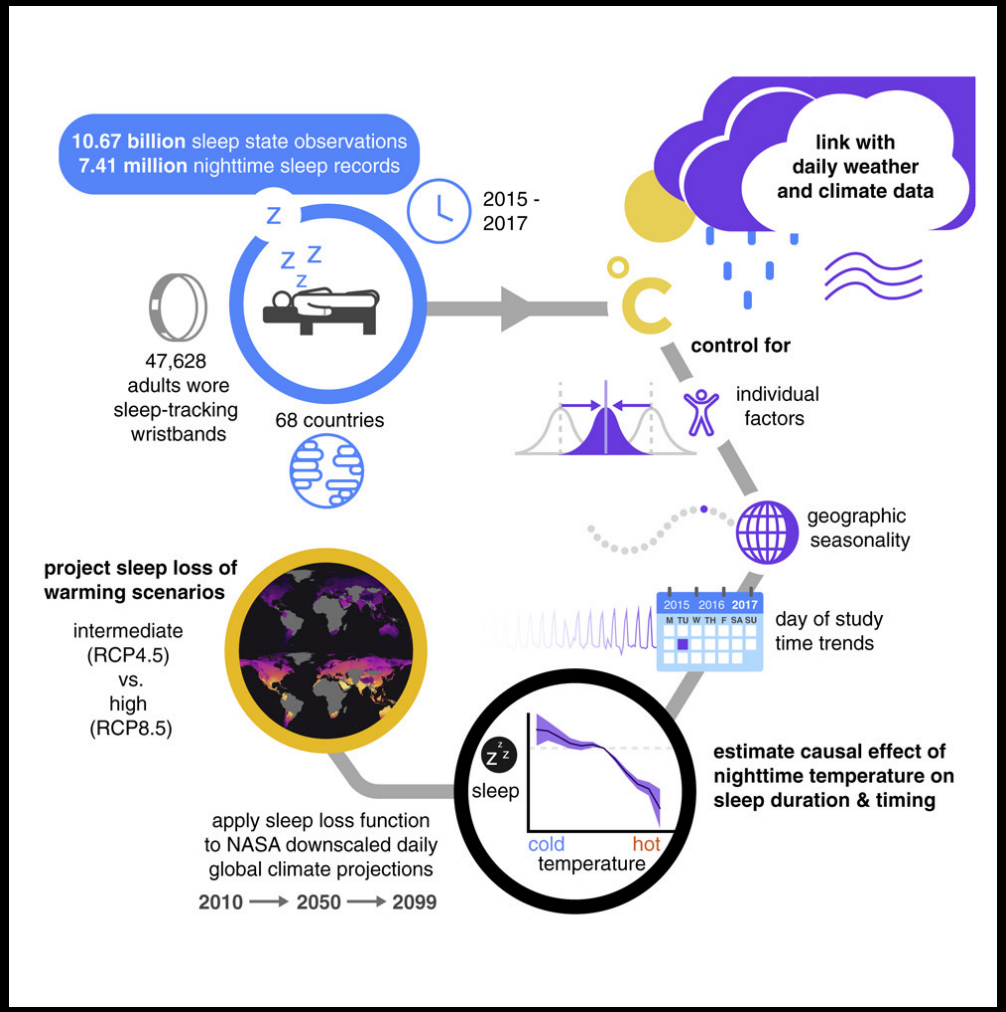


Figure 4. Percentage change in the share of days colder (panel (A)) and warmer (panel (B)) than the climate comfort zone in 2044–2050 compared to 2012–2018, weighted by the strength of the temperature-racist-tweet response. The measure reflects the cumulative combined effect of changes in the share of days colder and warmer than the climate comfort zone and the strength of the temperature-racist-tweet response. Temperature projections correspond to a business-as-usual emissions scenario (SSP 5–85). For temperatures below the climate comfort zone a decrease can be observed across all of Europe with the impact vanishing completely for most of Southern and Western Europe. The share of response-curve-weighted days warmer than the climate comfort zone increases across all of Europe with particularly pronounced rises in Northern and Eastern Europe.

Stechemesser, Annika, et al. "Strong increase of racist tweets outside of climate comfort zone in Europe." Environmental Research Letters 16.11 (2021): 114001.

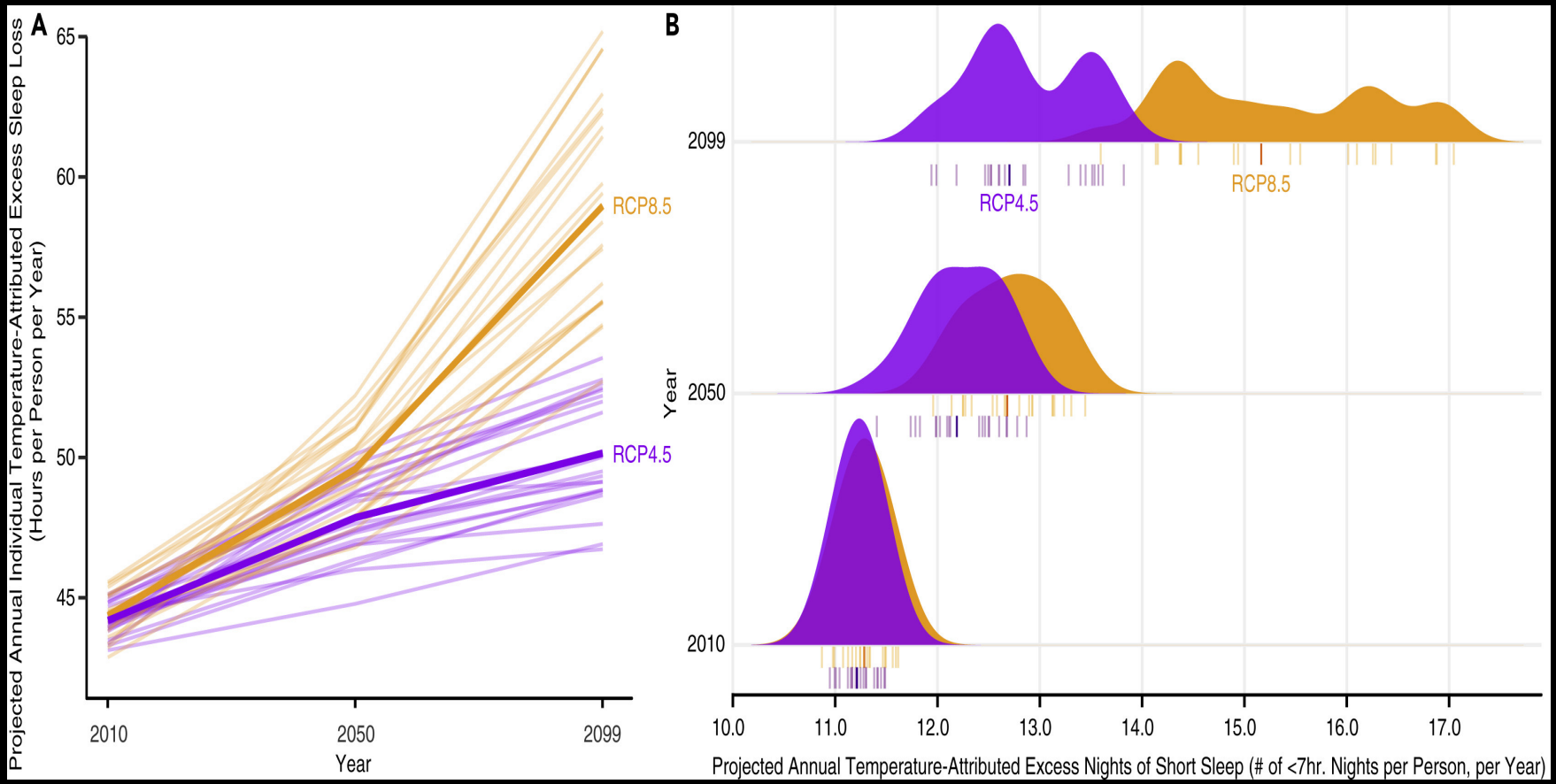
AUSWIRKUNGEN AUF DIE MENTALE GESUNDHEIT

Schlaf, Wetterfühligkeit…



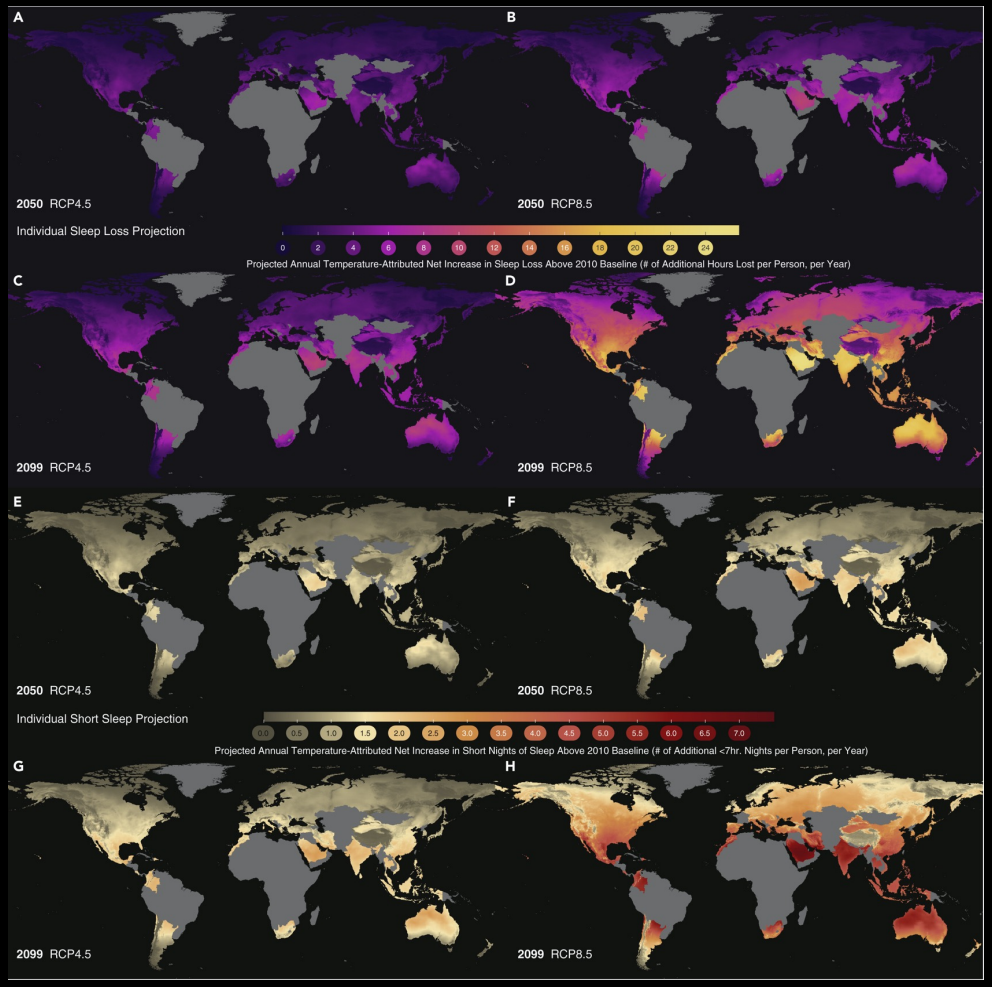
Minor K. et al. Rising temperatures erode human sleep globally. One Earth 2022; 5(5):534-549

Figure 4



Minor K. et al. Rising temperatures erode human sleep globally. One Earth 2022; 5(5):534-549

Figure 5



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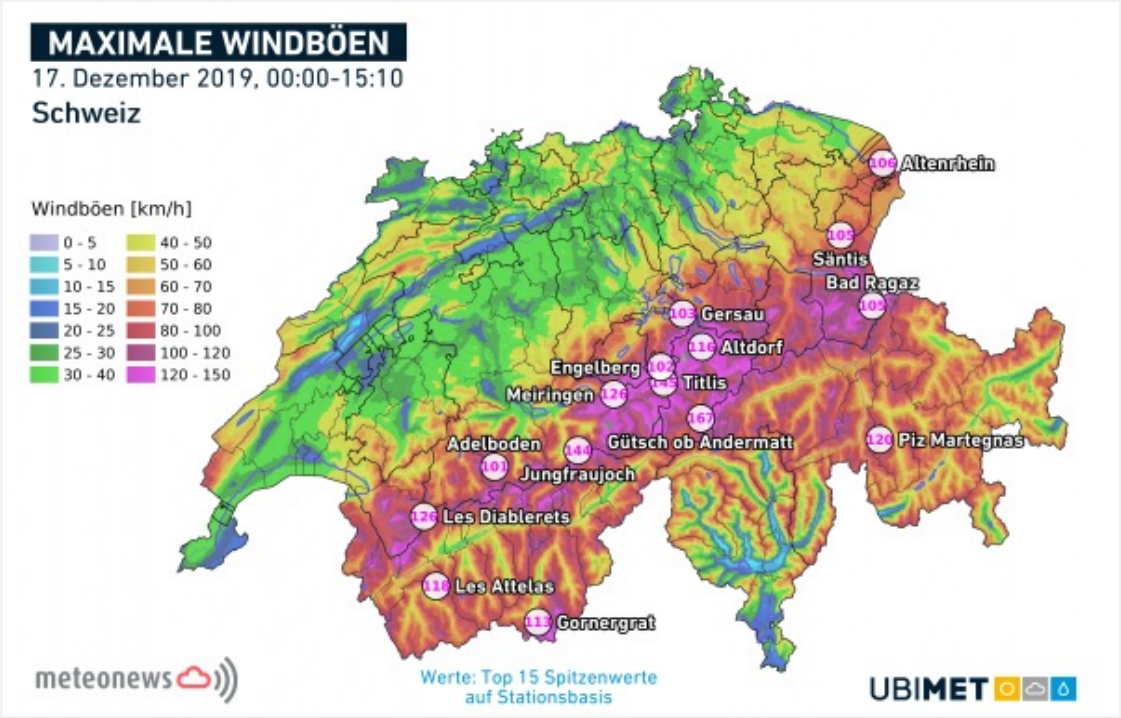

FÖHN IN MEIRINGEN

Ein natürliches Experiment

- Privatklinik Meiringen im Föhntal
- Zuletzt Föhn mit bis zu 125 km/h (Orkanstärke)

International Journal of
Environmental Research and Public Health

MDPI

Article

The Impact of Foehn Wind on Mental Distress among Patients in a Swiss Psychiatric Hospital

Christian A. Mikutta [1,2,3,†], Charlotte Pervilhac [1,4,†], Hansjörg Znoj [4], Andrea Federspiel [1,2] and Thomas J. Müller [1,2,*]

Privatklinik Meiringen

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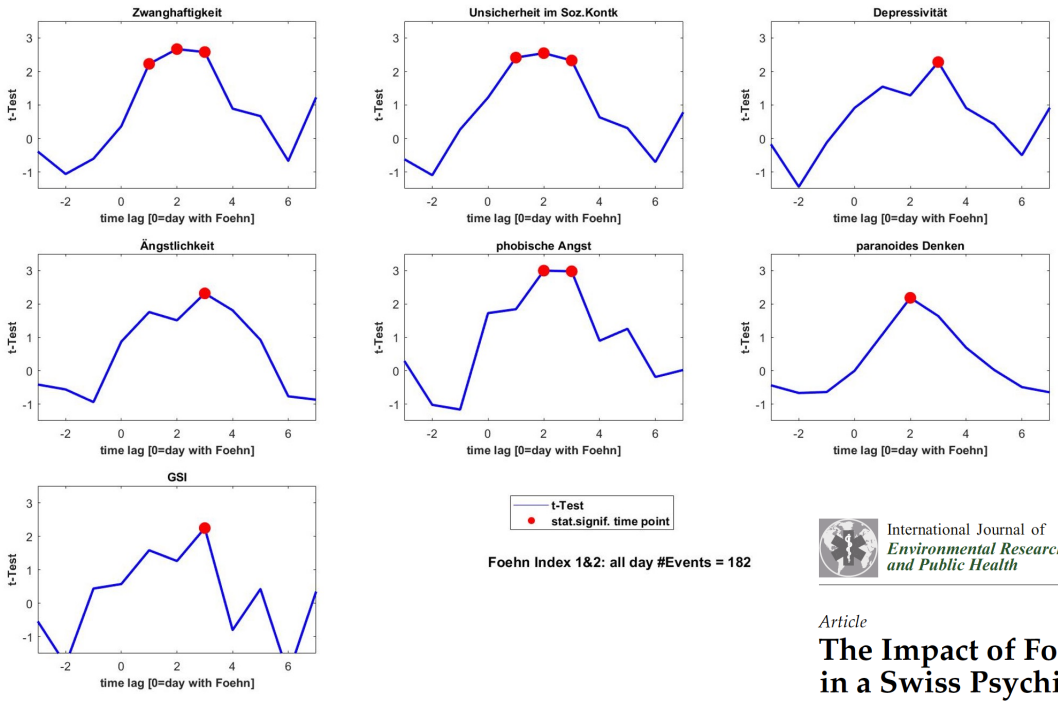
- Eingeschlossen wurden alle Eintritte in die Privatklinik Meiringen zwischen dem 1. Januar 2013 und dem 31. Dezember 2020
- insgesamt 10'456 Aufnahmetage
- Daten von MeteoSchweiz Meiringen
  - Koordinaten 46°44' N 8°10' E auf 588 Meter über dem mittleren Meeresspiegel
  - Klimazone *Cfb* nach der Köppen-Klassifikation
  - täglicher Index des Vorhandenseins von Föhn, aufgezeichnet alle 10 Minuten. Der Föhnindex war 0 [kein Föhn], 1 [mässiger Föhn] und 2 [starker Föhn]. 1 Tag entspricht 144 Werten
- BSCL (Skala mit 57 Items zur Symptomatik) bei Aufnahme und Entlassung

BSCL: Brief Symptom Checklist



Privatklinik Meiringen

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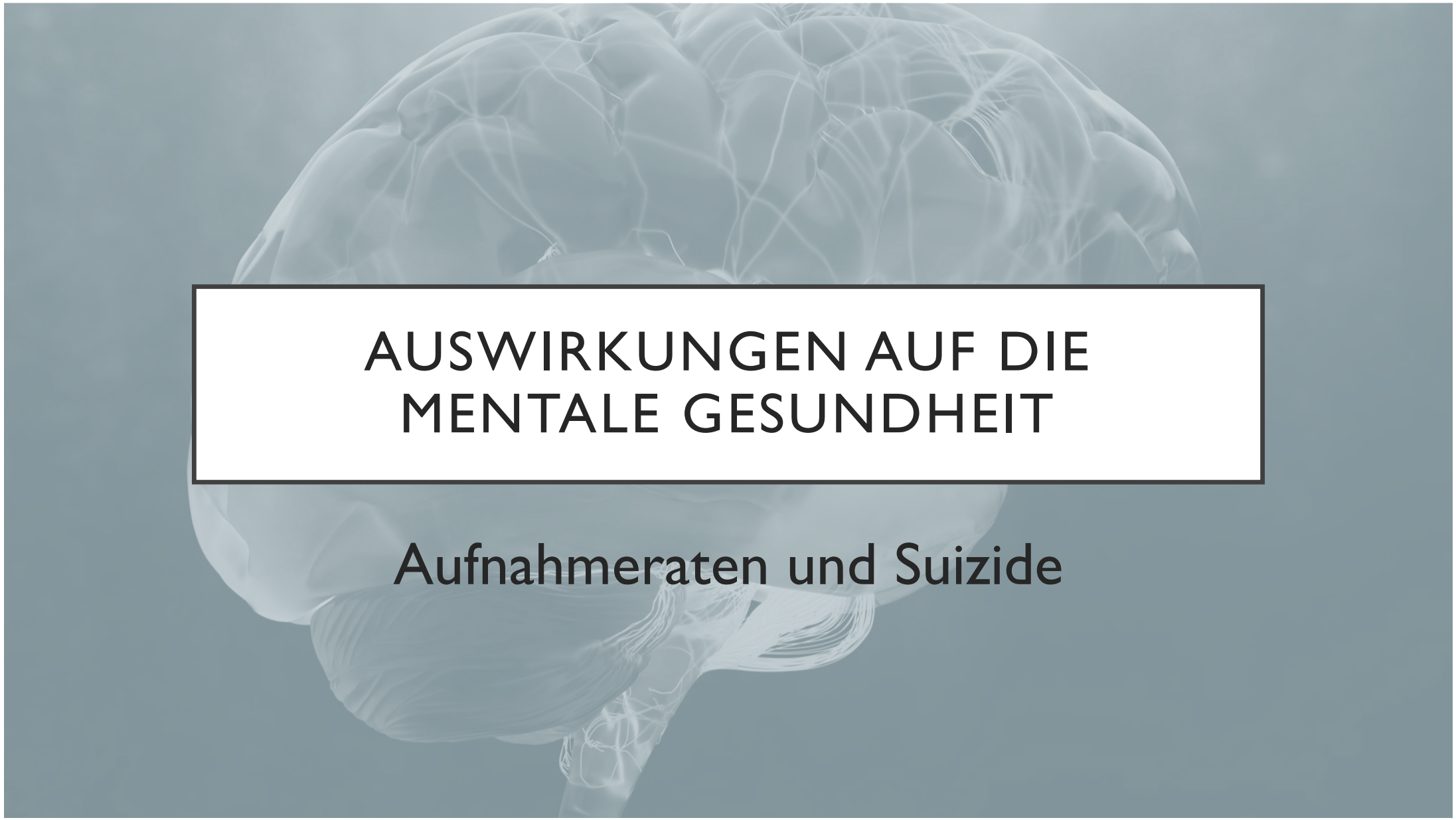
Figure 2

Plot of statistical relationship between 7 BSCL variables as a function of time lag after the occurrence of a Foen index 1 OR 2. Statistical significant time lag points are marked by red circle.

BSCL: Brief Symptom Checklist



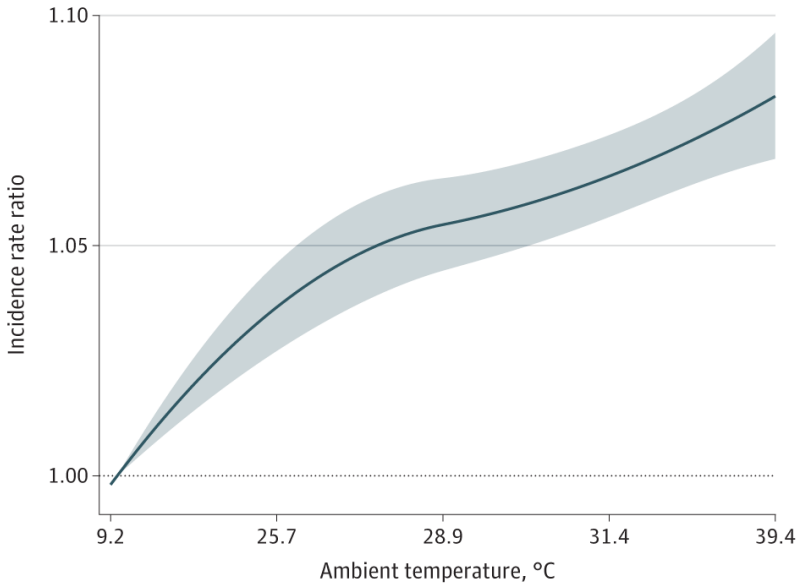
AUSWIRKUNGEN AUF DIE MENTALE GESUNDHEIT

Aufnahmeraten und Suizide

JAMA Network™

From: **Association Between Ambient Heat and Risk of Emergency Department Visits for Mental Health Among US Adults, 2010 to 2019**

JAMA Psychiatry. 2022;79(4):341-349



Cumulative Exposure-Response Curve of the Association Between Warm-Season Temperatures and Emergency Department Visits for Any Mental Health Condition. Incidence rate ratio of emergency department visits with increasing temperature compared with optimal temperature. Main model adjusted for relative humidity and day of the week. Shading represents the 95% CI. The optimal temperature is the first percentile of the county-specific temperature distribution, at which minimum morbidity occurs. The additional temperatures shown on the x-axis represent the 25th, 50th, 75th, and 100th percentiles of the county-specific temperature distribution, converted to the equivalent actual temperature across all counties in the study area.

JAMA Network™

From: **Association Between Ambient Heat and Risk of Emergency Department Visits for Mental Health Among US Adults, 2010 to 2019**

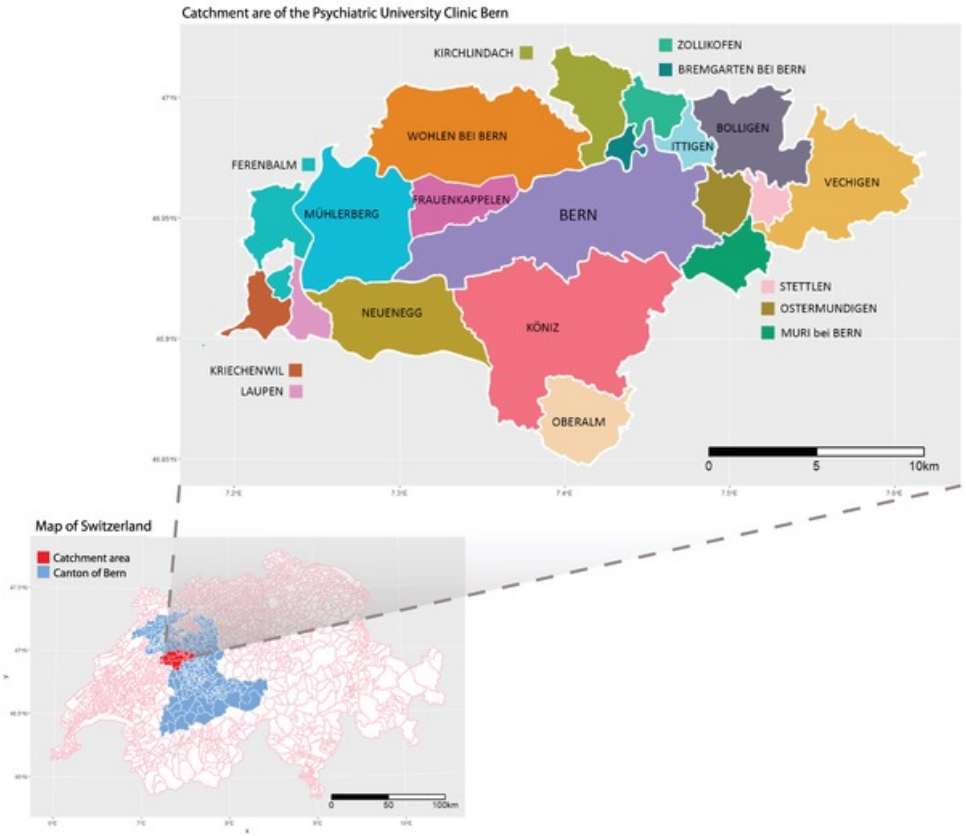
JAMA Psychiatry. 2022;79(4):341-349

Table 2. Comparison of Overall and Cause-Specific Emergency Department Visits During Periods of High Temperature vs Optimal Temperature

Reason for ED visit	Incidence rate ratio (95% CI)	
	95th Percentile of local warm-season maximum daily temperature	80th Percentile of local warm-season maximum daily temperature
Overall	1.08 (1.07-1.09)	1.07 (1.06-1.08)
Substance use disorders	1.08 (1.07-1.10)	1.07 (1.06-1.08)
Anxiety, stress-related, and somatoform disorders	1.07 (1.05-1.09)	1.06 (1.05-1.08)
Mood disorders	1.07 (1.05-1.09)	1.07 (1.05-1.09)
Schizophrenia, schizotypal, and delusional disorders	1.05 (1.03-1.07)	1.05 (1.02-1.09)
Self-harm	1.06 (1.01-1.12)	1.05 (1.01-1.09)
Childhood-onset behavioral disorders	1.11 (1.05-1.18)	1.10 (1.05-1.15)
Miscellaneous	1.06 (0.98-1.15)	1.07 (1.00-1.14)
Adult personality and behavior disorders	1.01 (0.87-1.17)	1.08 (0.97-1.21)

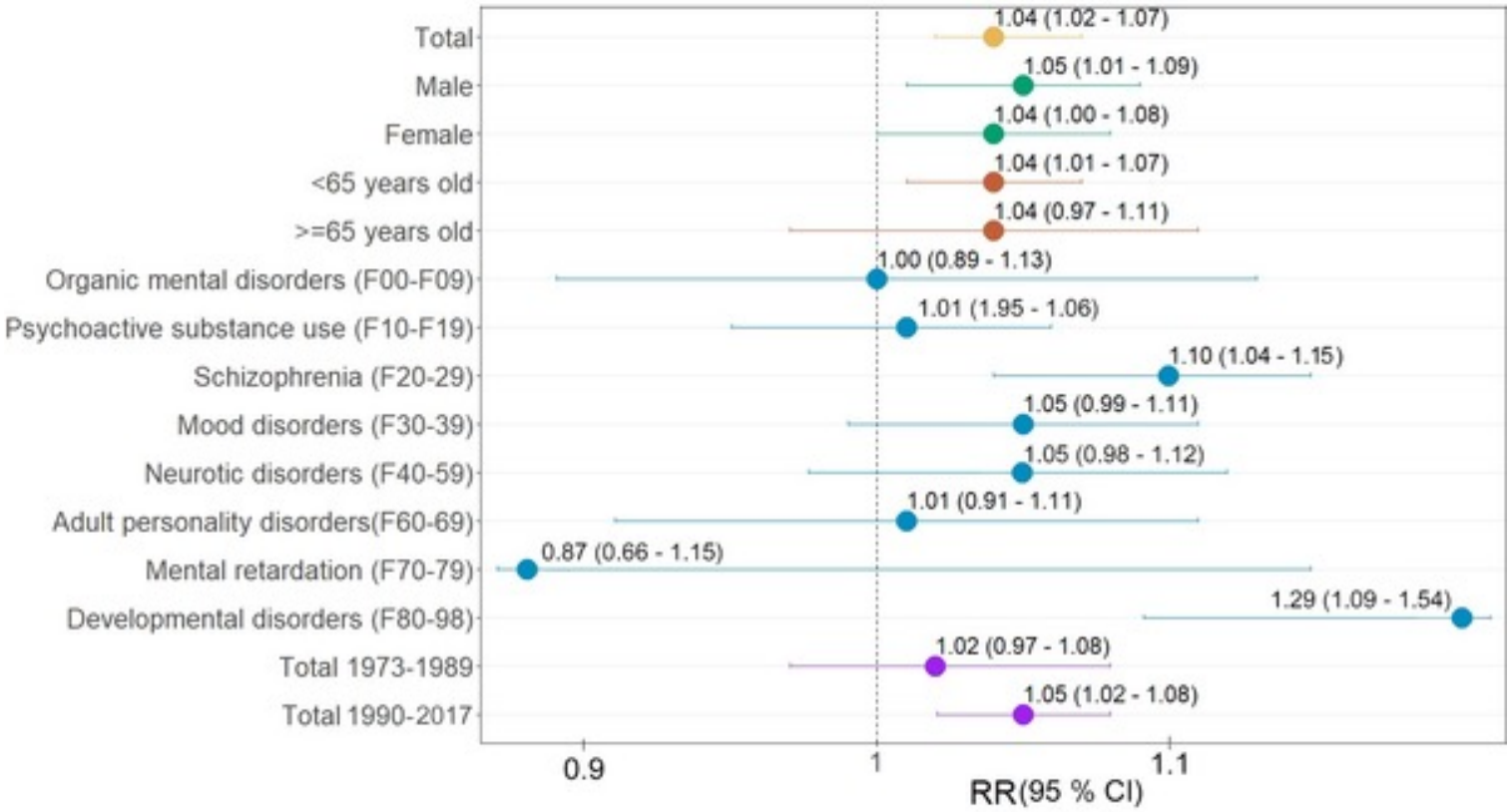
Comparison of Overall and Cause-Specific Emergency Department Visits During Periods of High Temperature vs Optimal Temperature

Fig 1. Catchment area of the University Psychiatric Hospital, Bern, Switzerland.



Bundo M, de Schrijver E, Federspiel A, Toreti A, Xoplaki E, Luterbacher, J., Franco, O. H., **Muller, T**., Vicedo-Cabrera, A. M. Ambient temperature and mental health hospitalizations in Bern, Switzerland: A 45-year time-series study. PLOS ONE. 2012;16(10): e0258302.
https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0258302

Fig 3. Relative risks (RR, 95% confidence interval (CI)) of mental disorders hospitalizations per 10°C increase in mean daily temperature (lag 03).



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https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0258302

Hitze und Suizid in der Schweiz

Privatklinik Meiringen

UNIVERSITÄT BERN

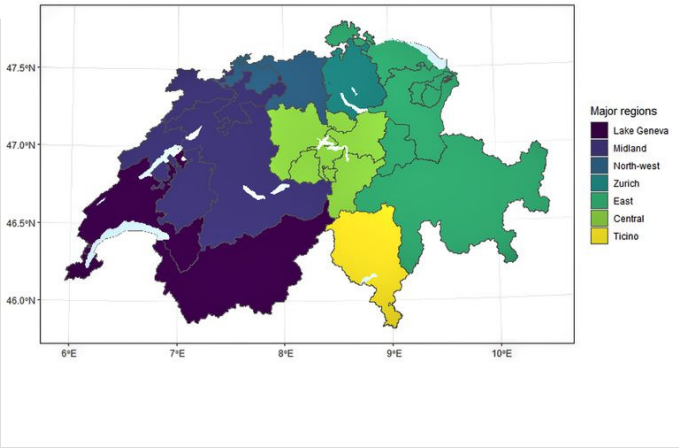
Original article | Published 04 March 2022 | doi:10.4414/SMW.2022.w30115
Cite this as: Swiss Med Wkly. 2022;152:w30115

Suicides and ambient temperature in Switzerland: a nationwide time-series analysis

Séverine Bär[a], Marvin Bundo[abc], Evan de Schrijver[abc], Thomas J. Müller[de], Ana Maria Vicedo-Cabrera[ab]

[a] Institute of Social and Preventive Medicine, University of Bern, Bern, Switzerland
[b] Oeschger Centre for Climate Change Research, University of Bern, Bern, Switzerland
[c] Graduate School for Health Sciences, University of Bern, Bern, Switzerland
[d] Translational Research Centre, University Hospital of Psychiatry and Psychotherapy University of Bern, Bern, Switzerland
[e] Private Clinic Meiringen, Meiringen, Switzerland

CONCLUSIONS: Our findings suggest that increasing temperatures could be considered a risk factor for suicidal behaviour in Switzerland. Knowledge of the profile of people committing suicide could help us to understand the mechanisms behind this association and thus support policymakers in suicide prevention.



Bär S. et al. Suicides and ambient temperature in Switzerland: a nationwide time-series analysis. Swiss Med Wkly. 2022;152:w30115

Risikozunahme bei ungewöhnlicher Hitze

Privatklinik Meiringen

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Table 2:
Temperature-suicide association.

	All	Sex		Age			Method	
		Male	Female	<35 years	35–65 years	<65 years	Nonviolent	Violent
Pooled	1.34 (1.19–1.52)	1.29 (1.12–1.49)	1.48 (1.17–1.87)	1.52 (1.12–2.06)	1.29 (1.03–1.61)	1.26 (0.96–1.67)	1.68 (1.15–2.46)	1.31 (1.15–1.49)
Lake Geneva	1.34 (1.20–1.50)	1.30 (1.14–1.48)	1.47 (1.18–1.84)	1.63 (1.08–2.45)	1.32 (0.96–1.81)	1.15 (0.78–1.70)	1.67 (1.16–2.40)	1.31 (1.17–1.47)
Midland	1.39 (1.22–1.59)	1.35 (1.16–1.57)	1.54 (1.21–1.96)	1.92 (1.27–2.89)	1.46 (1.08–1.99)	1.07 (0.73–1.56)	1.74 (1.19–2.56)	1.36 (1.19–1.56)
North-West	1.55 (1.19–2.02)	1.51 (1.15–1.98)	1.73 (1.23–2.41)	1.67 (0.98–2.86)	1.40 (0.89–2.20)	1.83 (1.11–3.04)	1.95 (1.25–3.05)	1.51 (1.15–1.97)
Zurich	1.29 (1.03–1.63)	1.23 (0.97–1.57)	1.42 (1.04–1.93)	1.35 (0.82–2.23)	1.26 (0.84–1.90)	1.21 (0.76–1.95)	1.64 (1.06–2.55)	1.26 (0.99–1.59)
East	1.24 (1.01–1.52)	1.19 (0.96–1.48)	1.36 (1.02–1.80)	1.25 (0.80–1.96)	1.34 (0.92–1.94)	1.19 (0.77–1.85)	1.54 (1.02–2.32)	1.21 (0.99–1.49)
Central	1.36 (1.09–1.70)	1.33 (1.05–1.67)	1.51 (1.12–2.02)	1.50 (0.93–2.42)	1.16 (0.77–1.74)	1.28 (0.80–2.04)	1.69 (1.12–2.56)	1.33 (1.07–1.67)
Ticino	1.25 (0.81–1.92)	1.17 (0.76–1.82)	1.36 (0.84–2.20)	1.41 (0.68–2.92)	1.10 (0.56–2.15)	1.27 (0.63–2.57)	1.61 (0.90–2.89)	1.21 (0.78–1.86)

Relative risks (RR) at the 99th percentile (vs. 10th percentile) with 95% confidence intervals [CI]: pooled estimates and by region overall and for the subgroups of sex (male, female), age group (<35, 35–65, >65 years) and method of suicide (violent or nonviolent)

Bär S. et al. Suicides and ambient temperature in Switzerland: a nationwide time-series analysis. Swiss Med Wkly. 2022;152:w30115

WIE REAGIEREN WIR?

Einstellung gegenüber dem Klimawandel

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Table 1 Measures of ACCRs.

Variable name	Statement
Beyond control	Climate change is beyond control, it's too late to do anything about it.
Too far in future	The effects of climate change are too far in the future to really worry me.
Affected within 30 years	People in the UK will be affected by climate change in the next 30 years.
Major disaster	If things continue on their current course, we will soon experience a major environmental disaster.
Crisis exaggerated	The so-called 'environmental crisis' facing humanity has been greatly exaggerated.

2-Wellen-Stichprobenuntersuchung in Grossbritannien zwischen 2012 und 2020; n>35'000

Liu, Ting, Nick Shryane, and Mark Elliot. "Attitudes to climate change risk: classification of and transitions in the UK population between 2012 and 2020." Humanities and Social Sciences Communications 9.1 (2022): 1-15.

Einstellung gegenüber dem Klimawandel

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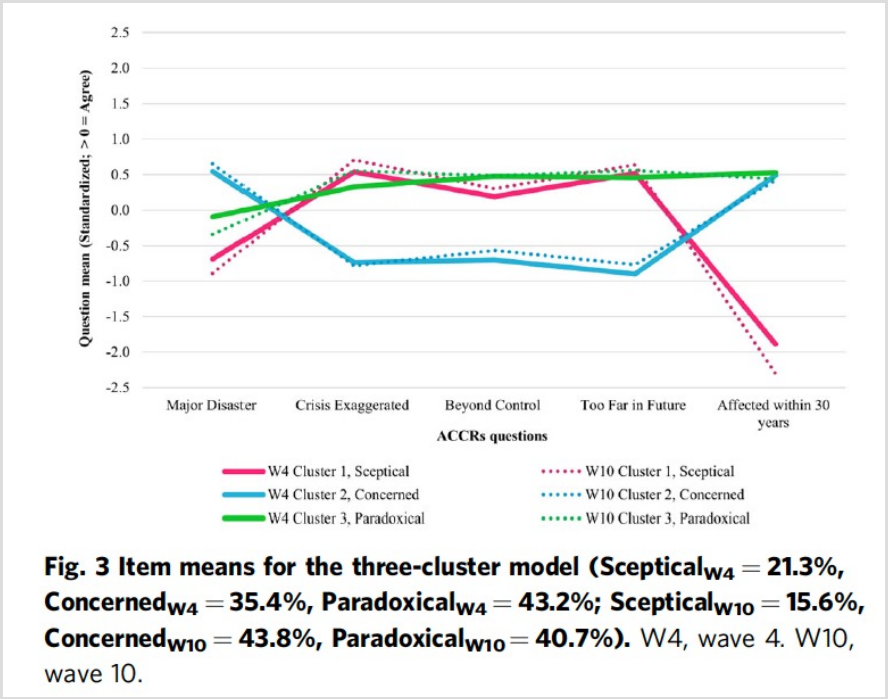

Fig. 3 Item means for the three-cluster model ($Sceptical_{W4} = 21.3\%$, $Concerned_{W4} = 35.4\%$, $Paradoxical_{W4} = 43.2\%$; $Sceptical_{W10} = 15.6\%$, $Concerned_{W10} = 43.8\%$, $Paradoxical_{W10} = 40.7\%$). W4, wave 4. W10, wave 10.

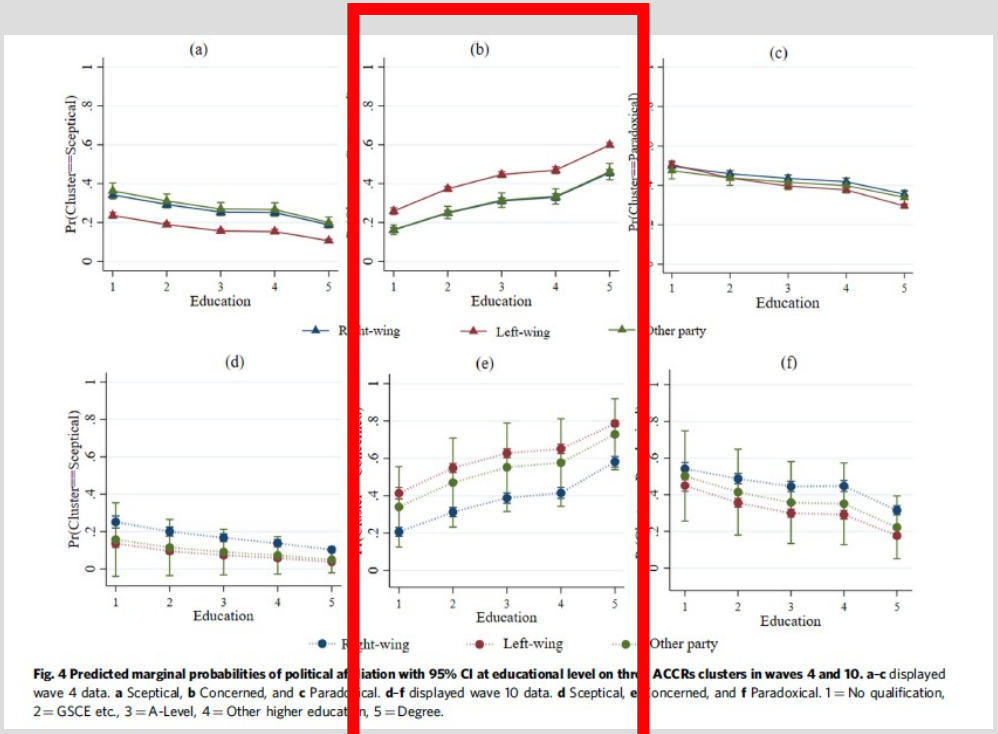

Fig. 4 Predicted marginal probabilities of political af iation with 95% CI at educational level on thr ACCRs clusters in waves 4 and 10. a–c displayed wave 4 data. **a** Sceptical, **b** Concerned, and **c** Parado cal. **d–f** displayed wave 10 data. **d** Sceptical, **e** oncerned, and **f** Paradoxical. 1 = No qualification, 2 = GSCE etc., 3 = A-Level, 4 = Other higher educat n, 5 = Degree.

Liu, Ting, Nick Shryane, and Mark Elliot. "Attitudes to climate change risk: classification of and transitions in the UK population between 2012 and 2020." *Humanities and Social Sciences Communications* 9.1 (2022): 1-15.

Zunahme der Besorgnis

eco-angst / eco-anxiety / ecological grief / sostalgia / flygskam…

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> Angst um die «Klimazukunft» als Risikofaktor für die Entwicklung psychiatrischer Erkrankungen? **Könnte sein**…

> Besonders junge Menschen fühlen sich gegenüber den bevorstehenden Veränderungen ohnmächtig

> Medienberichterstattung über den Klimawandel erhöht den Druck auf junge Menschen

> Es liegen jedoch **keine** aktuellen Studien und Indikatoren für einen konkreten Einfluss auf die Häufigkeit psychiatrischer Störungen vor.


nature climate change

FOCUS | PERSPECTIVE

https://doi.org/10.1038/s41558-018-0092-2

Ecological grief as a mental health response to climate change-related loss

Ashlee Cunsolo[1*] and Neville R. Ellis[2]


DERSTANDARD › Gesundheit

ABO IMMOSUCHE JOBSUCHE Suche

INTERNATIONAL INLAND WIRTSCHAFT WEB SPORT PANORAMA KULTUR ETAT WISSENSCHAFT LIFESTYLE DISKURS KARRIERE

Startseite › Gesundheit › Gesund bleiben › Umweltmedizin

56 Postings

ECO-ANXIETY

Wie die Klimakatastrophe psychisch krank macht

Die Angst um unseren Planeten löst bei vielen Jugendlichen Depressionen aus – Eco-Anxiety, Climate Grief und Sostalgie sind neue Fachbegriffe in der Psychiatrie

Pia Gärtner 27. Oktober 2019, 11:00 56 Postings


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If we label eco-anxiety as an illness, climate denialists have won

No planet B | The UK media reports a "tsunami" of cases of eco-anxiety in children. It is no medical condition, though, it is a rational response to the state of the climate, says Graham Lawton

ENVIRONMENT | COMMENT 9 October 2019

WIE GEHEN WIR DAMIT UM?

The Journal of Climate Change and Health 1 (2021) 100003

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journal homepage: www.elsevier.com

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From anger to action: Differential impacts of eco-anxiety, eco-depression, and eco-anger on climate action and wellbeing

Samantha K. Stanley [a,*], Teaghan L. Hogg [b], Zoe Leviston [a,c], Iain Walker [a]

[a] Research School of Psychology, Australian National University, Australia
[b] Centre for Applied Psychology, University of Canberra, Australia
[c] School of Arts and Humanities, Edith Cowan University, Australia

Online Befragung aus Australien

A B S T R A C T

Research documents the experiences of depression and anxiety evoked by climate change, but little attention has been given to frustration and anger, or to untangling the effects of different emotional responses to the climate crisis on human and planetary health. Using Australian national survey data, we found that experiencing eco-anger predicted better mental health outcomes, as well as greater engagement in pro-climate activism and personal behaviours. Eco-anxiety and eco-depression were less adaptive, relating to lower wellbeing. Interestingly, those feeling eco-depressed were more likely to report participating in collective climate action, while those feeling eco-anxious were less likely to join the cause. Our findings implicate anger as a key adaptive emotional driver of engagement with the climate crisis, and prompt warnings about the mental health of populations increasingly worried and miserable about climate change.

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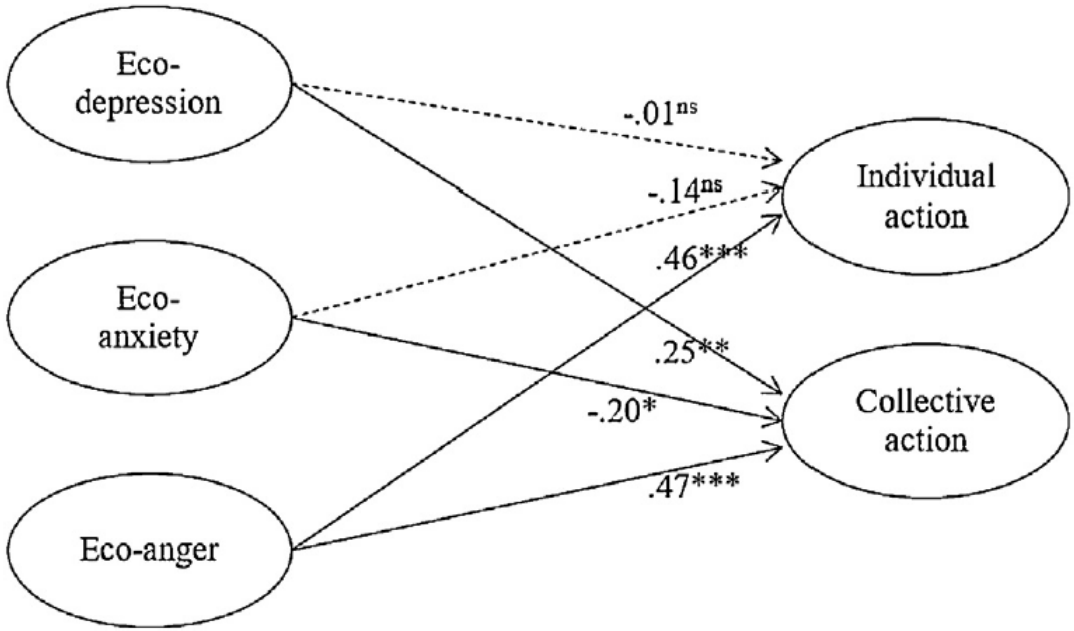

Fig. 2. Standardised paths from a structural equation model predicting pro-climate behaviours from climate-related emotions.
Note. $^{***}p < .001$, $^{**}p < .01$, $^{*}p < .05$, $^{ns}p > .05$, N = 2,453, $\chi^2(198) = 2320.76$, CFI = .93, TLI = .91, RMSEA = .07 (95 % CI [.06, .07]), SRMR = .06.

Wut über Klimawandel führt zu Engagement und Reduktion des Risikos zur Entwicklung einer psychischen Störung

Stanley SM. et al. From anger to action: Differential impact of eco-anxiety, eco-depression, and eco-anger on climate action and wellbeing. J of Clim Change and Health. 2021; 1:100003

AUSWIRKUNGEN

Prävention und Anpassungsmassnahmen

- Individuelle Ebene
  - Psychoedukation für gefährdete Gruppen
  - Verhaltensinterventionen und Verhaltensempfehlungen
  - Erhöhen der Erfahrung von Kontrolle (z. B. soziales Engagement)
  - Förderung der Resilienz
- Kollektive Ebene
  - Ausbildung im Gesundheitssektor
  - Sensibilisierung des Gesundheitspersonals
  - Warnsysteme für drohende Hitze
  - Städtebauliche Massnahmen
    - Grüne und blaue Zonen
  - energieeffiziente Kühlung von Gebäuden

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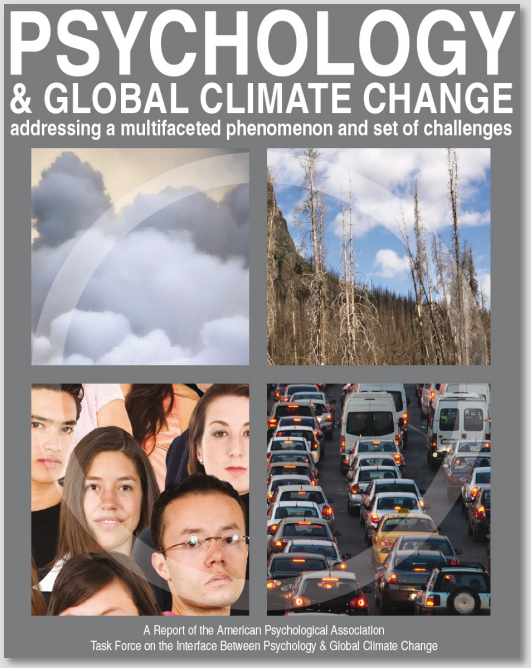
https://de.wikipedia.org/wiki/Klimaanlage#/media/Datei:2017-09-19_(304)_Air_conditioner_Toshiba_RAV-SP564AT-E_at_Bahnhof_Melk.jpg



http://www.apa.org/science/about/publications/climate-change.aspx

Green spaces aren't just for nature – they boost our mental health too

We're beginning to understand just how vital access to natural space is for our mental well-being – with implications for how we design cities worldwide

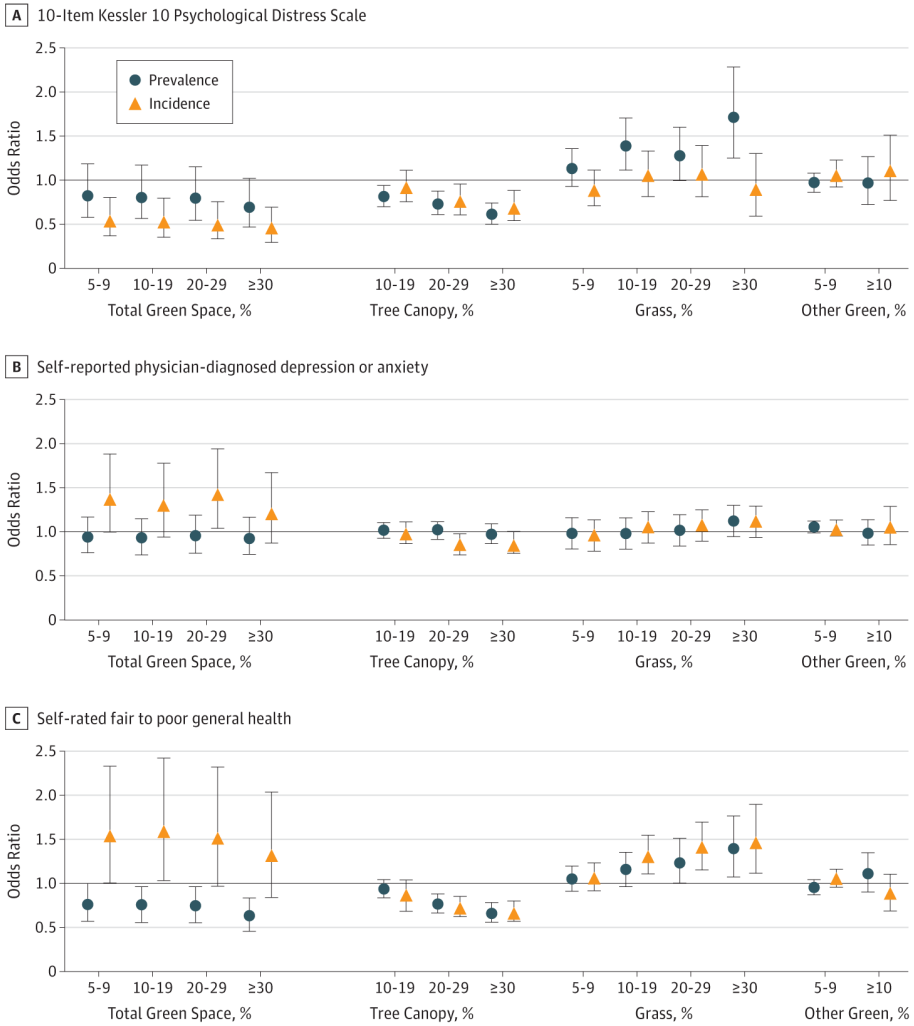
ENVIRONMENT 24 March 2021

By **Kate Douglas**

New Scientist, 24.03.2021

From: **Association of Urban Green Space With Mental Health and General Health Among Adults in Australia**

Astell-Burt T & Feng X. JAMA Netw Open. 2019;2(7):e198209.



- Kohortenstudie mit 46 786 Erwachsenen älter als 45 Jahre
- Exposition gegenüber 30 % oder mehr **Baumkronen** im Vergleich zu 0 % bis 9 % Baumkronen mit einer um 31 % geringeren Wahrscheinlichkeit für das Auftreten von psychischen Problemen verbunden,
- Exposition gegenüber 30 % oder mehr **Gras** mit einer um 71 % höheren Wahrscheinlichkeit für das Auftreten von psychischen Problemen verbunden

Associations Between Types of Green Space and Psychological Distress, Depression or Anxiety, and Fair to Poor General HealthFindings are adjusted for confounding in multilevel logistic regressions. For total green space, grass, and other green, the reference category is 0% to 4%; for tree canopy, the reference category is 0% to 9%. Error bars indicate 95% CIs.

ABER… EIN DOPPELSCHLAG?

العربية | 中文 | Français | Русский

COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide

Wake-up call to all countries to step up mental health services and support

2 March 2022 | News release | Reading time: 3 min (927 words)

In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to a scientific brief released by the World Health Organization (WHO) today. The brief also highlights who has been most affected and summarizes the effect of the pandemic on the availability of mental health services and how this has changed during the pandemic.

Concerns about potential increases in mental health conditions had already prompted 90% of countries surveyed to include mental health and psychosocial support in their COVID-19 response plans, but major gaps and concerns remain.

“The information we have now about the impact of COVID-19 on the world’s mental health is just the tip of the iceberg,” said Dr Tedros Adhanom Ghebreyesus, WHO Director-General. “This is a wake-up call to all countries to pay more attention to mental health and do a better job of supporting their populations’ mental health.”

Media Contacts

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Carla Drysdale
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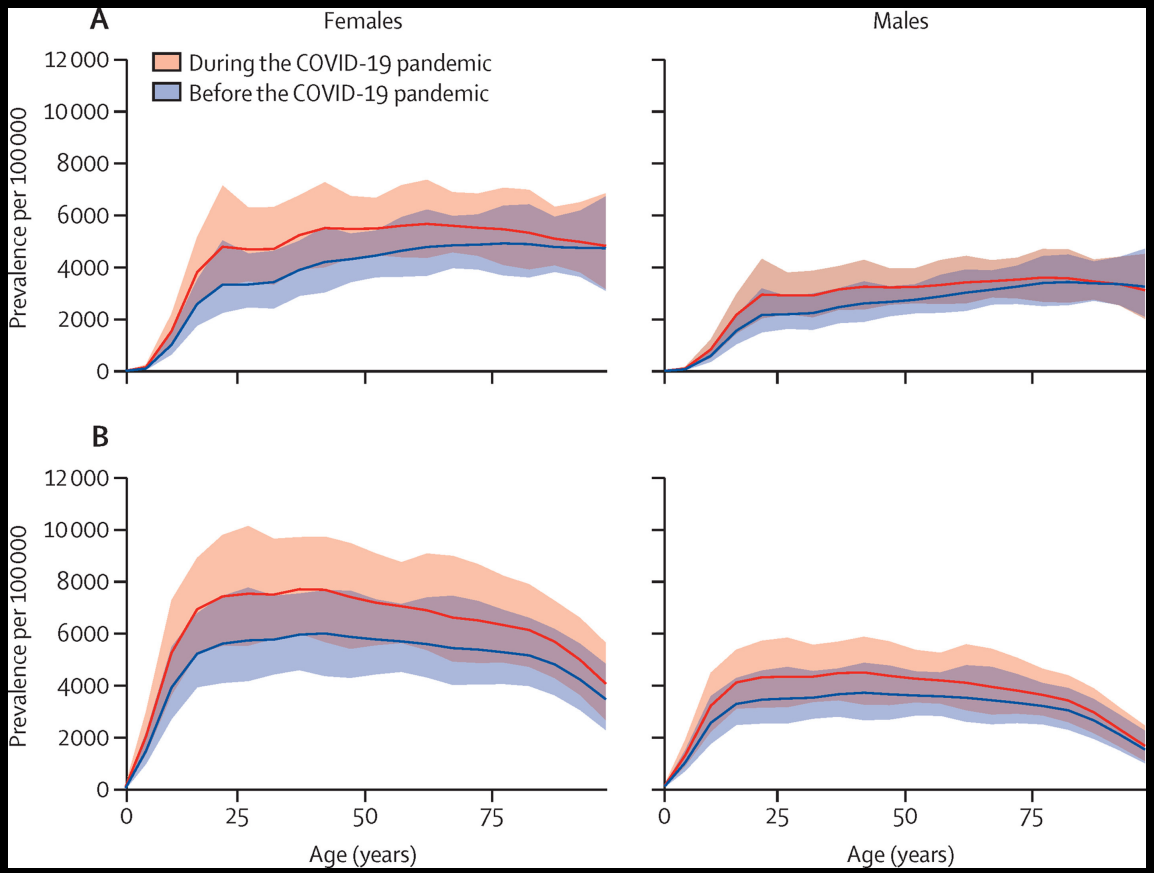
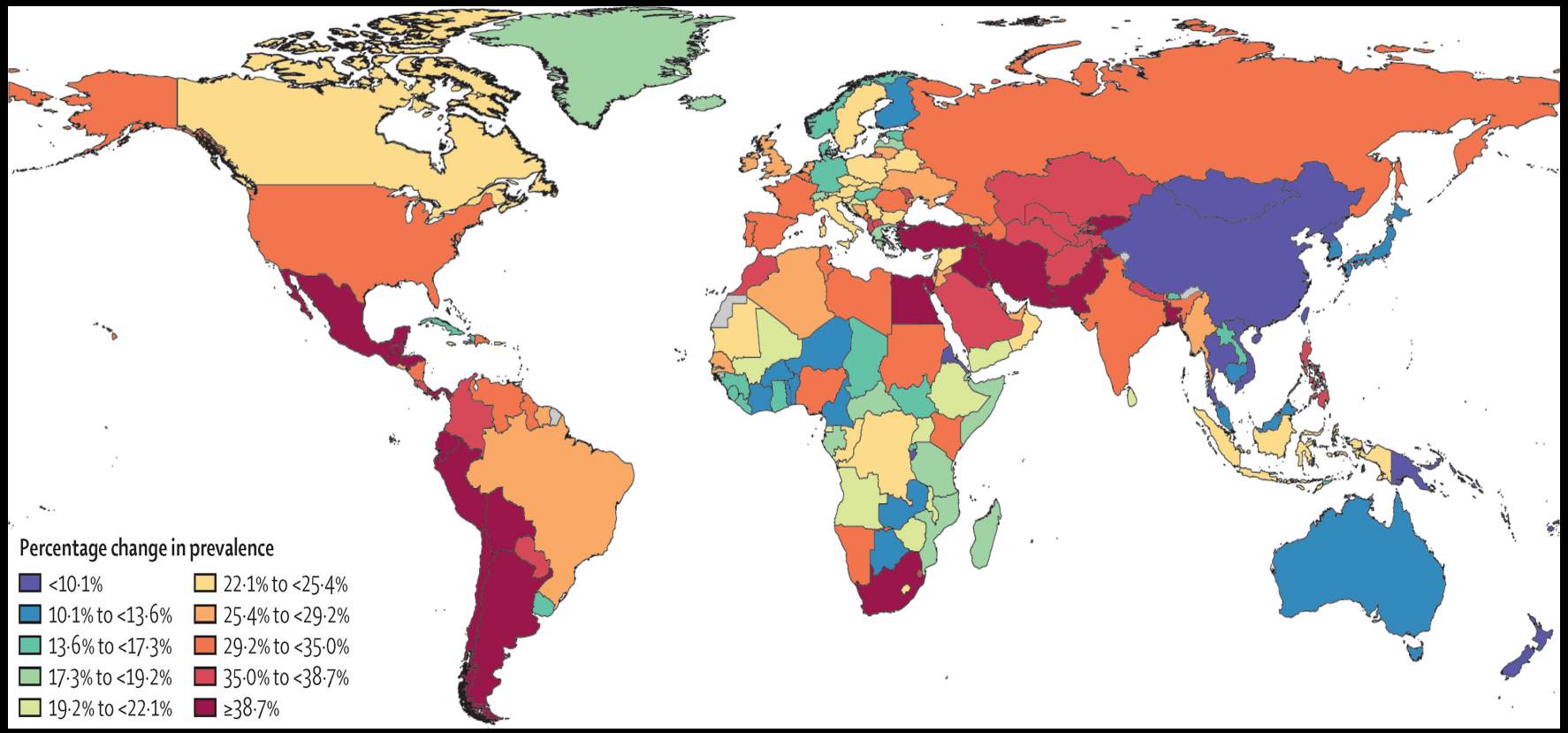
Mobile: +41 79 716 45 46
Email: cdrysdale@who.int

Global prevalence of major depressive disorder (A) and anxiety disorders (B) before and after adjustment for (ie, during) the COVID-19 pandemic, 2020, by age and sex



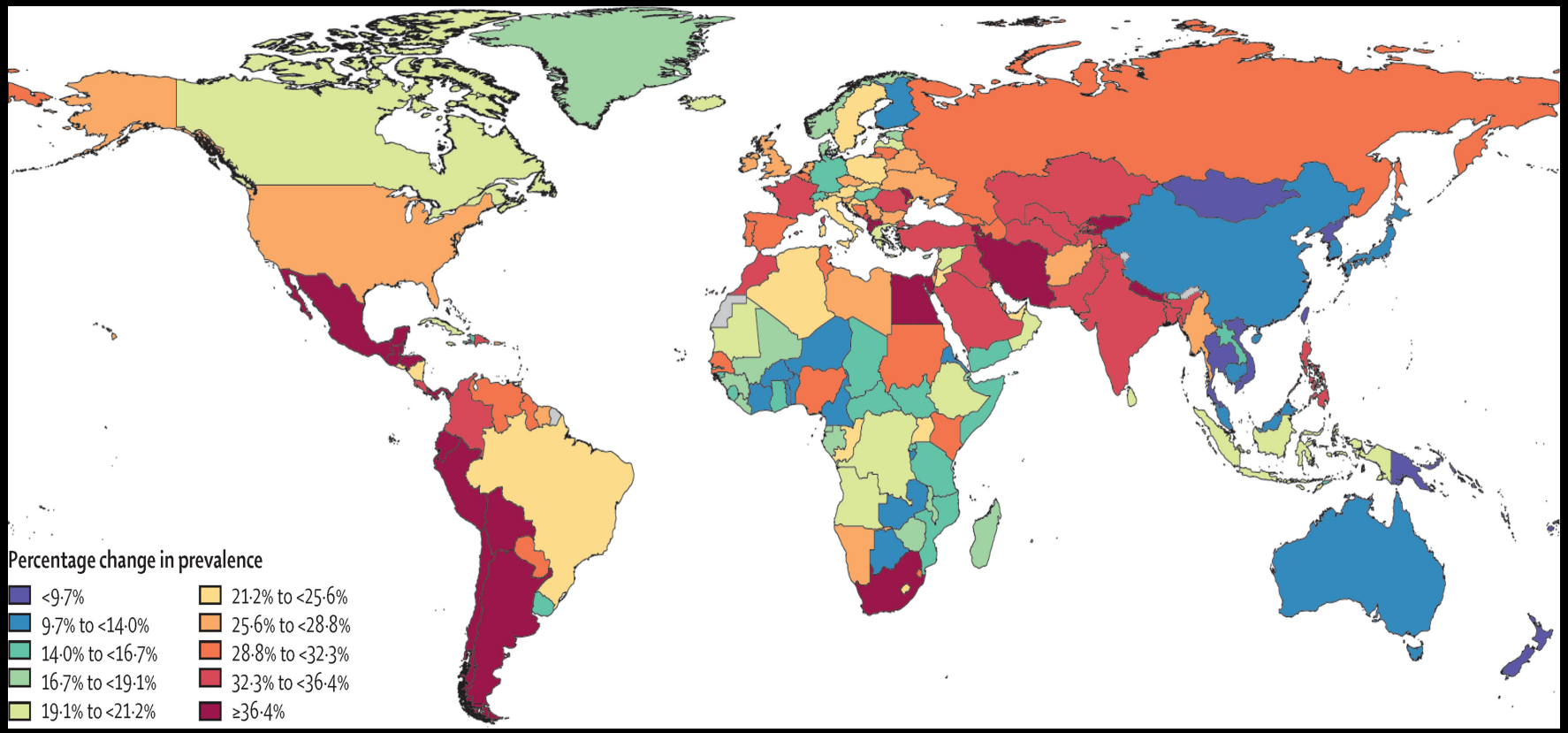
Covid-19 Mental Disorder Collaborators. Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. Lancet. 2021;398(10312):1700-1712

Change in the prevalence of major depressive disorder after adjustment for (ie, during) the COVID−19 pandemic, 2020

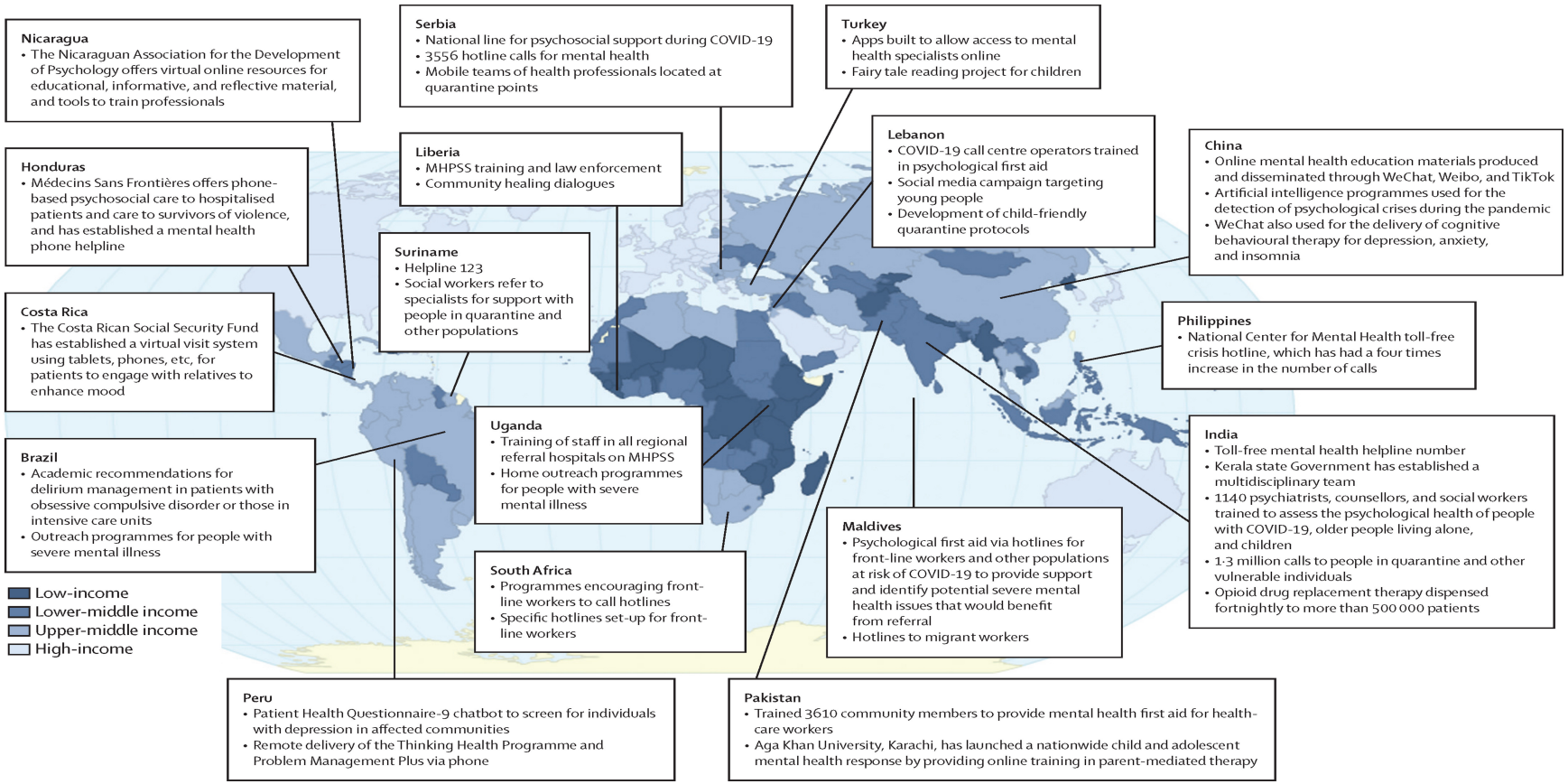


Covid-19 Mental Disorder Collaborators. Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. Lancet. 2021;398(10312):1700-1712

Change in the prevalence of anxiety disorders after adjustment for (ie, during) the COVID−19 pandemic, 2020



Covid-19 Mental Disorder Collaborators. Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. Lancet. 2021;398(10312):1700-1712



Kola L. et al. "COVID-19 mental health impact and responses in low-income and middle-income countries: reimagining global mental health." *The Lancet Psychiatry* 8.6 (2021): 535-550.

ZUSAMMENFASSENDE GEDANKEN…

- Aktuell mehrere globale Krisenherde (Ukraine, COVID, Klimawandel)
- Umgebungsvariablen wie das Wetter beeinflussen unser Verhalten.
- Der Klimawandel belastet die psychische Gesundheit.
- Kontrolle übernehmen als wichtige Ressource für psychische Gesundheit.
- Psychisch Erkrankte brauchen als besonders vulnerable Gruppe besonderen Schutz.
- Die Politik muss auch in diesem Zusammenhang aufwachen.

Besten Dank!

Privatklinik Meiringen

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Die Literatur ist auf Anfrage bei Lundbeck erhältlich.
CH-NOTPR-0491