



Universität  
Basel

Philosophisch-Historische  
Fakultät



Swiss National  
Science Foundation

Invitation to participate in the SNSF and Innosuisse research study "Turning the Page on Climate Anxiety: Empowering Youth for Sustainable Change" (grant no. 222419).

*To the kind attention of institutions for higher education in Basel-Stadt and Basel-Landschaft*

We would like to invite young adults (18 to ca. 23 years old) to take part in a research study being conducted by the University of Basel in collaboration with the Swiss National Science Foundation and Innosuisse and ask for your support.

### **Description of the project:**

Climate anxiety, defined as emotional stress due to the dangers of climate change, is increasing and the group most affected by this is young adults (UNICEF, 2021, Public Health Switzerland, 2023). The broad goal of this project is to propose a strategy for responding effectively to this crisis, aiming to inspire pro-environmental behaviors in young adults, while simultaneously enhancing their well-being. The project presented here is a first step towards this goal, and it consists of a survey that investigates the situation of young people in the region (BS, BL) in terms of some of the main factors that are known to influence well-being. Specifically, our survey used validated questionnaires to measure young adults's mental well-being, climate anxiety, environmental behaviors, possible selves (personal future projections), and engagement with narratives across different media. The data and insights gained will be used to design a program offered to young adults in the region, which will use the shared experience of narratives to improve mental health, decrease climate anxiety, and support young adults in environmentally friendly behaviour. Participants in the survey have the opportunity to register for this program if they wish. The program will take place (free of charge) on the premises of the University of Basel in October 2024.

For more information, please visit: <https://data.snf.ch/grants/grant/222419>

### **Conditions for participation:**

Students can choose to participate voluntarily in the survey study, and they will be provided the opportunity to sign up for the upcoming program on environmental narratives and well-being. Participation in the survey takes around 15 minutes. The study has been reviewed and approved by the Ethics Committee of the University of Basel.

### **Our collaborators:**

This project has received funding from BRIDGE Proof on Concept, a funding scheme that emerges from a collaboration between SNF and Innosuisse, with the aim of bridging the gap between research and society by applying the findings of research in a real-life context in Switzerland. Our project is grounded in a solid collaboration network within the local area, since it is implemented in partnership with the [Sharing Stories Verein](#), and the IG Leseförderung, an association founded by social entrepreneurs in young adults' literacy (Dr. phil. Barbara Piatti and Claudio Miozzari). At the end of the project, we will organize a large-scale dissemination event to present the program and its findings to the general and specialized public, including policy makers from the Department of Education and teachers in secondary education.

### **Teammitglieder:**

Dr. phil. des. Cristina Loi (contact: [cristina.loi@unibas.ch](mailto:cristina.loi@unibas.ch))  
Prof. Dr. Moniek Kuijpers  
IG Leseförderung (Dr. phil. Barbara Piatti und Claudio Miozzari)  
Sharing Stories Verein  
Aurélie Salamin

### **Innovationsprojekt unterstützt von**



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