

An intervention to reduce eco-anxiety and increase climate engagement in transition year students

Submission date 26/10/2024	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 29/10/2024	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 07/11/2025	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

This study aims to explore how climate change affects teenagers and how we can reduce their anxiety about the climate crisis while encouraging climate action. The goal is to understand and improve teenagers' ability to cope with and respond to climate change.

Who can participate?

The study will recruit 90 Transition Year (TY) students from Ursuline Secondary School in Tipperary.

What does the study involve?

All participants will receive information on biodiversity and the climate crisis and attend a climate education workshop. The intervention group will also take part in a riparian planting process, which is part of a climate action journey. Participants will complete questionnaires at the start and end of the study to measure changes in their climate capability and eco-anxiety. Additionally, focus groups will be conducted to gather more detailed insights.

What are the possible benefits and risks of participating?

Participants may benefit from increased knowledge about climate change and improved coping skills for dealing with eco-anxiety. There are minimal risks involved, mainly related to the time commitment required for attending workshops and completing questionnaires.

Where is the study run from?

The study is conducted by the University of Limerick (Ireland)

When is the study starting and how long is it expected to run for?

October 2024 to November 2025

Who is funding the study?

The study is funded by the Health Research Institute, University of Limerick (Ireland)

Who is the main contact?
Prof. Liam Glynn (liam.glynn@ul.ie)

Contact information

Type(s)

Public, Scientific, Principal investigator

Contact name

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Additional identifiers

Study information

Scientific Title

An intervention to reduce eco-anxiety and increase climate engagement in TY students: the "No Environment No Well-being" randomised controlled trial

Acronym

No Environment No Well-being

Study objectives

Our project, "No Environment, No Well-being," addresses eco-anxiety among young people by combining climate education with hands-on riparian planting. We anticipate this approach will empower participants, raising awareness and providing a direct way to combat feelings of helplessness.

Ethics approval required

Ethics approval required

Ethics approval(s)

approved 19/11/2024, Education and Health Sciences Research Ethics Committee, University of Limerick (Plassey, Limerick, V94 T9PX, Ireland; +353-61-213081; ehsresearchethics@ul.ie), ref: 2024_10_08_EHS

Study design

Open-label randomized controlled trial

Primary study design

Intentional

Study type(s)

Efficacy

Health condition(s) or problem(s) studied

Climate engagement and Eco-anxiety

Interventions

The “No Environment No Well-being” randomised controlled trial (RCT) will be an open-label RCT recruiting transition year (TY) students over 15 years of age who will be recruited in a single school community in Ireland. After giving informed consent and receiving all the background information on the study, all participants (intervention and control) will be assigned a numerical code numbered between 001 and 120.

Randomisation will occur using random permuted blocks, to ensure similar numbers of participants in the intervention and control groups. An independent investigator will be responsible for generating the allocation sequence using a computer software program (<https://www.randomizer.org/>). The same independent investigator will be responsible for assigning participants to the intervention and control groups after being called at a central site. Baseline data collection will then be conducted blinded using an online survey via Qualtrics XM online survey tool. Baseline data will measure climate capability using the Climate Capability Scale and eco-anxiety using the Hogg eco-anxiety scale. The intervention group will then over the following four weeks undertake a positive climate action riparian planting activity in the field and further climate education programme as part of the “No Environment No Well-being” programme. Four weeks after baseline data is collected, follow-up data will then be collected on all participants (intervention and control) measuring climate capability using the Climate Capability Scale and eco-anxiety using the Hogg eco-anxiety scale. As at baseline, this will be collected on all participants using an online survey via Qualtrics XM online survey tool. In addition, all participants (intervention and control) will be invited to take part in focus group interviews regarding their experience of the study and of those who agree, a random selection of 12 participants (six intervention and six control) will be selected for interview.

Intervention Type

Behavioural

Primary outcome(s)

Climate capability will be measured using the Climate Capability Scale (CCS) at baseline and 4 weeks

Key secondary outcome(s)

Eco-anxiety will be measured using the Hogg Eco-Anxiety Scale (HEAS-13) at baseline and 4 weeks

Completion date

06/11/2025

Eligibility

Key inclusion criteria

TY student in Ursuline Secondary school, Thurles, Co Tipperaray, Ireland

Participant type(s)

Learner/student

Healthy volunteers allowed

No

Age group

Child

Lower age limit

15 years

Upper age limit

16 years

Sex

Female

Total final enrolment

86

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

20/11/2024

Date of final enrolment

11/12/2024

Locations

Countries of recruitment

Ireland

Study participating centre

Ursuline secondary school

Templemore Road

Thurles

Co Tipperary

Ireland

E41ET35

Sponsor information

Organisation

University of Limerick

ROR

<https://ror.org/00a0n9e72>

Funder(s)

Funder type

University/education

Funder Name

School of Medicine, University of Limerick

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author upon reasonable request, liam.glynn@ul.ie

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		22/09/2025	08/10/2025	Yes	No