A RESEARCH AGENDA

HOW CLIMATE CHANGE

AFFECTS MENTAL HEALTH BEFORE, DURING AND AFTER PREGNANCY

Parent and newborn physical and mental health

Direct physiological, developmental and bonding impacts of climate exposures on parents and on newborns



Perinatal climate-related mental health and emotional trajectories

How climate change affects feelings and mental health before, during, and after pregnancy, including worry, anxiety, and grief, and understanding when these emotions are normal responses to climate change or become serious enough to affect mental health and well-being.



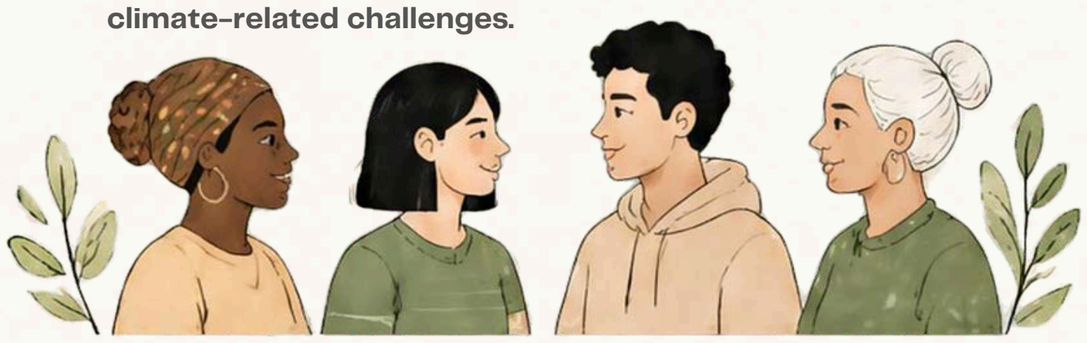
Reproductive choices and parenting

How climate change and environmental concerns influence decisions about whether, when and how many children to have, and how those concerns shape parenting practices, resource choices and environmental behaviours.



Equity, sociocultural identity & experiences

How climate change affects people differently depending on where they live, their income, cultural background, and social circumstances, and how these factors can increase their risks, create unequal burdens, or influence their ability to cope with and adapt to climate-related challenges.



Parent climate awareness, wellbeing, engagement and communication

How parents learn about, understand, and communicate climate change, and how this affects their well-being, opportunities to take action, support others, and access information and resources.



Resources & supports for climate-related stress and emotions

How community programs, social services, public health information, and other non-clinical supports can help families manage climate-related stress, protect their well-being, and adapt to the impacts of climate change.



Clinical care and system readiness

How healthcare providers and health systems can better understand and respond to the impacts of climate change, and ensuring families continue to receive the care they need before, during, and after pregnancy.



Coping and system strategies

How individuals, families, and healthcare providers can manage climate-related stress and protect mental health before, during, and after pregnancy, and which strategies and supports are practical and most effective in helping people cope and build resilience.

