

How episodic future projections influence pro-environmental attitudes, behaviors, emotions, and psychological distress: A systematic review protocol of experimental studies.

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1 Introduction

Background

Confronted with climate change, many young people feel hopeless about the future (Hickman et al., 2021). Rethinking how they envision their future can foster hope and promote the adoption of pro-environmental attitudes and behaviors.

Objective

A comprehensive overview of the experimental evidence on how different forms of **Episodic Future Projections** linked to ecological transition **EFP** influence people's **Pro-Environmental Attitudes and Behaviors** **PEAB**, as well as **Emotional responses and Mental Health outcomes** **EMH** related to climate change.

Eligibility criteria

- Population** Any human participants
- Intervention** Experimental manipulation based on **EFP**
- Comparator** Multiple conditions with(out) control
- Outcomes** 1) **PEAB**, and/or 2) **EMH**

3 Conclusion

Discussion

- Distinguishing **EFP** from identification with characters or narratives, and intergenerational framing
- A notable gap in the literature?
- Emerging concept of ambitopia (vs. dys/utopia)

Perspectives

The ongoing systematic review highlights the exploratory nature of the field. **EFP** linked to ecological transition hold strong potential for enhancing awareness and informing clinical interventions regarding climate change anxiety.

2 Methodology

PROSPERO

2 assessers
+ 1 guarantor

Registration number: CRD420251029420

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Finding research

- Scopus database
- Reference list
- Forward citation on 

Screening for studies

- CADIMA software
- PICO criteria
- 2-steps screening

Data extraction

- Study identification, research design, participants, other

EFP

PEAB

EMH

Quality assessment

- RoB-2
- Meta-biases
- Open science practices

Evidence synthesis

- Qualitative analysis
- Report guidelines
- Publication



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Scan
ME



To access the full protocol and follow updates.