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# Psychological health challenges of the hill-tracts region for climate change in Bangladesh

Syed Muhammad Sajjad Kabir

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### Highlights

- Health challenge, hill-tracts, climate change, Bangladesh.
- Increases in drug and alcohol use, family stress, suicide ideation, magnification of current and previous trauma for climate change.

### Abstract

The aim of this paper is to provide an overview of the deleterious effects of climate change on psychological health of the Hill-Tracts and government to deal with these

change on psychological health of the Hill-Tracts and government to deal with these adverse psychological health impacts. Although knowledge is still limited about the connections between climate change and psychological health, the evidence is indicating that impacts can be felt at both the individual and community levels, with psychological health outcomes ranging from psychological distress, depression, and anxiety, to increased addictions and suicide rates. Drawing from 125 in-depth interviews conducted between January 2015 and October 2016 with community members and local and regional health professionals, participants reported that climate change was negatively impacting psychological health and well-being. The results stated that climate change enhanced the possibility of an increased drug, family stress, alcohol use, amplified previous traumas, psychological health stressors, and were implicated in increased potential for suicide ideation of the Hill-Tracts region in Bangladesh. These exploratory findings indicate that climate change is becoming an additional psychological health stressor for Hill-Tracts™ dwellers in Bangladesh.



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## Keywords

Health challenge; Climate change; Hill-tracts; Bangladesh

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