Table S1. Detailed summary of key results from included articles.

Climate exposure	Location	Study design/ method/analysis/ period	Population of interest/ # of ppl/ Age	Mental health outcome	Disaster preparedness	Other consequences	Cultural factors	Coping strategies	Mental healthcare barriers	Year	Ref
Cyclone	Tuvalu	Qualitative method (cross-sectional study) • Grounded theory, semi-structured in-depth interviews, and Focus Group Discussion (FGD), purposive sampling • Interview questions were translated. • Thematic inductive analysis approach based on grounded theory, thematic analysis • Study period: 2017 • Outcome measured: how the Persons with Disabilities (PwDs) ability to prepare, their perceptions, and experiences with disasters have contributed to their resilience to disasters	• Islands of Funafuti, Nukufetau, Vaitupu, and Nui • Main island (Funafuti) and outer islands • 31 PWDs (21 had a physical impairment, 2 were blind and 8 were deaf or hard-of-hearing) • Average age: 44 yrs	• One participant mentioend: “I was there at the time Tropical Cyclone Pam that hit my island and what I felt very depressed about the situation”	• Lack of planning to prepare for disasters • Do not have individual/family/evacuation plans for unemployed and inability to evacuate without assistance • Prepare emergency food supplies, plan to relocate to the center of island, build resilient infrastructure, pray to God	Drought • Water shortage • Solely depends on rainwater and its proper storage	• Motivation to prepare for disasters (‘to stay alive’, local alert system (Te Valo), faith in God) • Scientific and traditional knowledge for preparing disasters • Tuvalu solely depends on rainwater and proper storage • PwDs’s low SES (high unemployment rate, less educated, and face health challenges)	• Awareness programs and training on disaster preparedness • Participation of PwDs in decision-making process • Implementation • Different disability communications by engaging with caregiver and family • Depends on government and Red Cross	Not mentioned	2020	[1]

Tsunami	Samoa	Qualitative method (case study) • Narrative inquiry • Uniqueness and centrality of Samoan cultural protocol • Examination of family history, cultural rituals, spiritual practices, and coping mechanisms • Study period: not mentioned • Outcome measured: grief recovery processes in Samoan cultural context	• One of the case stories of Samoan grieving practices (Experiences of a Samoan couple, Tala and Lelei) in Aleipata district • Main island • Part of a larger doctoral study on Samoan grieving practices • 22 participants who identified themselves as Samoan (3 women and 19 men) • 5 lived in Samoa, 4 in California in the United States, and 13 in New Zealand	Grief resolution process • Feelings of guilt • Whole body grief (loss of parents and children after tsunami) • Tala's experience of clinical depression, insomnia, anxiety following the tsunami.	• Radio warning reporting that wave had hit nearby villages • Gather family and head to the hills in four-wheel drive ute	• Social disruption, loss and damage to property • Emotional impacts of losing people of two generation and their own survival • Simpler ways of funeral due to the lack of resources	Important factor of grief resolution process • Spiritual faith • Family networks (suppport) • Cultural heritage	• Relocate to Auckland, New Zealand from Aleipata (family and village support is available) • Employed as educational facilitator to share the story of trauma and grief with audience	Did not take the medication of insomnia (Since the pain of losing his parents and kids reminded him of the place they once occupied in his life)	2016	[2]
Cyclone	Vanuatu	Quantitative method (two-wave longitudinal study) • Questionnaire • Cyclone damage, distress (Bislama adaptation of IES-R) and dietary evaluations • 3-4 months after cyclone and 15-16 months after cyclone • ANOVA • Study period: 2015 and 2016 • Outcome measured: distress (Bislama adaptation of IES-R)	• 926 women in 2015 and 1365 in 2016 from four islands (Aneityum, Efate, Erromango, Tanna) • Compared the distress level from pregnant women and non-pregnant women • Main islands	• Pregnant and non-pregnant women were vulnerable to distress 3-4 months after the cyclones (65.9% of pregnant women with high distress) • Pregnant women showed slightly lower distress scores than non-pregnant women in 2016 (stress buffering	• Not mentioned	• Dietary diversity • Hardship (damage to village, home, garden) • Days without adequate food and water	• Increased in the mental health support • Entire population of one island was evacuated due to volcanic activity and psychological first aid was provided in displacement camps	• Importance of traditional support systems (local healers) • Training local non-specialists	Lack of access to mental health services and shortage of specialized mental health professionals	2019	[3]

				effect during pregnancy) • Greater damage to the village and home predicted greater distress (with lower education and lower dietary diversity)							
Heavy storm and droughts	Papia New Guinea	Mixed-methods (cross-sectional study) • Survey (life satisfaction (subjective wellbeing, SWB) and personal expereince of natural hazards) • Interviews conducted in national language (Tok Pisin) • Empirical modelling • Study period: 2014 • Outcome measured: SWB, personal experience of natural hazards, socio-economic and demographic background	• 515 respondents from Teop society, an Austronesian ethno-linguistic group (Indigenous to Tinputz district) (251 women and 264 men) • Main island	• Drought and storm-related damage significantly reduced life satisfaction. • Individuals who owned more household assets had higher SWB • Drought showed stronger detrimental impact on SWB than storms	Not mentionged	• Variability in the perception of extreme events (farmer-drought, communal fishing-storms) • Drought-food security, lack of freshwater for agricultural production	• Substantial educational differences (matrilineal structure of Teop socieity) • Bottom-up decision-making process (provide stability) • Christian faith • Women inherit considerable power over land and economic as well as spiritual activities	• Community preparedness for storms • Improved forecasting and warning • Precautionary land use planning • Require humanitarian aid (severe drought)	Not mentioned	2019	[4]

Drought and cyclone	Cook Islands	Qualitative method (cross-sectional study) • Structured interviews • Nvivo, thematic analysis for social data • Study period: 2020 • Outcome measured: Experiences and responses to extreme weather events (cyclones and droughts)	• Island of Rarotonga and outer islands • Main island (Rarotonga) and outer islands • 11 people (4 women and 7 men) • Average age: 55 yrs (43yrs-65 yrs)	Droughts • Feelings of worry, sadness, anger and tiredness Cyclones • Fear and stress • Inter-and intra-island disparities	Cyclone • Tacit knowledge • ILK: bioclimatic indicator • Potecting home (tie down and secure households' roofs) • Accumulating critical resources • Sending farm stock and precious items to family in inland village	Droughts • Water and food insecurity • Loss of income Cyclone • Homes being inundated • Coastal areas being washed away • Loss of water and power • Loss of cultural heritage and social cohesion • Impact on specific crops and livestock • Repeated disasters	• Household with strong connections to island leaders were better warned • Religion complacency on climate change (God's will) • Importance of ILK • Importance of kinship and social networks	Intra-island networks • Kinship and social network Post-disasters • Planting new crops • Collective efforts and community	Not mentioned	2023	[5]
Droughts	Fiji	Qualitative method (cross-sectional study) • Gounded theory (In-depth semi-structured interviews) • Purposive sampling • Nvivo 12 Plus • Study period: 2019-2021 • Outcome measured: local and national stakeholder perceptions of climate change loss and damage in Fiji	In-depth semistructured interviews (n=68) • 20 sugar cane farmers from each of two Indo-Fijian sugarcane study sites • communities in Western Viti Levu (Barotu and Toko settlement) and 28 key stakeholders • Main island	• Emotional health deteriorated during drought • Experienced uncertainty and emotional trauma • Loss of hope	No proper early warning system and drought-responses plan	Drought impacts • Food insecurity risks • Livestock impact • Pest outbreak • Reduced household income • Children's education (intergenerational impacts) • Drought-cyclone-drought succession	• Initiatives not reaching targeted communities (irrigation grants) • Do not have formal irrigation systems • Insecure land tenure-constraining long-term investment in farming • Religion: praying and conducting rituals for rain during droughts	• Removing adaptation constraints • Developing drought risk profile and early warning systems • Livelihood diversificatio n • Engaging in new markets • Fiji's government's tuition-free education policy for primary and secondary school	Not mentioned	2024	[6]

								• Relying on social capital through family support • Modifying food consumption			
Sea level rise	Solomon Islands	Mixed-methods (cross-sectional study) • Questionnaire with closed and open-ended questions • MS Excel-descriptive statistics, open coding, thematic analysis • Study period: not mentioned • Outcome measured: individual perceptions and responses to sea level rise, and community responses	• Six remote villages in East Malaita (Kwai, Ngongosilia, Fouoge, Ou, Abitona, and Cannaan) • Main island (Malaita) • 57 people (31 men and 26 women) • No information in age	• SLR could lead to MH effects (95%). • Worry affects their everyday thinking (98%) • Worry affect the way of their thoughts and action towards family and community (100%)	Not mentioned	• Inundation of gardens and village • Not enough space to build houses • Concerns about food security • Night-time worries	• Customary land (not possible to go and settle in higher ground)	• Wanting to move to higher ground • The action of leaders in government is needed.	Not mentioned	2015	[7]
Planned relocation	Fiji	Qualitative methods (longitudinal case study) • In-depth interviews (Semi-structured) and group discussions • Nvivo • Study period: 2015, 2016, 2019, and 2020 • Outcome measured: people's perceptions of the health deterimnants and	• 27 people in Vuinidogoloa, Fiji participated in in-depth interview (13 women and 14 men) • Six group discussions (8-12 participants, 20s-84 yrs) • Residents of Vunidogoloa, a village that relocated to	Place attachment and wellbeing impacts • (Benefits) Reduced anxiety about flooding, coastal erosion and saltwater intrusion and sense of viable future • (Risks) Disruption to	Planned relocation due to coastal flooding	Unanticipated risks • Increased consumption of packaged goods and alcohol • Disruptions to social structures and traditional values • Disrupted place attachment • Altered the social	• Aware of climate change • Strong connections to land, ocean, personal and ancestral connection • Traditional leadership structure: important	Need for context-specific planning and adaptation programs	Not mentioned	2021	[8]

		impacts of planned relocation	higher land in 2014 • Main island- Vanua Levu (second biggest island)	place attachment (fishing grounds, ocean, and burial grounds)		determinant of health • Increased in diabetes (NCDs) • Increased in birth rate (privacy in home) • Increase in the family violence (private spaces of single-family households)	decision making structure with village chief and head of the village development committee • Concept of Vanua (important throughout the Pacific)- land, animal life, traditions, customs, beliefs and values, social institutions (harmony, solidatary and prosperity)				
Climate change	Fiji, Vanuatu, Solomon Islands, Tuvalu, Samoa, and Tonga	Mixed-methods (cross-sectional study) • Likert-scale quantitative measures with an open-ended qualitative question • SPSS software • Study period: not mentioned • Outcome measured: the signature strength survey, environmental concern, support for environmental actions and policies, environmental indifference, life	• 269 participants completed the survey (241 from Fiji-based campuses (University of South Pacific) and 28 from campuses at other PICs: Vanuatu, Solomon Islands, Tuvalu, Samoa, Tonga) • Specific island has not mentioned. • Average age: 24.83 yrs (17-52 yrs)	• Strong agreement to measures of environmental concern and support (mean value: 4.57 out of 5) • Relatively low levels of environmental indifference (mean value: 3.13 out of 7)	Not mentioned	Not mentioned	• PIC young adults have relatively advanced and personal level of emotional involvement and allyship with environmental concerns.	• Involvement in pro-environmental behaviours • The role of school and religious teaching	Not mentioned	2022	[9]

		satisfaction, flourishing									
Climate change	Fiji, Cyprus, New Zealand, and England	Mixed-methods (cross-sectional study) • Ethnographic interview • Open-ended interview questions and 31 closed-end questions • MAXQDA (emotion words) and SPSS (Chi-square tests) • Thematic analysis • Study period: Not mentioned • Outcome measured: Emotional responses in three domains (climate change and its effect on the respondents, livelihoods in the area, and its effect on the younger generation)	• 68 respondents from Viti Levu, Fiji (35 women and 33 men) • Main island (Viti Levu) • Live close to the coast and make their living from tourism and fishing	• Sad, worried, angry, happy and hope has been identified as responses • A Fijian woman explained her sadness for the younger generation • Sadness at how younger generation won't have the same experiences (Nostalgia)	Not mentioned	• Losing heritage and traditions • Relocation and new economic opportunites • Potential hardship at loss of plants and animals	• Pride in their cultural heritage and traditions of fishing and farming • Gendered division of labor (cultural norm)	• Leaving the village for economic opportunities (young generation) • Relocation (Fiji)	Not mentioned	2019	[10]

Climate change	Cook Islands, Niue, and Aotearoa New Zealand	Mixed-methods (cross-sectional study) • Delphi method (degree of consensus; round 1) 16 open-ended questions and round 2) Likert scale responses) • Thematic analysis (Nvivo), R software • Study period: not mentioned • Outcome measured: consensus on key principles on mental health impacts from climate change	• 70 expert panelists completed round 1 and (n=58) round 2 (n=59) from Cook Islands, Niue, and Aotearoa New Zealand • Specific island has not mentioned.	• Excacerbates pre-existing mental health challenges • Solastalgian (sense of loss, hoplessness and distress due to climate change)	Pacific mental health services were hugely under-resourced to deal with the impacts of distress from climate change	• Food supply and livelihoods disruption • Migration and displacement due to the climate change • Losing connection to ancestors and history (loss of homes and land) • Economic impacts on livelihoods • Exacerbation by COVID-19 pandemic	• Overlay of spirituality and religious interpretation • Belonging and connection • Strong family bond and resilience	• Addressing stigma and the need for resource • Investment in capacity building training • Responses from churches, cluture and spirituality • Inclusion of community and family at all level of responses	• Choose to traditional approaches of healing over clinic • Dominance of western biomedical models of health • Lack in workforce and resources	2023	[11]
Climate change	Bangladesh, Fiji, Vanuatu	Qualitative method (cross-sectional study) • In-depth qualitataive and storytelling interviews • Group and collective story telling session • Narrative analysis (thematic narrative and discourse analsyis) • Climaate change, gender-based violence, and non-economic and wellbeing loss • NVivo • Study period: Not mentioned	Fiji • 40 stakeholeders • Three group sessions (40 participants) • Main island (Viti Levu) Vanuatu • 48 participants • Ten group sessions (55 participants) • Main island (Efate)	Fiji • Women expressed hightened anxiety and sadness around losing their local ecology • Heightened women's insecurity and dependence Vanuatu • Reoccurrence of hazards reduced women's wellbeing • The status of not being able to provide food	Not mentioned	Fiji • Violence and domestic abuse • Unprotected female reproductive right and sexual dangers in esupportvacuation centres • Trauma and socio-financial pressures • Trigger existing dynamics of violence • Disrupted water and food sources Vanuatu	Fiji • Overcrowded shelters and lack of privacy in shelter • Unequal distribution of responsibilities within household Vanuatu • Importance of women's strength and persistence • Women as active enablers of recovery,	Fiji • Evacuation center • Forcing women and children to sell their produce on the streets Vanuatu • Clean up and replanting • Rely on drought-tolerant crop	Not mentioned	2023	[12]

		• Outcome measured: lived experiences and storylines related to wellbeing loss and healing in the context of climate change and violence against women and children (VAWC)		to household made women feel dependent on men		• Haltered marketplace operation (impacts on women's lives)	disaster response, societal rebuilding				
Climate change	Austrailia, Cook Islands, Pacific Islands	Mixed-methods (cross-sectional study) Pacific Island's expert perspectives on emotional responses • Open-ended and close ended questions (28 questions) Cook Islands • In-person structured interviews • SPSS and NVivo • Study period: 2020 • Outcome measured: emerging mental and emotional aspects of environmental changes	Pacific Islands • 42 experts (stakeholders) Cook Islands • 11 participants (4 women and 7 men) • Average age: 55 • Specific island has not mentioned.	• Acute onset events caused fear and stress • Slow onset events (drought)-emotional burdens, exhaution • Consecutive events-stress, anxiety, exhaustion • Grief as post-loss scenarios and aticipation of loss and change • Sense of injustice and lack of power led to helplessness, worry, anger and, empowerment	Not mentioned	• Difficult to get back to normal life due to consecutive cyclones • Damage in lands • Reduced capcities to meet household needs • Loss of lands • Cultural and identity disruption • Consecutive climate events	• Less psychological assessment aftermath of disaster in PICs • Strong connection with land • Strong willingness to continue to sustain their way of life	Not mentioned	Lack of support for mental health in disaster recovery	2022	[13]

Climate change	Kiribati	Mixed-methods (cross-sectional study) • Questionnaire • Household level semi-structured survey • Study period: not mentioned • Outcome measured: how people's perceptions of both climate change impacts on water sources and their capacity to adapt to these impacts shape the adaptation action.	• 132 interviews focusing on the three islands of Gilbert Island cluster (South Tarawa, North Tabiteuea and Butaritari) • Main islands	Perceptions of vulnerability and severity • 47% of respondents were worried about the impacts from climate change (sea level rise) • Feelings of hopelessness • 33% of rural respondents were unsure whether they should be concerned • 20% of respondents remained unconcerned	Not mentioned	Affected livelihoods • Contaminated taro pits due to sea level rise • Water supplies through saline intrusion • Water insecurity • Displacement due to sea level rise • Economic stress from adaptation costs • Cultural dislocation	• Unconcerned in climate change due to faith in God • Limitation on understanding the climate change • Gender roles with males as primary decision-makers • Mentality of dependency (MIRAB economies)-expect government or external aid agencies	• Rainwater tank (barrier: high price-unaffordable) • Store water in the containers • Construction of additional standby wells • Relocation	Not mentioned	2011	[14]
Climate change	Kiribati	Qualitative methods (multi-year cross-sectional ethnographic study) • Deep listening to their discourses, engaging in conversations, ethnographic interviews (unstructured and semi-structured elements), participant observation • Questionnaires with four open-ended questions • Study period: about a month each year	• A case study of Kiribati • Sample size not mentioned (since the methodological approach included listening to discourses, engaging in conversations, ethnographic interviews, and participant observation) • Specific island has not mentioned.	• Emotions of uncertainty (worry, fear and sadness)-continued existence of the country • Pity or empathy for what the land and people may have to suffer • Anger (they have contributed the least to the consequences of climate change)	Not mentioned	Uncertainties of beloing to their land in the future	• Religion as a resource to cope with emotions of uncertainty and build soial resilience • Christian community (God as highest power for support and help) • Political strategy and performing arts • Islanders rely on their beliefs to	• Kiribati government's efforts to purchase a large tract of land in Fiji • Migration • Public education initiatives and awareness-raising campaigns on climate change	Not mentioned	2020	[15]

		between 2009 and 2017 • Outcome measured: emotions and Christian religiosity in Kiribati and responses to cliamte change					cope with the unsettling news about climate change • Not to worry actually refers to the worry about the consequences of climate change				
Climate change	Tuvalu	Mixed-methods (cross-sectional study) • Semi-structured interviews • Maximal variationi purposive sampling • Thematic analysis • Nvivo software • Study period: 2015 • Outcome measured: idioms of distress, and determinants of distress	• 16 Key informants and 23 lay residents (Funafuti atoll) • Main island	• Community fear of climate change and disaster has increased since Tropical Cyclone Pam in 2015. • Several determinants of manavase (To worry, be concerned) are interrelated with climate change • Worry and tiredness due to sleep disturbance • Mafatia and fanoanoa (sadness) after or before environmental events	Not mentioned	• Financial hardship • Land scarcity and decreasing yields from subsistence-based activities • Monetary income and consume imported food	• Accepting tragedy as part of God's plan • Cultural remedy: Active participation, shared cultural outlook and religious unity • Connection of community, island, and church to the wellbeing of family • Mental health as holistic and relational concepts of wellness	• Faith based coping strategies (praying) • Sharing distress with a trusted family (Some reported difficult to share due to the risk of gossip)	• Dissatisfaction with treatment (only focusing on physical symptoms) • Cultural reluctance to share personal issues due to fear of gossip	2019	[16]

Climate change	Tuvalu	Mixed method (cross-sectional study) • Face-toface structured interviews (open- and close-ended questions) • Psychological distress questioinnaire (culturally adapted version of the Hopkins-Symptom Checklist (HSCL-25)) • Tuvaluan or English • Descreptive, correlational and between group analyses • Study period: 2016 • Outcome measured: psychological distress and associated impairment due to local environmental impacts and abstract knowledge of climate change	• 100 Tuvaluan participants on Funafuti atoll (11.4% of Funafuti households) • Main island	• 62% of participants reported at least one extreme indicator of distress (87% was at a level that impaired people's ability to perform typical daily tasks) • Worry and anxiety in response to wave damage, cyclone, and freshwater shortages • Experiences of distress due to the local and abstract climate change stressors	Lack of disaster preparedness resulted in sadness and worry	• People with financial hardship reported greater distress • People who have the capcity to meet their basic household needs reported less distress	• Strong connection to the land (where they are born), family, and church • Safety and lack of disaster preparedness	Proper communication of climate change with desired action	Not mentioned	2020	[17]

Climate change	Fiji	Qualitative method (cross-sectional study) • Group interviews (mixed- or single-sex) and one-on-one interviews (village chief) • Semi-structured format (in local language) • Exploratory inductive reflexive thematic analysis (COREQ checklist) • Study period: Not mentioned • Outcome measured: observed environmental changes, adaptation efforts undertaken and challenges associated with activities, and the emotional experiences of villagers	• 71 Indigenous and other traditional Fijian adults from five villages on the main islands of Viti Levu and two villages on Ovalau (14 group interviews with 33 women and 38 men) • Main island and outer island • Average age: 49.15 yrs	• Sense of ecological grief • Sadness, worry, and anxiety about current and future changes	Not mentioned	Loss of culture • Reliance on purchasing food • Shift away from traditional ways of life Anticipatory losses • potential lack of food or ability to sustain life • future generation • Inability to pass along TK to younger generation	• Importance of land-based knowledge and traditional ways of life • Strong connection to land	• Potential migration • Expectation of future grief due to future migration	Not mentioned	2023	[18]
Climate change	Fiji	Mixed-method (cross-sectional study) • Constructivist grounded theory (In-depth interview, semi-structured) • Interviews conducted in local language (Talanoa style) • SPSS and Nvivo • Study period: 2023 • Outcome measured: what people value and how climate change affects these	• 27 people from three study sites in Fiji (Togoru settlement, Sese village, and Vunisavisavi village) • Main islands and outer island • 18 in depth interviews and two group interviews (Average age: 50.4 yrs)	Participants expressed deep impacts to wellbeing and mental health as a result of loss of burial grounds	Not mentioned	Perceived intolerable impact • Family, spirituality • Sense of place, and agency • Wellbeing, Culture • Connection to land and sea • Future generations and ways of being/identity	• Family network and spirituality • iTaukei lifestyle • Education • Place and home • Identity (strong connection to land) • Trust in agency	• Restoring the socio-ecological system • Promoting and protecting culture and knowledge • Providing holistic wellbeing support • Protecting sacred place	Not mentioned	2024	[19]

		values, and identifies values-based ways of addressing loss and damage.						• Enabling subsistence livelihoods to flourish			

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