

The Effect of Climate and Environment on Human Mental State and Health

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Climate, Weather Variables, Mind and Psyche, and Medical Geography.

Abstract

Height is one of the structural factors that most influences the earth's environment. Access to varying temperatures has created many challenges for animal health. Addressing ecological problems through temperature reduction and subsequent recovery of animal growth has become one of the most important topics of modern times, accessible through ecology and fundamental change. Climatology covers many fields of study, not only within the branch of atmospheric science but also involving issues of animal ecology. This significant form of intelligence can control various human needs, such as food, energy, health, physical and mental well-being, and much more. This analysis was carried out through the library abstraction method. Based on the following titles and keywords, various sources, including acceptable anesthesia books and accessories about the anniversary of acute equipment such as air pressure, temperature, humidity, solar radiation, wind, and the influence of rainfall on brain and brain health and disease, studied. It appears that climate, which includes elements such as wind, rain, and snow, can play an influential role in animal emotions. Considering that these natural phenomena have different environments in our lives, considering them can contribute to improving the quality of the brain and brain in our daily life.

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INTRODUCTION

Medical cartography is an annexe of the bounded sciences that focuses on the abstraction of ache administration and animal attitude on an all-around scale, elucidating the bounded factors associated with these distributions (Lezhnyova et al., 2022). Among the bounded factors advised are the appulse of accustomed elements such as climate, wind acuteness and direction, and sunlight radiation (Gosling & Arnell, 2016). Medical cartography extends above the abstraction of the furnishings of weather-related factors to investigate added bounded elements, including bounded altitude, the agreement and apparatus of soil, frondescence coverage, and more (Jones & Moon, 2022). The accord amid distance and animal activity is not a contemporary issue. Historical studies appearance that assorted communities and civilizations accept migration due to assertive accustomed contest and acute altitude or accept abolished aback for alien affidavit (Ahmadi & Shaemi, 2013).

An advantageous accustomed ambience has an abstruse appulse on the animal psyche. An apple-pie and apple-pie ambience makes activity active and fragrant (Zhang et al., 2018). The abatement melodies of birds, the candied songs of streams, the alluring adorableness of meadows, the affable abundance breeze, the adroit ball of trees, and the adorableness of cities and landscapes all accept an arresting aftereffect on animal life. Witnessing such admirable landscapes brings a faculty of calmness and joy, accoutrement aegis, and abundance into our lives. Conversely, harming the ambience and antibacterial attributes leads to irreparable accidents and abuse of altruism (Barati et al., 2017). Depression and the access to brainy and cerebral illnesses in bodies today are not different from ecology damage.

It cannot be denied that ecology abolition harms animal behavior, ethics, and civic morality (Balli, 2020). Weather, trees, plants, foods, fruits, and nature, in general, comedy an influential role in animal life. Ecology bloom affects intelligence, abilities, and claimed qualities, and the antithesis in the ambience influences the antithesis of aural us (Sajjadi et al., 2020). Residents of abstemious regions on Earth accept specific characteristics and attitudes that alter decidedly from those in close and arctic regions (Barati et al., 2017). The environment, in accession to its aftereffect on concrete characteristics such as acme and anatomy shape, additionally has a cogent appulse on animal thoughts, ideas, actions, and behaviors (Razali & Awang, 2017). In contemporary years, with the advance of animal civilization, abstruse development, and the accretion all-around population, the apple has faced a botheration alleged air abuse that threatens the lives of Earth's inhabitants (Zhang et al., 2018). Protection of the ambience has become an austere affair for governments in all countries. Advisers accept that acute elements have an appulse on animal health, both physically and mentally, as diseases not only agitate the concrete and brainy antithesis but additionally affect amusing altitude (Shabani & Ezzatian, 2012).

Furthermore, the animal-allowed arrangement is abundantly afflicted by changes in temperature, whether they access or decrease. Therefore, acclimate altitude is one of the ecology variables that can comedy a capital role in animal brainy health. Surprisingly, this affair has not accustomed abundant absorption from advisers to date (Jeanne-Lazyza et al., 2022). To accept access to acclimate changes in animal behavior, one does not necessarily charge to be a psychologist. By analyzing our ambience anxiously and analytically, we can calmly acquire affirmation of its impact. In the case of humans, the anatomy is not subjected to ecological pressures such as factors influencing acclimate changes, and it will accomplish better. However, it should be acclaimed that the anniversary of these factors can accept abundant furnishings and appearance our behavior differently. In this article, we will briefly evaluate the applicability of the descriptive-analytical adjusted accounting method based on documentary research.

This research aims to explore the impact of climate change and environmental conditions on human mental well-being. Through careful analysis, this research aims to understand how changes in extreme weather, air pollution and environmental degradation in general can affect an individual's psychological condition. Another goal is to identify the complex interactions between environmental and social factors in influencing mental health, as well as produce policy recommendations that can improve environmental protection and the psychological well-being of society as a whole. By providing a deeper understanding of this relationship, it is hoped that this research will provide a foundation for more effective preventive and intervention measures in protecting human mental health and maintaining environmental sustainability.

RESEARCH METHOD

This research uses qualitative methods using descriptive-analytical. Descriptive-analytic is used to investigate the influence of distance and atmosphere on human brain and brain conditions and health. This adjustment is intended to collect and analyze information from reliable sources available in the relevant library. In this study, many sources of suitable anesthesia books and accessories were considered based on the following keywords: air pressure, temperature, humidity, solar radiation, wind, rain, altitude, and more. Relevant sources about the anniversary of this intelligent equipment are calm and are advised to assess its effects on the brain and brain health. This analysis aims to conceptually analyze the role and acceptance of acute furniture on attitudes and animal abundance. To achieve this, the impact of acute disorders on various aspects, including brain health, brain tests, social psychology, and animal behavior, is discussed and analyzed. Ultimately, applying descriptive-analytical adjustments and based on recognized analytical sources, the impacts and appropriate estimates regarding access distance and atmosphere on the mental, psychological and health conditions of animals will be presented accurately and carefully in this study.

RESULT AND DISCUSSION

Air Pressure: Air burden is consistently fluctuating. Ukrainian advisers accept approval that low-frequency acclimate burden fluctuations can agitate brainy activities, arch to decreased absorption, and bargain concise anamnesis action (Zhao et al., 2022). Therefore, if you occasionally acquaintance difficulties absorption during an assignment for no credible reason, you can aspect it to changes in air pressure. Some studies accept that fluctuations in air burden in class settings can affect affection amount and claret burden in analysis subjects, potentially leading to adverse furnishings such as headaches, insomnia, and fear reactions.

In aerial altitudes, the air burden is lower, and about burden decreases with elevation. The abridgement in air burden led to the abrasion of the air, consistent in a lower allotment of oxygen and added gases compared to lower elevations and plains (Singh et al., 2023). The abatement in air burden is a primary agency in the development of problems due to oxygen absence because oxygen fluctuations accompany burden fluctuations. Living at aerial altitudes increases the assembly of red claret cells (Yim, 2018). Bargain oxygen during animation can advance to acoustic damage. One accepted aftereffect of high-altitude locations is distance sickness, which can account for dizziness, astringent beef weakness, ear and adenoid bleeding, conciseness of breath, and bargain vision. Prolonged stays at aerial altitudes can advance to added astringent consequences, including added red claret corpuscle production, appropriate affection enlargement, added lung pressure, affection failure, and collective affliction.

Temperature and Humidity: In general, the animal anatomy faces cogent challenges back it adventures abrupt and acute temperature changes or encounters aerial temperatures during hot summer days. Back the temperature exceeds 38 degrees Celsius for a continued aeon of added than a week, the bloodshed amount of individuals can access by up to 10%. Interestingly, on canicule back, the air temperature increases accidentally compared to the predicted altitude for a specific time of the year, and individuals' affect levels tend to rise, arch to abnormal and aberrant behaviors (Ahmadi & Shaemi, 2013). Hot and boiling days, in particular, have a cogent appulse on animal belief and behavior, causing problems such as insomnia, bargain circadian activities, decreased alertness, disturbances in ecology perception, irritability, and restlessness. In contrast, acknowledgement canicule with lower clamminess levels accent activity and circadian activities, arch individuals to display bigger affection and behavior (Sajjadi et al., 2020).

Sunlight Radiation: It is axiomatic that best bodies acquaintance animosity of beatitude on brilliant days (Douglas, 2023). Brilliant canicules are advised to have absolute influences, and an abridgement in sunlight radiation can advance to affecting cerebral disturbances. The hypothalamus is an allotment of the academician that plays a basic role in authoritative basic actual functions. This allotment of the academician is angry by accustomed ablaze casual through the retina of the eye. If the bulk of ablaze entering the eye decreases, the acceleration of assuming basic actual functions will additionally decrease. Signs consistent with such disturbances include fatigue during the day, overeating, and advancing behavior (Mawson, 2017). In bounce and summer, compared to added seasons, bodies feel refreshed. Some advisers accept that acknowledgement of sunlight plays an important role in creating such feelings. Sunlight increases serotonin beard in the body, which is an actinic actuality that plays an acute role in inducing beatitude and calmness in individuals. Hence, the cardinal of body adversity from abasement in countries like Norway, where acquaintances abbreviate canicule and continued nights during the winter season, is decidedly college compared to added European countries (Barati et al., 2017).

Furthermore, acclimate changes can additionally affect individuals' comestible habits, which, in turn, access their behavior (Ashra & Nair, 2022). When the acclimate is algid and rainy, bodies generally adopt to accommodate warm, carbohydrate-rich foods that are energy-dense in their circadian diet. Consumption of this accumulation of foods increases among individuals on such days. In contrast, during hot and summer days, bodies tend to eat added raw foods, vegetables, and fruits (Gomez et al., 2021). Given that individuals' circadian comestible habits can additionally comedy an acute role in the alteration of their

behaviors and moods, the appulse of acclimation on behavior as an aftereffect of changes in the circadian comestible arrangement can be confirmed. Traveling to balmy regions in the winter or spending added hours in the accessible air with access to bounce can comedy an actual important role in convalescent brainy bloom and affection (Centeno et al., 2016).

Altitude above Sea Level: With an increase in altitude above sea level, the absorption of radiation increases due to a decrease in atmospheric gas density. Therefore, high-altitude areas are less prone to cancer than low-altitude areas. The relationship between geographical latitude and the amount of radiation absorption is inverse, so the likelihood of skin cancer is lower at higher latitudes. **Atmospheric transparency:** A decrease in atmospheric water vapour increases its transparency, and as a result, the amount of radiation absorption also increases. Therefore, with a decrease in water vapour and increased atmospheric transparency, the likelihood of skin cancer is higher.

Wind: Most bodies feel ache about able winds. Continuous or blatant apprehension can advance to added fatigue and causticity in individuals. Melancholia apprehension is generally remembered as abhorrent because the alarming of these types of apprehension usually causes anxiety, cerebral pressure, depression, and caliginosity insomnia. When melancholia apprehension blows, the air temperature drops by less than 2 degrees Celsius, an abbreviated period, usually aural 2 hours. The alarm of such apprehension in aerial areas can advance to avalanches. Studies accepted the accord amid melancholic wind gusts. They added cartage accidents, bent activities, and similar suicide attempts among individuals, which is why these factors are generally taken into annual in acknowledged actions. Although the capital account of the appulse of wind gusts on such contest is still alien (Sajjadi et al., 2020). Wind or air disturbances are one of the acute elements that can affect beddy-bye disturbances, insomnia, fatigue, beef soreness, nervousness, cerebral anxieties, astringent headaches, and affliction in post-surgical anguish areas. The completeness of the wind can agitate audition calmness and make individuals afraid and anxious. In dry burghal and rural areas, wind can cause respiratory disorders and eye diseases such as irritation, dryness, and more. Additionally, it can advance to diseases like tuberculosis.

Rain: Usually, afterward rainfall, you feel a faculty of calmness back walking in the beginning air. This abnormality is an accustomed way to accomplish absolute ions in the environment. Therefore, it's better to leave your home or abode afterwards rain and acquaintance achievement and comfort in such an ambience (Railo, 2019). Acclimate changes accept an appulse on people's moods in altered regions of America. At a temperature of 22 degrees Celsius, bodies in Michigan display accustomed and counterbalanced behavior, while in Texas, they display behavior at a temperature of 30 degrees Celsius. To affect animal behavioral characteristics, individuals should be exposed to alfresco air for at least 30 minutes; otherwise, the changes will not be noticeable. Also, agreement individuals in spaces back the alfresco air is acceptable can advance to apathy and bound brainy abilities. Therefore, psychologists acclaim spending added time in inaccessible air during favorable acclimate altitude if you are attractive to affected brainy and those with disabilities (Morgan, 2019).

Seasonal Changes and Suicide: Suicide is the act of carefully catastrophe one's life, motivated by assorted reasons. The prevalence of suicide varies in altered countries due to their bounded area in the world. Geographic location, ecology conditions, and abnormally acute characteristics comedy a role in this regard (Large et al., 2016). The amount of suicide is afflicted not alone by ecology altitude but additionally by the animal characteristics of the citizenry of countries, such as religion, lifestyle, and beliefs, both old and new, apropos life (McElroy, 2018). In the United States, suicide ranks eighth among causes of the afterlife in the complete citizenry and third among causes of the afterlife among adolescents. The complete ascendancy of accustomed ecology conditions, abnormally the weather, over the biological and amusing behaviors of active beings (plants and animals) has continued to be accepted; however, this ascendancy is not complete for bodies because, although bodies are accustomed to the ability of reason, they are still able of belief the accustomed ecology altitude and compassionate their furnishings on themselves to acquisition solutions to abate those furnishings (Gomez et al., 2021). In the case of suicide, advisers commonly accept

being alive and how to acclimate affects individuals' decisions to commit suicide so that they can ultimately boot the all-important accomplishments to prevent individuals from becoming accustomed to suicide attempts. Changes in the biological rhythms of the anatomy due to melancholia changes can actualize a foundation for assorted diseases, including shame and suicide. For example, by believing the melancholia changes in biochemical variables complex in baleful tendencies, melancholia variations in suicides can be justified (Barbagli, 2015).

An abstraction conducted at the Finnish National Convention for Health and Welfare on suicides based on the phases of the moon (crescent, half, full, and waning) in the Netherlands declared that the accomplished ante of suicide action in winter, spring, summer, and autumn, respectively. Dr. Partonen, a researcher at this institute, explained the purpose of this study: "This abstraction aimed to actuate whether daily, monthly, and annual suicides are associated with the day, month, and year." Dr. Partonen believes that biological rhythms in the anatomy are consistently altered and accompanied by changes in ablaze and temperature. In aboriginal spring, added ablaze provides added action for action in individuals while the acclimate has not yet broiled up abundant and the body's biological alarm thinks it's still winter. This conflict of advice is adverse to depressed patients; therefore, it is accessible that during these days, they abuse themselves. This abnormality additionally occurs in the alteration from summer to autumn, back there is an abatement in ablaze levels while the temperature varies (Abram et al., 2021). Dr. Partonen additionally attributes the college ante of suicides to moon phases. He says that suicides in autumn and winter are accompanied by the bow-shaped and arch phases (early new moon) when the nights are darker, and in bounce and autumn, they accompany the abounding moon appearance (full moon) back. We accept added ablaze levels. Therefore, these phases are analytical times for baleful thoughts.

Climate change has an absolute appulse on animal health. It is accepted that all-around abating will advance access to cardiovascular, respiratory, infectious, and microbial diseases. Malaria, for example, is an accepted ache in close regions (Bader, 2023). The appulse of altitude change on animal health, brainy well-being, and ambience is evident. Added ante of respiratory, cardiovascular, heat-related illnesses, and brain disorders are amid these effects (Ghil & Lucarini, 2020). A contempo address from the acclaimed accurate account "The Lancet," produced in accord with experts from the Apple Bloom Organization and King's College London, emphasizes this assertion. The access in bloodshed due to heat, as appeared in the accomplished summer, has been accurate in European countries, India, China, Afghanistan, Pakistan, and others, and is allotment of the affidavit of this analysis team (Mathes et al., 2017). This year, apple bankrupted the Almanack for best temperature, and the European Association additionally accomplished temperatures of 40 degrees Celsius at the alpha of summer. Elderly individuals and accouchement are best afflicted by all-around abating and associated diseases. For example, while meteorological organizations had predicted that Portugal would acquaint boundless heat, astringent calefaction in Portugal in July of this year claimed the lives of over a thousand people. This abnormality is not bound to countries afterpiece to the equator. Over the accomplished actor years, Earth has fluctuated amid ice ages and warmer periods, but these temperature changes have consistently occurred gradually, aural about bisected a degree, over 10,000-year periods (Flemming & Wuertz, 2019). However, what scientists adumbrate is an access of added than 2 degrees in temperature in the abutting 80 years. Such accelerated temperature fluctuations are not achievable for any anatomy of adaptation. Like humans, animals cannot bound acclimate to new conditions (Gomez et al., 2021). For example, back marmots are afflicted to seek ambush for more than 4 hours due to boundless heat; they cours beneath insects and absorb beneath calories, consistent in a cogent abridgement in their reproduction. With the actualization of accepted affection of brainy disorders amid populations active in areas afflicted by altitude change, the appellation "eco-anxiety" has become prevalent. Eco-anxiety is authentic as a "chronic abhorrence of ecology destruction" and is on the acceleration with the prevalence of the adverse furnishings of altitude change. Medical cartography is a new and growing accurate acreage in abounding countries. While analytical diseases have been a

focus of European countries for years, this activity is advancing in our country. Fluctuations and changes in affection and behavior, migraines, asthma, rheumatism, and affection problems are associated with assorted acute conditions. Acclimate is an important agency that affects the lives of all active beings on Earth. It additionally affects the contest that activity on the appearance of the Earth. Therefore, it can be said that acclimate can accept a cogent appulse on animal emotions. Back acclimate altitude is favourable, and the ambience about us will be abounding of energy, beauty, and joy. The acclimate includes a set of assorted elements such as wind, rain, or snow, which can comedy an important role in animal emotions. Wind gusts, on the one hand, accomplish electricity by axis windmills and affect animal emotions, while on the added hand, they can account for abolition and damage. Sometimes, assertive areas on Earth are apparent to melancholia apprehension or storms. Such apprehension is generally accompanied by abundant rainfall, which can advance to floods or added disasters (Mathes et al., 2017). Altitude change is accompanied by social, health, and brainy issues and is advised a blackmail to concrete and brainy health. The appulse of altitude change on bloom in low-income countries, area the accommodation to acclimate to this abnormality is weak, is greater. However, it has additionally been empiric in the best accessible groups in developed countries. Adjustment strategies can lessen some of these adverse effects, but their implementation, especially in poor countries, is challenging. Therefore, it is all-important to appraise vulnerabilities and analyze cost-effective options in the bloom sector, one of which is the added use of renewable activity sources that abate air abuse and, subsequently, altitude control. Psychologists additionally accept an ethical albatross to booty alert activity to abate brainy bloom harms accompanying to altitude change to abate all-around disparities and crave accommodating plans, studies, and analysis to access specific cerebral abilities and training for the connected advance of climate-related cerebral issues.

CONCLUSION

In summary, altitude change has a cogent and extensive appulse on animal health, including the acceleration of assorted diseases and brainy bloom concerns. Rapid temperature increases, forth with acute acclimate events, affectation a blackmail to both developed and developing nations. Mitigation efforts, such as the use of renewable activity sources, are capital to activity these challenges. Additionally, psychologists comedy an acute role in acclamation the brainy bloom aspects of altitude change, acute analysis, and interventions to decrease all-around disparities and abate the cerebral appulse of ecology changes. Altitude change is a burning all-around affair that necessitates accommodating activity beyond assorted sectors to assure animal abundance and the planet's future.

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