

Invitation to the Open Scientific Session on Biographical Perspectives of Anxiety and Coping

We are pleased to invite you to participate in the “Open Scientific Session on Biographical Perspectives of Anxiety and Coping.” The session is particularly addressed to researchers and students interested in the topics of anxiety and coping strategies, biographical research, and the societies of Central and Eastern Europe.

Date and Time: 27 October (Monday) 2025, 10:00 – 15:30 (CEST)

Format:

The session will be held in a hybrid format (in person and online).

Registration:

Please fill in the registration form: <https://forms.office.com/e/48xbwV7kzh>

Participation in the event is possible without registration; however, those who complete the form will receive a reminder email a few days before the event.

Venue:

Faculty of Sociology, Adam Mickiewicz University in Poznań, Szamarzewskiego 89, 60-568 Poznań, Poland, Building D, Room 107

or ONLINE - Please see the access links in the schedule on the next page

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Description:

Contemporary risks—such as climate change, weather anomalies, and the scarcity of potable water—are closely tied to technological progress and environmental degradation. Such risks may be perceived as uncontrollable, thereby heightening individual anxieties. The prevalence and significance of environmental anxieties vary across countries and throughout individuals’ life courses. Their perception can change when assessed relative to other problems (Carmi & Bartal 2014); accordingly, previous research recommends that “public concern for the environment should be measured relative to concern over other problems” (Dunlap 1989).

The proliferation of anxieties is linked to vulnerability, assumed to be a defining feature of the human condition (Furedi 2019), and therefore calls for coping strategies that enable individuals to manage

their anxieties—for example, through emotion regulation, problem solving, or by changing the meaning of anxieties (Lazarus & Folkman 1991). Nevertheless, international studies on environmental anxieties and coping strategies remain scarce; yet such research could provide policy-makers with valuable knowledge. It is essential to broaden the geographical scope beyond the heavily studied Western settings; Central and Eastern European (CEE) countries, for example, represent contexts that are still under-examined and highly relevant.

This session focuses on the biographical research conducted within the project ANSWER – ANxieties and Social coping strategies Within the last 50 years in the context of Natural EnviRonment: A Comparative Case Study of Poland, Ukraine, and Hungary (no. UMO-2021/43/D/HS6/01702). Project ANSWER is financed by National Science Centre and conducted in the Department of Social Problems Research and Social Work, at the Faculty of Sociology, Adam Mickiewicz University in Poznań (Poland).

Schedule:

Time	Topic	Link*
10:00-11:15	A Reflexive Thematic Analysis of Biographical Interviews on Anxiety and Coping Strategies – Insights from Poland.	Link 10:00-11:15
11:15-11:45	Break	-----
11:45-13:00	The Sum of All Anxieties: A Biographical Tapestry of Environmental–General Anxieties and Coping in Poland, Ukraine and Hungary.	Link 11:45-13:00
13:00-13:30	Break	-----
13:30-15:30	Methodological Approach and Field Reflections from Biographical Interviews on Anxieties and Coping Strategies Conducted in Poland, Ukraine, and Hungary.	Link 13:30-15:30

*** Please note that each session has a different access link due to technical reasons**

Presenters:

Ołena Bodnar-Potopnyk^D; Emőke Gondos^A; Oksana Khomiak^B; Eszter Markó^C; Krzysztof Mączka^A; Maciej Milewicz^A; Klaudia Rodziejczak^A; Emilia Soroko^A; Júlia Váradi^C

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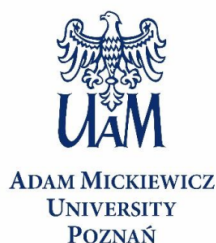
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Recording and Privacy Notice:

Participation in the session implies consent to recording. Participants who wish to join the event online but do not wish to share their image are kindly asked to keep their cameras turned off.

Check on Facebook: <https://fb.me/e/32jWnggmO>

Organisers:



AMU Research Centre
for Energy and Environmental Challenges



Florian Znaniecki
Scientific Foundation