

Treating Climate Distress; Potential Interventions and the Need for Evidence-Based Approaches

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ABSTRACT : Climate change causes physical and mental health issues, whether from direct exposure to a natural disaster or a general sense of hopelessness and distress about the future. As climate change becomes harder to ignore through overwhelming evidence, personal experiences, and cultural acceptance, more people are feeling negative emotions related to climate change. These emotions often include feelings of anxiety, despair, fear and grief (Williams and Samuel, 2023). This problem continues to grow in both severity and occurrence. Though some mental health treatments have been adapted to address it, such as cognitive behavioral therapy, acceptance and commitment therapy, and art therapy, there is a shortage of clinical resources to target this emerging psychological pathology. The importance of communal spaces in treating climate distress is analyzed by the authors from both historical and modern perspectives. Research regarding positive outcomes through community spaces for groups processing challenging climate emotions is presented. The authors investigate the effectiveness of natural spaces and dream analysis in treating climate distress and ecological grief. Although limited approaches have been adapted to treat the growing problem of climate distress, new therapies and community spaces should be further developed and researched in order to broaden effective coping methods for those impacted.

I. INTRODUCTION

While climate change impacts the natural world in a clear way, it also has an indirect, yet severe, negative impact on public health, notably mental health. In recent years, as climate change has intensified, so has documentation of its adverse effects on psychological wellbeing. The most commonly reported mental health impact is experiencing negative emotions about the future and the planet. These emotions are described through terms like eco-anxiety, climate distress, and ecological grief. While there are distinctions between these terms, they are all motivated by climate change. Though these may be psychological terms, it is important to note that there is not an intent to pathologize the normal negative emotional response to climate change, which represents the largest and worst problem humanity has ever faced (Lindhe et al., 2023).

As awareness of climate change has grown, so has climate distress, especially with younger populations. One study examined feelings of climate anxiety in 10,000 people aged 16 to 25 from 10 countries across the world (Hickman et al., 2021). The aim was to understand how prolific the problem is and how the governmental response to climate change impacts the negative feelings around this issue. The researchers found that 84% of participants felt moderately worried about climate change, and 59% were extremely worried. Across all countries, more than half of participants felt betrayed by their government's response, and only around a third of participants felt reassured by it (Hickman et al., 2021).

There is clearly a need to treat climate distress. Though there have been many theories about what therapies and interventions can be effective in addressing this emergent mental health need, evidence-based treatment approaches and interventions are severely lacking. One study sought to summarize current research on treatments for eco-anxiety and found that there are an array of interventions ranging from adapting current therapies to creating climate-focused support groups (Turğut, F. S., & Öztürk, M., 2024).

The research suggested that successful approaches to eco-anxiety include psychodynamic therapy, existential therapies, grief-focused therapies, cognitive behavioral therapy and acceptance and commitment therapy (Turğut, F. S., & Öztürk, M., 2024). Holistic approaches such as self-care interventions and the development of coping skills were assessed as moderately effective. Ecotherapy and integration of pro-environmental behaviors were deemed crucial in addressing eco-anxiety (Turğut, F. S., & Öztürk, M., 2024). This research underscores the need for more empirical evidence about eco-anxiety treatments; there are many theories for what could help, but not enough data.

The increasing rates of climate distress are alarming, and there is a growing need for treatments that are proven to be effective. This subject is especially lacking in long-term research. The earliest studies on how climate change impacts psychology are from the 2010s, and the bulk of research on climate distress comes from 2020 and later. Although some approaches have been adapted to treat the growing problem of climate distress, new therapies and community spaces should be developed and researched to find effective methods to treat those impacted.

II. COGNITIVE BEHAVIORAL THERAPY

One approach proven to be effective was a cognitive behavioral therapy (CBT) program adapted specifically to treat climate distress. In this 2023 study, the researchers recruited participants online who were experiencing climate distress. Participants who met qualification criteria were sent to an online platform that contained weekly modules for them to complete. The program was eight weeks long, and participants completed multiple rounds of follow-up with their counselors throughout the process (Lindhe et al., 2023).

The results of this research were promising, showing that it was possible to decrease the negative symptoms participants experienced because of climate distress. The researchers found that after the program, participants reported a significant decrease in depressive symptoms, a marked reduction in stress and climate change-related distress. Participants also reported a substantial increase in quality of life (Lindhe et al., 2023).

Pro-environmental behaviors were initially high and did not change in a meaningful way after the conclusion of the research study. This indicates that the treatment benefits experienced by participants did not negatively impact their level of climate engagement (Lindhe et al., 2023). The fact that this treatment did not result in decreasing pro-environmental behaviors is significant, as hopeful climate messaging can discourage mitigation motivation and encourage complacency with the climate crisis (Hornsey & Fielding, 2016).

To better understand the outcomes of this treatment, the researchers did a follow up study a year after the original concluded. Out of the original sixty participants, nine agreed to participate in additional research interviews. After analyzing the responses, the researchers found central themes around adapting to problems, finding balance in climate engagement, and accepting practical limitations (Lindhe et al., 2024). Based on these findings, CBT tailored towards treating climate distress is a viable intervention, although more research should be done to corroborate these results.

Acceptance and Commitment Therapy

Theoretical framework has shown acceptance and commitment therapy (ACT) to be a viable option for treating climate distress because it can help patients work through difficult emotions in conceptual and practical ways. This framework treats climate distress as a natural reaction to the climate crisis and encourages one to use negative emotions to guide behavior (Williams & Samuel, 2024). ACT does not seek to eliminate psychological distress, but rather it focuses on the development of a new relationship with one's perception and experiences.

ACT prioritizes cultivating a viewpoint that enhances value-guided action. ACT shows promise as a framework for conceptualizing climate distress as a uniquely human experience (Williams & Samuel, 2024). Approaching climate distress with empathy and practical changes could be a way to validate the negative emotions while encouraging individual agency.

Mental flexibility can help people process climate distress. Three aspects of psychological flexibility that ACT prioritizes are openness, awareness, and engagement. Openness is about allowing oneself to accept the emotions they are currently feeling without trying to change them. Awareness is intentionally being mindful of physical and mental experiences. Engagement is both defining one's values and choosing to live in line with those values despite challenges (Williams & Samuel, 2024). While centering climate emotions and using related values to guide action seems like a practical way to decrease climate distress, there is a need for evidence about the efficacy of this intervention in a climate context.

Environmentally Focused Art Therapy

Integrative eco-art therapy (IEAT) is outdoor art therapy with a focus on the relationship with nature through the materials selected and organic setting. IEAT encourages a "more-than-human" mindset, meaning that clients see themselves as a part of the ecosystems they are making art within. Symbolism, metaphor, and exploring a reciprocal relationship with nature are keys to unlocking and understanding deeper parts of oneself through IEAT. Integrative eco-art therapists suggest that IEAT approaches, through their intentional use of the arts and integration with nature, become central elements of engagement and participation to counter the intractable feelings of helplessness evoked by the relentless force of climate change (Nash, G., & Jones, 2025). Since IEAT involves interacting with nature and being a part of something larger than oneself, it may help with the feelings of helplessness and powerlessness that come with climate distress.

A similar approach is using art therapy to cope specifically with ecological grief. This approach of validating and empowering individuals to work through eco-grief comes as a response to most climate information being dire predictions and lack of governmental action. This seeks to incorporate the very real experiences of communities already affected by climate losses and address the psychological necessity of individual and collective mourning (Wharldall, 2024). With eco-grief, it is important to acknowledge the harm that has already been done because of climate change and validate feelings of grief and loss. Within this framework, the mourning process is an important way to work through the emotions caused by climate harm.

Art therapy to treat eco-grief has three main goals: contain and process complexities, provide emotional regulation, and empower clients through the art-making process. Since ecological grief is often intangible, making art representative of that grief can help clients understand and externalize those emotions. Furthermore, art therapy is a relaxing and grounding activity, so it can be used to improve emotional regulation while working through eco-grief. Creating art can help decrease feelings of helplessness and encourage meaning-making and self-expression (Wharldall, 2024). Art therapy seems to have merit for treating climate distress and eco-grief, but there is the need for more evidence and testing with this intervention.

Pro-Environmental Behaviors

Although not directly related to climate distress, there seems to be a correlation between the performance of pro-environmental, sustainable behaviors and increased feelings of happiness (Kramer et al., 2025). One study asked children about their connectedness to nature, the performance of pro-environmental behaviors, and the emotional results of those behaviors. After surveying almost 300 children, the researchers found that connectedness to nature was significantly correlated with sustainable behaviors. Furthermore, scoring higher on variables such as pro-ecology, frugality, altruism and equity related to scoring higher in their perceived happiness. It is noteworthy that the research concluded that connection to nature motivated pro-environmental behaviors, which correlated positively with happiness (Barrera-Hernández et al., 2020).

It has been theorized that the connection to nature can be a protective factor against mental health disorders, as it can offer valuable insight about existentialism, the self, and the vital role nature plays in the human experience. As the world becomes more industrialized and overdeveloped, humanity's emotional connection to nature can become a salient point in treating climate distress (Kramer et al., 2025). Building on prior research findings regarding adults, recent research has shown that connection to nature promotes emotional wellbeing in children (Barrera-Hernández et al., 2020). Promoting a stronger and more profound connection between humanity and nature can have cross-generational value in managing climate emotions.

A non-therapeutic intervention for climate distress is pro-environmental behavior or changing one's actions and habits to mitigate environmental harm (Kramer et al., 2025). One study looked at how nature connectedness and pro-environmental behaviors impacted emotional wellbeing. The data comes from an omnibus survey that included four thousand nine hundred and sixty adults between the ages of sixteen and ninety-five. After data analysis, the authors found that nature connectedness was positively correlated to eudaimonic wellbeing, household pro-environmental behaviors, and nature conservation behaviors (Martin et al., 2020). This study shows correlation, not a causal relationship, but establishes that higher nature connectedness and pro-environmental behaviors are linked with improved wellbeing.

Psychoanalytic Dream Analysis and Climate Distress

One promising approach to treat climate distress is creating a communal space for participants to talk about their dreams and nightmares regarding climate change. One psychotherapist specializing in depth psychology ran a research group spanning seven months where participants spent time discussing and analyzing the meaning of their dreams within a group setting (Gillespie, 2013). Through targeted questions and group discussion, researchers sought to understand what motivated the dream content.

Particular attention was paid to what the content revealed about the dreamer's worldview and level of experienced climate distress. For example, one participant shared a nightmare in which he lost contact with his family after a climate disaster. As the nightmare progressed, the dreamer grappled with the realization that his family had perished during the climate emergency. The psychoanalytic perspective helped reveal that this nightmare was based in the client's deep-seated fears of climate change hurting loved ones and feeling powerless to intervene (Gillespie, 2013). This process of psychoanalytic questioning and meaning making can help reveal how climate stressors impact individuals on both the conscious and subconscious levels.

Through this research, participants gained a deeper understanding and new perspective on how climate change distress may be treated on an internal plane. The internal perspective of clients can be intimately reflected in dream content analysis. This line of inquiry allows clients experiencing climate distress to probe their absolute viewpoints and allows clinicians to limit their own projections regarding climate distress (Gillespie, 2013). Conscious exploration of subconscious content allows for space from difficult emotions, such as fear and hopelessness, and creates opportunities for emotional processing.

Treating climate distress internally can also forge pathways for clients to manage their feelings around the uncertainty inherent in climate distress (Gillespie, 2013). Through dream analysis and feedback, clients may be able to alter their distressed perspective, reevaluate their thoughts and behaviors, and decide how to move forward with an improved emotional outlook. Since climate change is such a mammoth issue, engaging with it can be clinically exhausting. Studying the subconscious through dream analysis work can help individuals develop new insights, creativity, maturity, and social understandings of how climate change directly impacts them, both now and in the future, with a sense of self-efficacy and hope while also limiting the effects of clinical burnout.

The Group Setting as a Therapeutic Tool

While dream analysis work may play a crucial role in treating climate distress, the group discussion space itself has been shown to be profoundly valuable in helping those suffering from climate distress to feel seen and promote understanding of climate issues. Therapeutic group spaces can address issues of despair, burnout, and isolation. Participants have reported enhanced feelings of personal empowerment and new skills in the ability to ground emotions.

Sharing the collective dilemmas of climate change in a safe and free ranging discussion group is crucial to guiding clients to a place of greater understanding of the myriad of complex responses to climate change distress (Gillespie, 2013). Participants in group discussions demonstrated an increased willingness to engage with the issue, and experienced decreased levels of burnout and isolation. Research suggests that discussing the issue of climate distress and sharing commonly experienced feelings of hopelessness and uncertainty in a group space can be very effective in helping participants cope with their climate emotions.

Treating Ecological Grief: The Need for Community Healing

Ecological grief is a complex and unique emotional state, and oftentimes, treatments aimed at improving traditional grief can fail on those suffering from ecological grief. Eco-grief is often a type of disenfranchised grief caused by the negative impacts of climate change. One method for coping with ecological grief is processing it in community spaces intended for grieving. Research shows that, building off of the discoveries around the benefits of group settings in treating climate distress, those experiencing ecological grief may find healing opportunities in group therapy (Banks, 2025). Treating ecological grief effectively may require communal grieving to process the large-scale nature and multifaceted emotional effects of eco-grief.

Managing the enormity of ecological grief alone often leaves sufferers feeling overwhelmed and trapped in difficult emotions that may be too strong for individual processing. When emotions are too overconsuming to be processed individually; collective pain can be treated in community. History shows that the tradition of communal grieving has ancient roots, with many cultures having used communal grieving rituals to process extreme loss and grief with successful outcomes (Banks, 2025). Communal grief processing allows those experiencing ecological grief to gain a social support system. It also creates a shared outlet for the collective trauma of climate change.

There are many different methods of broaching grief in community spaces, and one example is a sharing circle. Facilitating a sharing circle involves inviting those who wish to take a turn to come into the center of the circle formed by participants and express whatever is present for them by using words, sounds, silence, tears, or movement (Banks, 2025). Each participant's sharing contribution is witnessed, acknowledged, and assimilated with respectful attention by the circle. Validating grief within a community is a proven healing strategy (Banks, 2025). Grieving ceremonies may have an important role to play in processing collective grief, especially ecological grief. Therapeutic benefits are not only based in expressing one's grief in this setting. Having the participant's grief acknowledged serves as permission to feel the emotion, which then helps to metabolize ecological grief.

Historically, many cultures have used communal grieving rituals to process extreme loss and complex grief with success (Tateo, 2022). Ancient group grieving tradition focused on moving between community support and grief, which may play a valuable role in communities impacted by climate issues. Traditional group grieving ceremonies to process grief are derived from the Dagara people of Burkina Faso (Tateo, 2022). Their model of the collective grief ritual may serve as a contemporary blueprint to help assuage some of the pain caused by modern climate destruction.

In this group grief ceremony model, participants rotate between a space to feel supported by community and a space to feel grief and loss. Participants occupy multiple roles as both mourner and supporter. The effectiveness of the collective grieving process seems to be derived from the opportunity for those grieving loss to move between roles in a nonlinear fashion. Through the enablement of holding competing emotions, group grieving ceremonies promote community strength and facilitate the free flow of both grief and support (Tateo, 2022).

In the group grieving setting, participants are able to both express their own pain while also supporting others. The pendulation of participants between bases of both resource and pain has been shown to ease the emotions surrounding challenging experiences (Banks, 2025). This dynamism has been shown to increase resiliency, with participants reporting that they are able to cope more adaptively with intense grief. Using the group grieving model to process grief related to climate change may help individuals acknowledge and accept the feelings of loss common in ecological grief and climate distress, rather than avoiding or dismissing it.

III. CLIMATE CAFES

Climate cafes are community-led spaces for people to express their emotions related to climate change. A 2025 research study endeavored to analyze how climate cafes impacted participants' climate distress and environmental behaviors. Based on the research, climate cafes often share the following goals: providing climate education, building community and collaborative efforts, resilience-building, meaningful discussions, and making a non-judgmental space for participants to share their emotions (De Jong et al., 2025).

Climate cafes are an intentional space to express climate distress alongside and within a community. They can help decrease feelings of social isolation and anxiety and increase feelings of hope and optimism. Participant feedback included increased feelings of a shared connection and a decrease in climate-related stress, however, there were some challenges. Some of the shortcomings reported during climate cafe meetings involved poor discussion facilitation, advice-giving, and participants feeling overwhelmed by other's emotions (De Jong et al., 2025).

These challenges might be solved through expanded facilitator training focused on tools that help guide discussions in a more cohesive and universal way. Some minority participants felt the space was not welcoming or felt alienated by other participants' privilege, and inclusivity and cultural barriers were reported as an issue. Online formats noted problems with a lack of participation, and technical problems preventing deeper discussions (De Jong et al., 2025). Despite these challenges, climate cafes seem to be a helpful and promising strategy for treating climate distress, especially for those who feel more socially isolated.

The Need for Natural Spaces

Nature connectedness can be hindered by a lack of access to natural spaces, therefore, maintaining green spaces in an urbanizing world is of central importance and would serve as a protective factor against developing climate distress. It is necessary to note that not all natural spaces impact people in the same way; the effectiveness of a natural space depends on the solitary experiences and composition of an individual. One type of natural space may be incredibly meaningful to one person and inconsequential to another. Access to a variety of natural spaces is crucial.

Research shows that multiple types of nature contact are associated with improved emotional outlook (Martin et al., 2020). While green spaces are valuable, it is important to ensure access to spaces with higher levels of nature (forests, ponds, etc.) in addition to spaces with lower levels of nature (small parks, street trees, etc.). Access to natural spaces and feelings of connectedness with nature are both important factors for wellbeing, and they may have use in future interventions for climate distress.

IV. CONCLUSION

Some theoretical and empirical work has already been done to determine how to treat climate distress, but there is a need for more varied interventions and expanded research on their efficacy. The approaches presented here are promising and representative of the diversified options necessary to tackle the evolving need for specialized clinical therapies. Based on the fact that climate change continues to worsen with time, there is a great need to research these interventions, especially on a long-term scale.

Climate distress rates are high, especially in younger people, and there are multifaceted, complex causes. Young people are already at a vulnerable stage in their lives, and they are impacted the most by climate distress while facing more mental health issues than previous generations. This cohort contributed the least to climate change yet are facing the most intense real-world impacts and mental health consequences from it. Furthermore, there is a lack of understanding about how climate misinformation and the absence of environmental education relate to climate distress.

It is also imperative to consider physical location when implementing climate distress response. Different geographical locations may have distinctive and dissimilar needs. For example, countries in the Global South, who had the smallest role in climate change per capita, are experiencing the most drastic and dangerous repercussions from it. It is crucial to understand how people in different geographical locations experience climate distress depending on how their specific community is impacted by climate emergencies and climate breakdown. It is essential to enact policies that support resilient and flexible climate mental health approaches across diverse locations and populations.

The lack of governmental response in terms of climate initiatives may further exacerbate the rates of climate distress. Many people suffering from climate distress feel betrayed by apathetic government inaction. When combined with an absence of active climate education, these frustrations can foster a culture of climate avoidance. Putting responsibility on an individual to independently educate themselves and create change intensifies feelings of overwhelm and may further intensify avoidance behaviors. Due to widespread governmental inertia and the pervasive atmosphere of fear and helplessness around the climate crisis, the need for empirical interventions focused specifically on treating climate distress will continue to exponentially increase.

Future Research

Future research should be aimed at innovating new modalities to treat climate distress. Innovation should be directed at not just discovering new treatments but also adapting existing psychological treatment modalities into more targeted solutions specifically for climate distress and eco-grief. More research is needed to investigate the multifaceted aspects of eco-grief in order to develop effective treatment strategies.

Research is needed to understand how misinformation and disinformation regarding climate change impacts feelings about the future and climate change. The lack of climate education may contribute to feelings of overwhelm once an individual begins to inform themselves about the issue and the way information is presented may impact resulting climate emotions. Future research should be focused on understanding how a lack of awareness around climate distress can potentially cause increased feelings of isolation and hopelessness.

There is an urgent need to understand risk factors for climate distress and develop a standardized treatment response. There are currently no universally accepted definitions of terms like eco-anxiety and climate distress, and there are few ways to measure climate pathologies. Discovering and defining climate pathologies versus normal climate emotions should be a priority.

The potential for climate emotions to impact other mental health issues and psychological comorbidities should be explored. Climate distress can exacerbate already existing psychological pathologies and create overlapping conditions, such as climate-fixated Obsessive-Compulsive Disorder (OCD) and climate-specific Post-Traumatic Stress Disorder (PTSD). More research is needed to determine how best to respond to these complex cases of climate distress pathology.

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