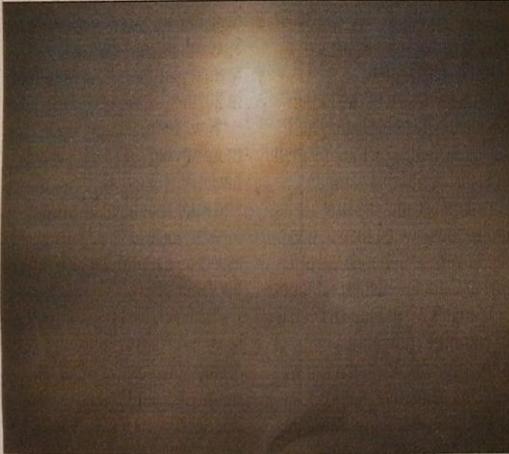




KEMENTERIAN SAINS,
TEKNOLOGI DAN INOVASI
MINISTRY OF SCIENCE, TECHNOLOGY AND INNOVATION



TARIKH	16 MAC 2026 (ISNIN)	SURATKHABAR	BH / UM / NST / TS / HM / KOSMO
TAJUK ARTIKEL	COULD POLLUTION AFFECT MENTAL HEALTH?		
M/S	10 (HEALTH)	KATA KUNCI	POLLUTION, MENTAL HEALTH
BIDANG	ENVIRONMENT		



Pollution is increasingly being looked at as a potential risk factor for poor mental health. – dpa

Could pollution affect mental health?

POLLUTION is being looked at as a likely contributor to Europe's "significant increase in the prevalence and incidence of mental health disorders", according to the European Environment Agency (EEA).

While more work is needed to confirm "a clear causality link", the EEA says there is a "significant correlation between exposure to pollution and mental health issues".

"Long-term exposure to poor air quality is linked to an in-

creased prevalence or risk of new onset depression," the agency says, while also pointing out the dangers of exposure to lead, second-hand smoke, endocrine disruptors and other chemicals early in life.

In early 2024, the American Medical Association published research linking pre-birth and early-life air and noise pollution exposure to "psychotic experiences, depression and anxiety" among adolescents and young adults.

The EEA called for wider recognition of "the positive effects of nature-based solutions on mental well-being" as a potential counter to pollution.

The EEA report follows the recent publication of research by McGill University in Canada saying spending time in nature has a "restorative" effect, prompting changes in the brain that "calm stress, restore attention and quiet mental clutter".
– dpa