

THE GRATITUDE QUESTIONNAIRE

The Gratitude Questionnaire (GQ-6) assesses a person's gratitude disposition, which is defined as a generalized tendency to recognize and respond with grateful emotion to the roles of other people's benevolence in the positive experiences and outcomes that one experiences.

There is evidence that the scale is positively related to optimism, life satisfaction, hope, spirituality and religiousness, forgiveness, empathy and prosocial behaviour, and negatively related to depression, anxiety, materialism and envy.

INSTRUCTIONS FOR SCORING

Sum up your scores for all 6 items.

Items 3 and 6 are to be reverse-scored. For example, if you scored a '7', give yourself a '1'. If you scored a '6', give yourself a '2'.

INTERPRETATION OF SCORES

Based on a sample of 1,224 adults who took the GQ-6 as part of a feature on the Spirituality and Health Web Site, here are some benchmarks for making sense of your score:

75th Percentile: Someone who scored a **41 out of 42** on the GQ-6 scored higher than 75% of the people who took the survey. If you scored a **42 or higher**, then you scored among the top 13% of people who took the survey.

50th Percentile: Someone who scored a **38 out of 42** on the GQ-6 scored higher than 50% of the people who took it. If you **scored below a 38**, then you are in the bottom 50% of people who took the survey.

25th Percentile: Someone who scored a **35 out of 42** on the GQ-6 scored higher than 25% of the people who took it. If you scored **below a 35**, then you are in the bottom 25% of the sample of people who took the survey in terms of gratitude.

AUTHOR(S)

The scale is developed by Dr. Michael E. McCullough and Dr. Robert A. Emmons.

KEY REFERENCE

McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). The Grateful Disposition: A conceptual and Empirical Topography. *Journal of Personality and Social Psychology*, 82, 112-127.

TIME TAKEN TO COMPLETE

Less than 5 minutes

THE GRATITUDE QUESTIONNAIRE

Using the 1 – 7 scale below, indicate your agreement with each item by placing the appropriate number in the box preceding that item.

- 7 = Strongly Agree
- 6 = Agree
- 5 = Slightly Agree
- 4 = Neither Agree nor Disagree
- 3 = Slightly Disagree
- 2 = Disagree
- 1 = Strongly Disagree

_____ I have so much in life to be thankful for.

_____ If I had to list everything that I felt grateful for, it would be a very long list.

_____ When I look at the world, I don't see much to be grateful for.

_____ I am grateful to a wide variety of people.

_____ As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.

_____ Long amounts of time can go by before I feel grateful to something or someone.

_____ **Total**