

THE GRATITUDE QUESTIONNAIRE

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.

Description of Measure:

A 6-item self-report questionnaire that aims to measure proneness to feel and experience gratitude in one's everyday life. Respondents indicate how much they agree or disagree with each item on a 7-point Likert-type scale that ranges from 1 (strongly disagree) to 7 (strongly agree).

Visit <http://www.psy.miami.edu/faculty/mmccullough/gratitude/2-Page%20Blurb%20on%20the%20Gratitude%20Questionnaire.pdf> for more information about the scale.

Abstracts of Selected Related Articles:

Exline, J. J., Baumeister, R. F., Bushman, B. J., Campbell, W. K., & Finkel, E. J. (2004). Too proud to let go: Narcissistic entitlement as a barrier to forgiveness. *Journal of Personality and Social Psychology, 87*, 894-912

Narcissistic entitlement impedes forgiveness in ways not captured by other robust predictors (e.g., offense severity, apology, relationship closeness, religiosity, Big Five personality factors), as demonstrated in 6 studies. Narcissistic entitlement involves expectations of special treatment and preoccupation with defending one's rights. In Study 1, entitlement predicted less forgiveness and greater insistence on repayment for a past offense. Complementary results emerged from Study 2, which used hypothetical transgressions, and Study 3, which assessed broad forgiveness dispositions. Study 4 examined associations with the Big Five, and Study 5 extended the findings to a laboratory context. Study 6 demonstrated that entitlement predicted diminished increases in forgiveness over time. Taken together, these results suggest that narcissistic entitlement is a robust, distinct predictor of unforgiveness.

McCullough, M. E., Tsang, J., & Emmons, R. A. (2004). Gratitude in intermediate affective terrain: Links of grateful moods to individual differences and daily emotional experience. *Journal of Personality and Social Psychology, 86*, 295-309.

Two studies were conducted to explore gratitude in daily mood and the relationships among various affective manifestations of gratitude. In Study 1, spiritual transcendence and a variety of positive affective traits were related to higher mean levels of gratitude across 21 days. Study 2 replicated these findings and revealed that on days when people had more grateful moods than was typical for them, they also reported more frequent daily episodes of grateful emotions, more intense gratitude per episode, and more people to whom they were grateful than was typical for them. In addition, gratitude as an affective trait appeared to render participants' grateful moods somewhat resistant to the effects of discrete emotional episodes of gratitude.

Emmons, R. A. & McCullough, M. E. (2003). Counting blessing versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology, 84*, 377-389.



The effect of a grateful outlook on psychological and physical well-being was examined. In Studies 1 and 2, participants were randomly assigned to 1 of 3 experimental conditions (hassles, gratitude listing, and either neutral life events or social comparison); they then kept weekly (Study 1) or daily (Study 2) records of their moods, coping behaviors, health behaviors, physical symptoms, and overall life appraisals. In a 3rd study, persons with neuromuscular disease were randomly assigned to either the gratitude condition or to a control condition. The gratitude-outlook groups exhibited heightened well-being across several, though not all, of the outcome measures across the 3 studies, relative to the comparison groups. The effect on positive affect appeared to be the most robust finding. Results suggest that a conscious focus on blessings may have emotional and interpersonal benefits.

Scale (taken from <http://www.psy.miami.edu/faculty/mmccullough/gratitude/2-Page%20Blurb%20on%20the%20Gratitude%20Questionnaire.pdf>)

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

- 1 = strongly disagree**
- 2 = disagree**
- 3 = slightly disagree**
- 4 = neutral**
- 5 = slightly agree**
- 6 = agree**
- 7 = strongly agree**

___1. I have so much in life to be thankful for.

___2. If I had to list everything that I felt grateful for, it would be a very long list.

___3. When I look at the world, I don't see much to be grateful for.

___4. I am grateful to a wide variety of people.

___5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.

___6. Long amounts of time can go by before I feel grateful to something or someone.

Scoring:

Items 3 and 6 are reverse scored. Scoring is kept continuous.

