

Appendix A

The Gratitude Questionnaire-Six Item Form (GQ-6)

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 Instructions:

1. Add up your scores for items 1, 2, 4, and 5.
2. Reverse your scores for items 3 and 6. That is, if you scored a "7," give yourself a "1," if you scored a "6," give yourself a "2," etc.
3. Add the reversed scores for items 3 and 6 to the total from Step 1. This is your total GQ-6 score. This number should be between 6 and 42.

Interpretation:

-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.

-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 1/4th of our sample of Spirituality and Health Visitors in terms of gratitude.

-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 one-half of people who took the survey.

-75th Percentile: Someone who scored a 41 out of 42 on the GQ-6 scored higher than 75% of the 1, 224 individuals who took the GQ-6 on the Spirituality and Health web site one year ago.

-If you scored a 42 or higher, then you scored among the top 13% of our Spirituality and Health Sample.

Additional normative data:**Table 1.** Summary of Means and Standard Deviations for GQ-6 Scores

Study	N	Sample	M	SD
Anderson, Giacalone, & Jurkiewicz (2007)	603	Business school graduate students	38.50	3.67
Breen, Kashdan, Lenser, & Fincham (2010)	140	US college students	35.62	5.25
Chen, Chen, Kee, & Tsai (2008)	608	Taiwanese college students	28.55	5.25
Chen & Kee (2008)- Study 1	169	Taiwanese senior high school athletes	28.68	4.50
Chen & Kee (2008)- Study 2	265	Taiwanese senior high school athletes	27.54	4.56
Froh, Emmons, Card, Bono, & Wilson (2011)	1,035	US High-school students (14-19 years)	33.17	5.43
Froh, et al. (2011)	274	Youth sample (17-19 years)	28.39	4.75
	260	Youth sample (16 years)	28.08	5.11
	249	Youth sample (15 years)	29.24	4.68
	207	Youth sample (14 years)	29.63	4.32
	194	Youth sample (12-13 years)	29.58	4.40
	217	Youth sample (10-11 years)	30.44	4.37
Kashdan & Breen (2007)	144	US college students	36.68	5.13
Kashdan, Mishra, Breen, & Froh, (2009)- Study 2a	214	US college students (Female)	36.22	4.58
		US college students (Male)	34.13	7.11
Kashdan, et al. (2009)- Study 2b	76	Older adults (Female)	36.98	4.75
		Older adults (Male)	35.76	4.05
Kashdan, et al. (2009)- Study 3	190	US college students (Female)	36.80	5.39
		US college students (Male)	34.83	5.52
Kashdan, Uswatte, & Julian (2006)	75	PTSD group	22.1	9.4
		Non-PTSD group	33.7	7.0
McCullough, Emmons, & Tsang (2002)- Study 1	238	US college students	35.52	5.28
McCullough, et al. (2002)- Study 2	1,228	Adult volunteers (age 18-75)	36.9	4.92
McCullough, et al. (2002)- Study 3	156	US college students	34.92	5.16
McCullough, Tsang, & Emmons (2004)- Study 1	96	Adult volunteers (age 22-77)	35.58	5.76
McCullough, et al. (2004)- Study 2	112	US college students	37.86	3.90
Strelan (2007)	275	Australian college students	34.35	5.03
Wood, Maltby, Gillett, Linley, & Joseph (2008)-Study 1	156	British college students	28.97 (T1)	8.26 (T1)
			29.57 (T2)	8.71 (T2)
Wood, et al. (2008)-Study 2	87	British college students	35.13	4.40

Location: 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.

Copyright by Robert Emmons, August 10th, 2011.

The scale was published in a scientific journal for use in the public domain. You do not need to contact any of the authors for permission to use these scales in non-commercial research. You may not use the scales for commercial purposes without permission.