

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.

25% 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 1/4<sup>th</sup> of our sample of Spirituality and Health Visitors in terms of gratitude.

50<sup>th</sup> 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.

75<sup>th</sup> 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 Across Studies

Study	N	Sample	M	SD
Andersson, Giacalone, & Jurkiewicz (2007)	603	Business school graduate students	38.50	3.67
*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
Giacalone, Paul, & Jurkiewicz (2005)	133	Adult volunteers	37.99	4.41
Kashdan & Breen (2007)	144	US college students	36.68	5.13
Kashdan, Mishra, Breen, & Froh, (2009)- Study 2a	214	US college students( <i>Female</i> )	36.22	4.58
		US college students( <i>Male</i> )	34.13	7.11
Kashdan, et al. (2009)- Study 2b	76	Older adults ( <i>Female</i> )	36.98	4.75
		Older adults ( <i>Male</i> )	35.76	4.05
Kashdan, et al. (2009)- Study 3	190	US college students( <i>Female</i> )	36.80	5.39
		US college students( <i>Male</i> )	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
Neto (2007) (used 5-point scale)	152	Portuguese college students ( <i>Female</i> )	32.34	5.46
		Portuguese college students ( <i>Male</i> )	30.75	4.96
Strelan (2007)	275	Australian college students	34.35	5.03
Wood, Maltby, Gillett, Linley, & Joseph (2008)-Study 1	156	British college students (Time 1)	28.97	8.26
		(Time 2)	29.57	8.71
Wood, et al. (2008)-Study 2	87	British college students	35.13	4.40

\*Included the five-item Chinese version of the GQ-6.

**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.

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