

Instrument Title: The Gratitude Questionnaire (GQ-6)
Instrument Author: McCullough M., E
Cite instrument as: McCullough M., E. (2013) . The Gratitude
Questionnaire (GQ-6) . Measurement Instrument
Database for the Social Science. Retrieved from
www.midss.ie



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.*

*Items 3 and 6 are reverse-scored.