

Are you a Grateful Person? (The Gratitude Questionnaire-Six Item Form, GQ-6)

Instructions

Do you have much in life to be grateful for? Are you someone who can easily think of things you are thankful for? This brief 6-item measure of gratitude assesses your trait (i.e. dispositional) gratitude. Using the scale below, indicate how much you agree to each of the statements to see how much gratitude you generally experience.

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. I have some 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 amount of time can go by before I feel grateful to something or someone.							

Scoring

Total gratitude score = Sum items 1-6

Reverse Scoring

Items 3 and 6 are reverse-scored

Interpretation

Based on a sample of 1,224 adults who recently 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 1/4th 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.

Details of this interpretation can be found at: <http://www.psy.miami.edu/faculty/mmccullough/Gratitude-Related%20Stuff/GQ-6-scoring-interp.pdf>

Reference

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82(1), 112-127.