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 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.