



## Gratitude Questionnaire-Revised

Source: The items come from the six-item Gratitude Questionnaire. [Public Domain](#)

**Reference:** 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

**Scale Description:** The Gratitude Questionnaire-Six-Item Form (GQ-6) is a six-item, self-report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life.

### Scoring and Algorithm

**Note:** For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High

### Scoring, Algorithm and Feedback notes

Each item is scored 1-7, as indicated below. Total is sum of all 6 items, possible range for total is 6-42.  
Reverse Scores for items 3 and 6.\*

### Algorithm

|               |                    |             |
|---------------|--------------------|-------------|
| Total = 6-35  | Low Gratitude      | Feedback #1 |
| Total = 36-40 | Moderate Gratitude | Feedback #2 |
| Total = 41-42 | High Gratitude     | Feedback #3 |



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**Instructions:** Using the scale below as a guide, indicate how much you agree with each statement below.

**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 for 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. \_\_\_\_\_

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