

Gratitude Questionnaire (GQ-6)

Patient name: _____ Age: _____

Sex: _____ Date: _____

Instructions

Using the scale below as a guide, choose a response beside each statement to indicate how much you agree with it.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neutral	Slightly agree	Agree	Strongly agree

	1	2	3	4	5	6	7
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.							

Total score: _____

Scoring and interpretation

Add up scores for items 1, 2, 4, and 5. Reverse the scores for items 3 and 6, then add the reversed scores to the total score. The total score can range from 6 to 42.

Although higher scores on the GQ-6 are positively correlated with a range of positive outcomes, when individuals fill out this measure, the emphasis should be on self-awareness and not on overall scores.

You can make the point that gratitude is like a muscle. The more clients practice it, the stronger it becomes. Also offer resources available for any client who finds completing the measure distressing.

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.
<https://doi.org/10.1037/0022-3514.82.1.112>