

Gratitude Questionnaire-6 (GQ-6)

Category: Wellbeing | Items: 6 | Time: ~2-3 min

Description / When to Use

6-item measure of individual differences in the disposition to experience gratitude.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 6 items in this scale. Estimated completion time: 2-3 min.

Scale Items

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 Guide

Score according to instrument-specific rules. See original publication.

Cutoff Interpretation

Score Range	Severity	Recommended Action
6–24	Low gratitude	Consider gratitude interventions
25–33	Moderate gratitude	Monitor
34–42	High gratitude	Maintain

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

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

DOI: 10.1037/0022-3514.82.1.112

URL: <https://pubmed.ncbi.nlm.nih.gov/11811629/>

Disclaimer: Sum all 6 items scored 1-7 (strongly disagree to strongly agree). Items 3 and 6 are reverse-scored. Total range 6-42. Higher scores indicate greater gratitude.