

Measuring Gratitude

Validation of the Dutch S-GRAT and GQ-6

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Aim

The goal of this study was to validate the Dutch translations of the Short Gratitude, Resentment, and Appreciation Test (S-GRAT) from Thomas and Watkins (2003) and the Gratitude Questionnaire 6 (GQ-6) from McCullough, Emmons, and Tsang (2002). Associations between the grateful trait, its proposed characteristics as represented in the three subscales of the S-GRAT-NL (lack of a sense of deprivation, simple appreciation, appreciation of others) and measures of well-being such as satisfaction with life (SWLS), negative affect (NA) and positive affect (PA) were examined.

Sample

The sample consisted of 706 Dutch speaking adults from the general population (Mean age = 44 years, SD = 14, Range = 18 – 80). At six weeks follow-up, 440 participants of the initial sample completed the survey (Mean age = 46 years, SD = 14, Range = 18 - 80).

Method and measures

An online survey with a baseline measurement and a six-weeks follow-up was conducted, using the translated versions of the S-GRAT, the GQ-6, the Satisfaction With Life Scale, and Positive Affect and Negative Affect Schedule.

Analysis

Confirmatory Factor Analysis, McDonalds omega, and Intraclass Correlation Coefficient was used to determine the reliability of both questionnaires. Multiple regression models were used to determine concurrent, convergent, and divergent validity.

Results

Test-retest reliability after a six week interval between total scores and scores of subscales

Measures	ICC(3,2)	CI
GQ-6-NL	.74**	0.70 – 0.78
S-GRAT-NL	.83**	0.80 – 0.86
LOSD	.81**	0.77 – 0.84
SA	.80**	0.77 – 0.83
AO	.80**	0.76 – 0.83

Note. ** $p < .05$, ICC = intraclass correlation coefficient, CI = confidence interval, LOSD = lack of a sense of deprivation, SA = simple appreciation, AO = appreciation of others.

Multiple regression coefficients of total scores and subscales scores of the GQ-6-NL and S-GRAT-NL and the dependent variables as measured with the SWLS, S-GRAT-NL, GQ-6-NL, PA and NA

	SWLS	PA	NA	S-GRAT-NL	GQ-6-NL
GQ-6-NL	$\beta = .43^{**}$	$\beta = .46^{**}$	$\beta = -.26^{**}$	$\beta = .69^{**}$	-
S-GRAT-NL	$\beta = .50^{**}$	$\beta = .36^{**}$	$\beta = -.26^{**}$	-	$\beta = .70^{**}$
LOSD	$\beta = .52^{**}$	$\beta = .22^{**}$	$\beta = -.33^{**}$	$\beta = .75^{**}$	$\beta = .47^{**}$
SA	$\beta = .27^{**}$	$\beta = .31^{**}$	$\beta = -.12^{*}$	$\beta = .67^{**}$	$\beta = .48^{**}$
AO	$\beta = .67^{**}$	$\beta = .35^{**}$	$\beta = -.24^{**}$	$\beta = .62^{**}$	$\beta = .51^{**}$

Note. $N = 706$, * $p < .05$, ** $p < .01$. SWLS = Satisfaction With Life Scale, PA = positive affect scale, NA = negative affect scale, CI = confidence interval, LOSD = lack of a sense of deprivation, SA = simple appreciation, AO = appreciation of others.

Conclusion

The translated questionnaires appear to be psychometrically sound and can be used for research of the grateful trait in a Dutch speaking population. Future research will extend our understanding of gratitude as a trait, and its characteristics represented in the three subscales of the S-GRAT-NL.

References

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