Gratitude Interventions Study



consent You are being invited to participate in a research study titled the Online Emotions and Beliefs Study. Michael McCullough, PhD (Principal Investigator) and Annabel Dang, BS (Co-Investigator) at the University of California, San Diego (UCSD) are conducting this research. You were selected to participate because you are a representative member of the society the investigators wish to study. There will be approximately 1600 participants in the study.  
  
This study is designed to investigate how people think in digital contexts about their social and emotional lives. If you agree to participate, you will be asked to complete a self-report survey that asks about your feelings, beliefs, and personal background. You will also be asked to complete a short writing task. There may or may not be any direct benefit to you from this research. The investigators, however, may learn more about psychology that could benefit society.  
  
There are minimal risks associated with this research study. Risks involved in participating in this study include feelings of fatigue, frustration, or boredom. Research records will be kept confidential to the extent allowed by law and may be reviewed by the UCSD Institutional Review Board. As with all research, there is also the possibility of loss of confidentiality. However, the information you provide today will be identified only by a study number: No data will identify you personally. Your data may be made available in the future to other researchers.  
  
Participation will take around 15 minutes. You will receive payment for participating. Should you have any question regarding your compensation at any time during the experiment, please refer to the experimenter. Your participation in this study is completely voluntary and you can withdraw at any time by simply exiting the survey. Choosing not to participate or withdrawing will result in no penalty or loss of benefits to which you are entitled. You are free to skip any question that you choose. The alternatives to participating in this study are to simply not participate.  
  
If you have questions about this project or if you have a research-related problem, you may contact: Michael McCullough, Ph.D., Department of Psychology, University of California, San Diego, 9500 Gilman Drive, La Jolla, CA 92093-0109 and by email at memccullough@ucsd.edu. If you have any questions concerning your rights as a research subject, you may contact the UCSD Human Research Protections Program Office at 858-246-HRPP (858-246-4777).  
  
Do you consent?

* I consent (1)
* I DO NOT consent (2)

End of Block: Consent Form

Start of Block: prolific

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prolific\_id What is your Prolific ID? (Please note that this response should auto-fill with the correct ID)

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End of Block: prolific

Start of Block: control

control Please click the arrow to proceed to the next portion of the study.

End of Block: control

Start of Block: control\_events

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control\_list In life, there are events, both large and small, that end up affecting us. For the next few minutes, think back over the past day (past 24 hours) and write down five events that somehow affected you. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: control\_events

Start of Block: control\_int\_events

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control\_interesting In life, there are events, both large and small, that end up affecting us. For the next few minutes, think back over the past day (past 24 hours) and write down five interesting events that somehow affected you. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: control\_int\_events

Start of Block: control\_hassles

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control\_hassles In life, we sometimes encounter hassles and annoying situations that may bother and irritate us. They can occur in various realms of our lives (in personal relationships, in the workplace, at university, at home, or in relation to finances or health). For the next few minutes, think back over the past day (past 24 hours) and write down five hassles or annoying situations you had to face. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: control\_hassles

Start of Block: grat\_list

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grat\_list There are many things in our lives, both large and small, that we might be grateful for. For the next few minutes, think back over the past week and write down five things in your life that you are grateful or thankful for. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_list

Start of Block: grat\_letter

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grat\_letter In our daily lives, we often thank people for both large and small things. However, it can sometimes be difficult to make time to express our gratitude more deeply. Today, we want you to write a letter of gratitude to someone who has done something for which you are extremely grateful. Please do not share your letter with this person or anyone else. Think of the people – partners, parents, siblings, relatives, friends, neighbors, mentors, and so on – who have been especially generous and thoughtful towards you. For example, you may feel grateful to a parent who has always been there for you, or to a friend who helped you through a hard time. For the next few minutes, we would like you to pick ONE person who helped you, and write a letter of gratitude to them. To give you some ideas of what to write, you could describe the kind act(s) this person did for you and how the kind act(s) affected your life. You could also describe what you are doing now and how you often remember their efforts. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential.  an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_letter

Start of Block: grat\_text

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grat\_text In our daily lives, we often thank people for both large and small things. However, it can sometimes be difficult to make time to express our gratitude more deeply. Today, we want you to use your smartphone to text someone who has done something for which you are extremely grateful, and thank them for their kind act(s). Think of the people – partners, parents, siblings, relatives, friends, neighbors, mentors, and so on – who have been especially generous and thoughtful towards you. For example, you may feel grateful to a parent who has always been there for you, or to a friend who helped you through a hard time. For the next few minutes, we would like you to pick ONE person who helped you, and text them to share your gratitude. Please also type the contents of that message in the text box below. Please text ONLY the person who helped you directly via a private message. That is, we do not want you to text that person in a group message where other people can see it. To give you some ideas of what to say, you could describe the kind act(s) this person did for you and how the kind act(s) affected your life. You could also describe what you are doing now and how you often remember their efforts. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_text

Start of Block: grat\_hk\_list

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grat\_hk\_list There are many things in our lives, both large and small, that we might be grateful for. For the next few minutes, think back over the past week and write down three moments that you are grateful or thankful for. Please reflect on each of the three good things by asking yourself three questions. What did I receive? What did I give? What more could I do? As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_hk\_list

Start of Block: grat\_sing\_sub

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grat\_sing\_sub There are many things in our lives, both large and small, that we might be grateful for. For the next few minutes, think back over the past day (past 24 hours) and write down five things in your life that you are grateful or thankful for. Next, please choose one of the entries you have written above and describe how your life would be like if that particular moment or person was not present in your life. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_sing\_sub

Start of Block: grat\_god\_list

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grat\_god\_list We are interested in people’s experiences of gratitude toward God. Please write down anything for which you are grateful or thankful to God for giving you. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_god\_list

Start of Block: grat\_god\_letter

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grat\_god\_letter Many people are grateful to God, a higher power, or some type of spiritual being for giving them gifts. Think about how God, a higher power, or some type of spiritual being has benefited you. List how you refer to this entity here and indicate how you would best describe them. Please write a letter to this entity, thanking them for all the ways they have benefited you. As you write, don’t worry about perfect grammar and spelling, and remember that anything you write will remain strictly confidential. Should an experimenter read this entry in the future, it will be identifiable only by a participant number and not by your name.

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End of Block: grat\_god\_letter

Start of Block: gratitude\_manipulation\_check

emotion\_instructions For the next part of the study, we'll ask you to answer 28 questions about how you are feeling at this moment.

End of Block: gratitude\_manipulation\_check

Start of Block: emotion\_1

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emotion At this moment, to what degree are you feeling each of the following emotions?

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 Not at all (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 Extremely (7) |
| Happy (happy) |  |  |  |  |  |  |  |
| Obligated (obligated) |  |  |  |  |  |  |  |
| Sad (sad) |  |  |  |  |  |  |  |
| Proud (proud) |  |  |  |  |  |  |  |
| Optimistic (optimistic) |  |  |  |  |  |  |  |
| Envious (envious) |  |  |  |  |  |  |  |

End of Block: emotion\_1

Start of Block: emotion\_2

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emotion At this moment, to what degree are you feeling each of the following emotions?

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|  | 1 Not at all (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 Extremely (7) |
| Angry (angry) |  |  |  |  |  |  |  |
| Depressed (depressed) |  |  |  |  |  |  |  |
| Pleased (pleased) |  |  |  |  |  |  |  |
| Uncomfortable (uncomfortable) |  |  |  |  |  |  |  |
| Annoyed (annoyed) |  |  |  |  |  |  |  |
| Nervous (nervous) |  |  |  |  |  |  |  |

End of Block: emotion\_2

Start of Block: emotion\_3

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emotion At this moment, to what degree are you feeling each of the following emotions?

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|  | 1 Not at all (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 Extremely (7) |
| Thankful (thankful) |  |  |  |  |  |  |  |
| Joyful (joyful) |  |  |  |  |  |  |  |
| Anxious (anxious) |  |  |  |  |  |  |  |
| Guilty (guilty) |  |  |  |  |  |  |  |
| Hopeful (hopeful) |  |  |  |  |  |  |  |
| Bitter (bitter) |  |  |  |  |  |  |  |

End of Block: emotion\_3

Start of Block: emotion\_4

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emotion At this moment, to what degree are you feeling each of the following emotions?

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|  | 1 Not at all (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 Extremely (7) |
| Appreciative (appreciative) |  |  |  |  |  |  |  |
| Satisfied (satisfied) |  |  |  |  |  |  |  |
| Indebted (indebted) |  |  |  |  |  |  |  |
| Content (content) |  |  |  |  |  |  |  |
| Ashamed (ashamed) |  |  |  |  |  |  |  |

End of Block: emotion\_4

Start of Block: emotion\_5

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emotion At this moment, to what degree are you feeling each of the following emotions?

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|  | 1 Not at all (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 Extremely (7) |
| Frustrated (frustrated) |  |  |  |  |  |  |  |
| Scared (scared) |  |  |  |  |  |  |  |
| Peaceful (peaceful) |  |  |  |  |  |  |  |
| Grateful (grateful) |  |  |  |  |  |  |  |
| Jealous (jealous) |  |  |  |  |  |  |  |

End of Block: emotion\_5

Start of Block: captcha

captcha Before you continue, please complete the captcha below.

End of Block: captcha

Start of Block: life\_satisfaction

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life\_satisfaction Below are some personal statements that you may agree or disagree with. Please indicate the response that best fits you, using the 7-point scale below.

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|  | Strongly disagree (1) | Disagree (2) | Somewhat disagree (3) | Neither agree nor disagree (4) | Somewhat agree (5) | Agree (6) | Strongly agree (7) |
| I feel that in most ways my life is close to my ideal. (ls\_1) |  |  |  |  |  |  |  |
| I feel that the conditions of my life are excellent. (ls\_2) |  |  |  |  |  |  |  |
| I am satisfied with my life. (ls\_3) |  |  |  |  |  |  |  |
| I feel that I have gotten the important things I want in life. (ls\_4) |  |  |  |  |  |  |  |
| I feel that even if I could live my life over, I would change almost nothing. (ls\_5) |  |  |  |  |  |  |  |

End of Block: life\_satisfaction

Start of Block: social\_connection

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social\_connection Below are some personal statements that you may agree or disagree with. Please indicate the response that best fits you, using the 5-point scale below.

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|  | Strongly disagree (1) | Somewhat disagree (2) | Neither agree nor disagree (3) | Somewhat agree (4) | Strongly agree (5) |
| I feel a sense of contact with people who care for me, and whom I care for. (sc\_1) |  |  |  |  |  |
| I feel a strong sense of intimacy with the people I spent time with. (sc\_2) |  |  |  |  |  |
| I felt close and connected with other people who are important to me. (sc\_3) |  |  |  |  |  |

End of Block: social\_connection

Start of Block: circle\_task

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circle\_task How did you currently feel about yourself? Please pick the circle that fits how small or large you feel about yourself.

* 1 (1)
* 2 (2)
* 3 (3)
* 4 (4)
* 5 (5)
* 6 (6)
* 7 (7)

End of Block: circle\_task

Start of Block: color\_task

color\_task Next, you will see a series of colors. We are interested in your perception of the colors. Please look at each color and indicate how you perceive it.

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| Page Break |  |

color\_task\_red How red is this color? 0 = not at all; 50 = moderately; 100 = extremely

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| How red is this color? () |  |

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| Page Break |  |

color\_task\_yellow How yellow is this color? 0 = not at all; 50 = moderately; 100 = extremely

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| How yellow is this color? () |  |

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| Page Break |  |

color\_task\_blue How blue is this color? 0 = not at all; 50 = moderately; 100 = extremely

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| How blue is this color? () |  |

End of Block: color\_task

Start of Block: ladder

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ladder Please imagine a ladder, with steps numbered from 1 at the bottom to 9 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

|  |  |  |
| --- | --- | --- |
|  |  | 1 (2)  2 (3)  3 (4)  4 (5)  5 (6)  6 (7)  7 (8)  8 (9)  9 (10) |

End of Block: ladder

Start of Block: self\_image

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self\_image Please indicate which one of the following drawings best describes yourself.

* Image:1.png (1)
* Image:2.png (2)
* Image:3.png (3)
* Image:4.png (4)
* Image:5.png (5)
* Image:6.png (6)
* Image:7.png (7)

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| Page Break |  |

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signature Looking at the drawing you selected in the question above, which of the following signature below would most closely resemble your own?

* Image:1.png (1)
* Image:2.png (2)
* Image:3.png (3)
* Image:4.png (4)
* Image:5.png (5)
* Image:6.png (6)
* Image:7.png (7)

End of Block: self\_image

Start of Block: gratitude

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gratitude Below are some personal statements that you may agree or disagree with. Please indicate the response that best fits you, using the 7-point scale below.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Somewhat disagree (3) | Neither agree nor disagree (4) | Somewhat agree (5) | Agree (6) | Strongly agree (7) |
| I have so much in life to be thankful for. (gratitude\_1) |  |  |  |  |  |  |  |
| If I had to list everything that I felt grateful for, it would be a very long list. (gratitude\_2) |  |  |  |  |  |  |  |
| When I look at the world, I don't see much to be grateful for. (gratitude\_3) |  |  |  |  |  |  |  |
| I am grateful to a wide variety of people. (gratitude\_4) |  |  |  |  |  |  |  |
| As I get older, I find myself more able to appreciate the people, events, and situations that have been part of my life history. (gratitude\_5) |  |  |  |  |  |  |  |
| Long amounts of time can go by before I feel grateful to something or someone. (gratitude\_6) |  |  |  |  |  |  |  |

End of Block: gratitude

Start of Block: gratitude\_frequency

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gratitude\_frequency Please check the box to the right of each question to indicate how often you engaged in the following behaviors over the past two weeks.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Did not perform the behavior (0) | Performed the behavior once (1) | Performed the behavior more than once (2) |
| Thanked someone you didn’t know who did a small favor for you in public (for example, someone who opened a door for you). (gratitude\_frequency\_1) |  |  |  |
| Expressed appreciation to a service worker (for example, someone who works in a restaurant or a grocery store). (gratitude\_frequency\_2) |  |  |  |
| Tried to return a favor to someone who did something nice for you. (gratitude\_frequency\_3) |  |  |  |
| Let your family and friends know that you appreciate them. (gratitude\_frequency\_4) |  |  |  |
| Helped someone because they had helped you in the past. (gratitude\_frequency\_5) |  |  |  |
| Made a point to not forget after someone had helped you. (gratitude\_frequency\_6) |  |  |  |
| Helped a coworker with a task because they had helped you before. (gratitude\_frequency\_7) |  |  |  |
| Complimented a friend who had done something nice for you. (gratitude\_frequency\_8) |  |  |  |
| Told other people about a nice thing that someone else did for you. (gratitude\_frequency\_9) |  |  |  |

End of Block: gratitude\_frequency

Start of Block: gratitude\_religion

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belief\_in\_god Which of these statements comes closest to describing your own belief in God?

* I currently believe in God. (1)
* I formerly believed in God, but no longer believe in God. (2)
* I have never believed in God. (3)

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religious\_grat Below are some personal statements that you may agree or disagree with. Please indicate the response that best fits you, using the 7-point scale below.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Somewhat disagree (3) | Neither agree nor disagree (4) | Somewhat agree (5) | Agree (6) | Strongly agree (7) |
| I have so much in life to be thankful to God for. (religious\_grat\_1) |  |  |  |  |  |  |  |
| If I had to list everything that I felt grateful to God for, it would be a very long list. (religious\_grat\_2) |  |  |  |  |  |  |  |
| When I look at the world, I don’t see much to be grateful to God for. (religious\_grat\_3) |  |  |  |  |  |  |  |
| I am grateful to God. (religious\_grat\_4) |  |  |  |  |  |  |  |
| As I get older I find myself more able to appreciate that God has been part of my life history. (religious\_grat\_5) |  |  |  |  |  |  |  |
| Long amounts of time can go by before I feel grateful to God. (religious\_grat\_6) |  |  |  |  |  |  |  |

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RCI-10 Read each of the following statements. Using the scale to the right, choose the response that best describes how true each statement is for you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Somewhat disagree (2) | Neither agree nor disagree (3) | Somewhat agree (4) | Strongly agree (5) |
| I often read books and magazines about my faith. (RCI-10\_1) |  |  |  |  |  |
| I make financial contributions to my religious organization. (RCI-10\_2) |  |  |  |  |  |
| I spend time trying to grow in understanding of my faith. (RCI-10\_3) |  |  |  |  |  |
| Religion is especially important to me because it answers many questions about the meaning of life. (RCI-10\_4) |  |  |  |  |  |
| My religious beliefs lie behind my whole approach to life. (RCI-10\_5) |  |  |  |  |  |
| I enjoy spending time with others of my religious affiliation. (RCI-10\_6) |  |  |  |  |  |
| Religious beliefs influence all my dealings in life. (RCI-10\_7) |  |  |  |  |  |
| It is important to me to spend periods of time in private religious thought and reflection. (RCI-10\_8) |  |  |  |  |  |
| I enjoy working in the activities of my religious affiliation. (RCI-10\_9) |  |  |  |  |  |
| I keep well informed about my local religious group and have some influence in its decisions. (RCI-10\_10) |  |  |  |  |  |

End of Block: gratitude\_religion

Start of Block: PANAS

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PANAS Indicate the extent to which you have felt each of the following emotions over the past week.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very slightly or not at all (1) | A little (2) | Moderately (3) | Quite a bit (4) | Extremely (5) |
| Interested (panas\_interested) |  |  |  |  |  |
| Excited (panas\_excited) |  |  |  |  |  |
| Active (panas\_active) |  |  |  |  |  |
| Strong (panas\_strong) |  |  |  |  |  |
| Attentive (panas\_attentive) |  |  |  |  |  |
| Determined (panas\_determined) |  |  |  |  |  |
| Inspired (panas\_inspired) |  |  |  |  |  |
| Enthusiastic (panas\_enthusiastic) |  |  |  |  |  |
| Proud (panas\_proud) |  |  |  |  |  |
| Alert (panas\_alert) |  |  |  |  |  |
| Hostile (panas\_hostile) |  |  |  |  |  |
| Irritable (panas\_irritable) |  |  |  |  |  |
| Ashamed (panas\_ashamed) |  |  |  |  |  |
| Scared (panas\_scared) |  |  |  |  |  |
| Nervous (panas\_nervous) |  |  |  |  |  |
| Guilty (panas\_guilty) |  |  |  |  |  |
| Upset (panas\_upset) |  |  |  |  |  |
| Jittery (panas\_jittery) |  |  |  |  |  |
| Distressed (panas\_distressed) |  |  |  |  |  |
| Afraid (panas\_afraid) |  |  |  |  |  |

End of Block: PANAS

Start of Block: envy

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envy Please respond to the following statements by circling the number that reflects how you generally tend to feel.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Somewhat disagree (3) | Neither agree nor disagree (4) | Somewhat agree (5) | Agree (6) | Strongly agree (7) |
| It makes me feel good to “rain on someone’s parade”. (envy\_1) |  |  |  |  |  |  |  |
| I wouldn’t want to trade places with anyone. (envy\_2) |  |  |  |  |  |  |  |
| I feel angry when others succeed. (envy\_3) |  |  |  |  |  |  |  |
| It brings me happiness to see my friends succeed. (envy\_5) |  |  |  |  |  |  |  |
| I’m content with what I’ve got. (envy\_6) |  |  |  |  |  |  |  |
| I am happy when others succeed even when I don’t. (envy\_7) |  |  |  |  |  |  |  |
| It pains me to think of the success of my friends. (envy\_8) |  |  |  |  |  |  |  |
| I would rather see someone I don’t know win a lottery than to see an acquaintance win. (envy\_9) |  |  |  |  |  |  |  |

End of Block: envy

Start of Block: primal\_belief

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primal\_belief Below are some statements that you may agree or disagree with. Please indicate the response that best fits you, using the 5-point scale below.

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| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Somewhat disagree (2) | Neither agree nor disagree (3) | Somewhat agree (4) | Strongly agree (5) |
| Most things in the world are good. (primal\_belief\_1) |  |  |  |  |  |
| In life, there’s way more beauty than ugliness. (primal\_belief\_2) |  |  |  |  |  |
| Most things have a habit of getting worse. (primal\_belief\_3) |  |  |  |  |  |
| On the whole, the world is an uncomfortable and unpleasant place. (primal\_belief\_4) |  |  |  |  |  |
| Good things in the world outweigh the bad things. (primal\_belief\_5) |  |  |  |  |  |
| On the whole, the world is a bad place. (primal\_belief\_6) |  |  |  |  |  |

End of Block: primal\_belief

Start of Block: demographics

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number\_attention Please click "6"

* 1 (1)
* 2 (2)
* 3 (3)
* 4 (4)
* 5 (5)
* 6 (6)
* 7 (7)
* 8 (8)
* 9 (9)
* 10 (10)

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sex Please select the term below that best describes your gender identity:

* Male (1)
* Female (2)
* Non-binary (3)
* Prefer not to answer (4)

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age What is your age in years?

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race\_1 Would you consider yourself Hispanic or Latino?

* Yes (1)
* No (2)

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race\_2 Please select the term below that best describes your racial identity:

* American Indian/Alaskan Native (1)
* Asian (2)
* Native Hawaiian or Other Pacific Islander (3)
* Black or African American (4)
* White (5)
* More than one race (6)
* Other (7)
* Prefer not to answer (8)

Display This Question:

If Please select the term below that best describes your racial identity: = More than one race

Or Please select the term below that best describes your racial identity: = Other

race\_3 What race do you identify as?

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religion Please select the term below that best describes your religious affiliation:

* Christian (1)
* Catholic (2)
* Mormon (3)
* Jewish (4)
* Muslim (5)
* Buddhist (6)
* Hindu (7)
* Atheist (8)
* Agnostic (9)
* Spiritual (10)
* Other (11)
* Prefer not to answer (12)

Display This Question:

If Please select the term below that best describes your religious affiliation: = Other

religion\_other What religion do you consider yourself affiliated with?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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religion\_freq How often do you attend religious services?

* Seldom/Never (1)
* Several times a year (2)
* Once or twice a month (3)
* At least once a week (4)
* More than once a week (5)

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education What is the highest level of school you have completed or the highest degree you have received?

* Less than high school degree (1)
* High school graduate (high school diploma or equivalent including GED) (2)
* Some college but no degree (3)
* Associate degree in college (2-year) (4)
* Bachelor's degree in college (4-year) (5)
* Master's degree (6)
* Doctoral degree (7)
* Professional degree (JD, MD) (8)

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social\_class How would you rate your social class?

* 1 = lower/working (1)
* 2 = lower middle (2)
* 3 = middle (3)
* 4 = upper middle (4)
* 5 = upper (5)
* Prefer not to answer (6)

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sex\_orientation Please select the term below that best describes your sexuality:

* Heterosexual (straight) (1)
* Homosexual (gay) (2)
* Bisexual (3)
* Asexual/Aromantic (4)
* Other (5)
* Prefer not to answer (6)

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marital\_status Which of the following best describes your current marital status?

* Never married (1)
* Married/In a Domestic Partnership (2)
* Widowed (3)
* Divorced (4)
* Other (5)

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meals\_attention How many meals have you had in your life?

* 1 (1)
* 10 (2)
* 100 (3)
* 1000+ (4)

End of Block: demographics

Start of Block: attention\_check

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attention\_check How much attention did you pay to this study?

* Almost none (1)
* Very little (2)
* Some (3)
* A lot (4)
* Almost all (5)

End of Block: attention\_check

Start of Block: feedback

goal\_check What do you think this study was about?

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hypothesis\_check What hypothesis/hypotheses do you think we were testing in study?

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intervention\_check Before participating in our study today, had you ever taken part in an activity (for example, keeping a gratitude journal) designed to make you feel more grateful?

* Yes (1)
* No (2)

Display This Question:

If Before participating in our study today, had you ever taken part in an activity (for example, kee... = Yes

intervention\_check\_2 Do you think it worked?

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intervention\_check\_3 In general, do you think activities like keeping a gratitude journal help people feel happier and more satisfied with life?

* Yes (1)
* No (2)
* Not sure (3)

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ai Did you use any AI tools (for example, ChatGPT) to help you with our study today? Regardless of your answer here, you will be compensated fully as promised. Your honest answer is appreciated.

* Yes (1)
* No (2)

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| Page Break |  |

copy\_paste Did you use any tools outside of the Qualtrics environment to type up any of your text responses? That is, did you write any of your responses outside Qualtrics and then paste them into Qualtrics? Regardless of your answer here, you will be compensated fully as promised. Your honest answer is appreciated.

* Yes (1)
* No (2)

Display This Question:

If Did you use any tools outside of the Qualtrics environment to type up any of your text responses?... = Yes

copy\_paste\_no Please elaborate on why you chose to use tools outside of the Qualtrics environment.

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feedback Do you have any feedback that could help us improve this study?

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End of Block: feedback