**Supplemental Materials**

**Gratitude**

**Table 1**

*Results comparing Self-Reported Gratitude between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -5.92 | 240.67 | 0.00 | -0.72 |
|  | 2) Gratitude Letter | -8.95 | 240.29 | 0.00 | -1.09 |
| 1) No Treatment Control | 3) Gratitude Text | -7.17 | 242.91 | 0.00 | -0.88 |
|  | 4) Chan Gratitude List | -6.04 | 247.44 | 0.00 | -0.74 |
|  | 5) Mental Subtraction Task | -6.64 | 246.27 | 0.00 | -0.81 |
|  | 1) Gratitude List | -3.53 | 231.30 | 0.00 | -0.44 |
|  | 2) Gratitude Letter | -6.71 | 230.57 | 0.00 | -0.85 |
| 2) Events List | 3) Gratitude Text | -4.91 | 232.38 | 0.00 | -0.63 |
|  | 4) Chan Gratitude List | -3.72 | 237.52 | 0.00 | -0.47 |
|  | 5) Mental Subtraction Task | -4.34 | 236.35 | 0.00 | -0.55 |
|  | 1) Gratitude List | -3.94 | 241.36 | 0.00 | -0.49 |
|  | 2) Gratitude Letter | -7.27 | 239.20 | 0.00 | -0.92 |
| 3) Interesting Events List | 3) Gratitude Text | -5.36 | 237.65 | 0.00 | -0.68 |
|  | 4) Chan Gratitude List | -4.12 | 245.19 | 0.00 | -0.52 |
|  | 5) Mental Subtraction Task | -4.76 | 244.05 | 0.00 | -0.60 |
|  | 1) Gratitude List | -8.16 | 226.87 | 0.00 | -1.02 |
|  | 2) Gratitude Letter | -11.21 | 226.76 | 0.00 | -1.41 |
| 2) Hassles List | 3) Gratitude Text | -9.35 | 230.05 | 0.00 | -1.19 |
|  | 4) Chan Gratitude List | -8.23 | 234.04 | 0.00 | -1.04 |
|  | 5) Mental Subtraction Task | -8.83 | 232.88 | 0.00 | -1.11 |

**Table 2**

*Results comparing Self-Reported Gratitude between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -3.76 | 252.39 | 0.00 | -0.47 |
| 2) Gratitude List/Gratitude Text | -1.75 | 239.18 | 0.08 | -0.22 |
| 3) Gratitude List/Chan Gratitude List | -0.34 | 253.91 | 0.74 | -0.04 |
| 4) Gratitude List/Mental Subtraction Task | -1.04 | 253.03 | 0.30 | -0.13 |
| 5) Gratitude Letter/Gratitude Text | 1.85 | 235.31 | 0.06 | 0.24 |
| 6) Gratitude Letter/Chan Gratitude List | 3.29 | 248.57 | 0.00 | 0.41 |
| 7) Gratitude Letter/Mental Subtraction Task | 2.60 | 247.62 | 0.01 | 0.33 |
| 8) Gratitude Text/Chan Gratitude List | 1.37 | 239.98 | 0.17 | 0.17 |
| 9) Gratitude Text/Mental Subtraction Task | 0.70 | 238.91 | 0.49 | 0.09 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.68 | 251.00 | 0.50 | -0.09 |

**Table 3**

*Results comparing Self-Reported Gratitude between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -2.26 | 257.92 | 0.02 | -0.28 |
| 2) No Treatment Control/Interesting Events List | -2.14 | 256.49 | 0.03 | -0.26 |
| 3) No Treatment Control/Hassles List | 1.88 | 258.82 | 0.06 | 0.23 |
| 4) Events List/Interesting Events List | 0.20 | 245.36 | 0.84 | 0.03 |
| 5) Events List/Hassles List | 4.22 | 246.53 | 0.00 | 0.53 |
| 6) Interesting Events List/Hassles List | 4.17 | 244.17 | 0.00 | 0.53 |

**Happiness**

**Table 4**

*Results comparing Self-Reported Happiness between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -4.02 | 264.50 | 0.00 | -0.49 |
|  | 2) Gratitude Letter | -4.98 | 256.61 | 0.00 | -0.62 |
| 1) No Treatment Control | 3) Gratitude Text | -4.43 | 245.04 | 0.00 | -0.56 |
|  | 4) Chan Gratitude List | -3.62 | 258.14 | 0.00 | -0.45 |
|  | 5) Mental Subtraction Task | -3.98 | 256.63 | 0.00 | -0.49 |
|  | 1) Gratitude List | -2.34 | 242.84 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -3.32 | 244.06 | 0.00 | -0.42 |
| 2) Events List | 3) Gratitude Text | -2.83 | 237.90 | 0.01 | -0.36 |
|  | 4) Chan Gratitude List | -2.08 | 248.18 | 0.04 | -0.26 |
|  | 5) Mental Subtraction Task | -2.42 | 247.43 | 0.02 | -0.31 |
|  | 1) Gratitude List | -1.67 | 250.99 | 0.10 | -0.21 |
|  | 2) Gratitude Letter | -2.72 | 246.99 | 0.01 | -0.34 |
| 3) Interesting Events List | 3) Gratitude Text | -2.21 | 237.63 | 0.03 | -0.28 |
|  | 4) Chan Gratitude List | -1.43 | 249.62 | 0.15 | -0.18 |
|  | 5) Mental Subtraction Task | -1.79 | 248.42 | 0.07 | -0.23 |
|  | 1) Gratitude List | -7.32 | 246.13 | 0.00 | -0.92 |
|  | 2) Gratitude Letter | -8.11 | 246.02 | 0.00 | -1.02 |
| 2) Hassles List | 3) Gratitude Text | -7.54 | 238.99 | 0.00 | -0.97 |
|  | 4) Chan Gratitude List | -6.76 | 249.76 | 0.00 | -0.85 |
|  | 5) Mental Subtraction Task | -7.09 | 248.88 | 0.00 | -0.89 |

**Table 5**

*Results comparing Self-Reported Happiness between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -1.16 | 249.60 | 0.25 | -0.15 |
| 2) Gratitude List/Gratitude Text | -0.67 | 236.87 | 0.51 | -0.08 |
| 3) Gratitude List/Chan Gratitude List | 0.14 | 250.51 | 0.89 | 0.02 |
| 4) Gratitude List/Mental Subtraction Task | -0.24 | 248.85 | 0.81 | -0.03 |
| 5) Gratitude Letter/Gratitude Text | 0.45 | 236.88 | 0.65 | 0.06 |
| 6) Gratitude Letter/Chan Gratitude List | 1.23 | 248.75 | 0.22 | 0.15 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.86 | 247.58 | 0.39 | 0.11 |
| 8) Gratitude Text/Chan Gratitude List | 0.76 | 240.67 | 0.45 | 0.10 |
| 9) Gratitude Text/Mental Subtraction Task | 0.40 | 239.82 | 0.69 | 0.05 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.36 | 250.98 | 0.72 | -0.04 |

**Table 6**

*Results comparing Self-Reported Happiness between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -1.39 | 251.37 | 0.17 | -0.17 |
| 2) No Treatment Control/Interesting Events List | -2.23 | 257.87 | 0.03 | -0.28 |
| 3) No Treatment Control/Hassles List | 3.41 | 254.27 | 0.00 | 0.42 |
| 4) Events List/Interesting Events List | -0.73 | 244.73 | 0.47 | -0.09 |
| 5) Events List/Hassles List | 4.55 | 246.83 | 0.00 | 0.58 |
| 6) Interesting Events List/Hassles List | 5.50 | 246.78 | 0.00 | 0.69 |

**Optimism**

**Table 7**

*Results comparing Self-Reported Optimism between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -4.64 | 256.43 | 0.00 | -0.56 |
|  | 2) Gratitude Letter | -3.97 | 257.74 | 0.00 | -0.49 |
| 1) No Treatment Control | 3) Gratitude Text | -3.71 | 249.94 | 0.00 | -0.46 |
|  | 4) Chan Gratitude List | -2.99 | 260.15 | 0.00 | -0.37 |
|  | 5) Mental Subtraction Task | -3.66 | 259.99 | 0.00 | -0.45 |
|  | 1) Gratitude List | -2.52 | 240.95 | 0.01 | -0.32 |
|  | 2) Gratitude Letter | -1.96 | 244.71 | 0.05 | -0.25 |
| 2) Events List | 3) Gratitude Text | -1.72 | 237.86 | 0.09 | -0.22 |
|  | 4) Chan Gratitude List | -0.97 | 246.64 | 0.33 | -0.12 |
|  | 5) Mental Subtraction Task | -1.69 | 247.71 | 0.09 | -0.21 |
|  | 1) Gratitude List | -2.55 | 241.31 | 0.01 | -0.32 |
|  | 2) Gratitude Letter | -1.99 | 245.49 | 0.05 | -0.25 |
| 3) Interesting Events List | 3) Gratitude Text | -1.75 | 238.77 | 0.08 | -0.22 |
|  | 4) Chan Gratitude List | -1.00 | 247.33 | 0.32 | -0.13 |
|  | 5) Mental Subtraction Task | -1.72 | 248.59 | 0.09 | -0.22 |
|  | 1) Gratitude List | -7.00 | 238.43 | 0.00 | -0.88 |
|  | 2) Gratitude Letter | -6.23 | 244.27 | 0.00 | -0.79 |
| 2) Hassles List | 3) Gratitude Text | -5.97 | 238.20 | 0.00 | -0.76 |
|  | 4) Chan Gratitude List | -5.28 | 245.78 | 0.00 | -0.66 |
|  | 5) Mental Subtraction Task | -5.88 | 247.86 | 0.00 | -0.74 |

**Table 8**

*Results comparing Self-Reported Optimism between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | 0.47 | 247.22 | 0.64 | 0.06 |
| 2) Gratitude List/Gratitude Text | 0.72 | 235.50 | 0.47 | 0.09 |
| 3) Gratitude List/Chan Gratitude List | 1.58 | 251.89 | 0.12 | 0.20 |
| 4) Gratitude List/Mental Subtraction Task | 0.70 | 246.10 | 0.48 | 0.09 |
| 5) Gratitude Letter/Gratitude Text | 0.24 | 237.45 | 0.81 | 0.03 |
| 6) Gratitude Letter/Chan Gratitude List | 1.04 | 248.84 | 0.30 | 0.13 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.23 | 247.64 | 0.82 | 0.03 |
| 8) Gratitude Text/Chan Gratitude List | 0.80 | 239.71 | 0.43 | 0.10 |
| 9) Gratitude Text/Mental Subtraction Task | 0.00 | 239.98 | 1.00 | 0.00 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.78 | 249.99 | 0.43 | -0.10 |

**Table 9**

*Results comparing Self-Reported Optimism between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -1.95 | 257.58 | 0.05 | -0.24 |
| 2) No Treatment Control/Interesting Events List | -1.90 | 258.44 | 0.06 | -0.23 |
| 3) No Treatment Control/Hassles List | 2.25 | 257.58 | 0.03 | 0.28 |
| 4) Events List/Interesting Events List | 0.04 | 246.99 | 0.97 | 0.00 |
| 5) Events List/Hassles List | 4.17 | 246.72 | 0.00 | 0.53 |
| 6) Interesting Events List/Hassles List | 4.11 | 247.81 | 0.00 | 0.52 |

**Sadness**

**Table 10**

*Results comparing Self-Reported Sadness between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | 2.40 | 256.93 | 0.02 | 0.29 |
|  | 2) Gratitude Letter | 2.03 | 258.00 | 0.04 | 0.25 |
| 1) No Treatment Control | 3) Gratitude Text | 2.61 | 249.00 | 0.01 | 0.32 |
|  | 4) Chan Gratitude List | 1.33 | 260.96 | 0.18 | 0.16 |
|  | 5) Mental Subtraction Task | 0.69 | 258.16 | 0.49 | 0.08 |
|  | 1) Gratitude List | 3.10 | 235.41 | 0.00 | 0.39 |
|  | 2) Gratitude Letter | 2.70 | 243.72 | 0.01 | 0.34 |
| 2) Events List | 3) Gratitude Text | 3.29 | 232.05 | 0.00 | 0.42 |
|  | 4) Chan Gratitude List | 2.02 | 246.01 | 0.04 | 0.25 |
|  | 5) Mental Subtraction Task | 1.37 | 247.95 | 0.17 | 0.17 |
|  | 1) Gratitude List | 3.30 | 235.17 | 0.00 | 0.41 |
|  | 2) Gratitude Letter | 2.89 | 244.19 | 0.00 | 0.37 |
| 3) Interesting Events List | 3) Gratitude Text | 3.48 | 232.27 | 0.00 | 0.44 |
|  | 4) Chan Gratitude List | 2.22 | 246.41 | 0.03 | 0.28 |
|  | 5) Mental Subtraction Task | 1.56 | 248.85 | 0.12 | 0.20 |
|  | 1) Gratitude List | 3.87 | 223.66 | 0.00 | 0.49 |
|  | 2) Gratitude Letter | 3.47 | 237.62 | 0.00 | 0.44 |
| 2) Hassles List | 3) Gratitude Text | 4.04 | 224.07 | 0.00 | 0.51 |
|  | 4) Chan Gratitude List | 2.83 | 239.23 | 0.01 | 0.36 |
|  | 5) Mental Subtraction Task | 2.18 | 245.56 | 0.03 | 0.28 |

**Table 11**

*Results comparing Self-Reported Sadness between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -0.23 | 245.04 | 0.82 | -0.03 |
| 2) Gratitude List/Gratitude Text | 0.30 | 241.75 | 0.77 | 0.04 |
| 3) Gratitude List/Chan Gratitude List | -1.00 | 249.08 | 0.32 | -0.12 |
| 4) Gratitude List/Mental Subtraction Task | -1.59 | 238.93 | 0.11 | -0.20 |
| 5) Gratitude Letter/Gratitude Text | 0.50 | 236.99 | 0.62 | 0.06 |
| 6) Gratitude Letter/Chan Gratitude List | -0.72 | 248.95 | 0.47 | -0.09 |
| 7) Gratitude Letter/Mental Subtraction Task | -1.28 | 246.32 | 0.20 | -0.16 |
| 8) Gratitude Text/Chan Gratitude List | -1.25 | 240.36 | 0.21 | -0.16 |
| 9) Gratitude Text/Mental Subtraction Task | -1.81 | 234.98 | 0.07 | -0.23 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.60 | 248.71 | 0.55 | -0.07 |

**Table 12**

*Results comparing Self-Reported Sadness between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -0.71 | 255.51 | 0.48 | -0.09 |
| 2) No Treatment Control/Interesting Events List | -0.91 | 255.95 | 0.36 | -0.11 |
| 3) No Treatment Control/Hassles List | -1.58 | 248.86 | 0.11 | -0.20 |
| 4) Events List/Interesting Events List | -0.20 | 246.97 | 0.84 | -0.03 |
| 5) Events List/Hassles List | -0.89 | 244.35 | 0.37 | -0.11 |
| 6) Interesting Events List/Hassles List | -0.70 | 245.85 | 0.49 | -0.09 |

**Indebtedness**

**Table 13**

*Results comparing Self-Reported Indebtedness between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | 0.27 | 262.85 | 0.79 | 0.03 |
|  | 2) Gratitude Letter | -4.81 | 247.72 | 0.00 | -0.60 |
| 1) No Treatment Control | 3) Gratitude Text | -1.89 | 246.91 | 0.06 | -0.24 |
|  | 4) Chan Gratitude List | -1.97 | 255.44 | 0.05 | -0.24 |
|  | 5) Mental Subtraction Task | -0.98 | 256.63 | 0.33 | -0.12 |
|  | 1) Gratitude List | 1.41 | 252.28 | 0.16 | 0.18 |
|  | 2) Gratitude Letter | -3.51 | 245.09 | 0.00 | -0.44 |
| 2) Events List | 3) Gratitude Text | -0.62 | 237.75 | 0.53 | -0.08 |
|  | 4) Chan Gratitude List | -0.75 | 249.00 | 0.45 | -0.09 |
|  | 5) Mental Subtraction Task | 0.21 | 247.79 | 0.83 | 0.03 |
|  | 1) Gratitude List | 0.89 | 250.33 | 0.38 | 0.11 |
|  | 2) Gratitude Letter | -3.84 | 246.99 | 0.00 | -0.49 |
| 3) Interesting Events List | 3) Gratitude Text | -1.08 | 236.66 | 0.28 | -0.14 |
|  | 4) Chan Gratitude List | -1.19 | 248.98 | 0.24 | -0.15 |
|  | 5) Mental Subtraction Task | -0.27 | 246.68 | 0.79 | -0.03 |
|  | 1) Gratitude List | 0.62 | 249.65 | 0.54 | 0.08 |
|  | 2) Gratitude Letter | -4.07 | 246.92 | 0.00 | -0.51 |
| 2) Hassles List | 3) Gratitude Text | -1.34 | 236.13 | 0.18 | -0.17 |
|  | 4) Chan Gratitude List | -1.44 | 248.61 | 0.15 | -0.18 |
|  | 5) Mental Subtraction Task | -0.53 | 246.14 | 0.60 | -0.07 |

**Table 14**

*Results comparing Self-Reported Indebtedness between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -4.92 | 249.75 | 0.00 | -0.62 |
| 2) Gratitude List/Gratitude Text | -2.09 | 244.89 | 0.04 | -0.26 |
| 3) Gratitude List/Chan Gratitude List | -2.16 | 255.16 | 0.03 | -0.27 |
| 4) Gratitude List/Mental Subtraction Task | -1.21 | 254.85 | 0.23 | -0.15 |
| 5) Gratitude Letter/Gratitude Text | 3.01 | 235.98 | 0.00 | 0.39 |
| 6) Gratitude Letter/Chan Gratitude List | 2.75 | 248.20 | 0.01 | 0.35 |
| 7) Gratitude Letter/Mental Subtraction Task | 3.75 | 246.01 | 0.00 | 0.47 |
| 8) Gratitude Text/Chan Gratitude List | -0.16 | 240.68 | 0.87 | -0.02 |
| 9) Gratitude Text/Mental Subtraction Task | 0.85 | 240.00 | 0.40 | 0.11 |
| 10) Chan Gratitude List/Mental Subtraction Task | 0.97 | 250.72 | 0.33 | 0.12 |

**Table 15**

*Results comparing Self-Reported Indebtedness between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -1.19 | 252.78 | 0.23 | -0.15 |
| 2) No Treatment Control/Interesting Events List | -0.66 | 248.01 | 0.51 | -0.08 |
| 3) No Treatment Control/Hassles List | -0.38 | 246.92 | 0.70 | -0.05 |
| 4) Events List/Interesting Events List | 0.47 | 245.87 | 0.64 | 0.06 |
| 5) Events List/Hassles List | 0.73 | 245.47 | 0.47 | 0.09 |
| 6) Interesting Events List/Hassles List | 0.25 | 247.97 | 0.80 | 0.03 |

**Guilt**

**Table 16**

*Results comparing Self-Reported Guilt between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | 1.18 | 261.01 | 0.24 | 0.14 |
|  | 2) Gratitude Letter | -0.06 | 254.38 | 0.95 | -0.01 |
| 1) No Treatment Control | 3) Gratitude Text | 0.89 | 249.99 | 0.38 | 0.11 |
|  | 4) Chan Gratitude List | -0.23 | 254.99 | 0.82 | -0.03 |
|  | 5) Mental Subtraction Task | 0.43 | 259.82 | 0.67 | 0.05 |
|  | 1) Gratitude List | 1.61 | 234.82 | 0.11 | 0.20 |
|  | 2) Gratitude Letter | 0.40 | 245.61 | 0.69 | 0.05 |
| 2) Events List | 3) Gratitude Text | 1.33 | 232.60 | 0.19 | 0.17 |
|  | 4) Chan Gratitude List | 0.24 | 248.99 | 0.81 | 0.03 |
|  | 5) Mental Subtraction Task | 0.89 | 239.91 | 0.37 | 0.11 |
|  | 1) Gratitude List | 1.68 | 243.40 | 0.10 | 0.21 |
|  | 2) Gratitude Letter | 0.42 | 246.73 | 0.68 | 0.05 |
| 3) Interesting Events List | 3) Gratitude Text | 1.38 | 237.44 | 0.17 | 0.18 |
|  | 4) Chan Gratitude List | 0.24 | 248.86 | 0.81 | 0.03 |
|  | 5) Mental Subtraction Task | 0.93 | 245.90 | 0.35 | 0.12 |
|  | 1) Gratitude List | 1.39 | 251.32 | 0.17 | 0.17 |
|  | 2) Gratitude Letter | 0.09 | 242.27 | 0.93 | 0.01 |
| 2) Hassles List | 3) Gratitude Text | 1.08 | 238.84 | 0.28 | 0.14 |
|  | 4) Chan Gratitude List | -0.09 | 242.72 | 0.93 | -0.01 |
|  | 5) Mental Subtraction Task | 0.60 | 248.99 | 0.55 | 0.08 |

**Table 17**

*Results comparing Self-Reported Guilt between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -1.19 | 239.14 | 0.23 | -0.15 |
| 2) Gratitude List/Gratitude Text | -0.28 | 240.97 | 0.78 | -0.04 |
| 3) Gratitude List/Chan Gratitude List | -1.34 | 238.27 | 0.18 | -0.17 |
| 4) Gratitude List/Mental Subtraction Task | -0.76 | 252.58 | 0.45 | -0.09 |
| 5) Gratitude Letter/Gratitude Text | 0.91 | 234.96 | 0.36 | 0.12 |
| 6) Gratitude Letter/Chan Gratitude List | -0.16 | 248.70 | 0.87 | -0.02 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.47 | 242.89 | 0.64 | 0.06 |
| 8) Gratitude Text/Chan Gratitude List | -1.06 | 235.89 | 0.29 | -0.13 |
| 9) Gratitude Text/Mental Subtraction Task | -0.47 | 239.77 | 0.64 | -0.06 |
| 10) Chan Gratitude List/Mental Subtraction Task | 0.63 | 243.25 | 0.53 | 0.08 |

**Table 18**

*Results comparing Self-Reported Guilt between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -0.48 | 251.67 | 0.63 | -0.06 |
| 2) No Treatment Control/Interesting Events List | -0.49 | 257.09 | 0.62 | -0.06 |
| 3) No Treatment Control/Hassles List | -0.16 | 258.88 | 0.88 | -0.02 |
| 4) Events List/Interesting Events List | 0.00 | 245.70 | 1.00 | 0.00 |
| 5) Events List/Hassles List | 0.34 | 239.38 | 0.73 | 0.04 |
| 6) Interesting Events List/Hassles List | 0.36 | 245.20 | 0.72 | 0.04 |

**Life Satisfaction**

**Table 19**

*Results comparing Self-Reported Life Satisfaction between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -0.17 | 264.74 | 0.87 | -0.02 |
|  | 2) Gratitude Letter | -0.70 | 255.71 | 0.49 | -0.09 |
| 1) No Treatment Control | 3) Gratitude Text | -0.11 | 243.92 | 0.91 | -0.01 |
|  | 4) Chan Gratitude List | 0.09 | 258.45 | 0.93 | 0.01 |
|  | 5) Mental Subtraction Task | -1.70 | 257.81 | 0.09 | -0.21 |
|  | 1) Gratitude List | -0.85 | 252.61 | 0.40 | -0.11 |
|  | 2) Gratitude Letter | -1.38 | 243.45 | 0.17 | -0.17 |
| 2) Events List | 3) Gratitude Text | -0.76 | 231.68 | 0.45 | -0.10 |
|  | 4) Chan Gratitude List | -0.57 | 246.19 | 0.57 | -0.07 |
|  | 5) Mental Subtraction Task | -2.40 | 245.55 | 0.02 | -0.30 |
|  | 1) Gratitude List | -1.61 | 252.51 | 0.11 | -0.20 |
|  | 2) Gratitude Letter | -2.10 | 246.95 | 0.04 | -0.27 |
| 3) Interesting Events List | 3) Gratitude Text | -1.51 | 238.42 | 0.13 | -0.19 |
|  | 4) Chan Gratitude List | -1.33 | 249.98 | 0.18 | -0.17 |
|  | 5) Mental Subtraction Task | -3.07 | 248.93 | 0.00 | -0.39 |
|  | 1) Gratitude List | -2.32 | 252.28 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -2.79 | 246.91 | 0.01 | -0.35 |
| 2) Hassles List | 3) Gratitude Text | -2.19 | 238.55 | 0.03 | -0.28 |
|  | 4) Chan Gratitude List | -2.02 | 249.95 | 0.04 | -0.25 |
|  | 5) Mental Subtraction Task | -3.75 | 248.88 | 0.00 | -0.47 |

**Table 20**

*Results comparing Self-Reported Life Satisfaction between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -0.53 | 251.99 | 0.60 | -0.07 |
| 2) Gratitude List/Gratitude Text | 0.05 | 241.15 | 0.96 | 0.01 |
| 3) Gratitude List/Chan Gratitude List | 0.25 | 254.83 | 0.80 | 0.03 |
| 4) Gratitude List/Mental Subtraction Task | -1.53 | 254.07 | 0.13 | -0.19 |
| 5) Gratitude Letter/Gratitude Text | 0.56 | 237.06 | 0.57 | 0.07 |
| 6) Gratitude Letter/Chan Gratitude List | 0.76 | 248.99 | 0.45 | 0.10 |
| 7) Gratitude Letter/Mental Subtraction Task | -0.98 | 248.00 | 0.33 | -0.12 |
| 8) Gratitude Text/Chan Gratitude List | 0.19 | 240.18 | 0.85 | 0.02 |
| 9) Gratitude Text/Mental Subtraction Task | -1.53 | 238.97 | 0.13 | -0.20 |
| 10) Chan Gratitude List/Mental Subtraction Task | -1.73 | 250.99 | 0.08 | -0.22 |

**Table 21**

*Results comparing Self-Reported Life Satisfaction between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | 0.68 | 257.98 | 0.50 | 0.08 |
| 2) No Treatment Control/Interesting Events List | 1.46 | 256.00 | 0.15 | 0.18 |
| 3) No Treatment Control/Hassles List | 2.17 | 255.67 | 0.03 | 0.27 |
| 4) Events List/Interesting Events List | 0.84 | 243.73 | 0.40 | 0.11 |
| 5) Events List/Hassles List | 1.57 | 243.40 | 0.12 | 0.20 |
| 6) Interesting Events List/Hassles List | 0.69 | 247.99 | 0.49 | 0.09 |

**Social Connection**

**Table 22**

*Results comparing Self-Reported Social Connection between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -1.68 | 264.02 | 0.09 | -0.20 |
|  | 2) Gratitude Letter | -2.43 | 258.00 | 0.02 | -0.30 |
| 1) No Treatment Control | 3) Gratitude Text | -1.44 | 249.99 | 0.15 | -0.18 |
|  | 4) Chan Gratitude List | -1.38 | 258.83 | 0.17 | -0.17 |
|  | 5) Mental Subtraction Task | -2.06 | 259.94 | 0.04 | -0.25 |
|  | 1) Gratitude List | -1.26 | 246.82 | 0.21 | -0.16 |
|  | 2) Gratitude Letter | -2.00 | 243.75 | 0.05 | -0.25 |
| 2) Events List | 3) Gratitude Text | -1.03 | 236.05 | 0.30 | -0.13 |
|  | 4) Chan Gratitude List | -1.00 | 248.99 | 0.32 | -0.13 |
|  | 5) Mental Subtraction Task | -1.65 | 246.34 | 0.10 | -0.21 |
|  | 1) Gratitude List | -2.32 | 249.23 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -3.04 | 245.58 | 0.00 | -0.38 |
| 3) Interesting Events List | 3) Gratitude Text | -2.08 | 237.80 | 0.04 | -0.27 |
|  | 4) Chan Gratitude List | -1.99 | 249.95 | 0.05 | -0.25 |
|  | 5) Mental Subtraction Task | -2.68 | 248.05 | 0.01 | -0.34 |
|  | 1) Gratitude List | -3.48 | 227.95 | 0.00 | -0.44 |
|  | 2) Gratitude Letter | -4.11 | 229.21 | 0.00 | -0.52 |
| 2) Hassles List | 3) Gratitude Text | -3.27 | 222.61 | 0.00 | -0.41 |
|  | 4) Chan Gratitude List | -3.14 | 240.92 | 0.00 | -0.40 |
|  | 5) Mental Subtraction Task | -3.78 | 232.54 | 0.00 | -0.48 |

**Table 23**

*Results comparing Self-Reported Social Connection between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -0.81 | 252.01 | 0.42 | -0.10 |
| 2) Gratitude List/Gratitude Text | 0.24 | 243.89 | 0.81 | 0.03 |
| 3) Gratitude List/Chan Gratitude List | 0.19 | 250.23 | 0.85 | 0.02 |
| 4) Gratitude List/Mental Subtraction Task | -0.45 | 253.51 | 0.66 | -0.06 |
| 5) Gratitude Letter/Gratitude Text | 1.04 | 237.99 | 0.30 | 0.13 |
| 6) Gratitude Letter/Chan Gratitude List | 0.94 | 247.01 | 0.35 | 0.12 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.35 | 247.95 | 0.73 | 0.04 |
| 8) Gratitude Text/Chan Gratitude List | -0.03 | 239.29 | 0.97 | 0.00 |
| 9) Gratitude Text/Mental Subtraction Task | -0.68 | 239.98 | 0.50 | -0.09 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.60 | 249.57 | 0.55 | -0.08 |

**Table 24**

*Results comparing Self-Reported Social Connection between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -0.36 | 255.55 | 0.72 | -0.04 |
| 2) No Treatment Control/Interesting Events List | 0.65 | 257.45 | 0.52 | 0.08 |
| 3) No Treatment Control/Hassles List | 1.97 | 239.76 | 0.05 | 0.25 |
| 4) Events List/Interesting Events List | 0.98 | 246.90 | 0.33 | 0.12 |
| 5) Events List/Hassles List | 2.24 | 238.60 | 0.03 | 0.28 |
| 6) Interesting Events List/Hassles List | 1.38 | 237.79 | 0.17 | 0.17 |

**Attitude towards Life**

**Table 25**

*Results comparing Self-Reported Attitude towards Life between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -0.32 | 262.93 | 0.75 | -0.04 |
|  | 2) Gratitude Letter | -0.06 | 257.43 | 0.95 | -0.01 |
| 1) No Treatment Control | 3) Gratitude Text | -0.94 | 246.81 | 0.35 | -0.12 |
|  | 4) Chan Gratitude List | 0.37 | 260.41 | 0.72 | 0.04 |
|  | 5) Mental Subtraction Task | -0.47 | 259.57 | 0.64 | -0.06 |
|  | 1) Gratitude List | -0.35 | 251.99 | 0.73 | -0.04 |
|  | 2) Gratitude Letter | -0.08 | 245.98 | 0.94 | -0.01 |
| 2) Events List | 3) Gratitude Text | -0.99 | 231.36 | 0.32 | -0.13 |
|  | 4) Chan Gratitude List | 0.37 | 246.36 | 0.71 | 0.05 |
|  | 5) Mental Subtraction Task | -0.51 | 245.69 | 0.61 | -0.06 |
|  | 1) Gratitude List | -1.11 | 252.61 | 0.27 | -0.14 |
|  | 2) Gratitude Letter | -0.85 | 246.88 | 0.40 | -0.11 |
| 3) Interesting Events List | 3) Gratitude Text | -1.70 | 234.52 | 0.09 | -0.22 |
|  | 4) Chan Gratitude List | -0.36 | 248.71 | 0.72 | -0.05 |
|  | 5) Mental Subtraction Task | -1.23 | 247.94 | 0.22 | -0.16 |
|  | 1) Gratitude List | -2.55 | 245.84 | 0.01 | -0.32 |
|  | 2) Gratitude Letter | -2.31 | 241.30 | 0.02 | -0.29 |
| 2) Hassles List | 3) Gratitude Text | -3.03 | 238.99 | 0.00 | -0.39 |
|  | 4) Chan Gratitude List | -1.79 | 249.10 | 0.08 | -0.22 |
|  | 5) Mental Subtraction Task | -2.61 | 247.89 | 0.01 | -0.33 |

**Table 26**

*Results comparing Self-Reported Attitude towards Life between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | 0.27 | 251.93 | 0.79 | 0.03 |
| 2) Gratitude List/Gratitude Text | -0.66 | 236.57 | 0.51 | -0.08 |
| 3) Gratitude List/Chan Gratitude List | 0.70 | 251.89 | 0.48 | 0.09 |
| 4) Gratitude List/Mental Subtraction Task | -0.17 | 251.26 | 0.86 | -0.02 |
| 5) Gratitude Letter/Gratitude Text | -0.92 | 232.04 | 0.36 | -0.12 |
| 6) Gratitude Letter/Chan Gratitude List | 0.44 | 246.80 | 0.66 | 0.06 |
| 7) Gratitude Letter/Mental Subtraction Task | -0.43 | 246.11 | 0.67 | -0.05 |
| 8) Gratitude Text/Chan Gratitude List | 1.29 | 239.95 | 0.20 | 0.17 |
| 9) Gratitude Text/Mental Subtraction Task | 0.47 | 238.73 | 0.64 | 0.06 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.84 | 250.99 | 0.40 | -0.10 |

**Table 27**

*Results comparing Self-Reported Attitude towards Life between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | 0.01 | 257.18 | 0.99 | 0.00 |
| 2) No Treatment Control/Interesting Events List | 0.75 | 258.84 | 0.46 | 0.09 |
| 3) No Treatment Control/Hassles List | 2.15 | 256.03 | 0.03 | 0.27 |
| 4) Events List/Interesting Events List | 0.78 | 246.75 | 0.44 | 0.10 |
| 5) Events List/Hassles List | 2.25 | 240.63 | 0.03 | 0.28 |
| 6) Interesting Events List/Hassles List | 1.50 | 243.76 | 0.14 | 0.19 |

**Perceived Self-Size**

**Table 25**

*Results comparing Self-Reported Perceived Self-Size between Control Conditions and Gratitude Interventions*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -1.49 | 263.67 | 0.14 | -0.18 |
|  | 2) Gratitude Letter | -0.14 | 253.60 | 0.89 | -0.02 |
| 1) No Treatment Control | 3) Gratitude Text | -0.84 | 248.88 | 0.40 | -0.11 |
|  | 4) Chan Gratitude List | -0.79 | 260.28 | 0.43 | -0.10 |
|  | 5) Mental Subtraction Task | -1.26 | 252.40 | 0.21 | -0.16 |
|  | 1) Gratitude List | -0.86 | 243.59 | 0.39 | -0.11 |
|  | 2) Gratitude Letter | 0.39 | 245.99 | 0.70 | 0.05 |
| 2) Events List | 3) Gratitude Text | -0.26 | 237.16 | 0.79 | -0.03 |
|  | 4) Chan Gratitude List | -0.22 | 247.63 | 0.82 | -0.03 |
|  | 5) Mental Subtraction Task | -0.70 | 247.45 | 0.48 | -0.09 |
|  | 1) Gratitude List | -2.04 | 250.25 | 0.04 | -0.26 |
|  | 2) Gratitude Letter | -0.65 | 245.42 | 0.52 | -0.08 |
| 3) Interesting Events List | 3) Gratitude Text | -1.38 | 238.94 | 0.17 | -0.18 |
|  | 4) Chan Gratitude List | -1.32 | 250.00 | 0.19 | -0.17 |
|  | 5) Mental Subtraction Task | -1.75 | 245.35 | 0.08 | -0.22 |
|  | 1) Gratitude List | -2.27 | 236.91 | 0.02 | -0.28 |
|  | 2) Gratitude Letter | -0.97 | 245.78 | 0.33 | -0.12 |
| 2) Hassles List | 3) Gratitude Text | -1.65 | 234.80 | 0.10 | -0.21 |
|  | 4) Chan Gratitude List | -1.60 | 244.58 | 0.11 | -0.20 |
|  | 5) Mental Subtraction Task | -1.99 | 248.80 | 0.05 | -0.25 |

**Table 26**

*Results comparing Self-Reported Perceived Self-Size between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | 1.27 | 243.14 | 0.20 | 0.16 |
| 2) Gratitude List/Gratitude Text | 0.62 | 240.40 | 0.53 | 0.08 |
| 3) Gratitude List/Chan Gratitude List | 0.65 | 252.17 | 0.52 | 0.08 |
| 4) Gratitude List/Mental Subtraction Task | 0.07 | 240.92 | 0.94 | 0.01 |
| 5) Gratitude Letter/Gratitude Text | -0.66 | 237.01 | 0.51 | -0.09 |
| 6) Gratitude Letter/Chan Gratitude List | -0.62 | 247.45 | 0.54 | -0.08 |
| 7) Gratitude Letter/Mental Subtraction Task | -1.08 | 247.56 | 0.28 | -0.14 |
| 8) Gratitude Text/Chan Gratitude List | 0.04 | 240.95 | 0.97 | 0.00 |
| 9) Gratitude Text/Mental Subtraction Task | -0.48 | 237.32 | 0.63 | -0.06 |
| 10) Chan Gratitude List/Mental Subtraction Task | -0.51 | 247.37 | 0.61 | -0.06 |

**Table 27**

*Results comparing Self-Reported Perceived Self-Size between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) No Treatment Control/Events List | -0.54 | 253.92 | 0.59 | -0.07 |
| 2) No Treatment Control/Interesting Events List | 0.53 | 258.31 | 0.59 | 0.07 |
| 3) No Treatment Control/Hassles List | 0.87 | 248.93 | 0.38 | 0.11 |
| 4) Events List/Interesting Events List | 1.05 | 245.61 | 0.29 | 0.13 |
| 5) Events List/Hassles List | 1.35 | 245.60 | 0.18 | 0.17 |
| 6) Interesting Events List/Hassles List | 0.38 | 242.56 | 0.70 | 0.05 |