**The Efficacy of Seven Gratitude Interventions for Promoting Subjective Well-Being**

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**Table 1**

*Descriptive Scales for State Emotion Items and State Measures*

|  |  |  |  |
| --- | --- | --- | --- |
| State Emotion/Measures | M | SD | McDonalds’ ω |
| Optimism | 4.59 | 1.66 | 0.88 |
| Indebtedness | 3.06 | 1.54 | 0.52 |
| Guilt | 1.94 | 1.45 | NA |
| Social Connection | 3.93 | 0.96 | 0.92 |
| Attitude Towards Life | 5.86 | 1.82 | NA |
| Perceived Self-Size | 3.72 | 1.34 | 0.84 |

**Self-Reported Gratitude**

**Table 2**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -6.06 | 245.40 | 0.00 | -0.73 |
|  | 2) Gratitude Letter | -9.05 | 244.87 | 0.00 | -1.09 |
| 1) Measurement Only | 3) Gratitude Text | -7.22 | 247.58 | 0.00 | -0.88 |
|  | 4) Naikan Gratitude List | -5.84 | 255.57 | 0.00 | -0.70 |
|  | 5) Mental Subtraction Task | -6.55 | 253.88 | 0.00 | -0.79 |
|  | 1) Gratitude List | -3.60 | 234.88 | 0.00 | -0.45 |
|  | 2) Gratitude Letter | -6.74 | 233.99 | 0.00 | -0.85 |
| 2) Events List | 3) Gratitude Text | -4.90 | 235.86 | 0.00 | -0.62 |
|  | 4) Naikan Gratitude List | -3.46 | 244.36 | 0.00 | -0.43 |
|  | 5) Mental Subtraction Task | -4.19 | 242.71 | 0.00 | -0.52 |
|  | 1) Gratitude List | -4.14 | 245.59 | 0.00 | -0.51 |
|  | 2) Gratitude Letter | -7.43 | 243.06 | 0.00 | -0.93 |
| 3) Interesting Events List | 3) Gratitude Text | -5.47 | 241.00 | 0.00 | -0.69 |
|  | 4) Naikan Gratitude List | -3.96 | 251.65 | 0.00 | -0.49 |
|  | 5) Mental Subtraction Task | -4.73 | 250.22 | 0.00 | -0.59 |
|  | 1) Gratitude List | -8.44 | 230.66 | 0.00 | -1.05 |
|  | 2) Gratitude Letter | -11.45 | 230.42 | 0.00 | -1.43 |
| 2) Hassles List | 3) Gratitude Text | -9.53 | 233.85 | 0.00 | -1.20 |
|  | 4) Naikan Gratitude List | -8.13 | 241.37 | 0.00 | -1.01 |
|  | 5) Mental Subtraction Task | -8.86 | 239.65 | 0.00 | -1.11 |

**Table 3**

*Results comparing Self-Reported Gratitude between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -3.73 | 257.26 | 0.00 | -0.46 |
| 2) Gratitude List/Gratitude Text | -1.68 | 241.86 | 0.10 | -0.21 |
| 3) Gratitude List/Naikan Gratitude List | 0.00 | 258.25 | 1.00 | 0.00 |
| 4) Gratitude List/Mental Subtraction Task | -0.83 | 257.72 | 0.40 | -0.10 |
| 5) Gratitude Letter/Gratitude Text | 1.87 | 237.69 | 0.06 | 0.24 |
| 6) Gratitude Letter/Naikan Gratitude List | 3.52 | 252.87 | 0.00 | 0.44 |
| 7) Gratitude Letter/Mental Subtraction Task | 2.72 | 252.11 | 0.01 | 0.34 |
| 8) Gratitude Text/Naikan Gratitude List | 1.59 | 244.36 | 0.11 | 0.20 |
| 9) Gratitude Text/Mental Subtraction Task | 0.81 | 243.16 | 0.42 | 0.10 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -0.79 | 256.98 | 0.43 | -0.10 |

**Table 4**

*Results comparing Self-Reported Gratitude between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -2.32 | 262.94 | 0.02 | -0.28 |
| 2) Measurement Only/Interesting Events List | -2.11 | 261.40 | 0.04 | -0.26 |
| 3) Measurement Only/Hassles List | 1.98 | 263.83 | 0.05 | 0.24 |
| 4) Events List/Interesting Events List | 0.31 | 249.21 | 0.76 | 0.04 |
| 5) Events List/Hassles List | 4.39 | 250.58 | 0.00 | 0.55 |
| 6) Interesting Events List/Hassles List | 4.26 | 248.11 | 0.00 | 0.53 |

**Self-Reported Positive Affect Analyses**

**Table 5**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -4.09 | 269.95 | 0.00 | -0.49 |
|  | 2) Gratitude Letter | -4.95 | 262.09 | 0.00 | -0.61 |
| 1) Measurement Only | 3) Gratitude Text | -4.47 | 249.41 | 0.00 | -0.56 |
|  | 4) Naikan Gratitude List | -3.46 | 264.73 | 0.00 | -0.42 |
|  | 5) Mental Subtraction Task | -3.83 | 262.76 | 0.00 | -0.47 |
|  | 1) Gratitude List | -2.36 | 247.40 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -3.26 | 248.11 | 0.00 | -0.41 |
| 2) Events List | 3) Gratitude Text | -2.84 | 240.97 | 0.00 | -0.36 |
|  | 4) Naikan Gratitude List | -1.88 | 253.27 | 0.06 | -0.23 |
|  | 5) Mental Subtraction Task | -2.25 | 252.69 | 0.03 | -0.28 |
|  | 1) Gratitude List | -1.75 | 255.90 | 0.08 | -0.22 |
|  | 2) Gratitude Letter | -2.71 | 250.97 | 0.01 | -0.34 |
| 3) Interesting Events List | 3) Gratitude Text | -2.28 | 240.16 | 0.02 | -0.29 |
|  | 4) Naikan Gratitude List | -1.28 | 254.49 | 0.20 | -0.16 |
|  | 5) Mental Subtraction Task | -1.67 | 252.99 | 0.10 | -0.21 |
|  | 1) Gratitude List | -7.50 | 250.88 | 0.00 | -0.93 |
|  | 2) Gratitude Letter | -8.20 | 250.11 | 0.00 | -1.03 |
| 2) Hassles List | 3) Gratitude Text | -7.69 | 241.93 | 0.00 | -0.98 |
|  | 4) Naikan Gratitude List | -6.70 | 254.83 | 0.00 | -0.83 |
|  | 5) Mental Subtraction Task | -7.03 | 253.99 | 0.00 | -0.88 |

**Table 6**

*Results comparing Self-Reported Positive Affect between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -1.07 | 254.27 | 0.28 | -0.13 |
| 2) Gratitude List/Gratitude Text | -0.66 | 239.66 | 0.51 | -0.08 |
| 3) Gratitude List/Naikan Gratitude List | 0.37 | 255.92 | 0.71 | 0.05 |
| 4) Gratitude List/Mental Subtraction Task | -0.05 | 253.48 | 0.96 | -0.01 |
| 5) Gratitude Letter/Gratitude Text | 0.37 | 239.59 | 0.71 | 0.05 |
| 6) Gratitude Letter/Naikan Gratitude List | 1.36 | 253.71 | 0.18 | 0.17 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.95 | 252.31 | 0.34 | 0.12 |
| 8) Gratitude Text/Naikan Gratitude List | 0.96 | 244.55 | 0.34 | 0.12 |
| 9) Gratitude Text/Mental Subtraction Task | 0.57 | 243.86 | 0.57 | 0.07 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -0.39 | 256.91 | 0.70 | -0.05 |

**Table 7**

*Results comparing Self-Reported Positive Affect between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -1.45 | 257.50 | 0.15 | -0.18 |
| 2) Measurement Only/Interesting Events List | -2.24 | 263.40 | 0.03 | -0.27 |
| 3) Measurement Only/Hassles List | 3.45 | 260.34 | 0.00 | 0.42 |
| 4) Events List/Interesting Events List | -0.68 | 248.60 | 0.50 | -0.08 |
| 5) Events List/Hassles List | 4.70 | 250.81 | 0.00 | 0.59 |
| 6) Interesting Events List/Hassles List | 5.61 | 250.75 | 0.00 | 0.70 |

**Self-Reported Optimism Analyses**

**Table 8**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -4.76 | 261.46 | 0.00 | -0.57 |
|  | 2) Gratitude Letter | -3.94 | 262.74 | 0.00 | -0.48 |
| 1) Measurement Only | 3) Gratitude Text | -3.74 | 253.83 | 0.00 | -0.46 |
|  | 4) Naikan Gratitude List | -2.72 | 266.60 | 0.01 | -0.33 |
|  | 5) Mental Subtraction Task | -3.66 | 265.95 | 0.00 | -0.45 |
|  | 1) Gratitude List | -2.50 | 244.00 | 0.01 | -0.31 |
|  | 2) Gratitude Letter | -1.81 | 248.42 | 0.07 | -0.23 |
| 2) Events List | 3) Gratitude Text | -1.62 | 240.88 | 0.11 | -0.21 |
|  | 4) Naikan Gratitude List | -0.60 | 252.09 | 0.55 | -0.07 |
|  | 5) Mental Subtraction Task | -1.58 | 252.69 | 0.11 | -0.20 |
|  | 1) Gratitude List | -2.72 | 244.61 | 0.01 | -0.34 |
|  | 2) Gratitude Letter | -2.02 | 249.28 | 0.04 | -0.25 |
| 3) Interesting Events List | 3) Gratitude Text | -1.83 | 241.84 | 0.07 | -0.23 |
|  | 4) Naikan Gratitude List | -0.81 | 252.94 | 0.42 | -0.10 |
|  | 5) Mental Subtraction Task | -1.79 | 253.62 | 0.07 | -0.22 |
|  | 1) Gratitude List | -7.25 | 242.13 | 0.00 | -0.90 |
|  | 2) Gratitude Letter | -6.32 | 248.25 | 0.00 | -0.79 |
| 2) Hassles List | 3) Gratitude Text | -6.09 | 241.44 | 0.00 | -0.77 |
|  | 4) Naikan Gratitude List | -5.11 | 251.81 | 0.00 | -0.64 |
|  | 5) Mental Subtraction Task | -5.98 | 253.06 | 0.00 | -0.75 |

**Table 9**

*Results comparing Self-Reported Optimism between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | 0.62 | 251.40 | 0.54 | 0.08 |
| 2) Gratitude List/Gratitude Text | 0.80 | 237.58 | 0.42 | 0.10 |
| 3) Gratitude List/Naikan Gratitude List | 1.95 | 255.89 | 0.05 | 0.24 |
| 4) Gratitude List/Mental Subtraction Task | 0.80 | 250.46 | 0.43 | 0.10 |
| 5) Gratitude Letter/Gratitude Text | 0.18 | 240.21 | 0.86 | 0.02 |
| 6) Gratitude Letter/Naikan Gratitude List | 1.26 | 253.99 | 0.21 | 0.16 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.19 | 252.50 | 0.85 | 0.02 |
| 8) Gratitude Text/Naikan Gratitude List | 1.07 | 243.98 | 0.29 | 0.14 |
| 9) Gratitude Text/Mental Subtraction Task | 0.01 | 243.96 | 0.99 | 0.00 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -1.03 | 256.31 | 0.30 | -0.13 |

**Table 10**

*Results comparing Self-Reported Optimism between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -2.05 | 262.38 | 0.04 | -0.25 |
| 2) Measurement Only/Interesting Events List | -1.84 | 263.29 | 0.07 | -0.22 |
| 3) Measurement Only/Hassles List | 2.34 | 262.55 | 0.02 | 0.29 |
| 4) Events List/Interesting Events List | 0.21 | 251.00 | 0.84 | 0.03 |
| 5) Events List/Hassles List | 4.37 | 250.83 | 0.00 | 0.55 |
| 6) Interesting Events List/Hassles List | 4.15 | 251.87 | 0.00 | 0.52 |

**Self-Reported Negative Affect Analyses**

**Table 11**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | 2.48 | 263.80 | 0.01 | 0.30 |
|  | 2) Gratitude Letter | 2.09 | 262.99 | 0.04 | 0.26 |
| 1) Measurement Only | 3) Gratitude Text | 2.81 | 252.90 | 0.01 | 0.34 |
|  | 4) Naikan Gratitude List | 1.43 | 266.85 | 0.15 | 0.17 |
|  | 5) Mental Subtraction Task | 0.89 | 265.01 | 0.37 | 0.11 |
|  | 1) Gratitude List | 3.08 | 242.34 | 0.00 | 0.38 |
|  | 2) Gratitude Letter | 2.67 | 248.25 | 0.01 | 0.34 |
| 2) Events List | 3) Gratitude Text | 3.39 | 235.34 | 0.00 | 0.43 |
|  | 4) Naikan Gratitude List | 2.03 | 250.72 | 0.04 | 0.25 |
|  | 5) Mental Subtraction Task | 1.47 | 252.78 | 0.14 | 0.18 |
|  | 1) Gratitude List | 3.15 | 242.31 | 0.00 | 0.39 |
|  | 2) Gratitude Letter | 2.74 | 248.85 | 0.01 | 0.34 |
| 3) Interesting Events List | 3) Gratitude Text | 3.46 | 235.70 | 0.00 | 0.44 |
|  | 4) Naikan Gratitude List | 2.10 | 251.19 | 0.04 | 0.26 |
|  | 5) Mental Subtraction Task | 1.55 | 253.63 | 0.12 | 0.19 |
|  | 1) Gratitude List | 4.00 | 228.70 | 0.00 | 0.50 |
|  | 2) Gratitude Letter | 3.59 | 241.26 | 0.00 | 0.45 |
| 2) Hassles List | 3) Gratitude Text | 4.28 | 225.91 | 0.00 | 0.54 |
|  | 4) Naikan Gratitude List | 2.99 | 242.11 | 0.00 | 0.37 |
|  | 5) Mental Subtraction Task | 2.45 | 248.54 | 0.02 | 0.31 |

**Table 12**

*Results comparing Self-Reported Negative Affect between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -0.25 | 250.52 | 0.80 | -0.03 |
| 2) Gratitude List/Gratitude Text | 0.40 | 246.50 | 0.69 | 0.05 |
| 3) Gratitude List/Naikan Gratitude List | -1.00 | 256.78 | 0.32 | -0.12 |
| 4) Gratitude List/Mental Subtraction Task | -1.48 | 248.37 | 0.14 | -0.18 |
| 5) Gratitude Letter/Gratitude Text | 0.62 | 239.73 | 0.54 | 0.08 |
| 6) Gratitude Letter/Naikan Gratitude List | -0.69 | 253.77 | 0.49 | -0.09 |
| 7) Gratitude Letter/Mental Subtraction Task | -1.16 | 252.25 | 0.25 | -0.14 |
| 8) Gratitude Text/Naikan Gratitude List | -1.36 | 244.56 | 0.18 | -0.17 |
| 9) Gratitude Text/Mental Subtraction Task | -1.82 | 240.17 | 0.07 | -0.23 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -0.50 | 255.16 | 0.62 | -0.06 |

**Table 13**

*Results comparing Self-Reported Negative Affect between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -0.61 | 260.85 | 0.54 | -0.07 |
| 2) Measurement Only/Interesting Events List | -0.69 | 261.40 | 0.49 | -0.08 |
| 3) Measurement Only/Hassles List | -1.65 | 252.95 | 0.10 | -0.20 |
| 4) Events List/Interesting Events List | -0.09 | 250.98 | 0.93 | -0.01 |
| 5) Events List/Hassles List | -1.06 | 247.49 | 0.29 | -0.13 |
| 6) Interesting Events List/Hassles List | -0.97 | 248.97 | 0.33 | -0.12 |

**Self-Reported Indebtedness Analyses**

**Table 14**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | 0.33 | 269.48 | 0.74 | 0.04 |
|  | 2) Gratitude Letter | -4.85 | 252.68 | 0.00 | -0.60 |
| 1) Measurement Only | 3) Gratitude Text | -1.92 | 250.39 | 0.06 | -0.24 |
|  | 4) Naikan Gratitude List | -1.75 | 261.77 | 0.08 | -0.21 |
|  | 5) Mental Subtraction Task | -0.99 | 262.77 | 0.32 | -0.12 |
|  | 1) Gratitude List | 1.50 | 256.54 | 0.14 | 0.19 |
|  | 2) Gratitude Letter | -3.50 | 249.31 | 0.00 | -0.44 |
| 2) Events List | 3) Gratitude Text | -0.63 | 240.78 | 0.53 | -0.08 |
|  | 4) Naikan Gratitude List | -0.51 | 253.98 | 0.61 | -0.06 |
|  | 5) Mental Subtraction Task | 0.23 | 252.60 | 0.82 | 0.03 |
|  | 1) Gratitude List | 0.87 | 254.35 | 0.38 | 0.11 |
|  | 2) Gratitude Letter | -3.94 | 250.99 | 0.00 | -0.49 |
| 3) Interesting Events List | 3) Gratitude Text | -1.18 | 240.05 | 0.24 | -0.15 |
|  | 4) Naikan Gratitude List | -1.06 | 253.79 | 0.29 | -0.13 |
|  | 5) Mental Subtraction Task | -0.34 | 251.50 | 0.73 | -0.04 |
|  | 1) Gratitude List | 0.63 | 254.04 | 0.53 | 0.08 |
|  | 2) Gratitude Letter | -4.17 | 250.96 | 0.00 | -0.52 |
| 2) Hassles List | 3) Gratitude Text | -1.43 | 239.85 | 0.16 | -0.18 |
|  | 4) Naikan Gratitude List | -1.29 | 253.63 | 0.20 | -0.16 |
|  | 5) Mental Subtraction Task | -0.58 | 251.27 | 0.56 | -0.07 |

**Table 15**

*Results comparing Self-Reported Indebtedness between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -5.03 | 253.86 | 0.00 | -0.62 |
| 2) Gratitude List/Gratitude Text | -2.19 | 248.50 | 0.03 | -0.27 |
| 3) Gratitude List/Naikan Gratitude List | -2.02 | 260.85 | 0.04 | -0.25 |
| 4) Gratitude List/Mental Subtraction Task | -1.28 | 260.67 | 0.20 | -0.16 |
| 5) Gratitude Letter/Gratitude Text | 3.01 | 239.36 | 0.00 | 0.38 |
| 6) Gratitude Letter/Naikan Gratitude List | 2.99 | 253.05 | 0.00 | 0.37 |
| 7) Gratitude Letter/Mental Subtraction Task | 3.78 | 250.88 | 0.00 | 0.47 |
| 8) Gratitude Text/Naikan Gratitude List | 0.09 | 244.88 | 0.93 | 0.01 |
| 9) Gratitude Text/Mental Subtraction Task | 0.88 | 243.98 | 0.38 | 0.11 |
| 10) Naikan Gratitude List/Mental Subtraction Task | 0.75 | 256.76 | 0.45 | 0.09 |

**Table 16**

*Results comparing Self-Reported Indebtedness between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -1.22 | 257.19 | 0.23 | -0.15 |
| 2) Measurement Only/Interesting Events List | -0.59 | 252.90 | 0.56 | -0.07 |
| 3) Measurement Only/Hassles List | -0.33 | 252.45 | 0.74 | -0.04 |
| 4) Events List/Interesting Events List | 0.56 | 250.09 | 0.58 | 0.07 |
| 5) Events List/Hassles List | 0.80 | 249.95 | 0.43 | 0.10 |
| 6) Interesting Events List/Hassles List | 0.23 | 251.99 | 0.82 | 0.03 |

**Self-Reported Guilt Analyses**

**Table 17**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | 1.21 | 267.42 | 0.23 | 0.15 |
|  | 2) Gratitude Letter | -0.14 | 257.10 | 0.88 | -0.02 |
| 1) Measurement Only | 3) Gratitude Text | 0.89 | 253.86 | 0.38 | 0.11 |
|  | 4) Naikan Gratitude List | -0.23 | 260.16 | 0.82 | -0.03 |
|  | 5) Mental Subtraction Task | 0.60 | 265.77 | 0.55 | 0.07 |
|  | 1) Gratitude List | 1.70 | 236.90 | 0.09 | 0.21 |
|  | 2) Gratitude Letter | 0.39 | 249.66 | 0.69 | 0.05 |
| 2) Events List | 3) Gratitude Text | 1.39 | 234.79 | 0.17 | 0.18 |
|  | 4) Naikan Gratitude List | 0.31 | 253.83 | 0.76 | 0.04 |
|  | 5) Mental Subtraction Task | 1.13 | 241.83 | 0.26 | 0.14 |
|  | 1) Gratitude List | 1.61 | 248.41 | 0.11 | 0.20 |
|  | 2) Gratitude Letter | 0.25 | 250.11 | 0.81 | 0.03 |
| 3) Interesting Events List | 3) Gratitude Text | 1.28 | 240.88 | 0.20 | 0.16 |
|  | 4) Naikan Gratitude List | 0.16 | 253.73 | 0.87 | 0.02 |
|  | 5) Mental Subtraction Task | 1.01 | 250.35 | 0.31 | 0.13 |
|  | 1) Gratitude List | 1.47 | 256.02 | 0.14 | 0.18 |
|  | 2) Gratitude Letter | 0.04 | 244.82 | 0.97 | 0.01 |
| 2) Hassles List | 3) Gratitude Text | 1.12 | 241.76 | 0.26 | 0.14 |
|  | 4) Naikan Gratitude List | -0.04 | 247.91 | 0.97 | -0.01 |
|  | 5) Mental Subtraction Task | 0.83 | 253.89 | 0.41 | 0.10 |

**Table 18**

*Results comparing Self-Reported Guilt between Gratitude Interventions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -1.29 | 241.20 | 0.20 | -0.16 |
| 2) Gratitude List/Gratitude Text | -0.31 | 244.23 | 0.76 | -0.04 |
| 3) Gratitude List/Naikan Gratitude List | -1.36 | 243.79 | 0.18 | -0.17 |
| 4) Gratitude List/Mental Subtraction Task | -0.61 | 259.04 | 0.54 | -0.08 |
| 5) Gratitude Letter/Gratitude Text | 0.99 | 237.17 | 0.33 | 0.13 |
| 6) Gratitude Letter/Naikan Gratitude List | -0.08 | 253.97 | 0.94 | -0.01 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.72 | 245.11 | 0.47 | 0.09 |
| 8) Gratitude Text/Naikan Gratitude List | -1.06 | 240.46 | 0.29 | -0.13 |
| 9) Gratitude Text/Mental Subtraction Task | -0.29 | 243.33 | 0.77 | -0.04 |
| 10) Naikan Gratitude List/Mental Subtraction Task | 0.79 | 248.08 | 0.43 | 0.10 |

**Table 19**

*Results comparing Self-Reported Guilt between Control Conditions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -0.55 | 254.04 | 0.58 | -0.07 |
| 2) Measurement Only/Interesting Events List | -0.41 | 261.79 | 0.68 | -0.05 |
| 3) Measurement Only/Hassles List | -0.20 | 263.98 | 0.84 | -0.02 |
| 4) Events List/Interesting Events List | 0.16 | 248.69 | 0.87 | 0.02 |
| 5) Events List/Hassles List | 0.38 | 241.85 | 0.70 | 0.05 |
| 6) Interesting Events List/Hassles List | 0.22 | 249.51 | 0.83 | 0.03 |

**Satisfaction with Life Analyses**

**Table 20**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -0.30 | 270.80 | 0.77 | -0.04 |
|  | 2) Gratitude Letter | -0.69 | 260.46 | 0.49 | -0.08 |
| 1) Measurement Only | 3) Gratitude Text | -0.18 | 246.84 | 0.86 | -0.02 |
|  | 4) Naikan Gratitude List | 0.20 | 263.92 | 0.84 | 0.02 |
|  | 5) Mental Subtraction Task | -1.61 | 263.35 | 0.11 | -0.20 |
|  | 1) Gratitude List | -0.85 | 257.79 | 0.39 | -0.11 |
|  | 2) Gratitude Letter | -1.24 | 247.55 | 0.22 | -0.16 |
| 2) Events List | 3) Gratitude Text | -0.71 | 234.20 | 0.48 | -0.09 |
|  | 4) Naikan Gratitude List | -0.32 | 251.04 | 0.75 | -0.04 |
|  | 5) Mental Subtraction Task | -2.18 | 250.45 | 0.03 | -0.27 |
|  | 1) Gratitude List | -1.82 | 257.02 | 0.07 | -0.22 |
|  | 2) Gratitude Letter | -2.17 | 250.93 | 0.03 | -0.27 |
| 3) Interesting Events List | 3) Gratitude Text | -1.65 | 241.27 | 0.10 | -0.21 |
|  | 4) Naikan Gratitude List | -1.29 | 254.99 | 0.20 | -0.16 |
|  | 5) Mental Subtraction Task | -3.05 | 253.95 | 0.00 | -0.38 |
|  | 1) Gratitude List | -2.31 | 256.52 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -2.65 | 250.82 | 0.01 | -0.33 |
| 2) Hassles List | 3) Gratitude Text | -2.13 | 241.53 | 0.03 | -0.27 |
|  | 4) Naikan Gratitude List | -1.77 | 254.92 | 0.08 | -0.22 |
|  | 5) Mental Subtraction Task | -3.52 | 253.84 | 0.00 | -0.44 |

**Table 21**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -0.39 | 256.69 | 0.69 | -0.05 |
| 2) Gratitude List/Gratitude Text | 0.10 | 244.02 | 0.92 | 0.01 |
| 3) Gratitude List/Naikan Gratitude List | 0.49 | 260.30 | 0.63 | 0.06 |
| 4) Gratitude List/Mental Subtraction Task | -1.32 | 259.61 | 0.19 | -0.16 |
| 5) Gratitude Letter/Gratitude Text | 0.48 | 239.78 | 0.63 | 0.06 |
| 6) Gratitude Letter/Naikan Gratitude List | 0.86 | 253.98 | 0.39 | 0.11 |
| 7) Gratitude Letter/Mental Subtraction Task | -0.91 | 253.00 | 0.36 | -0.11 |
| 8) Gratitude Text/Naikan Gratitude List | 0.37 | 244.06 | 0.71 | 0.05 |
| 9) Gratitude Text/Mental Subtraction Task | -1.37 | 242.82 | 0.17 | -0.17 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -1.75 | 256.98 | 0.08 | -0.22 |

**Table 22**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | 0.55 | 263.00 | 0.58 | 0.07 |
| 2) Measurement Only/Interesting Events List | 1.54 | 260.55 | 0.12 | 0.19 |
| 3) Measurement Only/Hassles List | 2.04 | 259.89 | 0.04 | 0.25 |
| 4) Events List/Interesting Events List | 1.04 | 247.69 | 0.30 | 0.13 |
| 5) Events List/Hassles List | 1.55 | 247.07 | 0.12 | 0.19 |
| 6) Interesting Events List/Hassles List | 0.49 | 251.97 | 0.63 | 0.06 |

**Social Connection Analyses**

**Table 23**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Control Condition | Gratitude Intervention | t | df | p | Hedges’ g |
|  | 1) Gratitude List | -1.72 | 269.71 | 0.09 | -0.21 |
|  | 2) Gratitude Letter | -2.37 | 263.00 | 0.02 | -0.29 |
| 1) Measurement Only | 3) Gratitude Text | -1.51 | 253.98 | 0.13 | -0.19 |
|  | 4) Naikan Gratitude List | -1.17 | 263.44 | 0.24 | -0.14 |
|  | 5) Mental Subtraction Task | -2.21 | 265.99 | 0.03 | -0.27 |
|  | 1) Gratitude List | -1.19 | 251.44 | 0.24 | -0.15 |
|  | 2) Gratitude Letter | -1.83 | 247.91 | 0.07 | -0.23 |
| 2) Events List | 3) Gratitude Text | -0.98 | 239.37 | 0.33 | -0.13 |
|  | 4) Naikan Gratitude List | -0.69 | 253.86 | 0.49 | -0.09 |
|  | 5) Mental Subtraction Task | -1.68 | 251.06 | 0.09 | -0.21 |
|  | 1) Gratitude List | -2.33 | 254.11 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -2.96 | 249.82 | 0.00 | -0.37 |
| 3) Interesting Events List | 3) Gratitude Text | -2.13 | 241.14 | 0.03 | -0.27 |
|  | 4) Naikan Gratitude List | -1.74 | 254.45 | 0.08 | -0.22 |
|  | 5) Mental Subtraction Task | -2.81 | 252.93 | 0.01 | -0.35 |
|  | 1) Gratitude List | -3.50 | 230.70 | 0.00 | -0.44 |
|  | 2) Gratitude Letter | -4.04 | 232.32 | 0.00 | -0.51 |
| 2) Hassles List | 3) Gratitude Text | -3.32 | 225.30 | 0.00 | -0.42 |
|  | 4) Naikan Gratitude List | -2.92 | 247.44 | 0.00 | -0.36 |
|  | 5) Mental Subtraction Task | -3.90 | 235.42 | 0.00 | -0.49 |

**Table 24**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | -0.71 | 256.73 | 0.48 | -0.09 |
| 2) Gratitude List/Gratitude Text | 0.21 | 247.44 | 0.83 | 0.03 |
| 3) Gratitude List/Naikan Gratitude List | 0.43 | 253.40 | 0.67 | 0.05 |
| 4) Gratitude List/Mental Subtraction Task | -0.56 | 259.58 | 0.58 | -0.07 |
| 5) Gratitude Letter/Gratitude Text | 0.91 | 240.98 | 0.36 | 0.12 |
| 6) Gratitude Letter/Naikan Gratitude List | 1.07 | 250.69 | 0.29 | 0.13 |
| 7) Gratitude Letter/Mental Subtraction Task | 0.14 | 253.00 | 0.89 | 0.02 |
| 8) Gratitude Text/Naikan Gratitude List | 0.24 | 242.30 | 0.81 | 0.03 |
| 9) Gratitude Text/Mental Subtraction Task | -0.76 | 243.99 | 0.45 | -0.10 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -0.71 | 256.73 | 0.48 | -0.09 |

**Table 25**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -0.47 | 260.75 | 0.64 | -0.06 |
| 2) Measurement Only/Interesting Events List | 0.61 | 262.72 | 0.54 | 0.07 |
| 3) Measurement Only/Hassles List | 1.96 | 243.77 | 0.05 | 0.24 |
| 4) Events List/Interesting Events List | 1.07 | 250.87 | 0.29 | 0.13 |
| 5) Events List/Hassles List | 2.34 | 241.61 | 0.02 | 0.29 |
| 6) Interesting Events List/Hassles List | 1.41 | 240.44 | 0.16 | 0.18 |

**Attitude towards Life Analyses**

**Table 26**

*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 | -0.68 | 269.06 | 0.50 | -0.08 |
|  | 2) Gratitude Letter | -0.15 | 262.47 | 0.88 | -0.02 |
| 1) Measurement Only | 3) Gratitude Text | -1.16 | 250.00 | 0.25 | -0.14 |
|  | 4) Naikan Gratitude List | 0.17 | 266.49 | 0.86 | 0.02 |
|  | 5) Mental Subtraction Task | -0.69 | 265.57 | 0.49 | -0.08 |
|  | 1) Gratitude List | -0.49 | 257.00 | 0.63 | -0.06 |
|  | 2) Gratitude Letter | 0.08 | 249.97 | 0.94 | 0.01 |
| 2) Events List | 3) Gratitude Text | -0.99 | 233.33 | 0.32 | -0.13 |
|  | 4) Naikan Gratitude List | 0.40 | 251.52 | 0.69 | 0.05 |
|  | 5) Mental Subtraction Task | -0.50 | 250.71 | 0.62 | -0.06 |
|  | 1) Gratitude List | -1.39 | 257.72 | 0.17 | -0.17 |
|  | 2) Gratitude Letter | -0.85 | 250.91 | 0.40 | -0.11 |
| 3) Interesting Events List | 3) Gratitude Text | -1.84 | 236.53 | 0.07 | -0.24 |
|  | 4) Naikan Gratitude List | -0.47 | 253.76 | 0.64 | -0.06 |
|  | 5) Mental Subtraction Task | -1.37 | 252.90 | 0.17 | -0.17 |
|  | 1) Gratitude List | -2.68 | 250.05 | 0.01 | -0.33 |
|  | 2) Gratitude Letter | -2.18 | 244.46 | 0.03 | -0.27 |
| 2) Hassles List | 3) Gratitude Text | -3.03 | 241.99 | 0.00 | -0.39 |
|  | 4) Naikan Gratitude List | -1.78 | 253.52 | 0.08 | -0.22 |
|  | 5) Mental Subtraction Task | -2.61 | 252.38 | 0.01 | -0.33 |

**Table 27**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | 0.56 | 256.95 | 0.58 | 0.07 |
| 2) Gratitude List/Gratitude Text | -0.53 | 239.77 | 0.59 | -0.07 |
| 3) Gratitude List/Naikan Gratitude List | 0.86 | 258.27 | 0.39 | 0.11 |
| 4) Gratitude List/Mental Subtraction Task | -0.04 | 257.47 | 0.97 | 0.00 |
| 5) Gratitude Letter/Gratitude Text | -1.06 | 234.19 | 0.29 | -0.14 |
| 6) Gratitude Letter/Naikan Gratitude List | 0.33 | 252.03 | 0.74 | 0.04 |
| 7) Gratitude Letter/Mental Subtraction Task | -0.57 | 251.20 | 0.57 | -0.07 |
| 8) Gratitude Text/Naikan Gratitude List | 1.32 | 243.35 | 0.19 | 0.17 |
| 9) Gratitude Text/Mental Subtraction Task | 0.48 | 242.20 | 0.63 | 0.06 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -0.86 | 257.00 | 0.39 | -0.11 |

**Table 28**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -0.22 | 262.19 | 0.82 | -0.03 |
| 2) Measurement Only/Interesting Events List | 0.66 | 263.82 | 0.51 | 0.08 |
| 3) Measurement Only/Hassles List | 1.95 | 260.24 | 0.05 | 0.24 |
| 4) Events List/Interesting Events List | 0.93 | 250.78 | 0.36 | 0.12 |
| 5) Events List/Hassles List | 2.26 | 243.60 | 0.02 | 0.28 |
| 6) Interesting Events List/Hassles List | 1.38 | 246.78 | 0.17 | 0.17 |

**Perceived Self-Size Analyses**

**Table 29**

*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 | -1.80 | 269.16 | 0.07 | -0.22 |
|  | 2) Gratitude Letter | -0.25 | 258.64 | 0.81 | -0.03 |
| 1) Measurement Only | 3) Gratitude Text | -1.12 | 252.81 | 0.26 | -0.14 |
|  | 4) Naikan Gratitude List | -0.91 | 266.58 | 0.36 | -0.11 |
|  | 5) Mental Subtraction Task | -1.38 | 259.62 | 0.17 | -0.17 |
|  | 1) Gratitude List | -0.82 | 247.82 | 0.41 | -0.10 |
|  | 2) Gratitude Letter | 0.60 | 249.98 | 0.55 | 0.07 |
| 2) Events List | 3) Gratitude Text | -0.20 | 240.33 | 0.84 | -0.03 |
|  | 4) Naikan Gratitude List | -0.01 | 252.31 | 0.99 | 0.00 |
|  | 5) Mental Subtraction Task | -0.51 | 252.68 | 0.61 | -0.06 |
|  | 1) Gratitude List | -2.24 | 255.02 | 0.03 | -0.28 |
|  | 2) Gratitude Letter | -0.65 | 249.10 | 0.52 | -0.08 |
| 3) Interesting Events List | 3) Gratitude Text | -1.54 | 241.83 | 0.12 | -0.20 |
|  | 4) Naikan Gratitude List | -1.33 | 255.00 | 0.19 | -0.16 |
|  | 5) Mental Subtraction Task | -1.77 | 250.72 | 0.08 | -0.22 |
|  | 1) Gratitude List | -2.36 | 240.85 | 0.02 | -0.29 |
|  | 2) Gratitude Letter | -0.89 | 249.88 | 0.37 | -0.11 |
| 2) Hassles List | 3) Gratitude Text | -1.72 | 238.18 | 0.09 | -0.22 |
|  | 4) Naikan Gratitude List | -1.52 | 248.93 | 0.13 | -0.19 |
|  | 5) Mental Subtraction Task | -1.93 | 253.60 | 0.05 | -0.24 |

**Table 30**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gratitude Intervention | t | df | p | Hedges’ g |
| 1) Gratitude List/Gratitude Letter | 1.46 | 247.02 | 0.14 | 0.18 |
| 2) Gratitude List/Gratitude Text | 0.64 | 243.41 | 0.52 | 0.08 |
| 3) Gratitude List/Naikan Gratitude List | 0.84 | 258.15 | 0.40 | 0.10 |
| 4) Gratitude List/Mental Subtraction Task | 0.24 | 247.15 | 0.81 | 0.03 |
| 5) Gratitude Letter/Gratitude Text | -0.83 | 240.11 | 0.41 | -0.11 |
| 6) Gratitude Letter/Naikan Gratitude List | -0.63 | 251.95 | 0.53 | -0.08 |
| 7) Gratitude Letter/Mental Subtraction Task | -1.09 | 252.81 | 0.27 | -0.14 |
| 8) Gratitude Text/Naikan Gratitude List | 0.20 | 244.79 | 0.84 | 0.03 |
| 9) Gratitude Text/Mental Subtraction Task | -0.34 | 242.13 | 0.74 | -0.04 |
| 10) Naikan Gratitude List/Mental Subtraction Task | -0.52 | 253.52 | 0.60 | -0.06 |

**Table 31**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Control Condition | t | df | p | Hedges’ g |
| 1) Measurement Only/Events List | -0.87 | 259.18 | 0.39 | -0.11 |
| 2) Measurement Only/Interesting Events List | 0.42 | 263.53 | 0.68 | 0.05 |
| 3) Measurement Only/Hassles List | 0.69 | 254.25 | 0.49 | 0.08 |
| 4) Events List/Interesting Events List | 1.27 | 249.45 | 0.21 | 0.16 |
| 5) Events List/Hassles List | 1.47 | 249.59 | 0.14 | 0.18 |
| 6) Interesting Events List/Hassles List | 0.30 | 246.22 | 0.76 | 0.04 |