

## Measuring Gratitude in Adolescents:

### The Validity of the Vietnamese Adaptation of the Gratitude Questionnaire (GQ) and the Revised Short Gratitude, Resentment, and Appreciation Test (S-GRAT)

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#### 1 Introduction

School-based gratitude programs have been increasingly conducted, aiming to help students develop the habits of gratitude that have been identified as the stepping stones to greater happiness and success. The research studies on outcomes of these interventions will certainly bound up with the use of valid and reliable instruments to measure gratitude. The aim of this article was to validate the Vietnamese translation of the Gratitude Questionnaire (GQ) and the Revised Short Gratitude, Resentment, and Appreciation Test (S-GRAT).

#### 2 Methods

##### Design

Two cross-sectional studies were conducted to determine the psychometric properties of these two instruments. In Study 1 (N =365), Confirmatory Factor Analysis (CFA) was conducted to examine the factor structure of the scale. Study 2 (N =201) was undertaken to test the predictive validity.

##### Participants

Adolescents aged from 13 to 16 who were randomly selected from secondary and high school students of Thua Thien Hue Province.

##### Measures

Vietnamese translations of the GQ (McCullough et al., 2002), the S-GRAT (Thomas & Watkins, 2003) and the Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985)

#### 3 Results

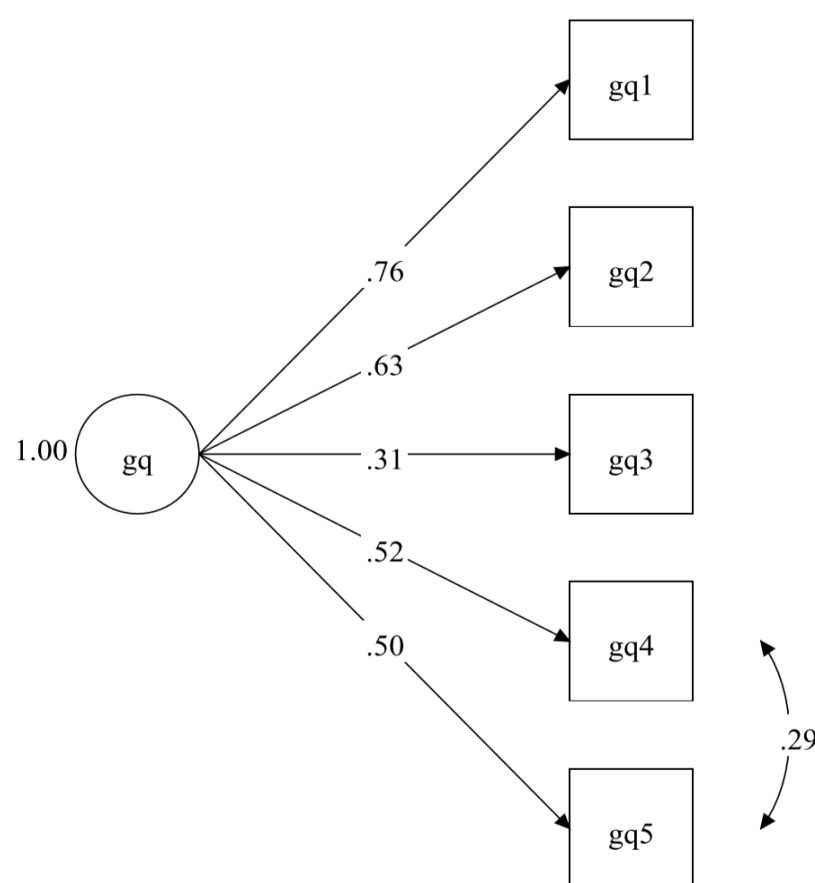


Figure 1. The measurement of model of GQ-VN, whole sample

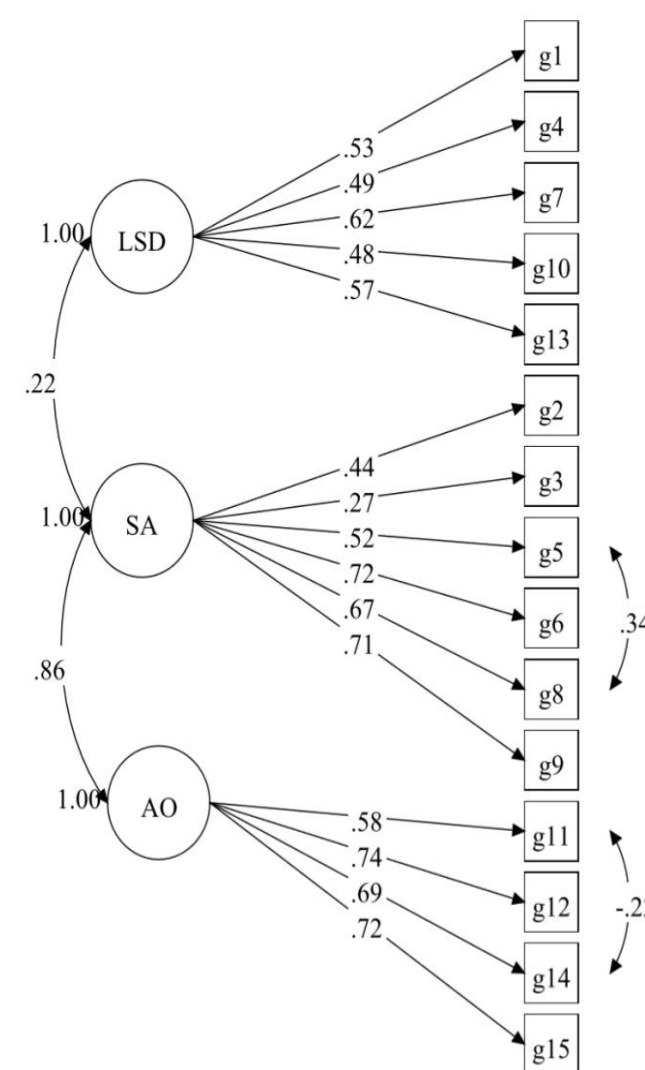


Figure 2. The measurement of model of S-GRAT-VN, whole sample

**Table 1**  
Internal Consistencies and Descriptives of the S-GRAT-VN Subscales

	# items	Cronbach's alpha	Average $r_{item,item}$	Average $r_{item,total}$	M	SD
SA	6	.74	.32	.47	4.34	1.61
LOSD	5	.68	.29	.46	7.01	1.33
AO	4	.76	.44	.56	7.22	1.44

Note: SA= Simple appreciation; LOSD= lack of a sense of deprivation; AO=appreciation for others

**Table 2**  
Standardized Regression Coefficients and Correlations between Adolescents' Gratitude and Life Satisfaction

	Life satisfaction	
	r	$\beta$
GQ-VN	.37**	.37**
S-GRAT-VN	.37**	.37**
- SA	.19**	.20*
- LOSD	-.24**	-.28**
- AO	.26**	.13

Note: SA= Simple appreciation; LOSD= lack of a sense of deprivation; AO=appreciation for others; \*p<.05, \*\*p < .01

#### 4 Conclusion

The results support the validity of the Vietnamese GQ6 and SGRAT in adolescent populations. These two instruments, therefore, can facilitate the evaluation of factors associated with adolescents' dispositional gratitude in Vietnamese settings.