

Further validation of the Gratitude, Resentment and Appreciation Test (GRAT)

Rhett Diessner & Gay Lewis

Lewis-Clark State College

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The Gratitude, Resentment and Appreciation Test (GRAT; Watkins, Woodward, Stone, & Kolts, 2003) is a relatively new measurement created to assess the gratitude trait. The GRAT revised short form, as used here (Thomas & Watkins, 2003; total score with α of .92), and like the original GRAT, has subscales for measuring (a) Lack of a Sense of Deprivation (or Sense of Abundance; $\alpha = .80$), (b) Appreciation for Simple Pleasures ($\alpha = .87$), and (c) Social Appreciation ($\alpha = .76$), and has shown good reliability and validity (the subscale α s reported immediately above were derived from the study reported here). The study reported here is in the context of further examining the validity of the GRAT revised short form. In Peterson and Seligman's (2004) manual of virtues and character strengths, gratitude and spirituality are categorized as strengths belonging to the virtue of transcendence; therefore we predict a significant positive correlation between them. Likewise, as materialism is nearly the opposite of transcendence, we predict significant negative correlations between gratitude and materialism.

A convenience sample of $N = 206$ was drawn from several courses at Lewis-Clark State College ($N = 3,300$) in Lewiston, Idaho. The participants were 58% female and 42% male; aged 16 to 47 ($M = 23.7$, $SD = 7.7$). Religion: 1.5% Buddhist, 74% Christian, 1% Jewish, 3.6% Hindu, .5% Muslim, 2% Traditional Native American Spirituality, 4.1% atheist, 6.6% agnostic, and 6.6% unreported.

We assessed participants' levels of spiritual transcendence with the Spiritual Transcendence Scale (STS; Piedmont, 1999, 2004), using the 9-item short form (French & Piedmont, 2004; $\alpha = .76$). The STS has three subscales (Piedmont, 1999, 2004): (a) Prayer Fulfillment ($\alpha = .89$), which includes feelings of joy and contentment through a positive connection to a transcendent reality, (b) Universality ($\alpha = .59$), a belief in the unitive nature of,

and broad meaning and purpose to, life, and (c) Connectedness ($\alpha = .68$), feelings of responsibility and belonging to a larger human reality and in particular with the physically dead.

The participants' levels of materialism were measured using the new shorter form of the Material Values Scale (MVS; Richins, 2004; Richins & Dawson, 1992; total score $\alpha = .86$). The MVS has subscales for (a) acquisition centrality (the centrality of material possessions in a person's life; $\alpha = .67$), (b) success (using possessions to judge the success of one's life and others' lives; $\alpha = .76$), and (c) happiness (possessions bring happiness and life satisfaction; $\alpha = .78$).

GRAT and STS total scores correlated $.31$ ($p < .01$; all correlations reported here are two-tailed). STS total score and GRAT subscales of Appreciation for Simple Pleasures, and Social Appreciation showed $r = .35$ and $r = .30$ (both $p < .01$); and GRAT subscale, Lack of Deprivation, was non-significant ($r = .13$). STS subscale for Prayer Fulfillment correlated positively and significantly with all GRAT subscales; STS subscale Universality did so with GRAT Appreciation for Simple Pleasures, and Social Appreciation; whereas STS subscale Connectedness had no significant correlation with any GRAT subscale. The GRAT and MVS total scores showed $r = -.44$ ($p < .001$); and all GRAT subscales showed significant negative correlations with all MVS subscales ($r = -.15$ to $-.40$; p ranging from $.03$ to $< .001$).

Thus, the results were in the predicted directions and add further validity to the shorter revised GRAT.

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