

# Get the facts

## EXPRESSING GRATITUDE

### INTRODUCTION

(i.e. why is this research important)

Adults and youth who express more **gratitude** have better **mental health** and **subjective well-being**, but not everyone naturally expresses gratitude. The scientists who were doing this study wanted to see if they could increase high school students' gratitude using a school-based intervention. They also tested whether, after the intervention, students in the gratitude intervention had changes in their mental health and subjective well-being. Read on to find out what happened!

#### WHAT IS...

**Gratitude?** Gratitude is about being thankful for the goodness in your life including the people, places and things.

**Mental health?** Mental health includes your psychological, emotional and social health.

**Subjective well-being?** Subjective well-being is your own opinion about how healthy or how "well" you are.

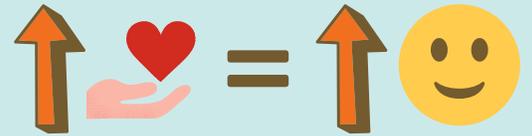
### METHODS

(i.e. how the researchers tested their question)

Three hundred and twenty-seven students from 15 different high school classes were divided into two groups. Six of the classes were in the gratitude intervention, and the other nine classes were in a control group. Students in the gratitude intervention had classroom time to learn about gratitude practices (such as gratitude journaling and acknowledging others' strengths) and to express their own gratitude towards their peers and teacher through an app called GiveThx.

### RESULTS

(i.e. what the researchers found)



After 6-weeks, students who were in the classrooms that did the gratitude intervention had greater increases in gratitude, mental health, and personal/social well-being compared to students that were in the control classrooms.

### DISCUSSION

(i.e. what do the results mean?)

There are lots of activities people do to improve their mental health and well-being and expressing gratitude is one of them.

If your classroom isn't doing a gratitude intervention, when do express gratitude in your life? You could think of something you're grateful for every night before bed, or text a friend and tell them why you're grateful they're your friend.

Read the original article here: [Bono, G., Mangan, S., Fauteux, M., & Sender, J. \(2020\). A new approach to gratitude interventions in high schools that supports student wellbeing. \*The Journal of Positive Psychology\*, DOI: 10.1080/17439760.2020.1789712](#)