

Being thankful: Does gratitude increase helping behaviors regardless of setbacks?

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INTRO

- Gratitude has a strong positive association with prosociality¹ and builds personal resources, such as resilience²

METHODS

- N = 362, 45.03% female, aged 21-65 years old ($M=37.84$, $SD=10.27$)
- Collected self-reported gratitude, whether the participant clicked on the feedback survey, and # of attempts at submitting the feedback survey after seeing the staged submission error.
- Logistic regression: Participants with higher levels of gratitude have higher odds of filling in the feedback survey.
- Ordinal regression: Gratitude group has higher odds of making more attempts to submit the feedback survey.

RESULTS

- Levels of gratitude ($M_{control}=5.49$, $M_{gratitude}=5.48$)
- Gratitude ↑ Helping ↑ (Odds = 1.23, $p=.016$)

DISCUSSION

- Possible ceiling effect on self-reported gratitude
- Gratitude continues to be linked to helping behaviors

Feeling grateful increases the likelihood of engaging in a helping behavior.

- Gratitude group had lower odds in making more attempts to resubmit the survey compared to the control group (Odds = .62, $p=.003$).

Figure 1

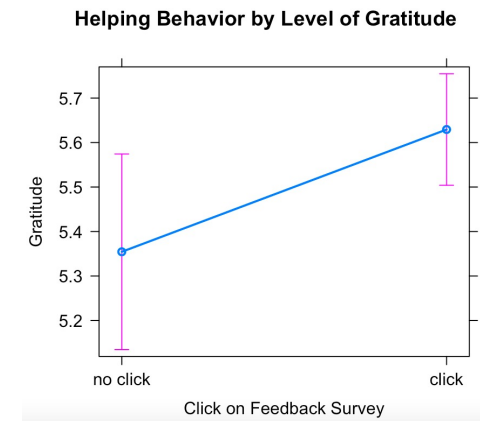
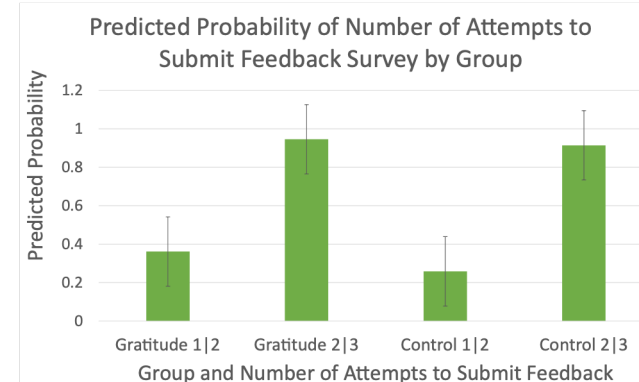


Figure 2



Note. 1|2 = comparing a single attempt to two attempts at submitting the feedback survey.
2|3 = comparing two attempts to three attempts at submitting the feedback survey.

REFERENCES

- Graham, S. (1988). Children's developing understanding of the motivational role of affect: An attributional analysis. *Cognitive Development*, 3(1), 71-88
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