Impact of gratitude interventions

- Gratitude vs. negative control
- Gratitude vs. neutral control
- Gratitude vs. positive control

Data from "Using Gratitude to Promote Positive Change", Dickens, 2017

- Stress
- Depression
- Grateful mood
- Life satisfaction
- Positive affect
- Negative affect
- Optimism
- Physical health

Effect size
0.0
0.5
1.0