

## Awe and Gratitude (GrAw-7)

<b>Reference:</b>	Büssing A, Rechia DR, Baumann K: Validation of the Gratitude/Awe Questionnaire and Its Association with Disposition of Gratefulness. <i>Religions</i> 2018, 9, 117; doi: 10.3390/rel9040117
<b>Language:</b>	English, German, Spanish, French, Italian, Rumanian, Polish, Farsi
<b>Contact:</b>	Prof. Dr. med. Arndt Büssing, University Witten/Herdecke, Germany; Email: <a href="mailto:arndt.buessing@uni-wh.de">arndt.buessing@uni-wh.de</a>
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**Origin:** Original instrument

**Purpose:** Awe/Gratitude is an indicator of experiential spirituality rather than cognitive constructs of spirituality. The 7-item scale (GrAw-7) scale has a clear focus on the experiential aspects of being moved and touched by certain moments and places / nature, mindful times of pausing in 'wonder' and thereby interrupting the routine of daily life concerns, and on the subsequent feelings of gratitude.

**Population:** healthy adolescents, adults and elderly, but also patients with chronic diseases

**Administration:**

*Rater:* Self or interview-administered

*Time Required:* 1 min. for self administration

*Training:* none

*Scoring:* The items were scored on a 4-point scale (0 - never; 1 - seldom; 2 - often; 3 - regularly), referred to a 100% scale. The resulting mean values thus range from 0 to 100.

**Coverage:** Research and Clinical

**Reliability:** The 7 item scale has good internal consistence (Cronbach's alpha = 0.82).

**Validity:** The GrAw-7 scale is, depending on the study population, strongly related to the perception of the sacred in one's life (DSES-6), with frequency of meditation or praying, and moderately with dispositional gratitude (GQ-6). In religious persons (Catholic religious brothers and sisters or Adventists), the GrAw-7 scale is moderately to strongly related with Living the Faith (FrSpir) and inversely with phases of spiritual dryness (SDS). In Yoga practitioners, the GrAw-7 scale is moderately related to mindfulness (CPSC), compassion (SCBCS), life satisfaction (SWLS) and Wellbeing (WHO5). In in-patients with depressive or addiction diseases, the scale is moderately elate to their Religious Trust (RGS), and weakly only with their wellbeing (WHO5). In a-religious medical doctors, the scales is moderately related with their engagement for others (FraSpir), Compassion (SCBCS) and Altruism (GALS), meaning in life (MLQ), and weakly only with wellbeing (WHO5).

**Strengths:** Strength of the instrument, which avoids exclusive language, it its applicability also on non-religious persons. Even non-religious / non-spiritual (R-S-) may have these perceptions – although often to a lower extend. It is thus suited also in secular societies to measure experiential aspects of spirituality.

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Please describe how often you have the following feelings and perceptions		Never	Seldom	Often	Regularly / Very often
ED1	I have a feeling of great gratitude.	0	1	2	3
ED2	I have a feeling of wondering awe.	0	1	2	3
ED3	I still have learned to experience and value beauty.	0	1	2	3
ED4	I stop and am captivated by the beauty of nature.	0	1	2	3
ED5	I pause and stay spellbound at the moment.	0	1	2	3
ED6	In certain places I become very quiet and devout.	0	1	2	3
ED7	I stop and then think of so many things for which I'm really grateful.	0	1	2	3

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Bitte beschreiben Sie hier, wie häufig Sie folgende Gefühle haben bzw. Erfahrungen machen:		Nie	Selten	Häufig	Regelmäßig / sehr häufig
ED1	Mich überkommt ein Gefühl großer Dankbarkeit.	0	1	2	3
ED2	Mich überkommt ein Gefühl staunender Ehrfurcht.	0	1	2	3
ED3	Ich habe Schönes erfahren und zu schätzen gelernt.	0	1	2	3
ED4	Ich bleibe stehen und bin gebannt von der Schönheit der Natur.	0	1	2	3
ED5	Ich halte inne und verweile gebannt im Augenblick.	0	1	2	3
ED6	An bestimmten Orten werde ich ganz still und andächtig.	0	1	2	3
ED7	Ich halte inne und mir fällt dann so vieles ein, für das ich wirklich dankbar bin.	0	1	2	3

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