

Abstract

The present study examined the development of gratitude thinking habit and its effects on psychological well-being among Chinese college students in Hong Kong. Participants included 180 students recruited from the Chinese University of Hong Kong. In part I of this study, participants tried to develop a gratitude thinking habit before sleeping every night for 12 weeks. They completed the Habit Index of Gratitude Thinking (HIGT) each day and record whether they have done gratitude thinking. The majority (123) of participants provided sufficient data for analysis. Nonlinear regression fitting an asymptotic curve was conducted, with 54 participants' data fitting well. Median time needed for participants to reach plateau state of habit was 77 days. In part II of this study, the effects of gratitude thinking on psychological well-being was investigated, using a pre- and post-test design. One hundred and fifty-five participants who completed all pre- and post-test measures were used for the analyses. Results revealed significant improvement in measures of life satisfaction, happiness, negative affects and received social support. Implications of these preliminary findings and future research directions were discussed.

Keywords: gratitude, mental habit, modelling, intervention, well-being