

Belmont University

Belmont Digital Repository

Belmont University Research Symposium
(BURS)

Special Events

Spring 4-2022

Can State Gratitude be Increased through Mindfulness Practice and a Gratitude Story?

Grace Gray
grace.gray@pop.belmont.edu

Grace Harris
Belmont University, grace.harris@pop.belmont.edu

Gabrielle Givers
Belmont University, Gabrielle.givers@pop.belmont.edu

Caroline Hopper
Belmont University, Caroline.hopper@pop.belmont.edu

Grabriella Gonzalez
Belmont University, Gabriella.gonzalez@pop.bemont.edu

Follow this and additional works at: <https://repository.belmont.edu/burs>



Part of the [Psychology Commons](#)

Recommended Citation

Gray, Grace; Harris, Grace; Givers, Gabrielle; Hopper, Caroline; and Gonzalez, Grabriella, "Can State Gratitude be Increased through Mindfulness Practice and a Gratitude Story?" (2022). *Belmont University Research Symposium (BURS)*. 148.

<https://repository.belmont.edu/burs/148>

This Oral Presentation is brought to you for free and open access by the Special Events at Belmont Digital Repository. It has been accepted for inclusion in Belmont University Research Symposium (BURS) by an authorized administrator of Belmont Digital Repository. For more information, please contact repository@belmont.edu.

Mindfulness and Attitudes

Gabrielle Givers, Gabriella Gonzalez, Grace Gray, Grace Harris, Caroline Hopper

Belmont University

Key words: Mindfulness; Meditation; Gratitude; State attitudes

Abstract

Gratitude is the quality of being thankful and readily showing appreciation for opportunities in life. Gratitude in an individual can be experienced on two levels: trait and state. Trait gratitude involves a predisposition, interpersonal experience that an individual holds on a daily basis. State gratitude is context based and is experienced during specific events. In past research there seems to be a relationship between meditation practice and levels of trait gratitude, but there is little literature investigating this same connection with state gratitude (Chen et al., 2017). For our research, we wanted to expand on this research and test the effects of gratitude meditation and a gratitude story on the levels of state gratitude in participants. We hypothesized that participants who took part in a gratitude meditation and read a gratitude story would have the highest level of state gratitude and those who received a mind wandering exercise, and a control story would show the lowest level of state gratitude.

**Non-Exclusive Distribution License for Submissions to the
Belmont University, Bunch Library Digital Repository**

By submitting this license, you (the author(s) or copyright owner) grant to Belmont University the nonexclusive right to reproduce, convert (as defined below), and/or distribute your submission (including the abstract) worldwide in print and electronic format and in any medium, including but not limited to audio or video.

You agree that Belmont University may, without changing the content, convert the submission to any medium or format for the purpose of preservation.

You also agree that Belmont University may keep more than one copy of this submission for purposes of security, back- up and preservation.

You represent that the submission is your original work, and that you have the right to grant the rights contained in this license. You also represent that your submission does not, to the best of your knowledge, infringe upon any third party rights including, but not limited to, those related to copyright, trademark, patent, trade secret, or a nondisclosure agreement. .

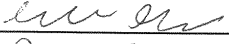
If the submission contains material for which you do not hold copyright, you represent that you have obtained any necessary permission from the copyright owner to grant Belmont University the rights required by this license, and that such third-party owned material is clearly identified and acknowledged within the text or content of the submission.

IF THE SUBMISSION IS BASED UPON WORK THAT HAS BEEN SPONSORED OR SUPPORTED BY AN AGENCY OR ORGANIZATION OTHER THAN BELMONT UNIVERSITY, YOU REPRESENT THAT YOU HAVE FULFILLED ANY RIGHT OF REVIEW OR OTHER OBLIGATIONS REQUIRED BY SUCH CONTRACT OR AGREEMENT.

You agree to indemnify, defend and hold harmless Belmont University, and its successors and assigns and licensees, officers, directors, employees, representatives and agents from and against all damages, claims, costs, and expenses, including reasonable attorneys' fees which Belmont may sustain or incur by reason of any breach of any agreement, representation or warranty made by you in this license agreement.

Belmont University will clearly identify your name(s) as the author(s) or owner(s) of the submission, and will not make any alteration, other than as allowed by this license, to your submission.

I have read and accept all the terms of this license agreement:

Signature:  Date: 3/24/22

Print Name: Grace Gray

Email Address: _____

If under 18 years of age:

Parent's Signature: _____ Date: _____

Print Name: _____

Email Address: _____