

Effects of the Gratitude Program on the Gratitude, Well-Being, Perceived Stress, and Stress Coping of Nurses

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Abstract : Little has been done to customize an appropriate program on gratitude for nurses, who work in high-stress environments. The purpose of this study is to design an appropriate program on gratitude for nurses and to investigate the effects of the program. Based on research done by Kaohsiung Medical University's Positive Psychology Center, the only one of its kind in Taiwan, one of the top five strengths of nurses is gratitude. Instead of adapting from an older model created from past research, the Gratitude Workshop is developed from a quasi-experimental approach and designed with five additional dimensions that emphasize gratitude: thanking others, thanking one's surroundings, cherishing what one has, appreciating hardships, and appreciating the present. A sample of 84 nurses was randomly selected from the Kaohsiung Municipal Ta-Tung Hospital; 43 of who participated in the nine-hour Gratitude Workshop that spanned over three weeks, while the other 41 were part of the waitlist control group. The pretest and posttest included five questionnaires: Inventory of Undergraduates' Gratitude, The Gratitude Questionnaire-6, Mental Health Continuum-Short Form, Perceived Stress Scale, and the Stress Coping Strategies Questionnaire. Results of the research showed that the Gratitude Workshop elevates gratitude, well-being, and perceived stress on the nurses; however, it was also found in the Stress Coping Strategies Questionnaire that the Gratitude Workshop only heightened the regulation of emotions.

Keywords : gratitude, nurses, positive psychology, well-being

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