

Supplementary Material

Supplementary Data

Table S1. Measures administration.

Administration	Pre-test 1 st week	3 rd & 4 th session	Post-test 5 th week		Pre-test 1 st week	3 rd & 4 th week	Post-test 5 th week
Experimental group	mDES	GQ-6	mDES	Control group	mDES	GQ-6	mDES
	CD-RISC		CD-RISC		CD-RISC		CD-RISC
	SHS		SHS		SHS		SHS
	LOT-R		LOT-R		LOT-R		LOT-R

Note: Pre-test: Pre-intervention, Post-test: Post-intervention, mDES: Differential Emotions Scale-modified, CD-RISC: Connor-Davidson Resilience Scale, SHS: Subjective Happiness Scale, LOT-R: Revised Life Orientation Test, GQ-6: Gratitude Questionnaire-six item form.

Table S2. Means, standard deviations, and pre and post-intervention between-groups and within-groups differences in gratitude.

Variable	Experimental group		Control group		Independent t-test	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>t</i>	<i>p</i>
Pre-test gratitude	5.09	.88	4.98	.78	.54	.59

	Experimental group				Control group				Independent t-test	
			Paired t-test				Paired t-test			
	<i>M</i>	<i>SD</i>	<i>t</i>	<i>p</i>	<i>M</i>	<i>SD</i>	<i>t</i>	<i>p</i>	<i>t</i>	<i>p</i>
Post-test gratitude	5.53	.98	-3.39	.002	4.88	.85	1.14	.26	2.98	.004

Note: ns: non-significant, Pre-test: Pre-intervention, Post-test: Post-intervention, GQ-6: Gratitude Questionnaire-six item form.

Table S3. Correlations between gratitude and the other psychological variables and multivariate regression analysis.

Predictive variable	Post-test outcome variables	<i>r</i>	<i>F</i> (1, 18)	η_p^2	<i>p</i>
Post-test gratitude	Positive emotions	.60***	1.46	.64	.230
	Negative emotions	-.28ns	1.16	.58	.390

Psychological resilience	.63***	2.16	.72	.070
Subjective happiness	.69***	3.45	.81	.009
Optimism	.51**	2.47	.75	.042

Note: ** $p < .01$; *** $p < .001$; ns: non-significant; Post-test: Post-intervention.