

## 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
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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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Merci d'indiquer la fréquence à laquelle vous éprouvez les sentiments et avez les perceptions ci-après		Jamais	Rarement	Souvent	Régulièrement / Très
ED1	J'éprouve une profonde gratitude	0	1	2	3
ED2	Le sentiment d'émerveillement m'envahit	0	1	2	3
ED3	J'ai encore appris à faire l'expérience de la beauté et à la valoriser	0	1	2	3
ED4	Je prends le temps d'observer et suis captivé(e) par la beauté de la nature	0	1	2	3
ED5	Je m'arrête et reste sous le charme	0	1	2	3
ED6	Par endroit, je reste très calme et révérencieux(se)	0	1	2	3
ED7	Je fais une pause et prends le temps de penser à tout ce pour lequel je suis reconnaissant(e)	0	1	2	3

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Descrivi quanto spesso hai i seguenti sentimenti e percezioni		mai	raramente	spesso	molto spesso
ED1	Sono sopraffatto da un sentimento di grande gratitudine.	0	1	2	3
ED2	Sono sopraffatto da una sensazione di stupito stupore.	0	1	2	3
ED3	Ho vissuto e apprezzato le cose belle.	0	1	2	3
ED4	Mi fermo e sono affascinato dalla bellezza della natura.	0	1	2	3
ED5	Ora mi fermo e rimango affascinato.	0	1	2	3
ED6	In certi posti, divento molto silenzioso e devoto.	0	1	2	3
ED7	Mi fermo e poi penso a tante cose di cui sono davvero grato.	0	1	2	3

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Por favor, describa con qué frecuencia tiene usted estos sentimientos o ha vivido estas experiencias.		nunca	rara vez	a menudo	muy a menudo / regularmente
ED1	Tengo un gran sentimiento de gratitud	0	1	2	3
ED2	Tengo un gran sentimiento de temor.	0	1	2	3
ED3	He percibido algo muy bonito y he aprendido a valorarlo.	0	1	2	3
ED4	Me quedo quieto y me sorprende de la belleza de la naturaleza.	0	1	2	3
ED5	Hago una pausa y disfruto del momento.	0	1	2	3
ED6	En algunos lugares me vuelvo silencioso y pensativo.	0	1	2	3
ED7	Hago un descanso y se me ocurren un montón de cosas por las que realmente doy gracias.	0	1	2	3

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Vă rugăm să menționați cât de des aveți următoarele simțăminte sau trăiți următoarele experiențe:		Niciodată	Rar	Frecvent	Regulat/ Foarte
ED1	Mă copleșește un simțământ de mare recunoștință.	0	1	2	3
ED2	Mă copleșește un simțământ de uimitoare venerație.	0	1	2	3
ED3	Am descoperit frumosul și am învățat să îl prețuiesc.	0	1	2	3
ED4	Rămân pe loc și sunt fascinat de frumusețea naturii.	0	1	2	3
ED5	Mă opresc și zăbovesc fascinat pe moment.	0	1	2	3
ED6	În anumite locuri devin cu totul liniștit și pios.	0	1	2	3
ED7	Atunci când mă cercetez, îmi vin atât de multe lucruri în minte pentru care sunt cu adevărat recunoscător.	0	1	2	3

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אנא תאר באיזו תדירות (בנסיבות רגילות) אתה חש את הרגשות והתפיסות שלהלן				
לעיתים קרובות מאוד	לעיתים קרובות	לעיתים רחוקות	אף פעם	
3	2	1	0	יש לי תחושה רבה של הכרת תודה. ED1
3	2	1	0	יש לי תחושה של פקפוק. ED2
3	2	1	0	עדיין עלי ללמוד כיצד להתנסות ולהעריך יופי. ED3
3	2	1	0	אני נשבה על ידי יופיו של הטבע. ED4
3	2	1	0	אני עוצר ונשאר מרותק ברגע/במהירות. ED5
3	2	1	0	במקומות מסוימים אני נהיה שקט מאוד ורציני. ED6
3	2	1	0	אני עוצר וחושב על כל כך הרבה דברים שעבורם אני ממש אסיר תודה. ED7

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