

Facets of Mindfulness as Predictors of Gratitude

February 15, 2012

In case you missed it, the cameras were rolling at the APS 23rd Annual Convention in Washington, DC. Watch Tony Ahrens from American University present his poster session research on “Facets of Mindfulness as Predictors of Gratitude: A Daily Diary Study.”

Tony Ahrens is an Associate Professor in the Department of Psychology at American University. His research interests fall at the interface of social and clinical psychology, with an emphasize on gratitude, mindfulness, and fear of emotion. In this study, trait gratitude in students was measured and then students were asked to complete daily dairy entries about something good that happened that day that neither they or anyone else caused. Mindfulness measured before the daily diary predicted trait gratitude both then and in the daily dairy. When people were more grateful for events, they wanted to help others more and that effect was stronger for people who were more mindful.

Want more on mindfulness? Read this [We're Only Human blog](#) by Wray Herbert on awe. Scientists found that being mindful of awe can have all sorts of tonic effects, including a better sense of perspective on time and priorities, more patience and charity toward others, and generally more satisfaction with life.