

The University of Hong Kong
Department of Psychology

Departmental Seminar

Gratitude and Well-being: The Mediating Role of Coping

Date: March 27, 2015 (Friday)
Time: 11:30 a.m. – 12:30 p.m.
Venue: Room 1103, 11/F, The Jockey Club Tower,
Centennial Campus, HKU
Speaker: Ms. Lau Hi Po, Bobo
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Religions, philosophers, and psychologists have long proposed that heart-felt experiences of gratitude are the key to well-being. This dissertation examined the mediating mechanisms of the effects of gratitude on subjective well-being. I proposed a resources-coping model, which postulates that gratitude fosters subjective well-being through enhancing perceptions of coping resources as well as the adoption of adaptive coping styles. I tested this model in three studies. Study 1 found that participants experienced enhanced perceptions of coping resources, efficacy to positive reframe stressful events, and subjective well-being upon recalling grateful events. The effect of condition was mediated by enhanced feelings of gratitude. Building on this finding, Study 2 and 3 applied the structural equations modeling approach to examine the inter-correlations among dispositional gratitude, coping resources, coping styles, and subjective well-being. Study 2 revealed that gratitude was associated with caregiving competence and adaptive coping styles, including positive reframing, religious coping, and social support seeking, among a group of familial dementia caregivers. Study 3, which was conducted among adults with work-related stressors, found that the effect of gratitude on subjective well-being was mediated by coping resources and adaptive coping styles. Findings of these three studies generally support the resources-coping model. Implications on applying gratitude to psychotherapy are discussed.