

## **Abstract**

The diploma thesis deals with gratitude, its interventions, and its possible overlap to mindfulness. In its literary-overview part, it thus seeks to capture gratitude in its situational and affective conception. Subsequently, it focuses on the presentation of different types of gratitude interventions, their possible benefits in terms of mental and physical health and their possible advantages. The last chapter of the theoretical part brings a brief introduction to mindfulness and summarizes what has been so far discovered in the joint research field of gratitude and mindfulness. The theoretical part is followed by an experiment which - by using placebo comparison - seeks to provide a closer look at gratitude interventions that are in the context of this research considered to be different degrees of experimental manipulation. The Gratitude Diary brings (in comparison to the Moments Diary in the active control group) an additional explicit focus on gratitude. The Fingers of Gratitude, which are considered to be an extension of the Gratitude Diary, bring moreover an explicit experiential focus and explicit mindfulness approach. However, the results of this research suggest that after practicing for two weeks, the experimental manipulation was not relevant in terms of life satisfaction, psychological well-being, gratitude, and mindfulness. That is, the groups did not differ after two weeks of practice in the monitored variables. Nevertheless, a significantly higher drop-out in the active control group suggests that an explicit focus on gratitude led to higher compliance.

## **Keywords**

Gratitude; Gratitude Interventions; Mindfulness; Experiment; Well-being