READ ME File For ‘A Way to Grow? An Exploration of the Impact of Different Types of Gratitude Diary and the Association Between Gratitude and Post Traumatic Growth’

Dataset DOI: 10.5258/SOTON/D2809

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This dataset supports the thesis entitled ‘A Way to Grow? An Exploration of the Impact of Different Types of Gratitude Diary and the Association Between Gratitude and Post Traumatic Growth’

AWARDED BY: University of Southampton

DATE OF AWARD: 2023

DESCRIPTION OF THE DATA

This dataset contains:

* Diary fidelity analysis: Inter-rater reliability data set and output.
  + This data was created using SPSS in 2022 - 2023.
* Main analysis: data set, syntax used, and all ANOVA outputs.
  + This data was create using SPSS. The data for the main data set was collected across June and July 2022. Data was analysed between 2022 and 2023.
* Group differences at T1 output.
  + This data was created on SPSS from the main data set in 2022-2023.
* Mean scores of each measure output
  + This data was created on SPSS from the main data set in 2022-2023.
* Internal reliability scale output for each measure.
  + This data was created on SPSS from the main data set in 2022-2023.

SPSS Software will be needed to view the data sets and output.

Date of data collection: 2022.

Related publication:

Thesis: ‘A Way to Grow? An Exploration of the Impact of Different Types of Gratitude Diary and the Association Between Gratitude and Post Traumatic Growth’

Date that the file was created: October, 2023