Des psychologues anglais ont montré que les personnes à qui ils avaient demandé d’éprouver chaque jour un peu de reconnaissance avaient, au bout de deux semaines, un meilleur sommeil et une tension artérielle abaissée par rapport à un groupe comparable [2].

Une équipe irlandaise [3] a montré qu’en seulement trois semaines, un groupe de personnes qui devaient noter chaque jour 5 choses dont elles se sentaient reconnaissantes voyaient leur niveau de stress et de dépression chuter jusqu’à 27 % (aucun effet n’a été noté dans un groupe comparable où chacun devait simplement noter 5 choses qui lui étaient arrivées dans la journée).

[2] [The impact of a brief gratitude intervention on subjective well-being, biology and sleep](http://click2.pure-sante.info/t/EQ/AAKQUA/AAKlow/ABQvHg/AAGILg/AAIVlw/AQ/wfv2%22%20%5Ct%20%22_blank)[3] [The effects of two novel gratitude and mindfulness interventions on well-being](http://click2.pure-sante.info/t/EQ/AAKQUA/AAKlow/ABQvHg/AAGILg/AAIVmQ/AQ/0u2Q%22%20%5Ct%20%22_blank)

# The impact of a brief gratitude intervention on subjective well-being, biology and sleep

Marta Jackowska, Department of Psychology, Whitelands College, University of Roehampton, Holybourne Avenue, London SW15 4JD, UK. Email: marta.jackowska@roehampton.ac.uk

## Abstract

This randomised controlled experiment tested whether a brief subjective well-being intervention would have favourable effects on cardiovascular and neuroendocrine function and on sleep. We compared 2 weeks of a gratitude intervention with an active control (everyday events reporting) and no treatment conditions in 119 young women. The treatment elicited increases in hedonic well-being, optimism and sleep quality along with decreases in diastolic blood pressure. Improvements in subjective well-being were correlated with increased sleep quality and reductions in blood pressure, but there were no relationships with cortisol. This brief intervention suggests that subjective well-being may contribute towards lower morbidity and mortality through healthier biological function and restorative health behaviours.

[J Altern Complement Med.](http://www.ncbi.nlm.nih.gov/pubmed/25826108) 2015 Apr;21(4):243-5. doi: 10.1089/acm.2014.0119. Epub 2015 Mar 31.

**The effects of two novel gratitude and mindfulness interventions on well-being.**

[O'Leary K](http://www.ncbi.nlm.nih.gov/pubmed/?term=O%27Leary%20K%5BAuthor%5D&cauthor=true&cauthor_uid=25826108)1, [Dockray S](http://www.ncbi.nlm.nih.gov/pubmed/?term=Dockray%20S%5BAuthor%5D&cauthor=true&cauthor_uid=25826108).

**Abstract**

**OBJECTIVE:**

To examine the efficacy of two dual-component interventions, one based on mindfulness and one based on gratitude, to reduce depression and stress and increase happiness levels.

**DESIGN:**

Randomized, controlled study with data collected at baseline, 3 weeks, and 5 weeks.

**SETTINGS:**

Participants completed an online gratitude or mindfulness intervention at home. Self-report questionnaires were completed at home or at work.

**PARTICIPANTS:**

Sixty-five women aged 18-46 years (mean age±standard deviation, 28.35±6.65 years).

**INTERVENTIONS:**

Participants were randomly assigned to a wait-list control condition or to either a gratitude or a mindfulness intervention condition. The interventions were used four times a week for 3 weeks. The gratitude intervention involved a gratitude diary and grateful reflection. The mindfulness intervention involved a mindfulness diary and mindfulness meditation, the Body Scan.

**OUTCOME MEASURES:**

The outcome variables were depression, stress, and happiness measured by using the Edinburgh Depression Scale, the Perceived Stress Scale, and the Subjective Happiness Scale, respectively.

**RESULTS:**

All outcome variables improved over time in both interventions group but not in the wait-list control group. Efficacy of the interventions differed between the interventions.

**CONCLUSIONS:**

These short novel interventions seem to provide a useful way to enhance well-being. Further research in the area is warranted.