**Psychological Factors Associated With Mental Well-Being: The Role of Gratitude**


## Abstract

The main aim of the project was to identify and describe psychological correlates of psychological well-being, with a particular focus on the role of gratitude. The proposed model conceptualizes well-being as an outcome of an interrelated network of resources operating at different levels: primary (sense of safety), adaptive-regulatory (resilience), emotional-relational (gratitude), cognitive (situation perception), and existential-meaning-related (spirituality and values).

Empirical data come from three studies involving a total of 705 participants in early and middle adulthood. A set of standardized questionnaires was used (including measures of well-being, resiliency, gratitude, life-history strategy and perception of the COVID-19 pandemic), supplemented by a quasi-experimental procedure inducing gratitude and indebtedness. Additionally, the strategy of the Process Transformation Reconstruction was applied to qualitatively analyse different patterns of experiencing the pandemic.

The results supported the main hypothesis regarding the facilitating role of psychological resources in promoting mental well-being. Mental resilience, gratitude and favourable situation perception (higher perceived support and control) were positively related to well-being. Gratitude was positively associated with a slower life-history strategy, which strengthens its interpretation as a resource promoting a stable, relationship-oriented mode of functioning. The analysis of emotional correlates of gratitude and indebtedness showed that they do not form a simple continuum and that indebtedness has an ambivalent emotional profile. The limitations of the research (e.g. sample characteristics, self-report measures, cross-sectional design) are discussed, and practical implications are outlined for well-being-oriented interventions in the fields of psychological help and organizational management.



*Keywords:* well-being, gratitude, resilience, life-history strategy, perception of situation, sense of security, COVID-19 pandemic


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