



## Source details

### Trends in Psychology

Formerly known as: *Temas em Psicologia*

Scopus coverage years: from 2018 to Present

Publisher: Sociedade Brasileira de Psicologia

ISSN: 2358-1883

Subject area: [Psychology: General Psychology](#)

Source type: Journal

[View all documents >](#)

[Set document alert](#)

[Save to source list](#)

CiteScore 2020

0.6



SJR 2020

0.186



SNIP 2020

0.506



[CiteScore](#) [CiteScore rank & trend](#) [Scopus content coverage](#)

Improved CiteScore methodology

# Gratitude and Quality of Life Among Adolescents: the Mediating Role of Mindfulness

[Pallavi Anand](#) ✉, [Arti Bakhshi](#), [Richa Gupta](#) & [Mridula Bali](#)

*Trends in Psychology* **29**, 706–718 (2021) | [Cite this article](#)

**252** Accesses | **1** Citations | [Metrics](#)

## Abstract

Adolescents experience numerous physical, social, and emotional changes that adversely affect their quality of life. However, few studies have focused on how to improve their quality of life. This study evaluated the relationship between gratitude and quality of life through the mediating role of mindfulness. The proposed relationship was assessed among 249 adolescents aged 16–18 years with a mean age of 16.94 years. The data were analyzed using a two-step approach to structural equation modeling. The findings revealed that gratitude is significantly related to adolescents' quality of life. Additionally, mindfulness is a potential mediator of the relationship between gratitude and quality of life. These findings contribute to a better understanding of the association between gratitude and quality of life among adolescents and conclude that gratitude affects the quality of life through mindfulness both directly and indirectly. The study also discusses theoretical and practical implications of the results.