

Finding Space for Gratitude in Division I Athletics: A Pilot Study

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The present pilot study examined the feasibility and preliminary effects of a 30-day daily gratitude practice on gratitude, well-being, anxiety, and resilience among college athletes at a Division I National Collegiate Athletic Association (NCAA) institution. Participants ($n = 27$ completers) were assigned to gratitude ($n = 12$), mindfulness ($n = 9$), or control ($n = 6$) conditions. Pre- and post-intervention surveys assessed gratitude (GQ-6), well-being (WHO-5), resilience (BRS), and competitive state anxiety and self-confidence (CSAI-2). Across conditions, significant time effects were observed for gratitude, well-being, resilience, cognitive anxiety, and self-confidence. Significant Time $\times$ Condition interactions were observed for gratitude and cognitive anxiety; no significant main effects of condition were found. As a small pilot with substantial attrition, these findings should be interpreted as preliminary and are useful for refining recruitment, adherence procedures, and outcome assessment before a larger trial. The intervention's brief format also suggests that gratitude practice may be feasible to integrate into collegiate athletic settings.

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